

A·S·A·D

Academy for Student Athlete Development

**Academy for Student Athlete Development:
Creating Equitable Access to Sport Participation**

Abilities Centre is located on the homeland of the Mississaugas of Scugog Island, members of the great Anishinaabeg Nation. We recognize and honour The Mississauga People as the traditional stewards of the land, and the Dish With One Spoon Wampum Belt agreement.

We all share a single dish – mother earth. All people sharing the land are to limit the resources they take; leaving enough for others now as well as those in the future.

We have a shared responsibility to ensure the Dish is never empty. This includes taking care of the land and all beings we share it with.

- **Kelly Kasper, (she, her, hers)**
Director, Sport & Recreation



Physical Literacy – A Refresher

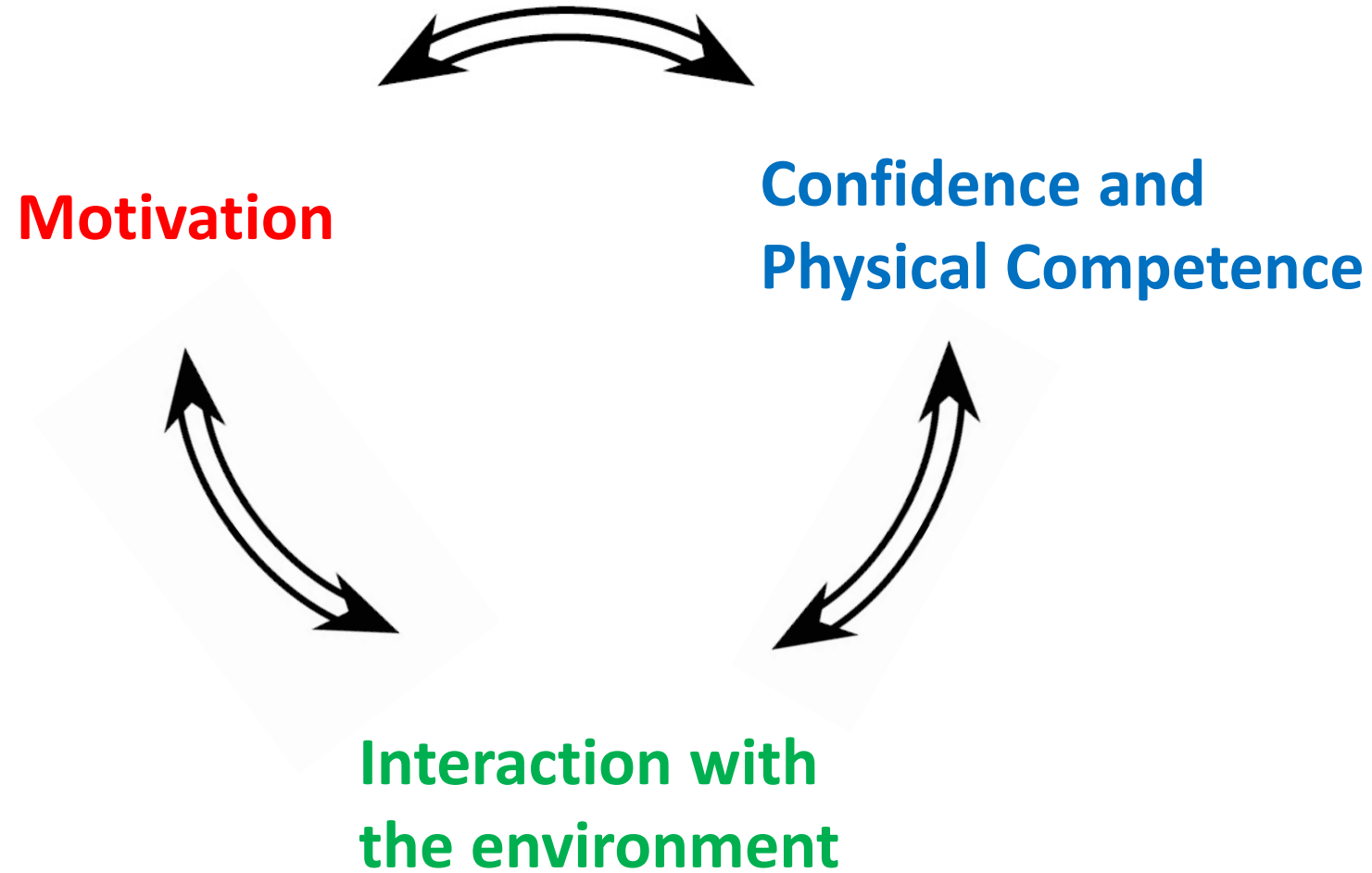
... the gateway to being active for life.

