High School Sport: The Canadian Perspectives
by
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ICCE & AIESEP collaboration

Youth sport contexts in Canada

Physical Education
Organized Sports

Youth sport contexts in Canada

Health Promotion
Sport Education

Youth sport contexts in Canada

Physical Education
Organized Sports

1
2

Health Promotion
Sport Education

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School
Community

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School
Community
Youth sport contexts in Canada

1. Physical Education
2. Sport Education
3. Sport Programs For At-Risk Youth
4. School
5. Community

- Male and female students, usually between 14 and 18;
- Sports practiced outside regular class hours;
- Developmental-level context:
  - team selections based on skills tryouts,
  - specialized sport-specific training,
  - leagues that lead to end-of-season championships (provincial)
- Coaches are teachers from within the school but community coaches are occasionally recruited

• 750,000 student-athletes
• 52,000 coaches
• 3,200 schools

The mission statement
“to promote and advocate for positive sportsmanship, citizenship and the total development of student athletes through interscholastic sport”
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Adopt a Positive Youth Development approach

Teach life skills & values

Life Skills & Values

Enable individuals to succeed in the different environments in which they live
- School, Work, Community

Life Skills can be:
- Behavioural: Communicating Effectively
- Cognitive: Making Effective Decisions
- Social: Teamwork
- Personal: Setting Goals

Life Skills & Values

- Examples:
  - Fairness, Loyalty
  - Respect, Honesty

Analysis of Canadian high school sport programs
Trudel’s research group (2004-2014)

Phase 1. Description

Results

Expected Positive Outcomes

- **Students**
  - Life Skills: Time management, leadership, teamwork
  - Social Benefits: Making new friends, expanding their social network

- **Parents**
  - Sense of belonging, increase their school engagement
  - Become autonomous, be in better shape

- **Coaches**
  - Global development of students (e.g., academic, social, physical)
Areas to Improve

- **Students**
  - Gamesmanship tactics: dubious methods to gain an advantage
  - Ex: pulling shirt, making inappropriate comments
  - Overemphasis on competition is a barrier to positive development

- **Coaches**
  - Few strategies to promote development in a deliberate manner
  - Development is 'automatic'

Results

1. Carefully develop your coaching philosophy
2. Develop meaningful relationships with your athletes
3. Intentionally plan developmental strategies in your coaching practice
4. Do not just talk about like skills, make your athletes practice life skills
5. Teach your athletes how life skills transfer to non-sport settings
Qualitative part:


Best practices


Camiré’s research program (2014 -…….)


Trottier’s research program (2011 –…..)


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