



Healthy Child and Youth Development

Youth Development through Recreation Services Symposium

On-Site Guide

March 7-8, 2018



President's Welcome

Susan Laurin

On behalf of the ARPA Board of Directors and staff, I welcome you to the 2018 Youth Development through Recreation Services Symposium hosted at the Radisson Red Deer Hotel. The theme for 2018 is “Healthy Child and Youth Development” and invites professionals from varying sectors to share program resources, project ideas, and networking opportunities.

We are excited to present research panels and programming presentations. New this year is the addition of cultural components from local indigenous communities during the opening ceremonies and a Sitting with Elders session. We hope that you take advantage of the social and networking opportunity at the Alberta Hall of Fame on March 7.

A huge thank you to all of our sponsors, partners and communities that have supported this year's Symposium and made this great education and networking event possible. On behalf of the ARPA Board and staff, I welcome you and hope you enjoy the upcoming days of learning and networking.

Susan Laurin
President



Symposium Overview

ABOUT YDRS

The Youth Development Through Recreation Services (YDRS) Symposium is an annual forum for advancing the knowledge about the contributions of recreation programs and services. It aims to provide information about children and youth development by promoting the delivery and expansion of positive development through sport, recreation, physical activity, education and general health promotion.

The YDRS Symposium attracts delegates from municipal recreation, community service departments, not for profit groups, community sports groups, public health, educational institutions and social service organizations. Presenters range from front-line staff to youth policy makers.

THEME

The theme of the 2018 YDRS Symposium is ***Positive Child and Youth Development.***

MANDATE

“Providing an educational forum to advance knowledge of youth development through recreation.”

Conference Committee

Shelley Kwong, *Chair*

Beckie Boutlier

Jessica Grey

Sarah Erickson

Carley Van Tetering

Stephanie Mitschke

Matt Leung

Amanda Ebert

Amy Wood

Symposium Schedule

Day 1 // Wednesday, March 7

8:30 - 9:00 am	Registration	
9:00 am	Opening Remarks	
9:30 - 10:20 am	<p>Elders Presentation <i>Aboriginal Youth in Recreation</i> Room: Cascades Ballroom</p>	<p>Matt Leung: <i>Get PLAYFUL with Dance</i></p>
10:30-11:20 am	<p>Serge Gingras <i>Supporting LGBTQ and Youth</i> Room: David Thompson Ballroom</p>	<p>Sarah Jessup <i>Adventure Playground: Supporting Every Child's Right to Play</i> Room: Cascades Ballroom</p>
11:30 am - 1:30 pm	<p>Lunch <i>Keynote Vicki Haraber Navigating Physical Literacy in Alberta: Implementing and Assessing Effective Programs</i> Room: Cascades Ballroom <i>Dance PL3Y 1:00-1:25 pm Room: David Thompson Ballroom</i></p>	
1:30 - 3:00 pm	<p>Panel 1 Play: Julianne Knopp <i>Social and Emotional Learning through Play;</i> <i>Julia Davies Dawson School Age Children & Del Lomsnes Developing Physical Literacy</i> Room: David Thompson Ballroom</p>	<p>Chris Hicks: <i>Nature LEAD (Active session)</i> Room: Cascades Ballroom</p>
3:15 - 4:45 pm	<p>Panel 2 Engaging Children and Youth: Beckie Boutilier <i>Growing a Vibrant City with Children;</i> Roy Bedford <i>Facilitating Creative Collaborations;</i> Nick Holt <i>Promoting Positive Youth Development in Recreation and Sport Program Contexts</i> Room: Cascades Ballroom</p>	<p>Panel 3 Adapted Programming: Chantelle Zimmer <i>(Dis)Engagement in Elementary Physical Education;</i> Kyle Pushkarenko <i>Thinking Critically on Physical Literacy Development for Individuals Experiencing Disability;</i> Barb Marsh <i>Physical Literacy through Traditional Games</i> Room: David Thompson Ballroom</p>
5:30 - 7:30 pm	Alberta Hall of Fame Social	

