

The 17th Annual Sport Canada Research Initiative Conference

Research Rounds – Abstracts

Session 1 – Friday, October 27 at 10:10am

Equity, Diversity and Inclusion (Auditorium)

Equal Opportunity Initiatives in Sport Canada and the Women’s Committee of Cross Country Canada, 1981-2000

PearlAnn Reichwein, Charlotte Mitchell, Lyndsay Conrad

The Sport Canada Women’s Program encouraged national sport organizations to establish “women’s committees” in the 1980s. This study examines how a women’s committee was created within Cross Country Canada (CCC) in 1981 and its outcomes from the perspective of women who were sport administrators and volunteers in cross country skiing. Framed by federal policy initiatives and national sport structures, the Women’s Committee constituted a gendered space that generated dialogue, capacity, and administrative groundwork within CCC to support and expand recreational and elite development in the sport for women, girls, and para-skiers. Supported by federal seed grants, the Women’s Committee enhanced opportunities for performance and participation in its aims for “equal opportunity” while operating within sport as a contested terrain. Analysis of oral history interviews and archival sources reveals how the Women’s Committee mobilized governance, administration, planning, programs, networks, and communications that fanned out across Canada to deliver objectives nationally, targeting increased participation and skills for women and Para-Nordic skiers. Sport Canada’s program supported Women’s Committee leaders who drove outcomes aligned with federal policy; including, promoting women in coaching, programs, events, governance, and sport development. Led by the Women’s Committee, intergenerational benefits seeded small but meaningful gains in leadership capacity for instruction, coaching, officiating, and mentorship. A lifelong pattern of skiing and leadership was common among its volunteers. “Equal opportunity” in sport was a value the Committee articulated as tensions played out within a national sport organization. Its origins highlight ongoing and unfinished work to improve equity and inclusion in sport.

PASS Project and Research Impact

Aisulu Abdykadyrova, Sarah Smith, Shintaro Kono, Farshid Mirzaalian

The PASS project, led by AHC, is a comprehensive initiative to address the barriers and challenges racialized newcomer youth face in participating in sports activities. The project seeks to create an inclusive and equitable sports environment where all youth, regardless of their background, have equal opportunities for personal growth, social integration, and well-being. Moreover, the research component with the UofA yielded valuable insights into the existing barriers that hindered equitable sports participation for racialized newcomer youth. The purpose of the PASS Research is to identify those barriers via developing recommendations to policy-makers to lower those barriers. To do so, a sequential mixed-method design was employed in the study. Nine competitive first and second-generation athletes, five parents, and nine sports organizations were interviewed using semi-structured, in-depth interviews. An online survey instrument was developed for sports and cultural organizations based on the

qualitative findings. The qualitative results, especially the interviews with athlete youth with racialized backgrounds and parents of such youth, clearly indicated that these groups experience racially charged discrimination and micro-aggression in their everyday sports experiences in Alberta. Then, we integrated insights from both qualitative and quantitative results, to elaborate on major barriers experienced by the different stakeholders and potential solutions to those barriers (i.e., recommended practices). It was done while consulting the existing research literature and drawing upon practical insights within AHC. The practical recommendations were suggested by discussing structural barriers, racism, capacity building, and intersectoral connections in sports engagement for racialized newcomer youths.

Teaching Tommy to box: The One Big Union and the provision of sport for the working class

Russell Field

The SSHRC- and SPRI-funded project, “A People’s History of Sport in Canada,” integrates a series of case studies whose intention is to broaden our understanding of the experience of sport in Canada, in particular by incorporating histories of sport among different genders in Indigenous, historically Black, immigrant, and working-class communities into the dominant narrative. To illustrate the larger project, this paper presents preliminary results from one of the case studies, focusing on opportunities for physical activity for working-class people offered by the One Big Union (OBU) gymnasium in Winnipeg in the interwar years. While the OBU is best known for its role in the 1919 Winnipeg General Strike, the union offered other benefits to its membership. Among these was a gymnasium in downtown Winnipeg (in what is currently known as the “exchange district”). This is where a young Tommy Douglas, among many others, learned to box. Despite this, the OBU gym – and more generally, the experience of sport in union-sponsored physical activity spaces – has received little attention from historians. Archival material, including the OBU’s own newsletter (the Bulletin), sheds a light on the OBU Athletic Club and the union’s annual camp run near Gimli, north of Winnipeg. This history broadens our understanding of the sport and physical activity experiences of the men and women of working-class Canada in the interwar years, connecting the ideologies of the labour movement with the practice of sport and physical activity, and distinguishing these experiences from mainstream, middle-class and commercial sport.

Physical Education Facilitators and Barriers for Students with Autism: Scoping Review of Methods and Findings

Mathieu Michaud & William J. Harvey

Physical education (PE) plays a crucial role in the development of fundamental movement skills and physical competence, the learning of respect, cooperation, friendship, and social responsibility as well as the improvement of self-confidence and self-esteem for students with autism. However, PE classes may be challenging for students with autism to navigate. Some studies have identified facilitators and barriers to the PE participation of children with autism but a synthesis of all available findings is lacking. Consequently, the purpose of this scoping review was to identify facilitators and barriers to the PE participation of primary and secondary school students with autism and the associated research designs and methods. This review was based on the Arksey and O’Malley framework and it included a five-database search with keywords associated with PE, facilitators, barriers, autism, children, and adolescents. Nineteen studies were identified and analyzed using a descriptive numerical summary and a thematic analysis. Facilitators and barriers, related to four domains of the socio-ecological model for health promotion (i.e., intrapersonal, interpersonal, physical, institutional), were identified in the

preliminary results of our scoping review. We have also revealed that the participation of students with autism in PE is predominantly influenced by factors related to the students, their PE teachers, and their peers without disabilities. Thus, facilitators and barriers to the PE participation of students with autism will be discussed in this presentation. An evidence-based understanding of the PE setting, PE specific needs of students with autism, and associated PE participation effects will also be provided.

