



OFFICIAL NOTICE AND AGENDA

Notice is hereby given that the Parks and Recreation Committee of the City of Stoughton, Wisconsin will hold a regular or special meeting as indicated on the date, time and location given below.

Meeting of the:

Date /Time:

Location:

Members:

PARKS AND RECREATION COMMITTEE OF THE CITY OF STOUGHTON

Wednesday, May 2, 2012 @ 6:00

Hall of Fame Room/City Hall (381 E Main St, Stoughton WI 53589)

Eric Olstad, Greg Jenson, Tim Swadley, Paul Lawrence, Donna Olson

CC:

Attorney Matt Dregne, Department Heads, Stoughton Newspapers,
Pili Hougan, Tamara Bader-Fleres, Debbie Blaney, Debbie Myren, Sean Brusegar,
Council Members

* Note-For security reasons, the front doors of the City Hall building (including the elevator door) will be locked after 4:30 p.m. If you need to enter City Hall after that time, please use the entrance on the east side of City Hall (the planning department door). If you are physically challenged and are in need of the elevator or other assistance, please call 873-6677 prior to 4:30 p.m.

Item #	CALL TO ORDER
1	Elect Chair
2	Elect Vice-Chair
3	Communications
Item #	OLD BUSINESS
4	Racetrack Park Parking Options Update
5	Fishing Pier Update
6	Pool Update
7	Youth Center Update
Item #	NEW BUSINESS
8	Approval of the April 4, 2012 Minutes
9	Community Garden Update
10	Active Stoughton for Life
11	Set Date for Project Tour
12	Future Agenda Items
ADJOURNMENT	

Category “P”

This category consists of park equipment consisting of playground structures, fence lines and backstops, dugouts, scoreboards, court surfaces etc. Replacement schedules are based on manufacturer’s recommendations but should be open to change based on the actual condition and need.

**CITY OF STOUGHTON
VEHICLE AND EQUIPMENT REPLACEMENT AND DEPRECIATION**

ATTACHMENT “P”

Point Ranges Parks Equipment

	Points	Description
Condition	0	Good condition, fully functional
	2	Fair, functional
	4	Minor damage
	6	Severe damage
	8	Unusable
Reliability PM Work Factor Not Included	0	Requires maintenance less than one time within three month time period,
	1	Requires maintenance one time within three month time period,
	2	Requires maintenance more than once within 3 month time period,
	3	Requires maintenance more than twice within one month time period,
	4	Requires maintenance more than twice monthly.
Safety	0	Meets Current CVMIC Standards
	2	Acceptable by Current CVMIC Standards
	10	Does NOT meet Current CVMIC Standards
Point Ranges	Condition	Description
0	Excellent	Do not replace
1-5	Very Good	Do not replace
6-7	Good	Do not replace
8-9	Fair	Evaluate for future replacement
10+	Poor	Needs priority replacement or elimination



City of Stoughton

Parks and Recreation Department

Racetrack Road Parking



The Stoughton Recreation Department is asking the users of Racetrack Park to be considerate of the property owners on the east side of Racetrack Road. You can do this by:

1. Parking in the lot whenever possible
2. When there are no spots in the lot and you need to park on the street:
 - A. Safely exit the car to the park side when possible.
 - B. Do not use residents driveways when turning around. Children play there at times.
 - C. When turning around, please do not drive across the grass on the township properties.

Troll Beach

Stoughton's Norwegian Fun Park

Visit our newly renovated swimming facility. Enjoy the best of beach experiences that includes clean city water, sandy zero depth entry, and large inflatable play structures!



Troll Beach is the result of a complete makeover of the Mandt Park Pool. New innovative play structures, a rebuilt full concession stand, pool chairs and umbrellas, are just a few of the updates for this historic pool.



Our trained lifeguards are ready to welcome your group for a day of great swimming and Norwegian hospitality.



Open: Everyday beginning on June 9, 2012

Hours: 12-5 PM

Rates

Resident 16+	\$3.50
Resident 15-	\$2.50
Non resident 16+	\$4.00
Non resident 15-	\$3.00
Resident Family Pass	\$80.00
Resident Single Pass	\$60.00
Non resident Family Pass	\$100.00
Non resident Single Pass	\$75.00

Group Rates: \$2.50 per person
(chaperones free)

Troll Beach, 509 Mandt Parkway, 873-1900
Stoughton Parks and Recreation
608-873-6746
tlynch@ci.stoughton.wi.us

