

ALBERTA RECREATION AND PARKS ASSOCIATION 2012 YDRS SYMPOSIUM

March 11, 12, & 13
Edmonton, AB

YDRS

Youth
Development
Through
Recreation
Services



CONFERENCE AT A GLANCE

Sunday, March 11		
	Children Stream	Youth Stream
8:00 - 9:00	Registration	
9:00 - 12:30	HIGH FIVE® Principles of Healthy Child Development	Positive Youth Development: From Paper to Practice
12:30 - 1:30	Lunch	
1:30 - 5:00	HIGH FIVE® Principles of Healthy Child Development	Positive Youth Development: From Paper to Practice
6:00 - 7:00	Awards/Dinner	
7:00 - 9:00	Opening Keynote: Rick Miller	
Monday, March 12		
7:45 - 8:45	Breakfast/Registration	
8:45 - 9:30	Mentoring is Not Just for At-Risk	What's Up After School
9:35 - 10:20	Engaging Children in Urban Nature	Changing with the Seasons: Understanding Free Play among Children, Youth, and Families in a Small Rural-Urban Community in Alberta
10:20 - 10:40	Break	
10:40 - 11:25	The Role of Recreation Services in the Pursuit of Physical Activity	Multicultural Youth Career Day
11:30 - 12:15	The Role of Cardel Place in Raising a Healthier Generation of Kids in North Central Calgary	Developing Leadership in Youth Through PLAY
12:15 - 1:00	Lunch	
1:00 - 2:15	Keynote: Trent McClellan	
2:15 - 2:30	Delegate Swag Exchange	
2:30 - 3:15	Piloting Kids at Hope in Edmonton	Sacred Circle Aboriginal Diabetes Initiative
3:30 - 4:15	Rainbow Rhythmic- Active Start Gymnastics for 3-7 Year Olds	Improving Physical Activity Opportunities for Youth Through a Community-University Partnership
4:15 - 4:30	Closing Remarks	
5:30 - 7:30	Scavenger Hunt/Social	
Tuesday, March 13		
8:00 - 9:00	Breakfast	
9:00 - 9:45	Special Olympics: Active Start and FUNDamentals	Social Media in your Youth Programs
9:50 - 10:35	Kids Yoga	A "How To" for a Youth Led LRT Dance Party
10:35 - 11:00	Break	
11:00 - 11:45	Physical Literacy in Recreation- Working Together to be Active for Life	Mental Health Capacity Building Through Mentorship and Recreation
11:50 - 12:50	Lunch	
12:50 - 1:35	Introduction to AFLCA Ever Active Kids Program	Engaging Youth in Structured Activities with an Unstructured Environment
1:40 - 2:25	Kicking the Habit: Young Master Club Taekwondo for Families	Fostering Healthy Living for Youth Through Recreation: Stories from Alberta Communities
2:25 - 3:25	Youth Drumming Circle	
3:25 - 3:45	Closing Remarks	

YDRS Overview

The Alberta Recreation and Parks Association (ARPA) is a charitable, not-for-profit organization dedicated to promoting the benefits of recreation and parks and their positive effect on the quality of life of Albertans. In an attempt to advance the knowledge of children and youth development through recreation ARPA is pleased to host the 2012 Youth Development Through Recreation Services (YDRS) Symposium.

The YDRS Symposium is a three day, bi-annual event for advancing knowledge about the contributions of recreation programs and services with the overall goal of meeting the needs of youth in our communities. The YDRS Symposium aims to provide information about children and youth development promoting the delivery and expansion of positive development through sport, recreation, physical activity, education and general health promotion.

The 2012 YDRS will:

- Highlight the role of recreation in children and youth development;
- Highlight the value of partnerships in children and youth development through recreation;
- Promote the concept of shared responsibility in children and youth development;
- Promote the Symposium to non-traditional partners in children and youth development;
- Promote “youth involvement”.

Attendees will hear thought-provoking keynote addresses from recognized leaders in youth development as well as participate in informative, practitioner-focused sessions and workshops, learn firsthand about youth development and its application in recreation, hear from colleagues and peers, enjoy networking opportunities, and walk away with practical and applicable resources.