The Acculturation of Youth Refugees through Community Sport Programming: Year Six

Robert J. Schinke, Cole Giffin, Deborah Lefebvre, Bahaa Habra, Yufeng Li

Our project team comprised of 33 resettled refugee (i.e., forced immigrant) youth, their families, YMCA Immigrant Services staff members, and Laurentian University academic researchers have spent the last six years (2017-2023) developing culturally inclusive community sport programs that aid forced immigrant youths' resettlements in a host Canadian community. Grounded in a community-based participatory action research (CBPAR) approach, we aligned the project with creating program deliverables sustainable beyond the involvement of the academic research team, undertaken through two phases. During the first phase, we developed a sport program for YMCA staff members to deliver with newcomer youth who have resettled in Sudbury, Ontario. The program is underpinned by four core themes, (1) physical, psychological, and cultural safety; (2) belonging; (3) confidence; and (4) identity; developed through formal arts-based conversational interviews, informal meetings, and conversations between the research team. Phase two involves staff training and program implementation with forced immigrant youth in Sudbury, Ontario. Polyphonic vignettes, a form of creative non-fiction where forced immigrant youth were combined into dialogue to represent the lived experiences of forced relocation, were used to train YMCA staff on the four themes. We provide a brief overview of these themes and follow with reflections on the first training session. We conclude the presentation with our collaborative goals for this program deliverable, which involve training within additional services (e.g., front desk staff, swimming instructors) and developing the program so that it becomes self-sustaining.

Meaning, Trust, and Belonging: Exploring the Factors that Foster Elite Refugee Athletes' Growth

Cole Giffin, Robert J. Schinke, Kathleen Latimer, Lam Joar, Sabine Hazboun, Yufeng Li, Liye Zou

Researchers in sports psychology have suggested that elite athletes have the potential to benefit from the adversities experienced within their sports and non-sports contexts. For elite refugee athletes, adversities are experienced pre-, during-, and post-migration as they navigate pressing sport and life challenges, the dominant focus underpinning this research. Through a strength-based approach, we aimed to expand beyond this deficit-based focus of elite refugee athletes' migrations by understanding their journeys of personal adaption, and how internal and external mechanisms within their sports environments foster growth. Through arts-based conversational interviews, 14 elite (n=11 male, 3 female) refugee athletes shared their experiences of migrating and transitioning into the Canadian sports system. The interviews were analyzed through a reflexive thematic analysis and represented through polyphonic vignettes to share athletes' perspectives whilst safeguarding their anonymity. The primary internal factor mediating growth was a sense of responsibility to find and pursue meaning. External factors included feelings of trust and belonging within athletes' teams, actualized through staff and teammates supporting their personal differences. These findings contribute to a theoretical shift in approaching research with refugee athletes and can be used to inform growth-based interventions for current and future elite athletes who face varying adversities within their sports contexts.

Organizational Capacity Building (Room 209)

Examining Issues of Equity within the Governance of Community Sport

Dawn Trussell, Shannon Kerwin, Teresa Hill, Laura Harris

Aim: In this study we are critically examining the current models of community sport governance and inclusive practices. For this presentation, we aim to challenge how we think about community sport board volunteers and issues of equity, diverse social identities, and board member relationships. Given that identities such as gender, race, (dis)ability, class or caste, sex, and sexuality are social positions that possess societal status and power (Sartore & Cunningham, 2010), it is important to understand how board members' diverse social identities influence sport governance and decision making that serve thousands of sport participants in the community. **Methods:** Six boards across one sport in Ontario, Canada representing diverse geographical areas (urban, suburban, rural) and player densities participated in the study. We observed monthly/bi-monthly board meetings with each district for the duration of one year (69 observations in total) alongside interviews with 30 board members. Simultaneously, we were invited to spend sixteen months with two equity and diversity task forces which were established within a sport governing board. **Findings:** Although boards might acknowledge that a more equitable culture is needed, evidence of silence and maintenance of the status quo were repeatedly demonstrated. As various equity-seeking social movements have gained traction in recent years, sport boards have attempted to increase inclusive practices. Yet, we observed that these initiatives lack processes for sustained change with a lack of clarity (e.g., mission statements), principles of organizing (e.g., codes of conduct), the harm of performative allyship, and lack of power and voice within board relations.

Co-developing an agenda for advancing sport research partnerships

Majidullah Shaikh, Veronica Allan, Heather Gainforth, Kim Gurtler, Karl Erickson

Sport research partnerships can be leveraged to mobilize knowledge into action and improve the development of sport settings for organizations, coaches/practitioners, athletes, and communities. While several successful sport research partnerships exist, many of these partnerships could benefit from awareness on how to engage meaningfully. As such, the Sport Partnership Collective emerged through a collaboration between researchers and knowledge users who are dedicated to advancing supports and capacity for meaningful research partnership in the sport sector. The purpose of this presentation is to outline the journey and work of the Sport Partnership Collective so far in co-developing an agenda to advance research partnerships. First, the presentation will highlight the importance of intentionally engaging in research partnerships in sport, in order to develop a shared vision, understanding one another's values, expectations, and priorities, gain mutual respect between parties, exchange knowledge, communicate effectively, share decision-making, navigate conflicts, and co-produce impact together (Hoesktra et al., 2021). Second, examples will be shared of how the Collective worked with members of the sector to build awareness of meaningful partnerships, and solicited insights of needs and opportunities in the sector to support capacity-building in this area. Finally, a co-generated agenda will be presented, which outlines different priority areas for advancing partnership in the sector, including educational opportunities, research and inquiry, connection activities, and resource/toolkit creation. By offering an inside look at partnership development, this presentation provides practical insights and critical next steps to advance sport partnership research and practice.