	Aquatic Bio	Premier Pond	Lakeland Bio	Lakeland Bio Alt
Aeration	\$4,262	\$3,874	\$4,449	\$3,136
Compressor	\$901	\$792	\$4,449	
Cabinet	\$569	\$547		
3 Diffusers	\$885	\$450		
Air Hose	\$475	\$485		
Circulator/hose	\$982	\$1,200		
Shipping	\$50			
Installation	\$400	\$400		
Volt Timer for Circulator		\$1,309		
UV Equipment	\$4,662	\$4,944	\$3,843	\$5,065
External Pump	\$975	\$1,023	\$749	\$700
Ultraviolet	\$2,227	\$2,644	\$2,299	\$3,990 Ionizer
PVC Pipe	\$600	\$665	\$320	\$320
Suction Strainer	\$15	\$17		
PVC Check Valve	\$45	\$45	\$55	\$55
PVC Parts and Glue	\$50	\$150	\$30	
Shipping	\$300			
Installation	\$450	\$400	\$390	
Maintenance	\$5,360	\$3,077	\$3,380	\$3,188
Spring Phosphate	\$825		\$950	950
Bacteria	\$1,815	\$2,199	\$625	\$568
Enzyme	\$395		\$595	595
Muck Digester	\$770		\$385	350
SCI-62	\$750		\$600	500
Blue Dye	\$180	\$90	\$90	\$90
Service Aeration System	\$225	\$250	\$135	\$135
Shipping	\$300			
Mileage	\$100			
Algaecide/Cyanobacteriocide		\$538		
	\$14,284	\$11,895	\$11,672	\$11,389

From: Reid Turowski, Lakeland Biologists [Reid@lakelandbiologists.com]
Sent: Thursday, April 19, 2012 4:29 PM
To: Tom Lynch
Subject: RE: Proposed Pool/Pond Management

I just sent my revised estimate. I chose to remove the ¾ hp water mover and recommend 2 ionizer systems. I feel this would provide better results. The nice thing about the ionizers is that it's simple to add more in the future. One or two units targeted directly at the swim area (like you mentioned the UV sterilizer was for) would work as the copper ions would get pushed out into the pond system by people moving around in the water. The ionizers are likely to reduce algae blooms and reduce algacide additive cost. Not to mention, the slow release of copper ions will avoid any algae blooms that need treating. The ultimate goal should be to avoid any algae blooms because even treated, that algae recycles into the system as food for more algae growth.

Additional info is below:

<http://www.carefreeclearwater.com/index.html>

The Vice Presidents name is Stewart. Feel free to contact him for detailed info.

Appreciate your willingness to look at alternatives. Please let me know if there is anything else I can provide. I would like to earn your business.

Thanks,
 Reid Turowski
 Lakeland Biologists
 262-751-5603 cell
 262-522-2822 office
 262-522-2823 fax



From: tlynch@ci.stoughton.wi.us [mailto:tlynch@ci.stoughton.wi.us]
Sent: Tuesday, April 17, 2012 1:52 PM
To: Reid@lakelandbiologists.com
Subject: RE: Proposed Pool/Pond Management

Reid,
 What is the price for an ionizer for a pool our size and what type of containment structures are needed. Is a circulator needed with this type of system?
 Tom

From: Reid Turowski, Lakeland Biologists [mailto:Reid@lakelandbiologists.com]
Sent: Tuesday, April 17, 2012 11:05 AM
To: Tom Lynch
Subject: RE: Proposed Pool/Pond Management

Good Morning Tom,

Sorry for the delayed response. Here are some key points to the benefits of a ionization purification system vs UV sterilizer system. Feel free to call me today. I will be in/out of meetings all day but will check messages and call you right back first chance I have.

Draw backs to a UV sterilizer for swim pond

- * kills added beneficial bacteria
- * high bulb replacement costs (bulbs lose effectiveness after only six months)
- * high energy costs

- * maintenance of bulb – if bulb stops working – downtime of system
- * turbidity of water reduces effectiveness
- * nothing pushed out mixing with pond water

Benefits of Ionization System for swim pond

- * efficient to run – less than \$5/month to run
- * simple low maintenance – anode replacements
- * built in redundancy – if one unit fails or needs anodes replaced, other units will continue to run
- * copper ions pushed out into pond preventing algae, harmful bacteria, legionnaires and others which have proven to be resilient to chlorine
- * not affected by turbidity, heat or sunlight.
- * simple install – units automatically precisely meter and stabilize ion output.
- * significantly cuts down on the amount of algaecide needed.
- * lifetime equipment warranty.

