



amateur sport training



step up your level of play

There's more to sport than meets the eye. Some athletes train to win, others to play. Some play in the big leagues. Others are in a league of their own. Whatever your sport, Cardel Place is the place to be. A place to learn, strengthen, socialize, grow and experience. Our approach to sport training offers results you can see inside and out – we make sure the fundamental movement skills are in place then guide athletes of all ages, abilities and levels through the physical, mental, emotional and cognitive side of sport.

You can kick, but can you run? You can jump, but can you climb? You can win, but can you grow? Working with participants, coaches, volunteers, parents and national sport organizations we offer the tools, knowledge and inspiration to develop healthy, active communities. Look beyond practices, games and competitions – play for life!

LTAD

To help athletes reach their full potential, Cardel Place has developed an amateur sport training program based on the Long Term Athlete Development (LTAD) model. LTAD is a seven stage model developed by the Canadian Sport Centres and adopted by the Government of Canada's Canadian Sport for Life (CS4L) initiative. A growing number of national sport organizations are now using LTAD as the basis of their training programs including hockey, volleyball, rowing, rugby, skiing, baseball and more. Taking into consideration an athlete's physical literacy, specialization, developmental age, trainability, holistic wellbeing and periodization, LTAD is a safe, fun and progressive pathway to sport success. For more information about LTAD visit www.canadiansportforlife.ca.



see the difference

At Cardel Place, we recognize that not everyone has the expertise or practice time to train beyond drills and plays. We also know that not everyone acquires the fundamental movement skills at the same time as everyone else – sometimes an athlete or team needs a helping hand, or a place to thrive.

That's why our training programs are designed to complement, support and enhance your sport specific training. We've got a lineup of experts ready and waiting to support coaches and athletes from all walks of life – from recreational programs and varsity sports to individual athletes and Olympic hopefuls. Forget about generic packages – our amateur sport training is tailored to meet your unique schedule, needs and goals.

here's what else we have to offer

- Flexible, customized training plans to complement sport specific requirements.
- Supplemental instructors to teach a variety of cross-training programs including kickboxing, yoga, and spinning.
- Integrated mental, cognitive and emotional development.
- Nutrition guidance and seminars.
- More space to play including a climbing wall, fitness centre, pool, arenas and gyms.
- Partnership with the Canadian Sport Centres offering access to athletes, guest speakers and resources for participants and coaches.

All sport training packages include a free start-up meeting to determine the athlete and/or team's needs, focus and goals. For pricing and more information contact our Fitness and Holistic Services team at 403-567-4466.