Sport Participation Policy Implementation: A Case Study of Ontario

Kyle Rich, Ann Pegoraro, Adam Gemar, Jeff Boggs, Tammy Borgen-Flood, Grace Nelson

The formalization of the Canadian Sport Policy in 2002 has transformed sport in Canada in many ways. However, our understanding of the factors shaping the way that policy is implemented remains underdeveloped. Here, we discuss two studies where we examine the role of provincial policy and geography in shaping sport policy implementation in Ontario. In the first study, we conducted a critical policy analysis to examine how the sport-related policy of successive provincial governments shaped the contexts in which sport organizations operate. We found that the location of sport changed within provincial administrative arrangements, and that governments increasingly downloaded responsibility to private sector organizations while calling for increased accountability. In the second study, we examined the impact of regional geography and demography on the membership of one PSO. Specifically, we examined demographic (i.e., age, gender, urban-rural, as well as socioeconomic position) as well as sport-specific variables (i.e., competition level). We analyzed membership data from the 2018-2019 season alongside datasets from Statistics Canada Census of Population and Public Health Ontario's Marginalization Index (material deprivation, ethnic concentration, residential instability, and dependency). Our findings provide a nuanced analysis of intersecting variables and their impacts on sport participation patterns in Ontario. Collectively, these projects highlight the role of factors external to sport organizations that have important impacts on sport policy implementation in diverse contexts. Our findings call for a more critical examination of these external factors to understand how policy flows through multi-level governance frameworks in sport and how to achieve policy objectives.

Cultural Re Engineering for Human and Social Health and Performance in Sport

Jennifer Walinga, Jordyn Aylesworth, Katrina Monton, Adrienne Leslie Twogood

Cultural change is not as difficult as we may believe, and we all have the power to, with, and within to shift and strengthen the culture of our sport environments. Cultural integrity is a key organizational lever for establishing and building mental and physical health and resilience in a sports team or organization. Lack of cultural congruity has significant costs that can negatively impact mental and physical health and safety such as confusion, uncertainty, and lack of trust which are the precursors to distraction, disengagement, presenteeism, illness, injury, and turnover. From a sport perspective, we know that cultural integrity and alignment correlates with focus, commitment, confidence, and performance: "Basically, it's about integrity. There's nothing more anger or anxiety provoking than hearing one thing and experiencing another. It makes you question everything. It makes you feel uncomfortable that maybe the rug's going to be pulled out from under you." Paula Allen, SVP Research, Lifeworks Mental Health Index, Canada The Culture Audit, Design and Build process provides the theories, tools and processes for addressing cultural incongruities and (re)building cultural integrity no matter where you are within the sport landscape. This session describes the case study of Boxing Canada as they embarked on a journey of cultural transformation. We will share the process, outcomes and learnings from the Boxing Canada high performance program experience in hopes of providing a template or blueprint for other sport organizations across Canada.

Understanding the landscape of club rowing in Canada: An investigation of capacity for growth

Katie Misener, Kaleigh Pennock, Alison Doherty, Michael Naylor, Jennifer Fitzpatrick

The ability of grassroots sport clubs to grow their membership and deliver their sport and community development goals rests on their organizational capacity, or ability to harness resources to achieve their mandate. Identifying and drawing on key resources is critical for clubs to optimize their operations and programming, and ensure participants and volunteers can have positive experiences that influence their future participation. This presentation will highlight initial findings from a SSHRC Partnership Engagement Grant project between sport scholars and Rowing Canada Aviron (RCA). The purpose of the project is to understand the landscape of club rowing in Canada and its capacity for growth. The project identifies growth-related issues for local rowing clubs and specific capacity elements that can be mobilized for growth. Findings from focus groups with leaders of rowing organizations at the local, provincial, and national levels will be shared. Strategies for effective club growth will be discussed in light of the particular challenges and issues that stand in the way of rowing clubs delivering safe and vibrant sport opportunities in our communities. The project provides a foundation for upscaling to a national community sport club survey for rowing and other sports in Canada - a major gap in sport research that is critical to building a stronger Canadian sport system.

Collaboration and Partnership Between Organizations to Make People Active: Success Factors and Limitations of the Montreal Case

Benjamin Branget

The leading preventable causes of death worldwide (chronic diseases) are often induced by a lack of regular physical activity, which leads to significant health and financial challenges for the individuals and communities they afflict. In this regard, many municipalities are committed to create and maintain healthy environments for everyone. This often requires the public authority to establish collaboration, partnership agreement and coordination mechanisms with a diversity of public, educational and community organizations. The doctoral research project *Bougez-vous?* aims to better understand how public recreational and sports infrastructures are planned, designed and managed in the province of Quebec. One of its components explores more specifically the way in which coordination agreements are operationalized between two organizations. For the benefit of this part of the research, an interdisciplinary and exploratory approach applied to a case study has been retained. Therefore, and in total harmony with the theme of this conference, this presentation will more specifically explain the main factors determining the success of the management and use partnerships studied, as well as the limits observed and other elements to consider. The results that will be presented will also open up new avenues of thinking with regard to the planning and management of public recreational and sports infrastructures and their role in the creation of active and healthy communities which provide access to physical activity for all, regardless of economic, physical, social and cultural conditions. Let's move?

Athlete Skill Development (Room 210)

Athlete-centered recovery: Describing the use of athlete-led skills of recovery self-regulation by elite and non-elite endurance athletes

Stuart Wilson & Bradley W. Young

Recovery involves restoring performance capability between training sessions. Research and practice often focus on how effectively athletes use prescribed recovery resources (e.g., compliance). In contrast, athletes evaluate recovery resources/strategies by how well they address their contextual goals,

experiences, and priorities (Wilson & Young, 2023). Elite athletes implement strategies to meet these conditions using recovery self-regulation skills (Wilson & Young, in review). This presentation compares two studies describing how these skills are employed by (1) elite, and (2) non-elite endurance athletes, to identify characteristics of effective athlete-led recovery. The elite sample involved 22 Canadian national team cyclists/triathletes; the non-elite sample was 16 recreationally competitive athletes. Both studies used similar experience sampling methods (Larson & Csikszentmihalyi, 1983) wherein athletes reported their recovery self-regulation use and perceived recovery/stress throughout waking hours between two hard workouts, 48-72 hours apart. Analyses described the frequency, intensity, and interrelations of recovery self-regulation processes, and their relationships with time and perceived recovery/stress. In both studies, athletes engaged frequently with various self-regulatory processes in synergistic yet distinct patterns. For the elite group, greater self-regulation coincided with multiple dimensions of greater perceived stress, and did not vary in relation to timing around the hard workouts. The non-elite cyclists self-regulated in response to the physical stress following a hard workout, in a simpler, more reactive manner. These findings indicate that recovery involves athlete-led skills that are characterized by performance level. Sport organizations should consider how their strategic approach to recovery aligns with athlete-centered perspectives that focus on supporting athlete-led recovery skills.