Thanks,
Reid Turowski
Lakeland Biologists
262-751-5603 cell
262-522-2822 office
262-522-2823 fax



From: tlynch@ci.stoughton.wi.us [<mailto:tlynch@ci.stoughton.wi.us>]
Sent: Monday, April 16, 2012 1:26 PM
To: Reid@lakelandbiologists.com
Subject: RE: Proposed Pool/Pond Management

Reid,
Can you tell me more about your alternative to UV? Other than the alternative to UV, do you feel this proposal leads to a successful results (algae free, low e-coli counts) and are you currently providing great results at comparable pools?
Tom

From: Reid Turowski, Lakeland Biologists [<mailto:Reid@lakelandbiologists.com>]
Sent: Friday, April 13, 2012 4:59 PM
To: Tom Lynch
Subject: Re: Proposed Pool/Pond Management

Hi Tom,

I just sent an estimate. If you don't receive it, please check your "junk mail" folder as sometimes it ends up there because it's sent from our Quickbooks software.

We offer and install all of the items on your previous attachment and are a full service lake & pond management company. One thing that did jump out at me is the proposed UV sterilizer used in combination with a beneficial bacteria additive program. This will work but the UV sterilizer will continuously kill off some of the beneficial bacteria along with harmful bacteria and pathogens. There are available options and units that can be installed that are different than a UV sterilizer (still function to reduce/eliminate e-coli, harmful coliforms and other) and are used in these situations so that you get more benefits from the beneficial bacteria additives. In essence, it will save on maintenance costs and lower the amount of bacteria additive needed.

Sorry for submitting last minute. Please let me know if you have further questions for Lakeland Biologists. We would like to

earn your business.

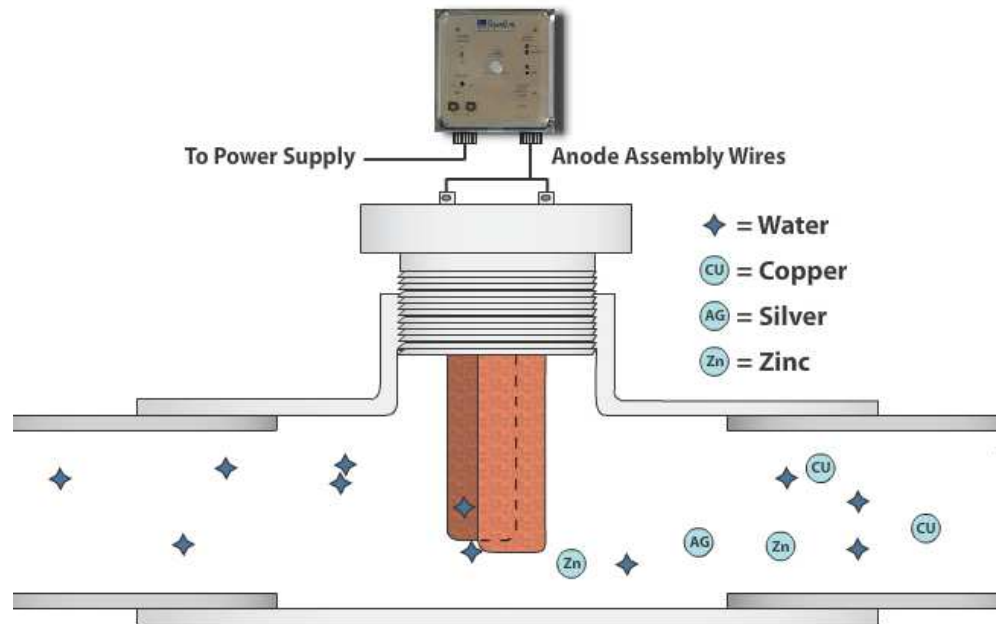
Thanks,
Reid Turowski
Lakeland Biologists
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262-522-2822 office
262-522-2823 fax





1-800-364-5710

Info@CarefreeClearwater.com



Automation is a fast growing trend in our society. It has given us more time to enjoy our lifestyles while streamlining some of the workload. Now more than ever before pool and spa owners are looking for alternatives. Technology does exist that makes pools more enjoyable and easier to upkeep.

Less than two decades ago, automatic pool vacuums first came out. Today you probably won't find a pool without an automatic vacuum. Why work at vacuuming your pool when you can let a robot do it! The same goes for sanitizing a pool. Why work daily at dosing and handling chemicals when it can be done automatically with the Carefree Clearwater system using safe mineral ions.

Copper and silver have been used for centuries to sanitize water. Copper is a well known algicide and silver is a powerful bactericide. In the ancient Greek civilization, the royalty used to drink from silver goblets and their water was stored in silver urns in order to purify their drinking water. As the pioneer settlers moved west across the American continent, they insured safe drinking water by putting silver coins in their barrels of water.