2012 KEYNOTE SPEAKERS



RICK MILLER

Founder and President of Kids at Hope

Sunday, March 11

7:00 P.M. - 8:30 P.M.

Rick Miller has spent 44 years educating, advocating, and supporting the futures of all youth. Beginning in 1993, he led a seven year research literature review to better understand the dynamics that lead to success or failure. His findings have revolutionized the practice of child and youth development in the USA. Rick's understanding from a research, academic, and practitioner's perspective allow him to translate complicated theory into straightforward and powerful expressions.

Rick's work has resulted in recognition from various organizations across the USA including Arizona State University's Visionary award, a George Washington Honor Medal, and the Martin Luther King Jr. Living the Dream Award. Rick also served in the White House during the 1980's in support of the President's Task Force on Private Sector Initiatives testifying before Congress on issues affecting children and youth.

Rick crosses over all disciplines and is highly sought as a speaker to academic, recreation, youth development, and law enforcement audiences. His wit, humor, and story-telling abilities captivate the imagination leaving everyone who hears him believing that all children are truly capable of success—NO EXCEPTIONS!



TRENT MCCLELLAN

Comedian and Youth Advocate

Monday, March 12

1:15 P.M.-2:45 P.M.

Trent McClellan is one busy comic! He is currently performing coast to coast in clubs and corporate venues week in and week out. Trent has been extremely popular on the festival circuit as well, having played the Halifax Comedy Festival, Moncton Hubcap Comedy Festival, the New Screech Comedy Festival and the Just For Laughs Festival. In addition to his festival schedule Trent has appeared on CBC, CTV and the Comedy Network with his own Comedy Now special.

As the co-creator of the youth comedy program "Live Comedy Club" Trent brings his own twist to working with youth. Having worked with young people for over 20 years he is able to connect with youth, helping them to find their inner performer. He is described as talented and personable and with an ability to bring everyday situations to the stage

CHILD AND YOUTH DEVELOPMENT CERTIFICATION TRAINING

Sunday, March 11



HIGH FIVE® Principles of Healthy Child Development

HIGH FIVE® was developed with the understanding that the quality of children’s experiences in recreation and sport settings help to shape how they will develop as adults. Recreation programs must therefore be of the highest quality to ensure that children develop in positive ways and the benefits of sport and recreation are maximized. HIGH FIVE® is currently Canada’s only comprehensive quality standard for children’s sport and recreation programs.

HIGH FIVE® is a framework committed to assisting children along the path of healthy development through developing and maintaining a high level of knowledge and expertise in child development among recreation and sport practitioners and providing practitioners with the tools for enhancing and maintaining a high level of quality. HIGH FIVE® represents a true commitment to quality physical activity and is based on research involving child development experts, recreation and sport professionals, families and leaders. In 2007 ARPA became an authorized provider of HIGH FIVE®. Since then the role of ARPA has been to advance the vision and mission of HIGH FIVE® in communities and organizations providing recreation and sport programs across Alberta.

To ensure that leaders are providing program participants with quality experiences all leaders will also be trained in HIGH FIVE® -Principles of Healthy Child Development (PHCD). PHCD will provide leaders with in depth training in the HIGH FIVE® Principles of Healthy Child Development. They will understand what they need to do to ensure each child’s social, emotional and cognitive needs are met. Focusing on the five Principles of Healthy Child Development (Play, A Caring Adult, Mastery, Participation, and Friends) leaders will learn how to create environments that support healthy child development, tips for conflict resolution and bullying, ensure lesson plans support the five Principles of Healthy Child Development, and understand the importance of relationships.



Positive Youth Development: From Paper to Practice

PYD: From Paper to Practice is designed to be a hands-on interactive tool to assist the learning around Positive Youth Development. It focuses on the fact that “youth don’t just naturally make a successful move from childhood to adulthood. The transition means learning how to positively respond to new emotions, new ways of thinking, newly emerging skills and physical attributes, and the need to feel good about one’s self.”