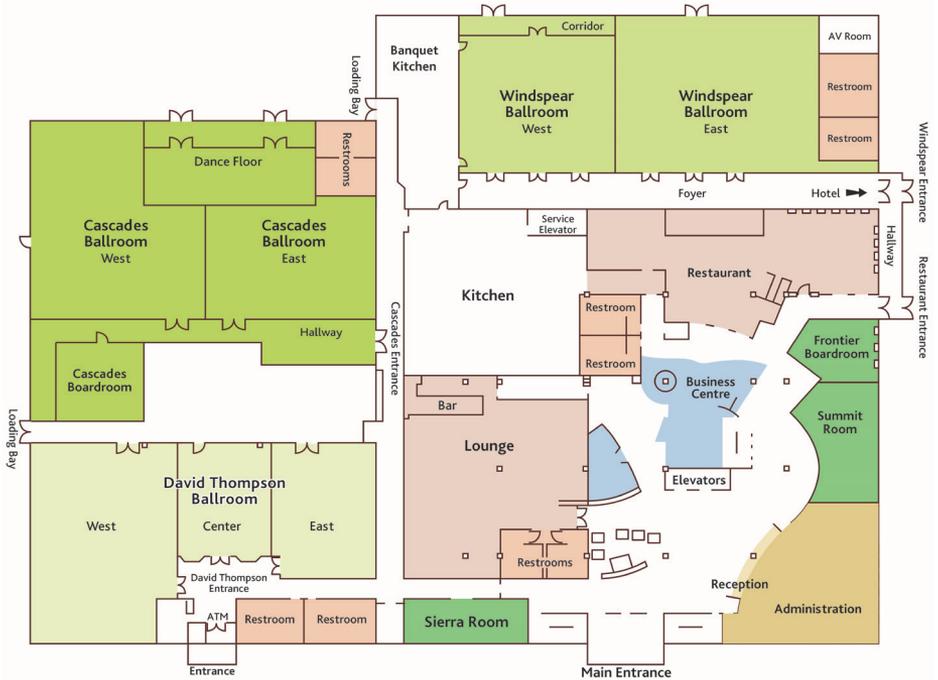
Day 2 // Thursday, March 8

8:30 - 9:00 am	Registration	
9:00 - 9:45am	Shifting the Youth Paradigm Cara Jones <i>Room: Cascades Ballroom</i>	
10:00 - 11:15 am	Open Space & Networking Session <i>Room: Cascades Ballroom</i>	
11:30- 1:00 pm	Lunch & Keynote Tammy Schamuhn <i>The Importance of Play in Fostering Resilience</i> <i>Room: Cascades Ballroom</i>	
1:15 - 5:30 pm	HIGH FIVE Sport <i>Room: Cascades Ballroom</i>	HIGH FIVE Exchange <i>Room: David Thompson Ballroom</i>



Map

Radisson Best Hotel Floor Plan



Overflow Parking





Session Descriptions

Day 1: Wednesday, March 7

Richard Lightening: ***Sitting with Elders***

This is an interactive session where participants are able to sit with Indigenous Elders to learn their perspectives on healthy children and youth development. This session will focus on an Indigenous perspective on the role of sport, recreation, physical activity, education and general health promotion in the development of our next generations.

Amanda Ebert & Bobbi-Jo Atchison: ***“What About Us?”*** Parent Perspectives on Accessing community Physical Activity for Youth with Impairment

This is an interactive session where participants are able to sit with Indigenous Elders to learn their perspectives on healthy children and youth development. This session will focus on an Indigenous perspective on the role of sport, recreation, physical activity, education and general health promotion in the development of our next generations.