Please listen to these audio interviews answering these questions

Please tell me about a salt pool or salt water pools? Isn't this a chlorine generator?

Can you tell me about these other chemical alternatives for my pool? Discussion on the non chlorine chemical programs: Baquacil, Soft Swim, Revacil (Polymeric Biguanides)

and milk.

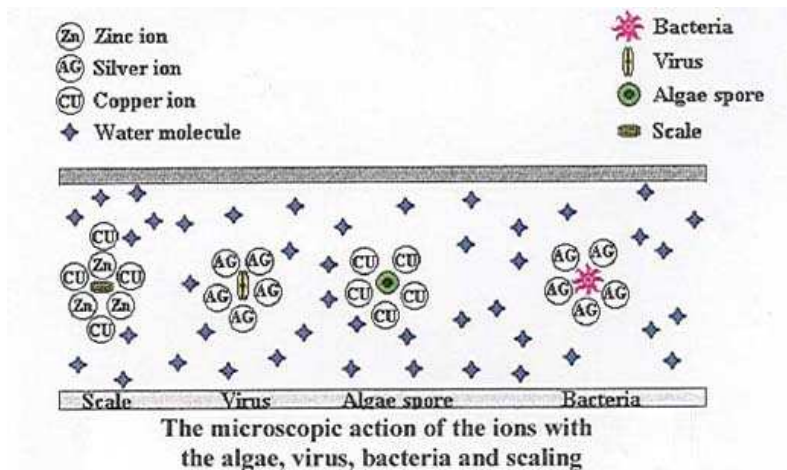
In the 1960's, NASA developed an electrolytic silver ionizer to purify the astronauts drinking water for use on the Apollo missions. Today silver is used in medications for treatment of burn patients to prevent infections, for newborns to prevent blindness, to make bacteria free cosmetics, in drinking water filters, and for filling cavities in teeth to help prevent further decay. Copper based algicides have long been used in swimming pools, fountains, lakes and ponds to safely control algae problems.

WHAT IS IONIZATION?

The process of an atom gaining or losing electrons is called ionization. The Carefree Clearwater system generates copper and silver ions in minute quantities for water purification.

IS IT SAFE?

Yes! Copper is a needed micronutrient in our diets. In fact, in order to meet the recommended minimum daily requirements, you would have to drink a gallon of your ionized pool water per day. (But there are better ways to get your proper nutrition!) The EPA standard for our drinking water is 1.3 ppm of copper. Less than one-fourth of this amount is all that's needed to purify your pool!



HOW DOES IT WORK?

A safe low DC current like that of several flashlight batteries is passed through a set of copper and silver alloy anodes. As the water passes through the sealed chamber, metallic ions are generated to purify the water. The microscopic action of the ions with the algae and bacteria are twofold. First, the algae and bacteria are destroyed through a change in their enzyme processes. Second, all these charged particles floc together and then they are more effectively pulled out by the filter. The ions maintain a stable sanitizer residual in the water until they are used up by this process.

WHAT ELSE DO YOU HAVE TO DO?

The Carefree Clearwater system maintains superior water quality. (Eliminate using a minimal halogen level). Occasionally though you will need to oxidize the water to help break down excess organic debris from suntan oils, rain and wind etc. Using a non-chlorine oxidizer allows you to swim shortly after application. Water balance is easy to maintain since the ion system is pH neutral. Normal water testing and adjustments are all that's needed.

WHAT MAKES THE CAREFREE CLEARWATER



Can you tell me about other alternatives like Nature 2 or Frog Cartridge systems or ozone and UV systems?



No chlorine? No chemicals? Chemical free pool? Is there really a non chlorine, non chemical, chlorine free or bromine free way of purifying my pool? The Carefree Clearwater system is as close as technology allows today for a chlorine free pool or chlorine free swimming.



**SO TAKE ADVANTAGE OF
SPACE AGE TECHNOLOGY
AND ENJOY SWIMMING IN A
CAREFREE CLEARWATER
POOL!**

SYSTEM DIFFERENT?

Since 1985, Carefree Clearwater has set the standard as the leading manufacturer of ionization technology. We pride ourselves on our reputation for excellent quality and customer service. One of the main design differences is the Carefree Clearwater system reads the changing conditions of the anode and water chemistry and adjusts the power output appropriately. This means assurance of accurate metering of the ion flow. Also our exclusive metallurgy and anode design provides self cleaning, ease of maintenance and better water quality.

