



Program Presentation

The Chisasibi After School Sport Pathway Program (CASSPP) will allow adolescent participants attending secondary school, to pursue after school activities related to fitness and sport. Funded by The Canadian Heritage Department of Canada, The Sport Support Program Funding Stream will help develop proper training techniques for fitness and sport, applying the LTAD (Long Term Athletic Development) which is the Canadian Sport for Life Pathway.

A 4-week training cycle is designed to help all participants learn about strength training, recovery techniques, nutrition and more. The General Preparation Phase is a standard plan, to prepare participants to engage in sports or other activities. Sports such as boxing, football, soccer, basketball and athletics will be available to join and practice. The **Chisasibi After School Sport Pathway Program (CASSPP)** is designed to the standards of the NCCP (National Coaching Certification Program) and every session a qualified or certified coach will be present to supervise proper development and safety standards. This program will require attendance records from their respective schools, a consistent weekly training plan and participants are required to be coachable every session. The program will be running until March 31, 2024. Participants can join at the beginning of each new 4-week cycle.

1st Training Cycle September 5, 2023 to September 30, 2023

2nd Training Cycle October 2, 2023 to October 28, 2023

3rd Training Cycle October 30, 2023 to November 25, 2023

4th Training Cycle November 27, 2023 to December 23, 2023.

5th Training Cycle January 8, 2024 to February 3, 2024.

6th Training Cycle February 5, 2024 to March 2, 2024

7th Training Cycle March 4, 2024 to March 30, 2024



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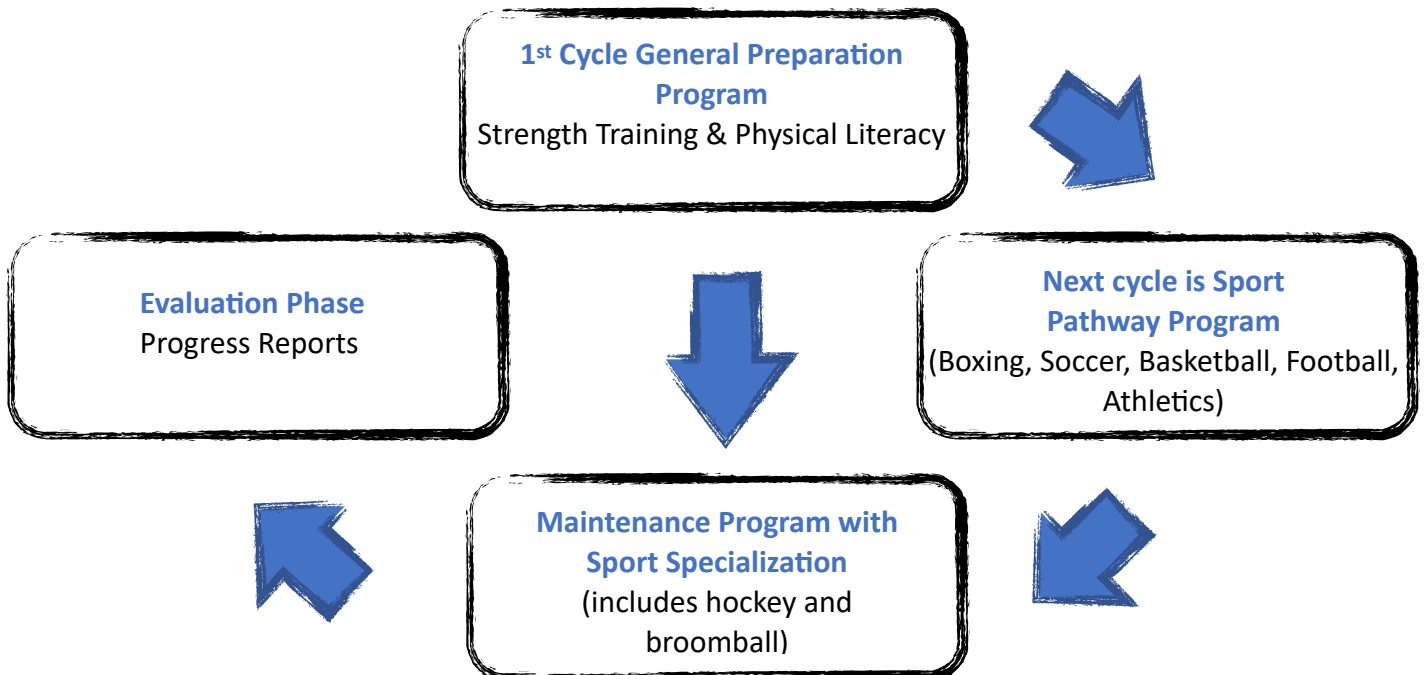