While there is still some debate in the literature about the definition of PYD there has been consensus on about the key components that need to be included in this approach. These include 1) Emphasis on positive outcomes, 2) Including the youth voice, 3) Strategies to involve all youth, 3) Long-term involvement, 4) Community involvement, and 5) Emphasis on collaboration. Additionally, there has been consensus surrounding the positive youth outcomes. These outcomes include competence, confidence, character, connection, and contribution and have been labeled the “5 C’s.”

PYD: From Paper to Practice recognizes that investing in young people is key to ensuring a better future, not just for youth, but for the communities in which we work, live and play. The training reminds those working with youth how important their work is for the youth in their communities. At the end of the workshop leaders will be able to:

- Better identify with youth and their needs.
- Understand Positive Youth Development (PYD) as a process.
- Reflect on the principles of PYD.
- Review ideas for putting PYD into practice.
- Recognize your role in supporting PYD

SESSION A
Monday
8:45 A.M. to 9:30 A.M.

Children Stream:

Mentoring is Not Just for At-Risk

Tim Burton
Julian Burton

This session focuses on the many benefits of mentoring and how professionals and policymakers can promote mentoring in their communities. The session touches on the definition of mentoring and will have a discussion on the characteristics of mentoring relationships. The four basic categories of mentoring relationships (academic/intellectual, social/emotional, career/practical, and societal) will be highlighted identifying how, when, and where formal and natural mentoring relationships develop. Focusing on how recreation professionals and policymakers can support the development of mentoring in their communities, general public policy questions will be addressed, along with specific strategies for supporting mentoring through policies and community initiatives.

Youth Stream:

What's up After School is Out?

Andrea Longman

This presentation will provide a brief overview of Youth Interagency and how to work together to create positive recreation opportunities for youth. Over the past six years Youth Interagency has worked to bring as many positive recreation opportunities to the youth of Edson. Taking place during the out-of-school hours Youth Interagency hosts a variety of programs. Recently Youth Interagency and the Town of Edson received a ChooseWell Community award for reducing barriers to healthy living for teens. By providing practical examples of how to work with youth to make these opportunities happen other communities will gain information and knowledge about planning and implementation process.



SESSION B
Monday
9:35 A.M. to 10:20 A.M

Children Stream:

Engaging Children in Urban Nature

Sherry Wallace

Engaging children in nature can be a valuable tool for community development by creating an understanding about the value of urban forests and natural areas. The idea is to disperse myths relating to natural areas and to encourage positive community usage and ownership of the urban forests. Having children and residents use forests in a positive manner helps to create an understanding of the benefits of these areas within an urban environment. Richard Louv who is the bestselling author of *Last Child in the Woods*, directly links the lack of nature in the lives of today's wired generation to some of the most disturbing childhood trends, such as rises in obesity, attention disorders and depression – he calls it nature-deficit disorder. There is a new and growing body of research indicating that direct exposure to nature is essential for healthy childhood development and for the physical and emotional health of children and adults. Play Rangers is a practical solution to address these issues by making use of physical assets within a neighborhood. In discussing the outcomes of the Play Rangers project delegates will understand how they can utilize the natural areas in their neighbourhoods.

Youth Stream:

Changing with the Seasons: Understanding Free Play among Children, Youth and Families in a Small Rural-Urban Community in Alberta

Candace Nykiforuk
Helen Vallianatos,
Laura Nieuwendyk

This session will focus around a research project that was conducted on a rural-urban community in Alberta. The objective of this project was to understand facilitators and barriers to unstructured free play in the winter among children, youth and families. In one of the focus groups participants created collages using magazine photographs to depict what “play” meant to them. Each participant presented their collage and took part in a facilitated discussion with other participants about the different ideas that were illustrated. Participants were then provided with a digital camera and had two weeks to photograph play activities that they engaged in or wanted to engage in with their children during the winter months. The photographs were printed and participants took part in a follow-up focus group about the facilitators and barriers to participating in these activities in the winter months. In total there were eight focus groups that took place, the themes that emerged from the analysis will be discussed in this session. Overall the results of the current project will contribute to a greater understanding of factors that support and prevent unstructured free play amongst children, youth and families within rural communities in the winter months.