HOW ECONOMICAL IS THE CAREFREE CLEARWATER SYSTEM?

It actually saves you money. It operates on less than a penny a day electricity. And the savings continue as long as you own your pool. When you consider your high level chemical costs (chlorine, bromine or polymeric biguanide, stabilizers, algicides and clarifiers) and your indirect costs (premature aging of the pool equipment and pool surfaces – a new liner or replastering; bleached swim wear and destruction of plants, your skin, eyes and hair etc.), it pays for itself quickly and from there on it saves you thousands.

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BENEFITS | COOLING TOWERS, FOUNTAINS, AND COMMERCIAL POOLS

Carefree Clearwater, LTD.
P.O. Box 204 | Cornelia, GA 30531
Phone (800) 364-5710 or (706) 778-9416
Info@CarefreeClearwater.com | Fax (706) 778-0423



1-800-364-5710

Info@CarefreeClearwater.com



HOME

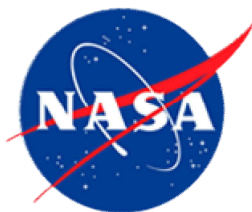
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Chlorine Free Swimming Pools and Spas

The most advanced non chemical chlorine free ionization technology for healthy natural pure water. Unlike toxic chemicals or salt water pools, the Carefree Clearwater mineral ionizer eliminates allergies, odors and irritation. Avoid expensive damaging salt, chlorine, bromine and other chemical products for a natural pool/spa experience. Copper, silver and zinc mineral ions provide an alternative water treatment for swimming pools, spas, fountains and commercial applications.

Carefree Clearwater

is a manufacturer of electronic water purification systems that automatically purify, sanitize and eliminate algae in swimming pools, spas, hot tubs, fountains, cooling towers, HVAC systems and other industrial water treatment. The environmentally safe process is an economical chemical alternative using NASA technology for sanitation which solves water treatment problems.

Want to know more about our
Electronic Water Purification

[Click Here](#)

Applications

- Swimmings Pools
- Spas
- Hot tubs
- Fountains
- Cooling Towers
- HVAC Systems

[Click Here to Learn More](#)

Latest Ionization News

- See what the medical community says about our success
- NASA Article: Water treatment systems make a big splash

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TECH SUPPORT | ELECTRONIC WATER PURIFICATION | SALTWATER POOLS
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Carefree Clearwater, LTD.
P.O. Box 204 | Cornelia, GA 30531
Phone (800) 364-5710 or (706) 778-9416
Info@CarefreeClearwater.com | Fax (706) 778-0423



- No more daily chemical handling
- No need for daily water testing
- Easy to operate and install
- Environmentally Safe
- Automatic Sanitizer

[Enter Ionization Benefits](#)

Grant Request

1. We would like to re-configure a room that can be used for birthday parties and other gatherings. Having a room for gatherings will both make the pool more attractive for the community and help us meet our budget goals. Currently the room is used as a storage area. Being adjacent to the concession stand makes this a great location for the planned use. To make this happen we would need a separate storage building that would be used for holding pool tools, lifeguard equipment, and water treatment containers. Chairs and tables under the breezeway would extend the activity area as well as provide places for families to gather for lunch.

Storage Building (10'x16')	\$2,000
Storage Room Conversion	\$2,000
Drywall	
Tables	
Chairs	
Cabinets	
Square Picnic Tables (3@\$1000)	\$3,000
Section Total:	\$7,000

2. To accommodate our customers in a comfortable/safe manner, we want to provide shade and seating opportunities. The shelter, as well as several trees, currently provides space for shade. We would like to add one shade structure on the west end of the beach to both provide afternoon shade and an aesthetic enhancement to the facility. A cement base under the structure would keep the area maintenance free.

Shade Structure (14'x30'x12')	\$7,000
Cement Base (15'x30'x4")	\$1,800
Pool lounges (12 @\$225)	\$2,700
Section Total:	\$11,500

3. We would like to improve the quality of the rope dividers in the pool. The current set is not adequate for the new pool shaping and zones that needed.

100 5"x 9" Handi-lock Rope Floats	\$800
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4. To provide a great shallow water play structure for children we would like to purchase the Wibit Splasher. It is a smaller version of the larger slides that were very popular on our free night.

1 Wibit Splasher	\$1,500
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5. A security camera system would help protect the newly renovated pool by 1) discouraging efforts to vandalize and 2) help identify people that do vandalize the new equipment.

