

What is working and what is challenging about LTAD Activation

Canadian sport professionals have made significant progress towards implementing quality sport into their operations, and Ringette Canada's executive director Natasha Johnston thinks this is just the beginning. After participating in the panel a workshop at the [2019 Sport for Life Canadien Summit in Gatineau](#), she's feeling optimistic about the good things coming. Lots of progress is being made.

"Participation on this panel allowed for timely reflection on the wonderful strides ringette has taken in moving the yardsticks forward around LTAD," said Johnston, who appeared alongside Jennifer Langlois of Canada Artistic Swimming at the event.

"It gave us a platform to recognize and celebrate the great accomplishments our sport has made while learning from my colleagues in the sport community. The panel provided an opportunity to speak our truth in a productive, safe and insightful way."

Anna Mees, member of the LTAD Advisory Group was the moderator in this panel discussion. The workshop brought to light five key important considerations when working to advance and integrate quality sport into their sport system.

Points for NSOs to consider when incorporating LTAD into their organisation:

- 1) You must ensure the state of readiness of the organization. People and organizations are busy and there are many competing priorities.
- 2) Communication is two-way, and NSOs shouldn't think they have to have all of the answers. Work group members, if properly selected, have significant expertise to contribute.
- 3) We need to be changing the conversation to implementation. What does implementation look like? This is the exciting part.
- 4) Work with the willing. We spend so much time trying to convince people, working to change their minds. It seems that time can be better invested with those who want to work together.
- 5) Let's celebrate success. Often we focus on what needs to be done. But more often we need to pause and celebrate our progress.

Johnston came away from the panel with new insights, particularly into the value of collaboration across sectors.

“One of the biggest takeaways personally for me, is that as leaders in the sport community it’s okay to be vulnerable and to recognize we may not have all the answers, and by working together and removing the silos we can accomplish so much more,” she said.

“This includes supporting our provincial partners that are innovators and leaders in this area, and celebrating their accomplishments.”