Serge Gingras: ***Supporting LGBTQ and Youth***

This session covers diversity from a personal and collective perspectives and engages participants in reflecting on their own perceptions and recognition of diversity and how their personal views and experiences affect their interactions with members of various cohorts.

Sarah Jessup: ***Adventure Playground***

Supporting Every Child’s Right to Play - The City of Calgary is creating a new way to play – one that encourages inclusive, independent, unstructured, creative, ‘risky play’ with its Mobile Adventure Playground. Adventure Playgrounds are dynamic spaces where children can explore, create, imagine and learn in their own way. They contain a variety of materials and loose parts such as tires, cardboard, rope, and pipes. Children are free to create, build, manipulate, or destroy their environments as they wish. This presentation will discuss the Mobile Adventure Playground and research about the benefits of loose parts play.

Vicki Harber: **Keynote Presentation Navigating Physical Literacy in Alberta**

Implementing and Assessing Effective Programs - What does a program rich in physical literacy look like for children and youth? How do we know that our programs and organizations are strengthening the individual's physical literacy journey? Although we are familiar with the term physical literacy, these implementation-based questions are being asked more often. Those working in the recreation, sport, education and after school spaces want ideas and guidance to help build effective lessons and positive program experiences. This talk will provide evidence-informed recommendations for creating quality physical literacy experiences, including quality sport and focus on developmentally appropriate activities for our children and youth.

Panel 1: Play

Julianne Knopp **Social and Emotional Learning through Play**

Today, many children are struggling with different social, emotional, and behavioural issues that hinder their ability to participate fully in school and life. Social and emotional learning practices aim to help youth develop skills to promote a healthy lifestyle. At BGCC we believe in an experiential learning approach by combining social and emotional learning with play through intentional programming. In this session we will look at the importance of social and emotional learning within our programs and different ways of implementation.

Julia Davies Dawson: **School Age Children and Play**

Today, many children are struggling with different social, emotional, and behavioural issues that hinder their ability to participate fully in school and life. Social and emotional learning practices aim to help youth develop skills to promote a healthy lifestyle. At BGCC we believe in an experiential learning approach by combining social and emotional learning with play through intentional programming. In this session we will look at the importance of social and emotional learning within our programs and different ways of implementation.

Del Lomsnes: ***Developing Physical Literacy***

Physical Literacy is defined as “the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.” In RDPSSD schools we are focusing on developing fundamental movement skills, fitness skills, living skills, and active participation in all of our students. We are endeavoring to develop a solid foundation in physical literacy so our students will choose to remain active throughout their life. This session will give you some hands on ideas on how to develop a variety of fundamental movement skills in our youth. These activities will be easy to implement and are highly effective.

Independent Session

Chris Hicks: ***Nature LEAD***

The city of Calgary Parks dept. delivers a leadership program that teaches youth basic leadership skills through interactive games and activities, followed by debrief sessions. There are 9 modules that cover different leadership skills, and 20 volunteer hours required to put the newly learned skills to work. With each topic, there is a nature-spin put on it, to connect the youth to the outdoors, while teaching them these leadership skills.

Panel 2: Engaging Children and Youth

Beckie Boutilier: ***Growing a Vibrant City with Children***

Children and youth are often viewed as tag-a-longs to their adults, even when planning and delivering programs that are being created for specifically for them. Involving children in the development and evaluation of recreational programs allows them a voice and a chance to develop leadership, communication, and emotional regulation skills that they will need throughout their lives.

Roy Bedford: ***Facilitating Creative Collaborations***

In most communities, there are many different groups and institutions working independently towards child and adult development. Both Formal and informal collaboration offers one avenue towards addressing the organizational and societal challenges to healthy child and youth development through recreation.



Better serving children and youth, as well as engaging more of them in developmental recreation can be enabled through creative partnerships between community organizations. This presentation will discuss the benefits of collaboration and outline practical steps for facilitating it.

