

Physical Literacy: Bringing it to Life!

Wednesday March 9th, 5:30-8:00p.m.

@ Komoka Wellness & Recreation Centre/YMCA
1 Tunks Lane, Komoka

The Coaching Association of Canada (CAC) has a stated mission to “enhance the experiences of all Canadian athletes through quality coaching.”

“Coaches play a pivotal role in developing athletes as well as influencing parents to understand the impact of physical literacy in a child’s development,”

Lorraine Lafrenière, chief executive of the CAC.

County of Middlesex Coaches

We are pleased to offer a FREE Seminar with
Drew Mitchell, Director of Physical Literacy, Canadian Sport for Life



Sport for Life

Register at hkcc.middlesex.ca—Click on HKCC Events

Dinner will be provided

About the Seminar Physical activity is a lot more fun when you are physically literate. Now more than ever, physical literacy is being recognized as an important component of best practices in the sport, recreation, health and education sectors within Canada. Unfortunately, not everyone knows or understands what exactly physical literacy means. The goal of this session is to provide a broad introduction to the concept of physical literacy that will help you define what physical literacy means, why it is important, and how you can integrate its concepts to improve your programs. You will leave with a better understanding of what physical literacy is and knowledge of how you can encourage continual improvement and development of physical literacy skills across the lifespan. The YMCA of Western Ontario will also highlight their experience in applying for the Ontario Sport & Recreation Communities Fund and their integration of physical literacy into their programming.

For more Information:
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County of Middlesex

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