1 Defender 4 Camera Security System	\$600
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Total Grant Request	\$21,400
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STOUGHTON YOUTH CENTER

ATTENDANCE

																			Mon.
MON.	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	Undup
Jan	672	1030	926	852	343	297	376	616	442	442	617	665	605	532	389	554	272	690	94
Feb	571	1054	973	856	495	368	514	657	545	717	774	668	516	486	430	610	275	642	138
Mar	639	1014	999	764	706	552	945	657	625	709	785	659	512	492	527	681	560	675	116
April	983	1119	951	975	932	328	599	564	661	935	608	530	671	564	561	595	345	502	101
May	874	1072	874	967	533	487	653	525	537	921	596	416	654	562	448	510	362		
June	442	1020	720	834	796	728	605	465	504	678	511	386	407	419	403	84	161		
July	618	1099	690	901	707	543	615	577	602	649	654	416	532	440	304	44	228		
Aug	442	673	892	823	605	650	931	774	550	835	546	594	567	411	400	105	214		
Sept	1043	1096	945	1012	449	329	810	823	354	507	532	564	469	360	465	210	478		
Oct	1144	1734	1420	898	510	493	691	792	496	783	486	586	521	225	510	185	731		
Nov	807	1292	910	390	525	295	347	580	303	698	672	672	576	255	551	50	701		
Dec	840	922	595	417	321	288	362	483	350	978	696	419	378	344	515	268	624		
TOT.	9075	13125	10895	9689	6922	5358	7448	7513	5969	8852	7477	6575	6408	5090	5503	3896	4951	2509	449
Undup		1386	1289	1237	921	841	1718	1351	895	598	302	306	259	251	265	238	442		
H.S.											866	245							
Fem											695	1459	1910	1788	2002	1105	2060		

PARKS AND RECREATION COMMITTEE MEETING MINUTES

Wednesday, April 4, 2012
Hall of Fame Room



Present: Alderpersons: Sonny Swangstu, Eric Olstad, Dave McKichan and Parks and Recreation Director Tom Lynch
Absent and Excused: Greg Jenson
Guests: Donna Olson

Call to Order

By Olstad at 6:07 PM

1. Communications

Lynch thanked Dave McKichan for his aldermanic service to the City and particularly the Parks and Recreation Committee. Dave has led many projects that have benefited the community and the department.

Old Business

2. Racetrack Park Parking Options

The Dunkirk Township was contacted about the City's inability to place a parking lot a Racetrack Park to help alleviate parking on Racetrack Road. The committee suggested placing flyers on the windshields of cars parking in the road that remind them to be considerate of the neighbors when parking and leaving. Lynch will work with the affected township residents on this education component. The City will keep working for a parking lot through the CIP process.

3. CIP/Equipment/Maintenance

Lynch presented a plan to include the park equipment into the CIP Vehicle and Equipment Replacement and Depreciation policy. McKichan felt the equipment in parks needed to be included so that decision makers were aware of larger expenses.

Motion by McKichan, seconded by Swangstu, to direct staff to work with the Finance Director to create a category and points system in the CIP Vehicle and Equipment Replacement and Depreciation policy that would include park equipment. Motion passed 4-0

4. Fishing Pier Update

VW Docks is working on the construction of the pier frames. Carl Chenoweth will be donating engineering for the project. Tom Wisersky and his father will be preparing the project in June. Boy Scouts will assemble the pier sections during July with a projected installation in August. Olstad would like to see the schedule moved up.

5. Pool Update

Most of the new play structures have been ordered. The pool will be drained soon so that the basin can be re-shaped. The concession stand is nearly completed. Grant for Bryant Foundation due in early April. We are working with Leadership Stoughton to create Norwegian theme. Lynch is communicating with guards, setting up trainings. Olstad suggested inviting the schools for an end of the school year "Pool Day"

6. Youth Center Update

We received \$75,000 in grants from the Bryant Foundation for programming at the Youth Center. Greg Hoyte has started his "Fill the Gap" program to guide students through the system to a successful outcome. New basement room is near completion. This room will allow for programs to work better with separation from the large group. Attendance is still growing. More volunteer staff and hours are needed.

New Business

7. Approval of March 7, 2012 Minutes

Motion by McKichan, seconded by Swangstu, to approve the minutes from March 7, 2012. Motion passed 4-0.

8. Youth Center Building Emergency Plan

Lynch presented a emergency plan for the Youth Center. Rodney Scheel asked departments with buildings to update their plans, get committee approval and send them on to Public Safety.

Motion by McKichan, seconded by Swangstu, to recommend to the Public Safety Committee to approve the Youth Center Building Emergency Plan with corrections. Motion passed 4-0.