Nick Holt: ***Promoting Positive Youth Development in Recreation and Sport Program Contexts***

The purposes of this presentation will be depict ways to promote positive youth development (PYD) in recreation and sport program contexts. PYD is a strength-based approach to youth development that focuses on developing potential in youth. This presentation will focus on the key 'common' ingredients of PYD programs and then provide practical insights into ways to promote PYD in specific contexts, drawing broadly from research we have conducted over the past decade in after-school programs, recreational settings, and organized sport environments.

Panel 3: Adapted Programming

Chantelle Zimmer: ***(Dis)Engagement in Elementary Physical Education***

The purpose of this presentation is to discuss the experiences of children with movement difficulties (MD) in physical education. The presentation will provide recommendations for teachers on how to mitigate sources of stress in physical education for children with MD to increase their (re)engagement.

Kyle Pushkarenko: ***Thinking Critically on Physical Literacy Development for Individuals Experiencing Disability***

The objective of this presentation is to stimulate critical thought of these questions with the hope of challenging current assumptions surrounding and conceptualizations of the physical literacy concept. It is believed that answers to these questions are essential for fostering the operationalization of this concept that centers on the idea of an individual using their embodied potential to the best of their ability, specifically allowing future opportunities and motivation for physical activity engagement for life.



Barb Marsh: ***Physical Literacy through Traditional Games***

In partnership with the Alberta Native Friendship Centres Association of Alberta and the Be Fit For Life Network, this project was designed to support the sharing of how to play and create some of the games that may have been played in Alberta long ago. The games and resource provide links from traditional cultural and values to physical literacy and fundamental movement skills.

YDRS Social –

Alberta Hall of Fame 5:30-7:30 pm with appetizers from the Canadian Brew House. Tickets are \$20 and can be purchased through the registration page. Location #102 - 4200 Hwy 2.

Session Descriptions

Day 2: Thursday, March 8

Cara Jones: ***Shifting the Youth Paradigm***

Each generation faces challenges and stereotypes they need to overcome in order to succeed. How do we engage the younger population to feel valued, included and part of community growth and sustainability? In this 45 minutes keynote presentation Cara Jones will engage the audience with qualitative and quantitative information on how we can not only engage youth but also include them in the decision making processes. Topics include: creating safe spaces for youth, building on community and individual assets, educating youth on outcomes and eliminating the climate of tokenism, leveraging youth experiences to build bridges and fill community gaps.

Open Dialogue and Networking

In this session delegates will have the opportunity to network and discuss youth engagement and decision making in programs. A broader discussion about current needs and priority areas for child and youth programming within Alberta will also be included.

Keynote Speaker

Tammy Schmahun: ***The Importance of Play and Fostering Resilience***

Play is not only a child's language but is also an key element to healthy emotional, physical, cognitive, and psychological development. Play is one the decline in our society, and Tammy Schmahun wants to share not only how play drives the healthy childhood development, but how adults can be an agent of change in a child's life and advocate for a play-centered society for kids in Canada!

HIGH FIVE Sport

This 5-hour training is designed for the competitive coach in a club/ organization. Aligned with the Fundamentals and Learn to Train stages of Long Term Athlete Development (LTAD), The training is based in research and has been designed to help coaches with top coaching dilemmas such as dealing with parents, keeping the child's interest, ensuring fair play and an emotionally safe environment. Participants who are NCCP certified may earn 3 Professional Development (PD) points towards maintenance of the NCCP certification status*.



Speaker Biographies

Cara Jones

Cara Jones is an international award-winning short-documentary filmmaker, an award-winning mixed media artist, a youth advocate, author, blogger & podcaster. Passionate about the power of storytelling, Cara has reached out to extraordinary people who have inspired her life journey sharing their experiences through her podcast. Some of these wonderful individuals included, Canadian Rocker, Bif Naked, Olympic Gold Medal Winner, Megan Mikkleson and founder of the world renowned social enterprise Me to We and Free the Children, Craig Kielburger. As a youth and community engagement advocate Cara captivates her audience by sharing her experience in media literacy, Media & Social Justice, Community Engagement & Capturing Lived Experiences as well as Conscious Living Through Interconnectivity.

