



Meaningful Competition & New Thinking

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Louis Trono Gazebo



The Concept



Elizabeth Walker- Young



What was your most meaningful medal win?

"In Athens, I came third in a race where you couldn't tell who won bronze, silver or gold. All three of us broke the world record. To be in that field of competition showed how far Paralympic sports had come. I was just as pleased with that bronze medal as I was with my gold four years later"

why?

why?

why?

why?

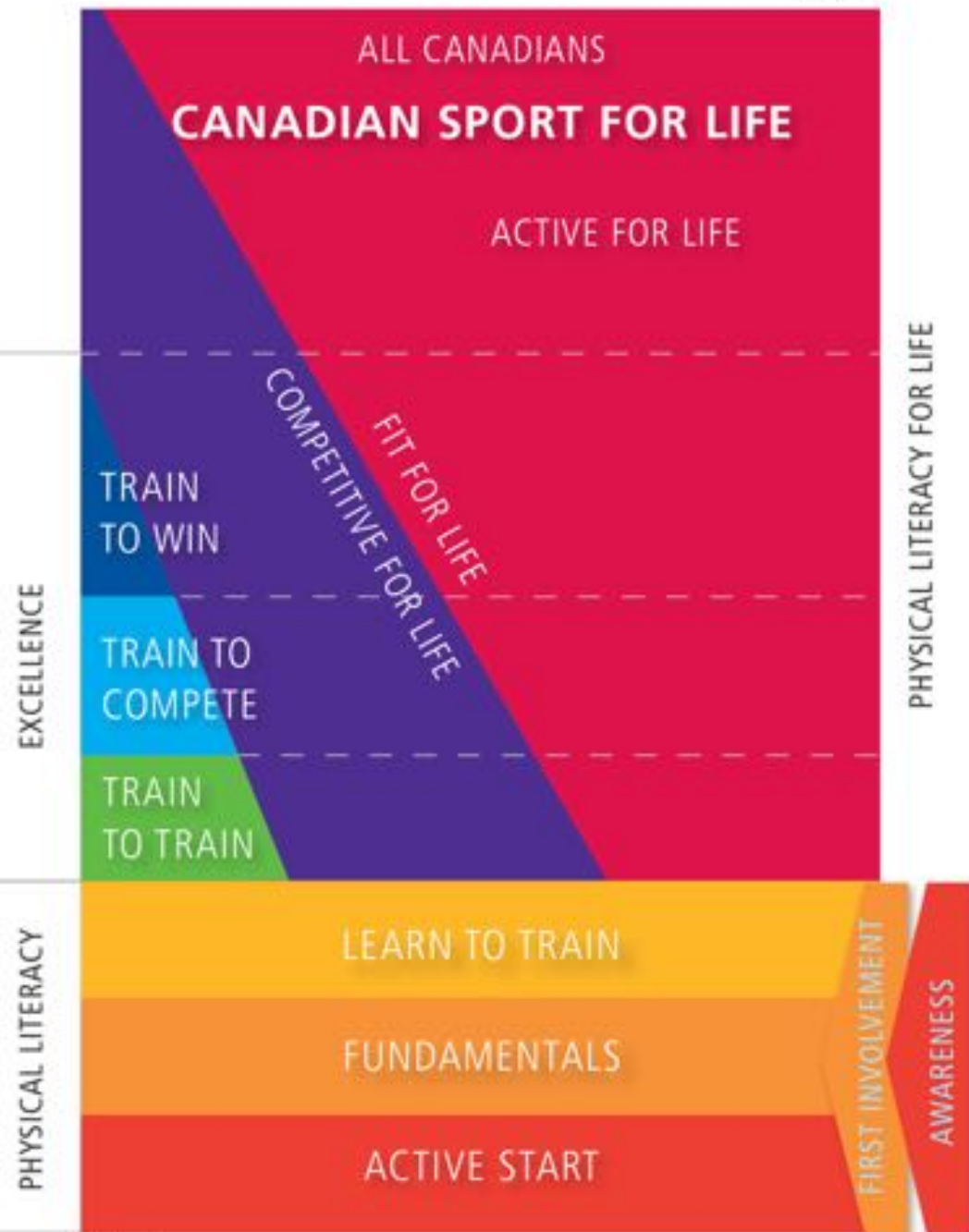
why?

Embrace the Near Win



Is it the near wins that push us forward?

Seniors



Meaningful Competition

Can Create

Sense of belonging



Adapté de : Paul Jurbala, dans Csikszentmihalyi, Mihaly (1990). *Flow: The Psychology of Optimal Experience*

Meaningful Competition provides experiences that support learning for competitors. It supports a “we can get better” attitude that encourages athletes to improve during and after the event.

Meaningful competitions lead to results that are relatively close and not predictable.

Competitors are matched with others of a similar level of ability and are challenged to be the best they can be at that moment in time.