(Whitehead, 2016)

Motivation & Confidence

Physical Competence

Knowledge & Understanding



Physical Literacy

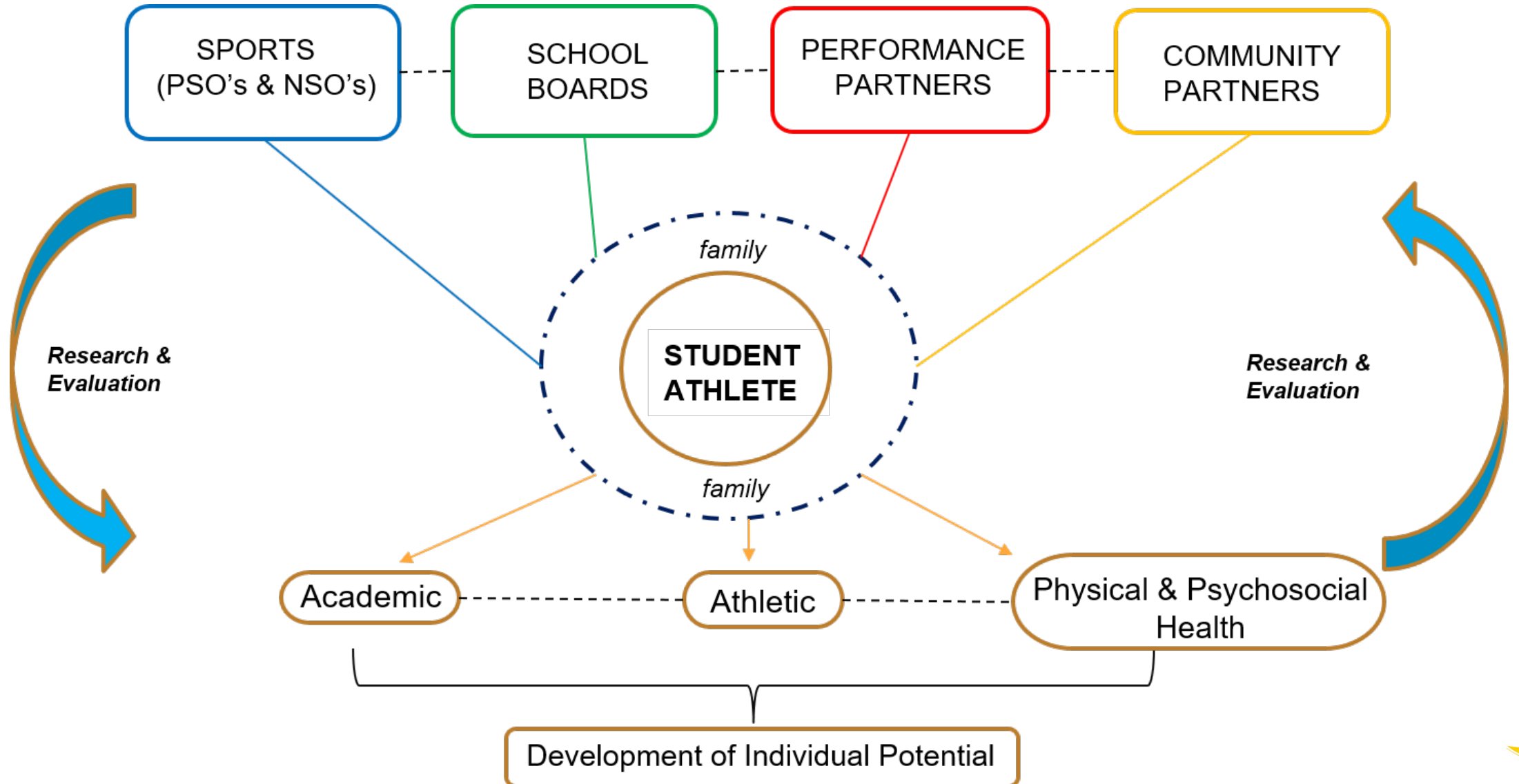


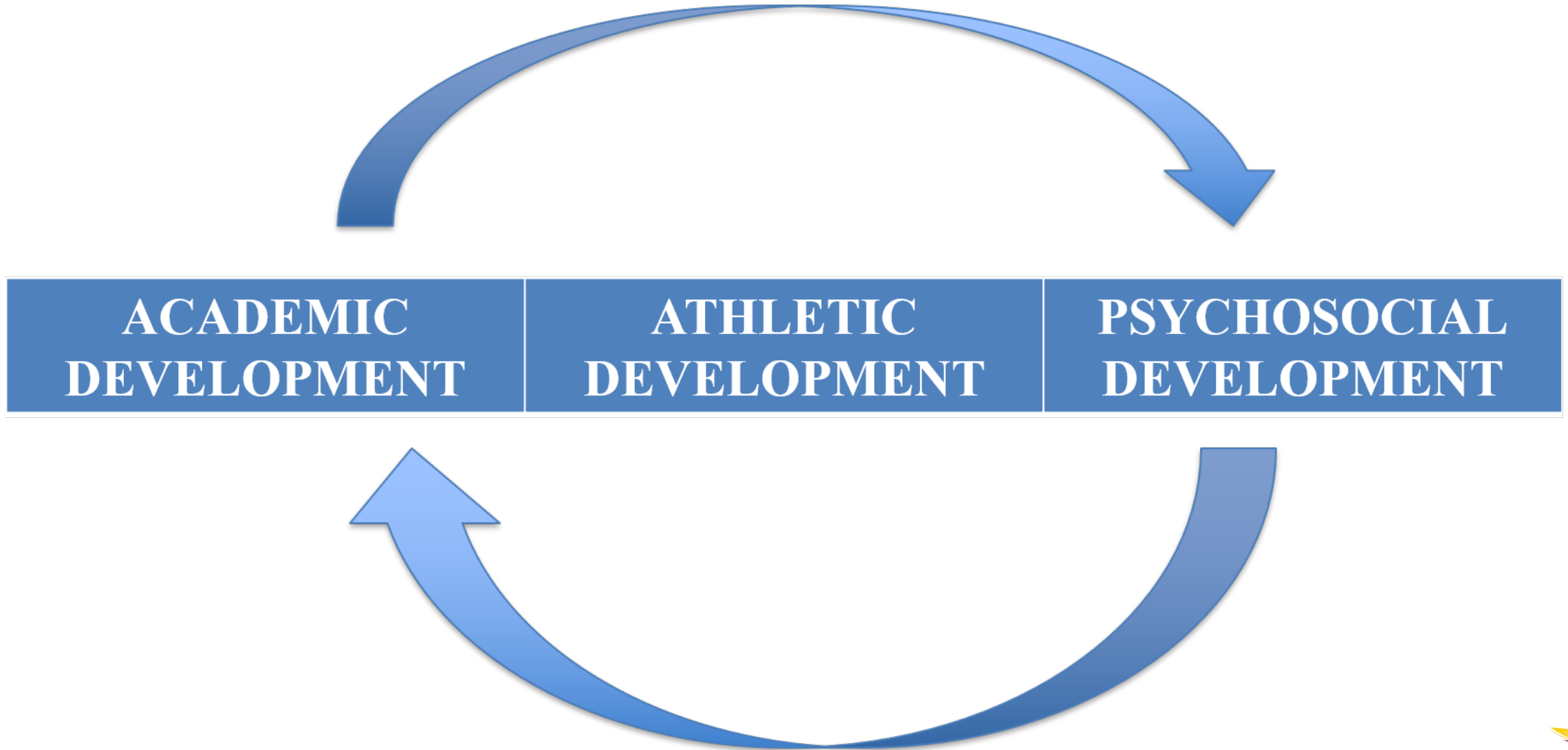
**Physical Literacy begins
with the creation of
opportunities ...**

