

Chatham Pool Sharks

Quality Assurance Policy

Section	Organization
Subject	Quality Assurance Policy
Authorized by	Board of Directors

Long-Term Athlete Development

Chatham Pool Sharks endours to provide the highest quality programs possible, and have adopted the *Long Term Athlete Development Model* as a means to ensure a quality swimming program.

Long-Term Athlete Development (LTAD) is a seven-stage training, competition and recovery pathway guiding an individual's experience in sport and physical activity from infancy through all phases of adulthood. CS4L, with LTAD, represents a paradigm shift in the way Canadians lead and deliver sport and physical activity in Canada.

There are seven stages within LTAD:

Stage 1: Active Start (0-6 years)

Stage 2: FUNdamentals (girls 6-8, boys 6-9)

Stage 3: Learn to Train (girls 8-11, boys 9-12)

Stage 4: Train to Train (girls 11-15, boys 12-16)

Stage 5: Train to Compete (girls 15-21, boys 16-23)

Stage 6: Train to Win (girls 18+, boys 19+)

Stage 7: Active for Life (any age participant)

Stages 1, 2 and 3 develop physical literacy in a fun, stimulating environment before puberty. Physical literacy includes fundamental movement and sport skills that give children the confidence to participate in a variety of sports and physical activities throughout their lifetimes.

Stages 4, 5 and 6 provide specialized training after age 11 for those who want to compete at the highest level. To enter this high performance path, physical literacy is essential.

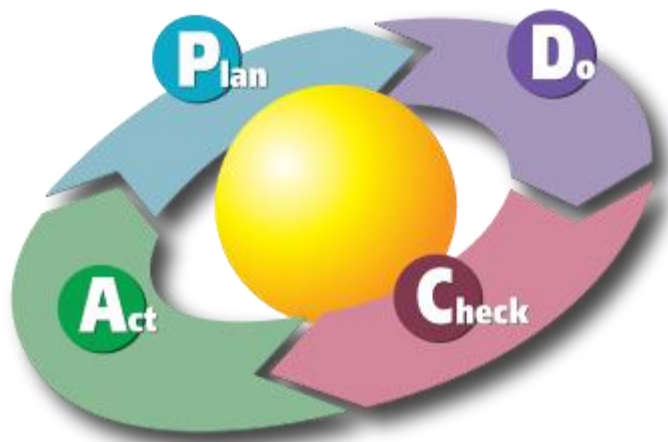
Stage 7 is about staying Active for Life through recreational participation in any sport or physical activity. It's also about giving back to the sport community through coaching, officiating, administration, or volunteering.

Some people will enter the Active for Life stage during their teen years, while others may choose to pursue elite sport competition for years or decades before transitioning to the Active for Life stage.

Source: Canadian Sport for Life

Quality Improvement Framework

By using the Plan, Do, Check, Act model of quality improvement CYPs strives to build a culture of continual improvement and commitment to new opportunities.



- **PLAN:** Design or revise initiatives to improve results
- **DO:** Implement the plan and measure its performance
- **CHECK:** Assess the measurements and report the results
- **ACT:** Decide on changes needed to improve the process