They believe they have a chance for success and remain fully engaged throughout the competition

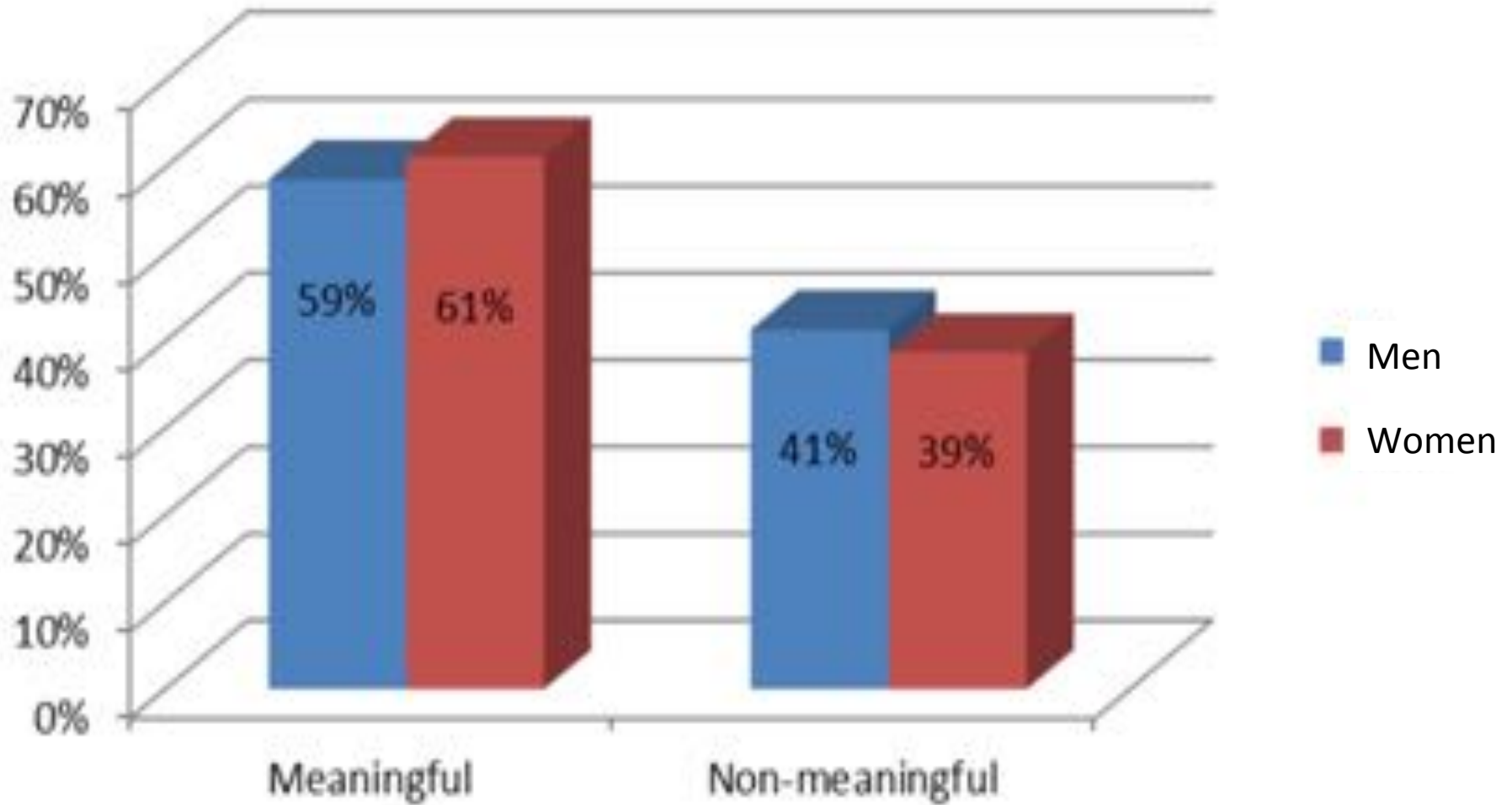
Basketball Canada Definition

- A game with a point spread of 10 points or less at half-time, as long as the point spread is not more than 30 at full time
- A game with a point spread of 10 points or less during the second half, as long as the point spread is not more than 30 at full-time

Basketball Canada (cont'd)