Our Vision is to create alignment between the education and provincial & national sport system supporting targeted student athletes on able-bodied, Paralympic, and Special Olympic performance pathways by removing barriers to ensure equitable access to high performance programming.

Our Mission is to deliver a high-performance program with a team of experts and leaders in the Canadian Sport system that work in collaboration to develop talented student athletes in a dedicated training environment. The program fosters the opportunity for individuals to achieve their personal goals in athletic performance, sport performance, academics and life. Every individual involved with the program embodies the vision of inclusion and is unwavering in their commitment to positively impact themselves, their sport and the community.

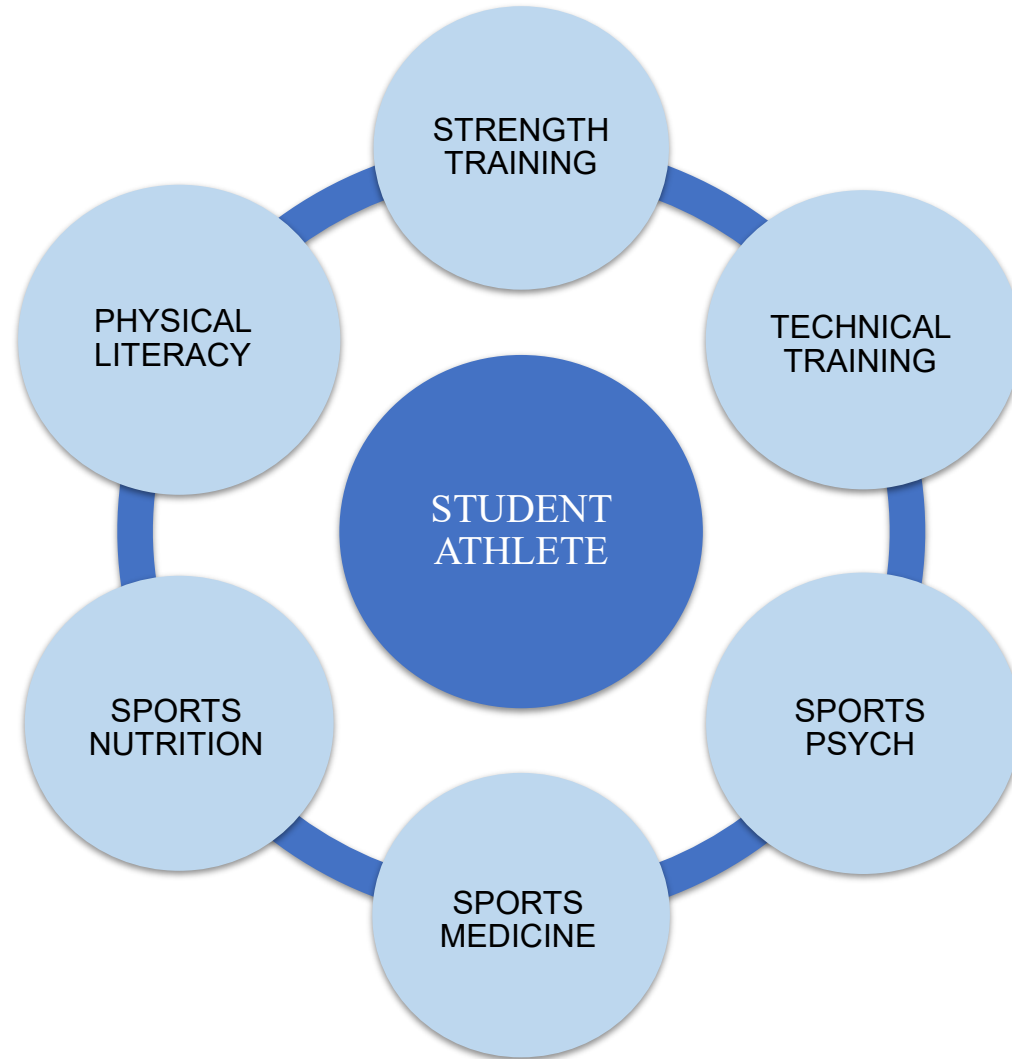
The ASAD Framework





The Academic Model

		MON	TUES	WED	THURS	FRI
8:15 - 9:35AM	P1	ASAD ACADEMIC CLASS TIME	ASAD ACADEMIC CLASS TIME	ASAD ACADEMIC CLASS TIME	ASAD ACADEMIC CLASS TIME	ASAD ACADEMIC CLASS TIME
9:40 - 10:55AM	P2	STRENGTH & CONDITIONING	TECHNICAL TRAINING	MOBILITY TRAINING	TECHNICAL TRAINING	STRENGTH & CONDITIONING
11:00 - 12:30PM		TRANSPORT BACK TO HOME SCHOOL FOR LUNCH				
AS PER HOME SCHOOL	P3	CLASS 1 @ HOME SCHOOL				