Barb Marsh

Barb Red currently works at Deer College as the Be Fit For Life Coordinator. Barb has a wealth of knowledge in physical literacy and in sport development. In her previous role Barb was the Manager of Hockey Development for Hockey Alberta. She has a B.A Recreation Administration from University of Alberta and enjoys golfing, fly fishing, paddle boarding and relaxing at the beach.

Tammy Schmahun

Tammy is both a Registered Psychologist and Registered Play Therapist in the Province of Alberta. She has a Bachelors of Education from the University of Alberta and practiced as an elementary teacher in Edmonton before going on to complete her Masters degree in Psychology. She is also the founder and Executive Director of Family Counselling Centres and the Co-Founder of the Institute of Child Psychology. She has been working in private practice for the past six years in Alberta, primarily with children and their families. She also include animals in her therapy and has developed a canine assisted and equine assisted therapy programs for her practice.



Chris Hicks

Chris has been working with the City of Calgary for almost 10 years now, and before that he attended Memorial University in Newfoundland, completing his Bachelor of Recreation Degree. Chris has been a Program Advisor for the City of Calgary Parks for 3 years. In my free time I like spending time with my one year old and getting outdoors.

Vicki Harber

Vicki is Professor Emeritus at the University of Alberta from the Faculty of Physical Education & Recreation. She is a member of Canada's Sport for Life Leadership team and is helping to advance physical literacy and long-term athlete development while improving the quality of sport across Canada. Vicki was a member of Alberta's Sport Plan Task Force and the City of Edmonton's Live Active Steering Committee – she knows that designing a good plan along with a robust implementation blueprint will get Albertans moving more. In 2011 and 2012, Vicki was honoured by CAAWS (Canadian Association for the Advancement of Women and Sport and Physical Activity) as one of the Most Influential Women in Sport and Physical Activity. Experiences from 2 Olympic Games on the Canadian Rowing team, researching the female athlete as an academic, coaching an elite girls' soccer team and being a parent fuel her passion for this work. Much more than content knowledge is needed to bring Active Alberta's vision to life; it is essential to work collaboratively and build relationships grounded in trust and humility. Her greatest joy comes from working with those who are willing to examine the “way things are done” and not afraid to do the right thing for the right reason.

Nick Holt

Nick Holt is a Professor in the Faculty of Kinesiology, Sport, and Recreation at the University of Alberta. He leads the Child & Adolescent Sport & Activity lab, and conducts research examining psychosocial factors associated with participation in sport and physical activity. He is a member of the Royal Society of Canada, College of New Scholars, Artists, and Scientists.


Sarah Jessup

Sarah Jessup has been a Recreation Program Specialist with the City of Calgary for five years. She has a Bachelor of Physical Education from the University of Alberta, she is an AFLCA certified Fitness Instructor, and a High Five PHCD and Sport Facilitator. She has been the program supervisor for the City of Calgary's Mobile Adventure Playground for the past two years.

Roy Bedford

Roy Bedford has 30 years' experience in the non-profit and municipal sectors, focusing on recreation, community development and a vibrant voluntary sector. For Roy, healthy development through recreation touches the body, mind, and spirit to result in well-rounded, engaged, empowered young citizens. Roy sees recreation leading to healthy life choices, character-building, leadership, positive relationships, and a lifetime of community involvement. Mixing sector knowledge with practical solutions, Roy makes sessions pragmatic , using interaction, handson activity, and a bit of fun to explore relevant solutions to community situations. His sessions are rooted in every day experiences and translate into practical learning opportunities for easy implementation by participants.