Do you see what I see? Understanding talent selection in sport

Joe Baker, Kathryn Johnston, Joerg Schorer, Nick Wattie, Jessica Fraser-Thomas

Athlete 'talent' selection occurs regularly across nearly all levels and age groups in the Canadian sport system. This project examines how coaches (and other sport stakeholders) conceptualize talent in sport and the validity/reliability of these conceptualizations in evaluative settings. Phase 1 of this project examined how coaches from different sports and levels of competition define 'talent' in sport. Findings from this phase of the project extend our understanding of how this concept is seen among key stakeholders involved with talent identification and selection decisions. Results emphasized that how coaches define talent, even within the same sport, is highly nuanced and variable, highlighting a range of concerns for measuring and assessing the accuracy of these decisions. The second and third phases of this project built on the information collected in Phase 1 and other recent studies conducted by the research team to develop an online experiment to assess coaches' decision-making process during athlete assessment and evaluation. Findings from this phase of the project indicated that athlete assessment is a complicated process that may not be captured in the simplistic approaches and models used in this field to date. Moreover, preliminary data suggests coaches' decision-making is hostage to common information processing biases. Collectively, this research provides important evidence for understanding the validity of this process in sport as well as identifying key areas where further investigation is required.

Enjoying the half-ice hockey jamboree experience: a look at players' perspective

Jean Lemoyne & Samuel Hould

The implementation of Hockey Canada's half-ice gameplay model for U9 hockey aims to provide an environment that allows children to be active while enjoying sport. Previous research carried out with U9 players shows that enjoyment of hockey encompasses six dimensions. To avoid a climate of competition and prioritize enjoyment, the introduction of hockey jamborees is suggested. However, very little is known about how it is experimented by hockey players. This 2-phase project aims to verify how players enjoy the hockey experience in regard to their level of play and describe how they enjoy the half-

ice jamboree festival. This study was carried out at an U9 festival involving 42 teams. For objective 1, a sample of 302 players (age: 7-9; 2 levels of play) completed a questionnaire on their perceptions of the enjoyment of hockey. Group comparisons were conducted. For the second objective, 89 post-game interviews were conducted in order to identify what makes their jamboree experience enjoyable. Despite similar scores, few significant differences were observed: The enjoyment related with parental support was perceived more favorably by recreational players. These players also tended to perceive improvement more positively. In phase 2, post-game interviews showed that enjoyment of the jamboree experience is multifaceted, going beyond the aspects surrounding performance. The next stages of this research will assess how physical literacy components evolve over the course of an U9 hockey season. The culmination of this project will be the development of a best-practice guide for implementing the half-ice gameplay model efficiently.

What are we learning from the cognitive profiles of elite youth athletes?

Magdalena Wojtowicz, Kathryn Johnston, Nick Wattie, Joe Baker

There has been growing interest in understanding the cognitive skills of athletes as part of a more comprehensive analysis of athlete performance and success. Research suggests there may be a positive link between cognitive functioning and sport performance, though the precise relationships between cognitive capacity and sport-specific skills are not well understood. Nevertheless, cognition likely plays a critical role in athlete decisions, performance, and retention in athlete development programs. A better understanding of athlete cognitive profiles may inform the development of evidence-informed initiatives, including strategies based on athlete characteristics and stage of human development. In this presentation, we will share preliminary cognitive data from 146 youth elite athletes who are enrolled in a longitudinal multi-disciplinary, multi-sport normative databank. We will present trends in general cognitive profiles from the initial phase of data collection and discuss approaches to quantifying cognitive strengths in this population. Through this presentation, we will demonstrate the utility of examining the unique cognitive strengths and weaknesses of athletes, as well as the challenges of incorporating novel neuropsychological practices into athlete development.

On the road to the development of an athlete leadership development program: Establishing the validity of a shared athlete leadership inventory

Todd Loughhead, Mason Sheppard, Krista Chandler, Gordon Bloom, Megan Kalbfleisch

Athlete leadership researchers have assessed their leadership development programs with inventories that were originally developed from other fields of research (e.g., military leadership). This approach typically assesses athlete leadership by rating the behaviours of a few selected athlete leaders (e.g., captains). Given our athlete leadership development program will focus on the athlete leadership as a shared phenomenon consisting of numerous athletes (Loughhead, 2017), it will be critical to assess its effectiveness by measuring the leadership behaviours of all athletes on a team and not just the captains or leadership group. Previous inventories used to assess athlete leadership do not fully capture the shared essence of this construct from the perspective of all athletes on a team. Grille and Kauffeld's (2015) Shared Professional Leadership Inventory for Teams (SPLIT) has the potential to fill this need of a shared leadership measurement tool. Thus, the purpose of this study was to modify and test the SPLIT to determine its useability in a shared athlete leadership development program. First, the items of the SPLIT had to be transformed to fit an athlete leadership context using a think-aloud protocol with athletes. Second, an expert panel was utilized to evaluate and provide suitability of the items for an

athlete population. Third, factor analyses were conducted on athletes to assess the SPLIT's factorial validity. The results offer an inventory that can be used in a shared athlete leadership program.