AS PER HOME SCHOOL	P4	CLASS 2 @ HOME SCHOOL				



STRENGTH & CONDITIONING

Is delivered by an experienced group of dedicated practitioners who are committed to increasing the performance capacity of our athletes

The purpose of S&C training is to deliver a dedicated training environment that fosters development and achievement across the pillars of athletics, psychosocial wellbeing, and academics

The focus is on holistic athlete development through learning about: exercise/ lifting technique, weight room etiquette, reading programs, goal setting, recovery strategies and working on strength, power, conditioning, speed, flexibility and mobility

OVER 100 S&C SESSIONS EACH SCHOOL YEAR



SPORT SPECIFIC STREAMS

Is delivered by certified coaches selected by and mentored by the provincial sport governing bodies.

The purpose of technical training is build a solid foundation of skill development to prepare athletes for competition at the next level (eg. post-secondary, provincial/national team)

The focus is on individual skill development and enhance tactical game play and understanding in order to build self-reliant athletes



**OVER 75 TECHNICAL SESSIONS
EACH SCHOOL YEAR**





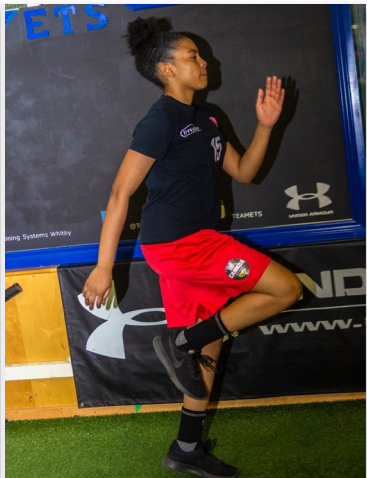
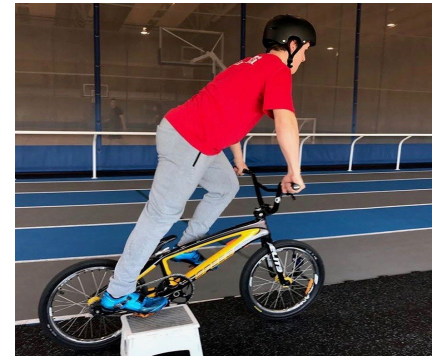
INDIVIDUAL ATHLETE DEVELOPMENT