SESSION C
Monday
10:40 A.M. to 11:25 A.M.

Children Stream:

*The Role of Recreation Services in the Pursuit of
Physical Literacy*

Dr. Dwayne Sheehan

Recreational facilities and community services play an important role in the development of physical literacy during the most influential years of pre-adolescent growth. This session will examine the holistic concept of physical literacy and compare a variety of Canadian applications in the context of children and youth. A review of research-based evidence may help recreational leaders critically examine the role of community services as a medium for improving health and wellness in young people. Participants will also be encouraged to consider the future leadership of recreational services through the lens of physical literacy.

Youth Stream:

Multicultural Youth Career Day

Shelley Kwong

The City of Edmonton, in partnership with local educational and cultural organizations, recently held a Youth Career Day, for youth aged 14–25, from a variety of multi-cultural communities. This session will highlight how local youth were informed, empowered and motivated to choose and pursue the right educational and career paths. Additionally it will discuss how parents and guardians were able to further learn how they can support and assist their children in their career development.

SESSION D
Monday
11:30 A.M. to 12:15 P.M

Children Stream:

The Role of Cardel Place in Raising a Healthier Generation of Kids in North Central Calgary: A Collaborative, Action-Research, Evidence-Based Approach

Tracy Martin
Dr. Dwayne Sheehan

This session will describe how one recreation facility, Cardel Place, are raising a more active and healthier generation of kids, while making a measurable impact in building stronger communities and elevating the entire recreation sector. Working collaboratively with community leaders, partners and employees to create a dynamic, sustainable and successful community hub for people of all ages, cultures and abilities Cardel Place is committed to influencing public policy, promoting health and active living, building strategic alliances and increasing access to health, wellness and sport services for the residents of north central Calgary. Through partnerships with post secondary institutions they have been able to conduct research that has translated to practice increasing the physical activity levels of the children and youth in their programs.

Youth Stream:

Developing Leadership in Youth Through PLAY!

Jennifer Coyne

This session will walk participants through a series of active, experiential games that can be used to help youth explore and develop the types of leadership skills they already have and even some they didn't know existed. In addition to understanding how to effectively facilitate leadership games, the art of debriefing games will be covered in this interactive session. Wear comfortable shoes and clothing...this one is going to be fun!

SESSION E
Monday
2:30 P.M. to 3:15 P.M

Children Stream:

Piloting Kids at Hope in Edmonton

Jennifer Finnigan
Shelly Kwong

The City of Edmonton, through the Community Services department, began piloting Kids at Hope in January 2010. From adopting the philosophy internally, to spreading the message to the community, Shelley and Jennifer will share with you the successes and challenges they encountered while spreading the Kids at Hope message through a community development model. Participants will learn strategies that could be applied in your organization, community and even in your home as you create a world where every child will succeed, no exceptions!

Youth Stream:

Sacred Circle Aboriginal Diabetes Initiative

Emilea Saadeh

The Alberta Native Friendships Centers Association (ANFCA) is build upon 20 Friendships Centers that are devoted to providing culturally- based programs and services that respond to the distinct needs of urban Aboriginal people in their communities. They also help to bridge the gaps that occur been Aboriginal and non Aboriginal peoples. ANFCA began creating and delivering the Sacred Circle program in 2007. This included the creation of a Story and Activity-based educational book and an educational DVD which were culturally-relevant and age-appropriate. With renewed funding the ANFCA embarked to expand the Sacred Circle Program, which involved three main activities that will be discussed in this session. The learning objectives of this session are for participants to learn how to use the Sacred Circle resources, website and workshop tools. Participants will have basic level of knowledge to deliver the SCADI resources and workshops, and to utilize culture in workshop settings. Delegates will be invited to participate in a selection of fun, hands-on activities featured in the collection of workshop lesson plans called "Activity Guides".