Embarrassment may be a critical body image emotion for understanding (sport) performance

Catherine Sabiston, Ross Murray, Madison Vani, Kristen Lucibello, Tim Welsh

Body-related embarrassment (BREM; i.e., when an individual perceives they have publicly violated social standards involving the body's appearance or fitness) has been identified as an important and unique negative self-conscious emotion for sport experiences. Yet, no measure of BREM has been available, thus limiting theoretical and practical understanding of the repercussions of BREM in sport. The aims of this program of research include (i) developing and testing a measure of BREM and (ii) examining the outcomes of BREM on performance outcomes that are foundational to sport. For aim #1, three studies were completed to identify appropriate items and test the validity and reliability of the BREM scale (Ntotal=844). The final scale includes 3 items for appearance-focused and 3 items for fitness-focused embarrassment. For aim #2, BREM (and a range of other emotions) was tested as a predictor of cognitive performance among adolescent recreational athletes. Results from multilevel models suggest that higher levels of BREM in a day significantly predicted worse cognitive performance that same day ($B = 32.8$, $SE = 14.9$, $p = .03$). There was also a significant interaction between BREM and tolerance for the emotion, whereby worse performance outcomes were observed for those who reported intolerance of embarrassment. These experimental findings demonstrate the potential impact of body-related embarrassment on sport performance outcomes and highlight that this currently understudied emotion warrants greater attention for research and practice.

Stress, Emotion and Motherhood (Virtual)

Cultivating mom strength: A case study of media stories of Canadian professional hockey mother's journeys on and off the ice

Willa Ladun, Kerry R. McGannon, Ann Pegoraro, Andrea Bundon

This presentation is from a three-year SSHRC Insight grant, which has the central aim of understanding the portrayal of Canadian elite athlete mother identities in media stories in the digital landscape. The theory (i.e., narrative inquiry) and methodology (i.e., narrative analysis of big and small stories) used in this project will gain deeper understanding of intersectional aspects of athlete mother identities (e.g., sexual orientation, age, physicality) formed, and framed, in the media. In this presentation, findings from an analysis of mainstream sport media stories ($n = 58$) of four 'cases' of Canadian athlete mothers who play professional hockey, are outlined. The media stories of 'cases' include two athletes in opposite sex relationships (i.e., Meaghan Mikkelson, Natalie Spooner) and two in same sex relationships (i.e., Melodie Dauost, Caroline Ouellete). Narrative thematic analysis of the stories is outlined within a central narrative of 'strength through motherhood and sport'. Findings are discussed surrounding multiple meanings of 'strength' as these impact motherhood status and career, through two portrayals threading media stories: 'strength in mothers' and 'strength through others'. Media portrayals of 'strength' are linked with these hockey mothers' intersecting identities of age, physicality, and sexual orientation. These themes are theorized using narrative inquiry to outline how narratives related to gender, neoliberalism, queerness, and feminism, (re)produce stories and identities, in the media. We conclude

with recommendations for supporting athlete mothers in the hockey context of all sexual orientations, as well as policy implications for Canadian professional hockey mothers.

Sporting Comebacks and the Motherload: An Analysis of Media Stories of Canadian Elite Athlete Mothers' Quest to Compete at Tokyo 2020

Kerry McGannon, Willa Hladun, Shaantanu Kulkarni, Andrea Bundon, Ann Pegoraro

This presentation is from a three-year SSHRC Insight grant, which has the goal of gaining contemporary understanding of the portrayal of Canadian elite athlete mother identities in media stories in the digital landscape. By studying the stories of Canadian elite athlete mothers in two novel digital media sources (i.e., news media and Instagram) using a novel theory (i.e., narrative inquiry) and methodology (i.e., narrative analysis of big and small stories), a deeper understanding is gained as to how aspects of athlete mother identities are promoted and/or marginalized. In this presentation, findings from a narrative analysis of 110 sport media stories centering four 'cases' of Canadian athlete mothers' (i.e., mountain biker Catharine Pendrel, soft ball player Danielle Lawrie, marathon runner Malindi Elmore, and 800 metre runner Melissa Bishop-Nriagu) quest to compete in Tokyo 2020, are outlined. Findings related to contradictory 'comeback meanings' are outlined to show the setbacks and opportunities these athlete mothers' faced, in their competition journeys. Comeback meanings are shown through two intersecting themes identified in media stories: 'the mother of (re)invention' and 'something and nothing to prove'. Narrative themes are discussed in relation to media portrayals of athlete mothers' intersecting identities related to age, physicality, and career status. Narrative inquiry is used to further theorize comeback meanings intertwined with discrimination, neoliberal ideologies (e.g., body regulation, individualism) and feminist resistance, in stories, framed by narratives. We conclude with policy implications in the Canadian sport system, and recommendations for supporting athlete mothers, in the context of gender equity.

What is athlete well-being? Co-constructing concepts with Olympic and Paralympic athletes

Lisa Trainor

Although psychological well-being (PWB) in athletes is receiving increase scrutiny there is some confusion about what constitutes PWB. Psychological well-being may be defined as living well and actualizing one's potential (Deci & Ryan, 2008); however, in the context of sport, PWB suffers from vague and variable definitions (Lundqvist, 2011). Important research questions remain as there is no conclusive evidence determining the configuration of (sport-specific) athlete PWB (Lundqvist & Sandin, 2014). The objective of this study was to explore important components of athlete PWB. Semi-structured interviews and photograph elicitation were employed at two time points with 26 athletes (7 Paralympic; 19 Olympic) from four countries (Canada; United Kingdom; Australia; New Zealand) and data was analyzed following Braun and Clarke's (2020) guidelines for reflexive thematic analysis. In this study eight components of sport specific PWB were co-constructed to represent athletes' understandings of PWB in sport. The eight components included self-confidence and worth; personal balance; aligned purpose; fulfillment; performance; agency; psychological safety; and flexibility. The identification of contextually significant domains of athlete PWB can lead to the development of resources and guidelines to inform sport stakeholders and sport organizations at the local, national, and international level regarding what is needed to support athlete PWB.