9. Recreation Participation

A record of recreation participation for 2011 and 2012 was presented. No action taken.

10. Futrure Agenda Items

Pool Update

Fishing Pier Update

Youth Center Report

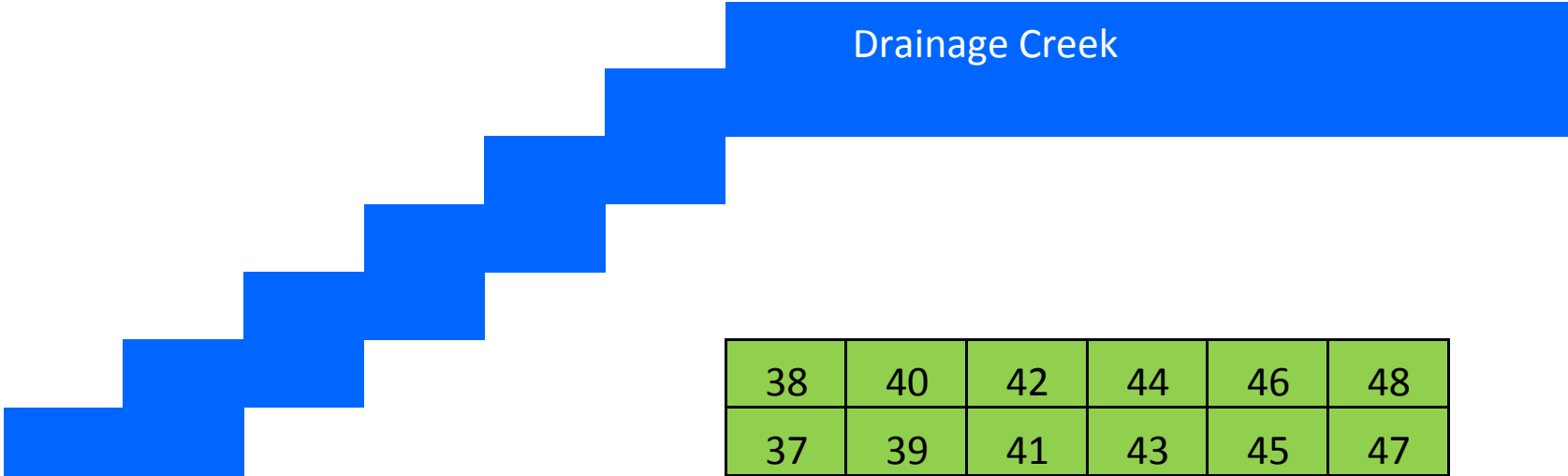
Racetrack Parking Update

Project Tour for New Committee Members

CIP/Equipment/Maintenance

Adjournment

Motion to adjourn at 7:15 PM by McKichan, seconded by Swangstu. Motion passed 4-0.



38	40	42	44	46	48
37	39	41	43	45	47

4	8	12	16	20	24	28	32	36
3	7	11	15	19	23	27	31	35

Water

Small Shelter

2	6	10	14	18	22	26	30	34
1	5	9	13	17	21	25	29	33

Lowell Street



Active Stoughton for Life (AS4L)

One of the main goals of the Stoughton Parks and Recreation Department is to create healthy lifestyles. A proven way to create healthy lifestyles is through physical activity and sport. Active Stoughton for Life (AS4L) is a movement to improve physical activity and sport in Stoughton. AS4L uses a scientific model called the Long-Term Athlete Development (LTAD) Model as its framework.

LTAD was created by sports scientist Dr. Istvan Balyi. LTAD is a seven-stage training, competition, and recovery pathway guiding an individual's experience in recreation and sport from infancy through adulthood. LTAD does away with early specialization until age 12 and eases into more competitiveness as they mature and children get older. Using LTAD will make physical activity and sports more enjoyable for the children, and assist them in becoming better athletes. This will also foster in children the continued desire to participate in sports that will lead to active and healthy lifestyles for the duration of their lives.

LTAD is used by hundreds of national sport federations, and is currently being introduced in America through national sport associations such as USA Hockey. The American model is no longer used around the world as the best way to develop athletes.

Physical Literacy

Developing physical literacy is a building block approach that follows this direction:



Similar to the reasoning behind why children are taught to count when they begin school before they are taught addition and subtraction and why addition and subtraction is taught before calculus, the same rationale is behind developing physical literacy. Research shows that children need to learn how to do fundamental movements and sport skills before they can learn how to play a sport competently. For example, parents shouldn't expect their child to be able to pitch in baseball if they don't know how to balance. Children need to learn the ABC's of physical literacy before moving on to fundamental sport skills and then sport specific techniques.

