

HIGH FIVE[®] SPORT

Training for **Coaches** on Healthy Child Development



**Creating positive experiences
for children in sport**

HIGH FIVE[®] A quality standard for children's sport and recreation
Founded by Parks and Recreation Ontario



HIGH FIVE[®] SPORT

HIGH FIVE[®] is Canada's only quality assurance standard for children's sport and recreation. HIGH FIVE[®] Sport ensures that coaches, leaders & instructors have the tools and knowledge to create positive experiences for children participating in sport.

HIGH FIVE[®] is aligned with Canadian Sport for Life (CS4L) and is helping to promote Long Term Athlete Development (LTAD) among sport and recreation providers. HIGH FIVE[®] focuses on the emotional, social and cognitive development of children, while CS4L focuses on physiological development.

HIGH FIVE[®] Sport is a 5 hour training designed for coaches who work with children aged 6 to 12. It allows coaches to have a better understanding of children's mental health and emotional needs in a sport environment.



HIGH FIVE[®] Sport provides coaches with expertise and tools on how to:

- Identify the 5 key Principles that contribute to the healthy emotional, social and cognitive development of children
- Apply stages of LTAD while nurturing the child's mental health
- Engage and motivate athletes
- Prepare a child emotionally for competition and manage feelings around winning and losing
- Design competition that promotes Fair Play
- Communicate effectively with athletes and their parents
- Effectively manage behaviour

AVAILABLE ACROSS CANADA

For more information

www.HIGHFIVE.org or 1-888-222-9838

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