Impact of sport participation level on university students' perceived stress and mental illness symptoms

Sophie Labossière, Catherine Laurier, Sophie Couture

Due to their involvement in higher education and their transition to adulthood, university students are confronted, at the same time, with several stressors that can predispose them to mental illness symptoms (e.g. Solmi et al., 2022). While sports participation is known to reduce perceived stress and mental illness symptoms, elite sport may have less favorable effects due to the associated performance pressures (Eather et al., 2023). The present study therefore aims to better understand the moderating impact of sports participation levels (non-athletes, recreational athletes, elite athletes) on the relationships between stressors, perceived stress and mental illness symptoms (anxiety, depression, eating disorders, and frequency of alcohol and drug use) in university students. An online survey including questionnaires on stressors, perceived stress, and mental illness symptoms was completed by 1,175 university students. The moderated mediation models revealed that different categories of stressors (academic, financial, relational, and unexpected events) explain perceived stress, which in turn explains anxiety, depressive symptoms and frequency of drug use. Also, sports participation levels moderated the relationship between academic stressors and perceived stress. Thus, the results of the present study suggest that different underlying processes may be involved according to levels of sports participation. This underlines the importance of offering preventive interventions tailored to the realities and needs of university students, depending on levels of sports participation. To conclude this presentation, several promising programs to reduce stress and mental illness symptoms will be recommended.

Session 2 – Friday, October 27 at 11:30am

Women and girls (Auditorium)

Pathways of development in girls' soccer: A focus on practice-related challenge as an index of practice quality

Nicola Hodges, Carrie M. Peters, Porter M. Trevisan, David T. Hendry, David Hill

Engaging in appropriately challenging practice is critical to success in sport. Deliberate and purposeful practice (instructor informed, effortful and specific to improving performance), is related to sport expertise. Based on definitions of quality practice from motor learning and expertise literature, we developed the Challenge, Effort and Purposeful Practice (CEPP) survey to help assess whether athletes are engaging in good quality practice. Youth (U14-U18 yr) female soccer athletes (N = 90), across different levels of competition, completed the CEPP and a practice history survey probing challenge in practice. National athletes had higher CEPP scores than the professionally coached and grassroots' athletes. There was also a medium-to-large sized positive relationship between scores on the CEPP and coach-led practice hours/week ($r = .44$). Contrary to predictions, CEPP scores did not increase with age. When practice histories were considered on a within-participant basis and participants provided ratings of practice challenge each year, challenge perceptions generally increased from elementary to high-school for grassroots athletes, but surprisingly decreased for higher-level athletes. Although data collection is ongoing, with age and skill, higher-level athletes are more likely to be engaging in quality "deliberate" practice. However, with increased capacity to engage in quality practice, the overall

perception of the practice as “challenging” may decrease. This project is part of a larger project on “pathways” of sport-skill development in girls’ and women’s soccer; involving cross-sectional and longitudinal analysis of practice-related developmental activities during childhood and youth development.

How integrated knowledge translation informed the design, implementation, and evaluation of a leadership development program for adolescent girls in sport.

Morgan Rogers, Cari Din, Penny Werthner

The low quality and quantity of sport programs for girls is often cited as the reason one third of Canadian adolescent girls leave sport (Canadian Women & Sport, 2022). In order to retain girls in sport and physical activity, it is critical programs are designed to be inclusive and relevant to young girls. Well-designed and implemented girls’ programs should also be rigorously evaluated, which is currently a gap in the literature (Eva et al., 2021). The lack of evaluation of girls’ community sport programs, in combination with the “know-do gap,” which notes that applied research is often not utilized in practice, highlights the current disconnect that often exists between research and practice in Canadian sport (Leggat et al., 2021). One way to address this disconnect is through the use of integrated knowledge translation (IKT), a research method where knowledge users are involved in all stages of the research process with the goal of ensuring research is used effectively (Smith et al., 2022). Therefore, the purpose of this presentation is to illustrate how IKT informed the design, implementation, and evaluation of a leadership development program for adolescent girls in sport with the community partner and knowledge user: Canadian Tire Jumpstart. We will describe the process of designing, implementing, and evaluating a 6-month leadership development program for girls in sport to illustrate how researchers and community partners can work together using IKT. We will describe lessons learned from the use of IKT and recommendations for partnerships and participatory research approaches in sport.

Mother-Coaches Experiences of Policies and Programs at a National Multi-Sport Games Event: “Whoever Wrote This Policy Doesn’t Understand What it Means to be a Mom”.

Dawn Trussell, Ryan Clutterbuck, Jennifer Mooradian, Jesse Porter

Aim: The aim of this research project is to examine the intersections of motherhood and coaching, including women’s experiences within the context of a major national multi-sport games event. In Canada, programs and initiatives, such as “We are Coaches” and the “Women in Coaching Canada Games Apprenticeship Program”, exist to address the under-representation of women in sport leadership roles. Yet, few women can be found in sport leadership roles despite increased sport participation by women (Werthner et al., 2020). These findings suggest the need for investigation as to how mother-coaches engage with women-centred programs and initiatives intended to address the under-representation of mothers in sport leadership roles (Kidd, 2013; Werthner et al., 2020) **Methods:** Fourteen mothers who coached (apprentice, assistant, or head coach) at the 2022 Canada Summer Games participated in this study. Data collection consisted of pre- and post- games interviews. The researchers analyzed each narrative in its entirety, and conduct thematic analysis (Pitre et al., 2013) to analyze the content of each story. **Findings:** Our findings challenge universal sport policy and culture that reproduces gender inequities, while we reimagine coaching and the value of communities of practice. Emphasis is also placed on understanding the nuances of the mother-coaches lives such as their generational cohort (i.e., Generation X or Millennial) as well as paid professional versus volunteer

coaching roles. Finally, our findings challenge the concept of work-family conflict and motherhood stalling the mother-coaches advancement of coaching opportunities and the quality of their experiences.