The ABC's of physical literacy are agility, balance, coordination, and speed. Once these basic fundamental movements are mastered children can then move on to learning fundamental sport skills.

Fundamental sport skills are jumping, running, catching, throwing, kicking, swinging, hitting, etc. Learning these skills allow children to play multiple sports with ease. Not learning these skills can lead to a lifelong disconnect to sports and recreation.

Once the fundamental sport skills are developed, children are then able to easily move on to sport specific skills. An example of a sport specific skill would be learning how to do a backhand in tennis. Research shows that learning a sport specific skill before a fundamental movement skill actually hurts performance ability later. Stages 1, 2, and 3 of LTAD develop physical literacy before puberty so children have the basic skills to be active for life.

Seven Stages of LTAD

Stage 1 – Active Start (Males & Females 0-6)

- Children this age need to learn the ABC's of movement
- Children need to see that physical activity is a fun and exciting part of everyday life

Stage 2 – FUNdamentals (Males 6-9 & Females 6-8)

- Children should further develop fundamental movement skills including the ABC's of movement
- Children should be exposed to a variety of sports and physical activities throughout the year

Stage 3 – Learning to Train (Males 9-12 & Females 8-11)

- Major skill learning stage: all basic movement and sport skills (physical literacy) should be learned before the growth spurt
- More time should be spent on training and practice than competing
- Children being exposed to multiple sports and activities should continue

Stage 4 – Training to Train (Males 12-16 & Females 11-15)

- Major fitness development stage: endurance, strength, and speed
- Continued approach of spending more time on training and practice than competing
- Most important stage in determining the long-term potential of an athlete

Stage 5 – Training to Compete (Males 16-23 & Females 15-21)

- Competition becomes serious
- High intensity, high volume training

Stage 6 – Training to Win (Males 19+ & Females 21+)

- College and professional athletics

Stage 7 – Active for Life (Enter at Any Age)

- Minimum of 60 minutes moderate daily activity or 30 minutes of intense activity for adults
- Adult recreational sport leagues, fitness classes, etc

**Recreation****Vancouver Sport Network**

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VANCOUVER SPORT STRATEGY

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**Background**

Vancouver Sport for Life; [the Vancouver Sport Strategy](#) was approved by Park Board and City Council in May of 2008. The VSS represents the culmination of a year of community consultation that included input from Vancouver's leaders in sport. The Vancouver Park Board and the numerous agencies and individuals dedicated to ensuring that sport is enjoyed in neighbourhoods throughout the City played a pivotal role, providing feedback that has shaped the strategic recommendations contained in this document. The process, like the VSS itself, was inclusive and innovative, creating opportunities for diverse partners to shape the policy framework and the strategies which will enable its successful implementation.

The result is a sport strategy that maps out a clear direction for the City of Vancouver that will lead to improved opportunities for residents of all ages to participate in a range of sport programs, events and facilities.

Vancouver has also set the standard as the first municipality to formulate a sport strategy within the [Canadian Sport for Life](#) framework.

Within the framework of the Canadian Sport for Life Model, the VSS identifies six strategic goals that include detailed recommendations and outcomes for success in developing sport in Vancouver:

**Desired Outcomes**

The strategic goals in the Vancouver Sport Strategy are predicated on achieving a number of positive outcomes, summarized here:

- More Vancouver residents participating in organized sports, and enhanced experience of athletes, volunteers and spectators.
- An increased number, quality and profile of sport competitions and events are hosted in Vancouver.
- Civic support and investment is directed towards sport according to CS4L principles, and is coordinated with other Metro municipalities and with local sport agencies.
- The policies and practices of sport groups supported by the City meet acceptable standards for coach training, age-appropriate activities, inclusion and ethical conduct.
- Public facilities in the city are used to their full potential for sport training and events, without displacing other valued uses.
- Priorities for upgrading or building new facilities and investment in programs align with the VSS strategic goals.
- The resources and/or organizational structures are in place to follow through on directions established by the Sport Strategy and the VSS is reviewed and updated in response to growth, innovations and evolutionary processes in sport.


Canadian Sport for Life (CS4L)**Vancouver Sport Strategy**
[Vancouver Sport Strategy](#)

[3Mb]

Canadian Sport for Life
[Canadian Sport for Life](#)

The Canadian Sport for Life is a national movement to change and improve the Canadian Sport System. It provides opportunities for all Canadians to participate in quality sport and physical activity, through-out their lifetime. The CS4L acknowledges the vital connection between sport, community recreation, health care and education in promoting children's health and active living.



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