SESSION F
Monday
3:30 P.M. to 4:15 P.M

Children Stream:

*Rainbow Rhythmics - Active Start Gymnastics
Programming for 3-7 year olds.*

Connie Bramer

Rhythmic Gymnastics Alberta (RGA) is the provincial governing body for rhythmic gymnastics. The Federation administers and delivers a variety of programs designed to encourage participation and develop excellence in rhythmic gymnastics. RGA is dedicated to fostering and encouraging participation and to developing excellence in the sport of rhythmic gymnastics. This session will give an overview of the Federation and the programs that they offer for children. There will be some fun active participation involved in the session in order to create a fun learning environment!

Youth Stream:

*Improving Physical Activity Opportunities for Youth
through a Community-University Partnership.*

Bethan Kingsley

Youth of low income face multiple personal, social and physical barriers that may hinder or prevent their physical activity participation (Sallis et al., 2000). Integrated approaches are increasingly necessary to improve opportunities for physical activity (Alberta Recreation and Parks Association, 2010). Collaborative, community-based approaches that engage a variety of stakeholders can lead to a more integrated approach to physical activity provision and avoid the duplication of services. Such an approach can also bridge a gap that currently exists between research and practice, enhancing the relevance of the knowledge generated (Graham et al., 2006). This presentation will discuss the formation of a community-university partnership to improve physical activity opportunities for youth of low income. The presentation will also discuss the inclusion of a process evaluation, intended to examine how the collaborative process can enhance the creation and use of relevant knowledge for multiple audiences.

SESSION G
Tuesday
9:00 A.M. to 9:45 A.M

Children Stream:

Special Olympics: Active Start and FUNDamentals

Jill Mattson

The objective of this workshop is to gain knowledge of the Special Olympics and the young athlete resources they are offering to community organizations, and new or existing programs. You will have the opportunity to review two Special Olympics Young Athletes manuals that include information, activities, and lesson plans to help make your program unique, fun and inclusive! A Young Athletes kit will also be on display with sensory and adaptive equipment, which community groups have access to when starting up programs. You will leave with an understanding of the importance of teaching fundamental movement skills to children with intellectual disabilities. If time allows, there will be an opportunity to participate in new, fun, and engaged activities revolving around fundamental movement skills.

Youth Stream:

Social Media in Your Youth Programs

Heather Wicksted

Adrienne Fedrigo

Social media is the primary means by which youth interact and learn about the community around them. As a result, many organizations have turned to facebook or other social media tools as a way to communicate with the youth in their communities. Some social marketing campaigns have been successful while others have not. This session will highlight the key things to consider when creating a social media channel, along with proven tips and techniques that have been successful in Calgary AfterSchool's facebook sites.

SESSION H
Tuesday
9:50 A.M. to 10:35 A.M

Children Stream:

Kids Yoga

Thy Nguyen

This session will allow you to introduce yoga to kids in a fun and accessible way. Like adults, children gain many benefits from yoga such as: physical strength and flexibility, a sense of calm and inner peace, how to find balance with body, mind and spirit and so much more! Kids are also natural yogis, with their flexible limbs and open minds, yoga is a perfect fit.

This interactive workshop will give you basic tools to lead a yoga class for kids; including breathing exercises, fundamental yoga poses, yoga and movement games and songs, and many practical tips and ideas that you may not have even considered!

Youth Stream:

A ‘How To’ for a Youth Led LRT Dance Party

City of Edmonton Youth Council

All aboard a Dance Party on the LRT! Come and listen to The City of Edmonton Youth Council Transit Ninjas take you through the steps of hosting a dance party on an Edmonton Transit System moving LRT train equipped with a disco ball and DJ. Youth 13 to 23 were encouraged to come and celebrate the benefits of taking transit and supporting sustainable transportation.