Signaling Change: Exploring Gender EDI and HRM practices, Board Gender Composition, and Board Outcomes in Non-profit Sport Governing Bodies

Shannon Kerwin, Pamela Wicker, Lara Lesch, Erik Lachance

Through government funding, sport organizations are asked to create policy and practice that reflect diversity, equity, and inclusion (DEI) for girls and women. It is understood that increased funding is helpful; however, to create change it is important to reflect on the context for which change is occurring. Here, the HRM system policies and practices (i.e., recruitment, onboarding, evaluation) of sport organizations and their boards may be signaling whether organizations are ready to progressively promote and support women personnel. To date, little is known about the system (i.e., HRM) performance surrounding these DEI board practices (Wicker & Kerwin, 2020). To fill this gap in knowledge, we adopt signaling theory to explore nonprofit sport organizations that are characterized by different types of board gender composition to define the HRM policies and practices that exist and signal specific learning environments and outcomes for members on nonprofit sport boards. Survey results indicate that certain HRM policies are non-existent in sport organizations. Moreover, the presence of gender related HRM policies is associated with innovative cultures and improved decision quality. Continued exploration of these relationships is occurring through interviews with study participants. This study contributes to the development of theoretical understanding around HRM policies and practices linked to effective gender EDI policy and practice in sport.

Exploring Canadian Elite Female Youth Hockey Teams' Shared Leadership Through Coach and Athlete Leaders' Experiences

Daniel Church & Jessica Fraser-Thomas

Effective coach and athlete leadership is fundamental to optimal sport performance (Cotterill & Fransen, 2016). Guided by emerging frameworks (e.g., Fransen et al., 2014, 2017), this study explored shared coach and athlete leadership within Canadian elite youth female hockey teams. Fifteen coach and athlete-leader dyads (i.e., N=30) were purposefully sampled from youth female high-performance leagues (i.e., U18 AAA) for representation across Canada. Participants engaged (individually) in semi-structured interviews focused on their sport experiences, leadership approaches (e.g., implicit/explicit), and team outcomes (e.g., performance, positive youth development). Results emerged through four interconnected themes: (a) establishing a shared structure: collective collaboration (b) building a shared philosophy: 'we before me', (c) developing a shared foundation: caring and supporting, and (d) attaining shared goals: (re-) defining success. Findings advance understanding of shared coach and athlete leadership, offer practical implications to enhance leadership development, and provide insights for fostering healthy shared leadership models

The Changing Nature of Work: The impact of various hybrid workplace models on women in Canadian Sport

Ann Pegoraro, Chelsie Smith, Linda Schweitzer, Sean Lyons

The COVID-19 pandemic necessitated significant and widespread changes in how the Canadian Sport system worked. The rapid shift to remote work forced many people who would not otherwise have had the opportunity or interest to work remotely to do so. The attractiveness, benefits and drawbacks of virtual work have been well-researched. Having the option to work from home has long been considered a perk or draw; but individuals who work primarily from home have remained surprisingly rare (11% in Canada, BenefitsCanada, 2017). Managerial resistance has been identified as one of the barriers to virtual work – managers have noted their concerns for loss of productivity, technological limitations, coordination challenges, lack of personal cues, cultural implications, security vulnerabilities. From the individual perspective, the disadvantages of virtual work include social isolation, lack of connection with the organization, being excluded from opportunities, working long hours, and the intrusion of work into personal time. The workplace and traditional work norms in North America were created by and for white men (Kanter, 1977) and while diverse identity representation in the Canadian sport sector continues to grow, the office-based model for work has not necessarily considered the changing nature of the sport workforce. This study employed survey methodology to investigate the experiences of employees return to various hybrid workplace models in the Canadian Sport System. The ongoing data collection focuses on employees in sport organizations (n=15) with different hybrid return to work plans, and results, including an analysis gender, will be presented at the SCRI conference.

Youth development (Room 209)

Promoting a Strength-Based Approach for Sport Participation and Wholistic Development in a Community-led Program for Indigenous Youth

Shannon Bredin, Rosalin Miles, Kai Kaufman, Darren Warburton

This research is part of a 5-year project to co-create, implement, and evaluate a culturally safe and relevant, Indigenous-led and community-based program for Indigenous youth that promotes physical activity and sport participation through traditional and land-based activities. The first phase of the project has been dedicated to co-creating a youth program (K to 12) that is based on the intergenerational transfer of knowledge and focuses on activities that involve movement experiences on the land and in the water. By engaging in the co-creation process (e.g., through activities such as sharing circles) our cumulative research to date has demonstrated the importance of a strength-based approach to curricula and program development. A strengths-based approach focuses on the assets, potential, and aspirations of the community. Moreover, movement (through physical activity or sport-based engagement) is a wholistic experience (encompassing the spiritual, emotional, mental, and physical domains of wellbeing). Wholistic development also reflects a balancing of relationships including connections amongst the land, individuals, family, community, and cultural and spiritual practices. By developing programs focused on activities that involve human movement experiences on the land and in the water, it is postulated that physical activity and sport participation will increase amongst Indigenous youth, as well as reconnection to sacred land-based teachings, community, and cultural traditions. Teachings from the co-creation process suggest that developing strengths-based programming, which honours Indigenous knowledge and ways of doing fosters cultural identity, self-determination, and the development of Indigenous talent. Funded by the Sport Participation Research Initiative and a SSHRC Insight Grant

International Positive Youth Development (PYD): Project SCORE in a Portuguese Setting

Jason Mergler, Marta Ferreira, Leisha Strachan, Dany J. MacDonald, Fernando Santos, Jean Côté

Project SCORE is an online resource that youth sport coaches can utilize to intentionally deliver important youth development content, notably the 4 Cs: confidence, competence, character, and connection. Despite experiencing difficulties with Canadian recruitment, 13 young (M = 26.23 years), experienced (M = 5.46 years of experience) head and assistant soccer and rowing youth sport coaches from two Portuguese clubs completed a formal Project SCORE workshop, weekly reflections, and the P-CLSS-Q. Because of small sample size and non-normality, Wilcoxon Signed-Ranks tests were used to find that coaches ranked their ability to plan, support, and praise athletes' life skills usage during and outside of training significantly higher after program implementation, $Z = -2.04$, $p = 0.045$, $Z = -2.08$, $p = 0.039$, and $Z = -2.17$, $p = 0.035$, respectively. Additionally, 70 youth Portuguese football and rowing athletes from various levels ranging from U11 to U19 completed the 4 Cs questionnaire. Paired sample t-tests using a Benjamini-Hochberg correction discovered several pre- to post-intervention findings across the four inventories, including a significant increase in four coach-athlete relationship and four prosocial behaviour constructs, along with significant decreases in inversely scored low self-confidence and antisocial behaviour constructs. Surprisingly, ten of 14 self-competence factors demonstrated significant reductions in scores post program completion. Results indicate that Project SCORE benefitted coaches in improving PYD and in enabling life skill transfer, while athletes displayed relatively positive results save for the area of self-competence, which requires further investigation. Findings and limitations, especially related to domestic recruitment, will be discussed.