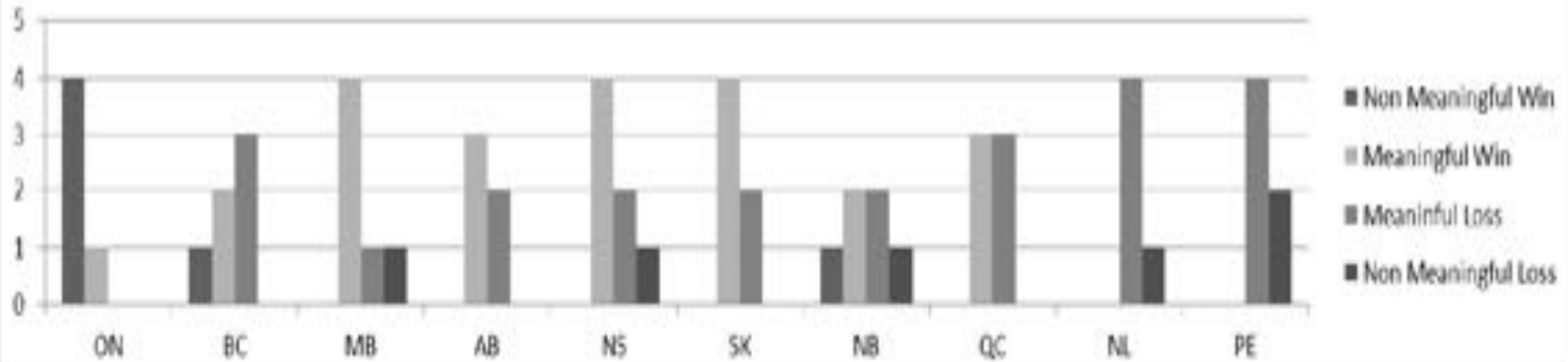
- A game where the winning team overcomes a half-time deficit, as long as the point spread is not more than 30 at full-time
- A game where the losing team is able to maintain or reduce the point spread during the second-half, as long as the point spread is not more than 30 at full-time

2013 Basketball - Canada Games



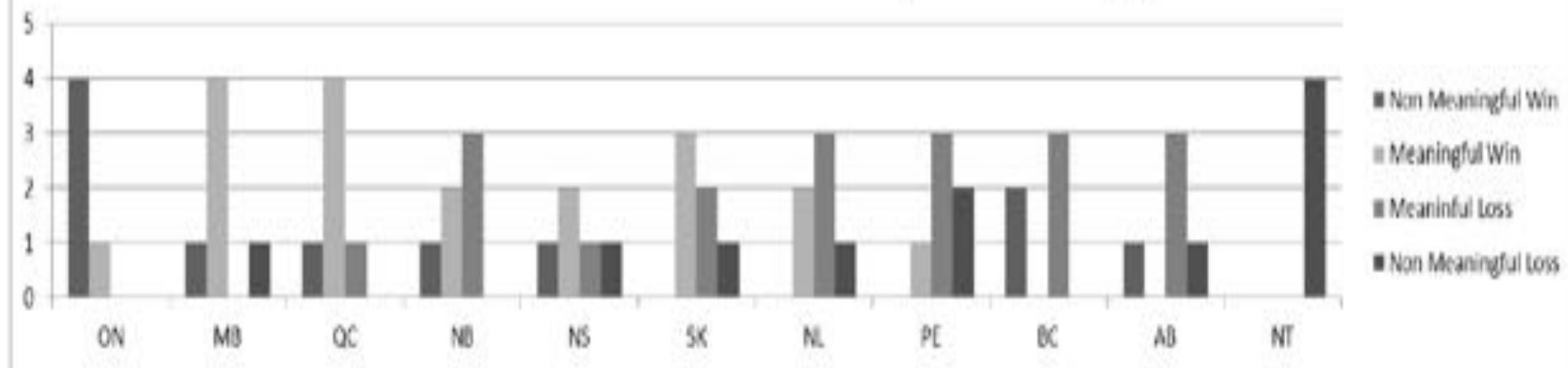
59% of all men's games and 61% of all women's games could be considered meaningful
41% of men's games and 39% of women's games were likely non-meaningful

2013 Women's Basketball - Meaningful Games by P/T



- Many non-meaningful games were experienced when Ontario was involved
- When non-meaningful games of Ontario were not included, 68% of games were meaningful.

2013 Men's Basketball - Meaningful Games by P/T



- Non-meaningful games with ON (wins) and NT (losses)
- Without ON & NT, 79% of games were meaningful.

Coaches will coach to the system



Therefore, sport leaders

....

- **Consider making a better system of competition**



29. 10. 2001

What did Baseball Canada do?

Baseball Canada defines meaningful competition as a differential of 5 runs or less. A game is considered a blowout if the run differential is 10 runs or more.

National Championships (U15)

- Tiering
- Over agers

2013 15U Nationals Stats

- In 2012 there was 13 games that ended with a 10+ runs difference. In 2013, there was only 5
- 260 runs were scored in 2012 vs 193 in 2013



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What is the Coach's Role?

- Select and participate in developmentally appropriate events
- Have players of similar ability on the floor/ice at the same time.
- Set up appropriate challenges within the competition environment
- Ensure that everyone on the team plays
- Majority of time is in the challenge zone

Growth Mindset

From a destination

We won!

We lost! Why did we lose?

To a journey

What did we learn?

What can we do to improve?

Mindset, Carol Dweck

Meaningful Competition.....

- Develops grit, resilience, determination
- Teaches athletes how to compete
- Develops a growth mindset

ANY
QUESTIONS
?

THANK YOU

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