Program Description

Participants can benefit from developing good habits by integrating our After School Program into their schedules. This will allow participants to focus on academics at school, preparing them for the possibility of post-secondary education in the future. Furthermore, our Sport Program Pathway will introduce new sports, enhance performance in existing sport participation and create a foundation of qualified coaching and development into the future. Safety, accountability and structure are the main points we will provide in programming.

Our program model is based on the theories surrounding “**Periodization**” whose goal is to promote a healthy life for all through a system that organizes daily, weekly and annual training plans for all ages and gender (*Hoffman; Naclerio, Moody, & Chapman, 2013*). This model has been adopted in numerous countries around the world that have developed both elite level Olympic programs and a strategy to promote healthy living in communities through physical activities (*Hoffman; Naclerio, Moody, & Chapman, 2013*). While we use the periodization method for the physical development, we have been able to utilize this model to develop our elite athletes in the community. We have applied this model to our day-to-day operations and we have positive results with our members.

Pathway Potential Table





Terms and conditions for program participation

1. Participants must be in school full-time and maintain a 75% attendance rate monthly (cycle). Parents or guardians are consenting below for the Chisasibi Fitness Center to access attendance records for participation purposes, from the James Bay Eeyou School (Cree School Board) on a regular monthly basis. Participants that cannot maintain this 75% attendance criteria, will be removed from the program and put on a waiting list for the next cycle.
2. Participants will be coachable and willing to listen and learn. Participation in every session is required. Failure to listen, follow the rules or foul play will result in the participant to be suspended indefinitely and put on a waiting list for the next cycle.
3. Participants that commit to the Chisasibi After School Sport Pathway Program cannot engage in other weightlifting/strength activities due to the aspects that could lead to overtraining, lack of recovery and injuries related to excessive volume of weight bearing activities. *See Disclaimer below*. Participants that do not comply with this mandate, will be suspended indefinitely. The Chisasibi Fitness Center complies with Sport for Life LTAD standards involving youth training programs.
4. Parents and Participants will read the Members Handbook located on the CNC Webpage for the Chisasibi Fitness Center. Go to <http://chisasibi.ca/recreation/fitness>
5. A minimum of 3 sessions must be attended weekly to progress to the next cycle. Parents should contact the Program Manager if their child will miss, is sick or any other circumstances arise. Communication is an integral part of our program development.

A progress report will be prepared following every cycle of programming. Feedback will be recommended by parents, participants and trainers alike.

All information acquired during this program will remain confidential and only consenting parents or guardians can authorize its release of information on the information pertaining to their child.



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Consentement to the program

Parent or guardian signature

Participant signature

Date

Date

Disclaimer: Participants are encouraged to be active and our Periodization Training Program ensures proper exercise technique, an experienced coaching staff, LTAD **Long Term Athletic Development** planning and most of all, safe and progressive. Participants committed to our program cannot engage in other **weightlifting/strength** activities due to the aspects that could lead to overtraining, lack of recovery and injuries related to excessive volume of weight bearing activities.

Once a general foundation of fitness has been established, athletes should begin to gradually increase their training loads. Pediatric athletes are advised to follow the 10% rule, which allows for no more than a 10% increase in the amount of training time, distance, repetitions, or load each week. 5,31 National Athletic Trainers' Association Position Statement: Prevention of Pediatric Overuse Injuries Journal of Athletic Training 2011; 46(2):206-220 g by the National Athletic Trainers' Association, Inc www.nata.org/



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