

# REIMAGING SPORTS WORKSHOPS



GOVERNMENT OF BERMUDA  
Department of Youth Sport & Recreation



DEPARTMENT OF YOUTH, SPORT  
& RECREATION



Sport for Life



BETTER ATHLETES  
BETTER PEOPLE

**FRIDAY, SEPTEMBER 6 TO SUNDAY, SEPTEMBER 8  
AT THE BERMUDA COLLEGE**

## WORKSHOPS

**Reimagining Sports Panel Discussion** – Panelist Shaun Goater, Sullivan Phillips, Katura Horton-Perinchief, Brian Wellman and Maceo Dill discuss the role of sports on island. Discuss past glories of sports, where sports is now? What do we need to do moving forward? How do we reimagine sports in Bermuda?

**Double-Goal Coach: Coaching for Winning & Life Lessons** – establishes Positive Coaching Alliance premise that youth and high school sports entail the goal of winning and the more important goal of teaching life lessons through sports.

**Positive Motivation** – Provides deeper exploration of filling emotional tanks, including discussion of research that demonstrates how positive coaching improves performance and open-ness to life lessons.

**Mastery: Coaching for Peak Performances** – Coaches/teachers will explore how to help their athletes improve and perform to their potential through mastery focus.

**Long-Term Athlete Development: An Introduction** – Long-Term Athlete Development is a multi-stage training, competition and recovery pathway that guides an individual's experience in sport and physical activity from infancy through all phases of adulthood. This workshop will provide you with background on the 10 Key Factors behind Long-Term Athlete Development, the 10 S's of training and performance, and the seven stages of Long-Term Athlete Development, as well as outlining the key outcomes, values and principles of LTAD.

**Periodization** – Simply put, periodization is time management. As a planning technique, it provides the framework for arranging the complex array of training processes (skill development, strength training, and regeneration) into a logical schedule to bring about optimal improvements in performance. Participants in this workshop will be introduced to the principles of contemporary periodization. "What is periodization?" will be analyzed and discussed and a step-by-step approach to plan and quantify an annual training, competition and recovery program will be explored to teach participants "how to periodize".

**Building the Train to Train Adolescent Athlete** – The Train to Train stage is typically associated with the adolescent athlete and is a critical time for athlete development. The adolescent athlete's life is full of competing priorities, such as school, school sports, multiple sports participation, social life, and work. The focus of this workshop is to identify and highlight sport system issues that impact the preparation of the adolescent athlete, and to provide sport leaders with strategies to adapt processes and fixtures to reinforce optimal periodization for adolescent/pubertal athletes, while considering the 10 Key Factors and the 10 S's of Long-Term Athlete Development.

**Athletic Scholarships in the USA: An Overview** – This workshop will inform parents/athletes of the opportunities and requirements for attaining an athletic scholarship in the USA. It will include a review of NCAA clearinghouse procedures and standardized test requirements for potential student/athletes.

**Leading Your Organization: Developing a Positive Coaching Culture** – Guides attendees in how to use sports as a 'Development Zone' to develop better athletes, better people. Attendees learn why and how to establish Positive Coaching as a cultural norm, plus receiving a takeaway action-plan for implementation.

**Competition Review & Restructuring for Sports Organizations** – Participants will be introduced to reasoning as to why competition restructuring is important for athlete development. This will include discussions about key concepts, including using developmentally appropriate and meaningful competition as a lens to examine competition in sport. The use of a "reality check scorecard" will provide a framework for all sport leaders to gauge their current competition structures. This session is intended to provide Sport Leaders with the knowledge and tools required to begin integrating Long-term Athlete Development into their competition structures, which will contribute to a quality sport experience for sport participants.

**Second-Goal Parent: Developing Winners in Life Through Sports** – To help parents focus on the second goal, which is ensuring their children gain a higher value of youth and sports regardless of the scoreboard results.

**Becoming a Triple-Impact Competitor** – Trains student-athletes how to impact sport on three levels. By working to improve themselves, their teammates and their sport as a whole.

**THE DEADLINE FOR REGISTRATION IS WEDNESDAY, SEPTEMBER 4, 2019.**