SESSION I
Tuesday
11:00 A.M. to 11:45 A.M

Children Stream:

*Physical Literacy in Recreation-Working Together
to be Active for Life*

Lindsay Wright

This session will address the increasing awareness of the Canadian Sport for Life (CS4L) Model and explain the Alberta CS4L Community Recreation and Sport Work Group that has been formed. CS4L is a movement made to improve the quality of sport and physical activity for all in Canada. CS4L links sport, recreation, education and health as well as aligning community, provincial and national; programming. This movement represents a paradigm shift in the way that Canadians lead and deliver sport in Canada. The group used CS4L to engage partners across recreation, education, municipalities, physical activity, and early childhood. Tools, successes, and future plans will be shared throughout this workshop in order to set the stage for future collaborations in your area. This session will discuss the work group as well as how to improve the quality of sport for all!

Youth Stream:

*Mental Health Capacity Building through
Mentorship and Recreation*

Raelynn Notley
Kaylee D'Andrea
Annalise Layde

The presentation will provide information about the Mental Health Capacity Building Initiatives funded by Alberta Health Services throughout the Province, highlighting the Youth Empowerment & Support Program in the Olds community. The YES! Program strives to build capacity in children, youth, families and the community by providing adult and peer mentorship to support children in targeted and universal settings. The YES! Program has created several after school and community recreational events designed to engage youth in a meaningful way, as well as increase youth development through a number of intentional programs to meet their needs and build resiliency. The presentation will give an overview of programs offered to youth in the schools and the community, as well as an overview of community partnerships that have built on the success of the program.

SESSION J
Tuesday
12:50 A.M. to 1:35 A.M

Children Stream:

Introduction to AFLCA Ever Active Kids program

Lesley McEwan

Introduction to Alberta Fitness Leadership Certification Association (AFLCA) Ever Active Kids is a children & youth fitness module which gives participants the tools to develop physical activity programs for children and youth. This session will provide delegates with an introduction to the AFLCA Ever Active Kids program along with an overview of the Children & Youth Fitness Module. There will be hands on activities integrated into the session as well as discussions on safe and child specific programs. Ever Active Kids has been designed for exercise professionals, teacher aides, teachers, physical education teachers leading children and youth through physical activity classes/programs. EAK is specifically designed to provide the expertise and knowledge necessary to develop and deliver safe, child-specific activity programs to children of all ages.

Youth Stream:

Engaging Youth in Structured Activities with an Unstructured Environment

Nicole Caines
Kristen Mackenzie
Dave Kalinowski
Sylvia Miotti

Research tells us that involving youth in structured activities yields positive developmental outcomes. But we know that drop-in environments are sometimes more attractive to youth. So, how do we engage youth in structured activities within a drop-in environment? This session will focus on strategies that have been used by The City of Calgary Recreation's Calgary AfterSchool programs creating structured activities in unstructured environments.

SESSION K
Tuesday
1:40 A.M. to 2:25 A.M

Children Stream:

*Kicking the Habit. Young Master Club Taekwondo
for Families*

Jonathon Rivero

The Young Master Club was designed for everyone to help families who want to achieve more mental clarity, self-control, and physical fitness in their daily lives. By dedicating an hour each week to practice cognitive behavior strategies through Tae Kwon Do and Yoga, members centre themselves in the arts of Tae Kwon Do and Yoga to achieve personal success, respect, and self-discipline within their own families. Success does not come from the kicks, punches, blocks, or patterns alone, but rather from the family participation, the sharing of knowledge amongst families, and the journey they are committed to each week. Young Master Club trains families of all needs to learn Tae Kwon Do and Yoga in fun, family-oriented and creative ways different from typical martial arts settings. The values of Taekwondo are courtesy, integrity, perseverance, self control, and indomitable spirit. These values guide the Taekwondo and Yoga practice and empower the participants to apply the skills learnt at the “Qi Creative Dojang” to the classroom, the playground, the work- place, and at home. Through this session Jonathon will explore the art of Taekwondo and Yoga and not just teach you basic martial art skills, but a way of life.

Youth Stream:

*Fostering Healthy Living for Youth Through
Recreation: Stories from Alberta Communities*

Communities ChooseWell

Through storytelling and discussion, participants will hear about creative examples of how ChooseWell communities have engaged youth in recreation to promote healthy living, particularly focusing on how they used local resources to do so. Participants will also be challenged to identify local resources and potential partners within their own communities that could be utilized to engage youth in recreation.

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