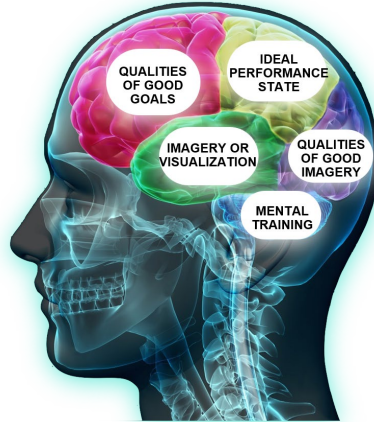
Is delivered by ASAD staff and coaches in concert with external coaches and sport governing bodies

The purpose is to support technical training opportunities for athletes competing in individual sports

Examples: Figure Skating, Swimming, Cycling, Speed Skating, Snowboarding, Track

The focus is on establishing periodized training plan individual with each athlete's coach and supporting them with necessary accommodations for individual athlete training (daily training demands or training camps) as well as their competitive schedules (domestic and international)





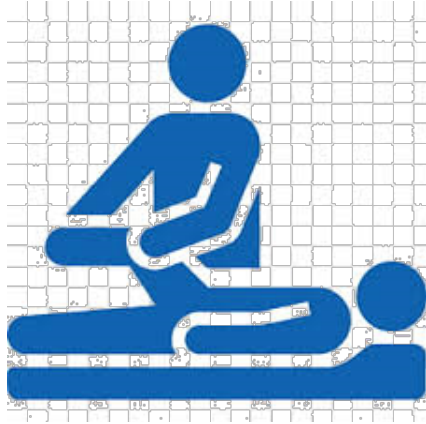
Monthly Sport Psychology sessions developing:

- Healthy psychological climate
 - Mentally preparation
 - Communication
- Adapting to group or team (depending on the sport)
- Build foundational skills that are important outside of sport
- A focus on being growth and mastery oriented in order to develop resiliency
- Athletes to become an expert in themselves through consistent self-reflection



Engaging student athletes in nutrition lessons specific to a high-performance athlete:

- Defining and Measuring Energy
 - Pre exercise and pre competition fueling
- Post workout fueling and supplementation
 - On the road fueling
- Hydration and supplemental sports fluids
 - Off Season nutrition
 - Plant based nutrition



Physio Therapy & Sports Medicine

- Baseline concussion testing
- Injury assessments
- Treatment during the day at a reduced cost
- Information sharing with coaches and trainers for program modifications



Include U:

“To encourage people of all abilities to engage in meaningful participation together in an environment which fosters a sense of belongingness and autonomy.”



ASAD creates not just opportunities for high performance sport but also healthy habits and patterns, including **physical and mental wellbeing, friendships and social capital, and a sense of belonging** which are all crucial aspects to the holistic development of each student athlete and the promotion of being active for life.

ASAD has provided me with an environment where I can explore and reach my athletic potential, while still engaging in academic studies. With that has come a lot of knowledge, learning to take care of my body (for example stretching after workouts), how to deal with muscle fatigue or injuries, and even down to things like learning movements and the science behind strengthening my body..

I feel the habits and routines we are learning at ASAD are preparing me for the future, but right now allowing me to maximize my time, my athletics, and academics all at once.

Playing soccer helps me to reduce my stress levels and helps me focus. When I am challenged athletically, I am more focused academically. My academic success is very important to me in reaching my future goals. **ASAD is keeping me focused inside and outside of school.** I love the structure. Structure is what keeps me balanced. I love the extra fitness. I love the small , intimate class sizes. I am definitely more able to focus in the ASAD environment, with my peers.

I really enjoy this program and have already seen the benefits from it and look forward to continuing to get stronger and faster in my sport.

Academically **this program has taught me how to prioritize my education around sport, and that doing both successfully is possible.**

Kelly Kasper, (she, her, hers)
Director, Sport & Recreation

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