



## **“Youth Athlete Development: Recommendations from the IOC”**

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Determining and implementing a suitable pathway and strategy for developing healthy, capable, and resilient young athletes and sustainable participation and success at all levels of play is a considerable challenge for all stakeholders in youth sports – especially parents, coaches, sport governing bodies and healthcare providers. The limited success of formal as well as informal athlete development programs should come as no surprise. The entire model of talent development from novice to elite is built upon a constantly changing base – the demands of normal physical growth, biological maturation and behavioral development, and their interactions.

In an effort to advance a more unified, evidence-informed and optimal approach for addressing and effectively implementing healthy and sustainable youth athletic development, the International Olympic Committee (IOC) Medical and Scientific Department convened a consensus meeting in November 2014. Addressed at this meeting was the important component of athlete protection against harassment and abuse in sport. The outcomes of this consensus meeting and subsequent publication are reviewed in the presentation. Specifically, the presentation will include:

1. Critical evaluation of the current state of science and practice with respect to the training and development of youth athletes
2. Consensus recommendations and guidelines and a call to action on sustainable and effective ways to develop healthy, resilient and capable youth athletes, while providing opportunities for all levels of success.



**“How to engage youth in disability sport: Reflections of an accidental academic”**



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In the words of Nelson Mandela *“sport has the power to change the world...it has the power to inspire. It has the power to unite people in a way that little else does. It speaks to youth in a language they understand.”* This notion is central to this year’s Vista conference, and gives rise to the question—how do we secure future participation for young para-athletes the world round? A brief overview of the collaborative research that informed the evidence based classification system for athletes with intellectual impairment will serve as an introduction to addressing this question, which will lead into an array of considerations essential for enabling broad based sport participation. Findings derived from a career of studying sport and recreation as a catalyst for individual and collective life quality, well-being, social change, and community development will be woven together to present a series of strategies that practitioners and coaches need to consider in facilitating participation, and future questions for inquiry.



**“Athlete Career Pathways in Wheelchair Tennis: From Grassroots to Elite Performance” (Title TBC)**



*David Sanz Rivas, Scientific Director Royal Spanish Tennis Federation; Captain of the Spanish Wheelchair Tennis team in the last 5 Paralympic Games*

In the field of people with disabilities, the arrival to wheelchair tennis as competitive sport could be by two main ways: on one hand the young people who practice the sport in the ordinary way, independently from their disability (acquired or congenital) and, on the other hand, the people who acquired a disability in the adult stage, usually between 19 till 25 years, after suffer a disability.

In our case, with people with disabilities, it will be critical the individualized programs and the continuous adaptation of training systems, and also of the materials, like wheelchair, because it will be changing through the different stages.

We have a lack in order to establish a method as a long term development process (LTDP) (1-4), but more and more we have information from the research and also from the different experiences to advance in order to be more objective and precise in these development plans (5-10).

The beginners and intermediate players are the base of the tennis development, and in this sense, the coach and the training have to be appropriate for this players, because there is one of the pillars to involve more and more people with disability, to play tennis in a safe and enjoyable way and, probably after this process, to involve some of them in the performance level.



For a lot of these players, the sports will be a powerful way to promote the inclusion and the integration which allows remove some of the socials, physical and psychological barriers that still exist nowadays but also for the high performance level, the inclusion process (11) has been in our case the opportunity to grow in all the areas needed to be professional:

- Attracting sponsors (specific and non specific)
- Support in facilities
- Support in technical assistance (coaches and trainers involve)
- More impact at the mass media

In this presentation, we will focus in the process with one player from his starts, at the childhood, till arrive to the senior team, as a sample of Long Term Development Plan (LTDP), reviewing all the steps and areas to take into account in this process.