Chantelle Zimmer

Chantelle Zimmer is a PhD candidate in the Faculty of Kinesiology, Sport, and Recreation (formerly known as Physical Education and Recreation) at the University of Alberta. She is specializing in adapted physical activity, which is a field of study that promotes physically active lifestyles among populations with impairments and supports inclusion for all. Chantelle has worked as a teaching and research assistant for over 6 years in the areas of physical education, recreation, and sport at the University of Regina and University of Alberta. She is currently a Community Active Recreation Consultant with the Edmonton Federation of Community Leagues, responsible for developing programs with community leagues that align with the City of Edmonton's Live Active Strategy.



Del Lomsnes

Del received his Bachelor of Science of Physical Education and Bachelor of Education from the University of Saskatchewan. He is currently the Health, Wellness and Physical Education Coordinator for Red Deer Public Schools. He also teaches physical education at Fairview School, which is the district's ESL school. He has taught for physical education for over 30 years in grades K - 12. Del is a past president and award recipient of the Health and Physical Education Council of Alberta. He received the physical education teacher of the year award in 2005 for the province of Alberta from PHE Canada. He continues to be actively involved in physical education and literacy at a local, provincial, and national level.

Beckie Boutilier

Beckie, the Coordinator for a Child Friendly Edmonton Council Initiative, works with children, citizens and community organizations to promote child centered practices throughout Edmonton. Beckie strongly believes that children are the future of our city and that including children in decisions that affect them can help create a more engaged society. In over a decade working directly with children, Beckie has served as the Education Coordinator for the John Janzen Nature Centre as well as the Volunteer Coordinator for City of Edmonton Attractions. Beckie holds a BEd and BSc from the University of Alberta.

Julianna Knopp

Julianne Knopp has been with the Boys and Girls Clubs of Calgary for over two years. She is currently the Camp Adventure Coordinator and works with children and youth to promote a healthy lifestyle through experience and exploration. She believes in the power of play and the value of social and emotional skills in children's learning.

Serge Gingras

Serge Gingras was a language instructor at RDC for 30 years and is currently Regional Director for the Association canadienne-française de l'Alberta. He has been an advocate for LGBTQ+ for several years as past faculty advisor to RDC



Pride on campus and currently as chair of the Central Alberta Pride Society. His contribution and community work has been recognized, most recently as recipient of a Senate of Canada 150th anniversary Medal of Recognition and The City of Red Deer Mayor's Recognition Award.

Julia Davies Dawson

Co-founder and Operator of Calgary Child's Play 2011 and Sherpa Kids Canada 2014, delivering out of school care to children age 5 to 12, serving 700+ children and their families. Julia and her business partner have operations in UK and NZ to bring greater global perspective and knowledge to their work. Play Advocacy and social entrepreneurship are a perfect fit for Julia. She is active with the emerging international play movement, as well as local municipal activity; in 2017 she was part of a committee that created a Calgary Play Charter. Julia is passionate about families, play and meeting social needs. She has an inspired approach and commitment to quality in a complex environment. Julia's education includes social research methods and sociology (B.Sc. Hons) as well as medical technical training (qualified medical technologist) and not for profit management. She is currently undertaking national level training in quality assessment for children's recreation programs (High Five facilitator). Julia has presented at the 2017 International Play Association conference, at Bow Valley College and has conducted in-house training.

Matt Leung

Matt Leung is a business graduate from the University of Calgary, who has spent over 10 years working with children and youth in the recreation sector. Matt is the Team Lead of Active Play & Lifestyles at Vivo for Healthier Generations, a local recreation centre in Calgary, Alberta. Matt sits on the steering committee for YYCPlays, a committee of professionals invested in building Calgary's capacity for play as a legacy of the 2017 International Play Association Conference in Calgary. Matt has facilitated trainings and workshops across North America, and he is also an active member of the Alberta Recreation and Parks Association's Child & Youth Committee, a certified HIGH FIVE Trainer, and the original Vivo Play Ambassador.

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