Giving Back to a Unique Sports Event - the Arctic Winter Games

Steph MacKay & Christine Dallaire

In the third case study of our larger project, in which we explore why former participants 'give back', through working or volunteering in or for organizations or events that provide children and youth (most of whom identify as minorities in some way) with sports opportunities, we analyzed the experiences of Arctic Winter Games (AWG) workers and volunteers. The AWG are a biennial sport competition hosted in the circumpolar north (above the 55th parallel). They provide an opportunity for young developing athletes from northern regions around the world to compete while sharing cultural values. Former AWG participants often return as managers (e.g., board members), contingent leaders (e.g., Chefs de Mission) or young leaders (e.g., coaches) to 'give back'. Conversations with five (5) managers, eight (8) contingent leaders, and six (6) young leaders, most of whom were former participants, suggest that the AWG deviates from many multi-sport competitions for youth. They are friendlier, more inclusive, delineate Northerners as a unique group of people and value Northern peoples' knowledge and practice of sport and culture (including Arctic Sport and Dene Games). While the Games reproduce some aspects common in major sports competitions, they ultimately provide hope that sport development activities can be reflexive and continually evolving, inclusive, and create a sense of belonging, even in this era where, increasingly, many people feel marginalized (e.g., in mainstream sport systems) and disconnected from their communities.

Sport+Stem - Utilizing sport as a tool to help youth actualize their academic potential

Benjamin Arhen, Jackie Robinson, Olu Paynter, Marika Warner, Bryan Heal

Sport can be used as a powerful tool for positive development (cognitive, social, physical etc.) in youth, while helping them actualize their true potential. The Sport and STEM (Science, Technology, Engineering & Math) program at MLSE LaunchPad allows students to discover the value of academics through sport

and physical activity. In partnership with Visions of Science, and the Toronto District School Board, MLSE LaunchPad ran a 4-week Sport For Development program focusing on curriculum-linked STEM materials for students grades 7 and 8. The primary outcomes of this program were to improve critical thinking, knowledge & comfort with STEM concepts, awareness of and belief in personal ability to pursue careers in STEM. Intentional sport specific programming (hockey, football, basketball, rock climbing etc.) challenges were used to disperse scientific themes and concepts. The program utilized a mixed methods evaluation design through self-report survey data from standardized outcome measures, and statistical analysis was conducted using pre-post measurements to assess differences in outcomes. Students expressed significant ($p < 0.05$) increase of awareness in different Indigenous ways of knowing science, demonstrating their ability and openness to new ideas of learning. While critical thinking scores remained strong throughout the program, confidence and comfort with STEM concepts - particularly math – increased significantly ($p < 0.05$), with 76% of youth agreeing that it was easier to learn STEM concepts through sport than a typical class lesson. These findings demonstrate the importance of utilizing sport not only as an effective tool to support academic success, but also to open youth up to new scientific concepts or career paths in STEM that may have previously been seen as unattainable.

Missed Opportunities for Middle Childhood: Less Sport Predicts Increased Shyness Risk in Millennial Girls With Preschool Access to Bedroom Television

Kianoush Harandian, Béatrice Necsca, Caroline Fitzpatrick, Eric F. Dubow, Linda S. Pagani

Childhood bedroom screens represent a risk factor for negative behavioral outcomes. Childhood sport participation might be a protective factor for potential negative associations with having a bedroom screen in early childhood. This study examines whether extracurricular sport participation in middle childhood reduces developmental risks associated with bedroom screens in boys and girls. We use a millennial birth cohort from the Quebec Longitudinal Study of Child Development (QLSCD). Children reported having a bedroom television at age 4 years and parents reported child participation in sport from ages 6 to 10 years. We examine subsequent teacher-reported depressive symptoms and shyness outcomes by the end of sixth grade. We used linear regression to examine the interaction between child-reported bedroom television placement (age 4 years) and parent-reported childhood sport participation trajectories (ages 6 to 10 years) in predicting behavioral outcomes at age 12 years. For girls, inconsistent extracurricular sport amplified the relationship between having a preschool bedroom television and subsequent shyness ($b = 0.6212$, $SE = 0.3245$, $p < 0.05$), beyond individual and family characteristics. Consistent extracurricular sport in childhood was a protective factor for girls and boys as it relates to the long-term mental health risks, in some cases irrespective of bedroom television. Less consistent sport participation was associated with increased risk of shyness in girls having grown up with a bedroom television. These findings corroborate that extracurricular activity is beneficial and essential for enhancing social interactions and skill building in children.

Active child, accomplished teen: Longitudinal associations between extracurricular exercise in childhood and later academic achievement

Laurie-Anne Kosak, Kianoush Harandian, Marie-Josée Harbec, Linda S. Pagani

Physical activity is an important protective factor throughout life. Children with better academic results have a greater chance of going further in their studies. However, despite the numerous articles that have examined the relationship between the practice of physical activity and academic success, little research has observed these links longitudinally, and none has done so with a pan-Canadian sample. The article

aims to examine the prospective associations between extracurricular exercise in childhood and academic achievement in adolescence, for boys and for girls, beyond several family factors. The participants are 2775 children from the National Longitudinal Study on Children and Youth (NLSCY) aged between 12 and 21 years old. Academic success was measured by the average mark at 18/19 years old and the obtention of the secondary school diploma at 20/21 years old. Girls who did more extracurricular exercise at age 12 had better academic results at age 18/19, and boys and girls who did more extracurricular exercise at age 12 were more likely to have graduated from high school at 20/21 years old. These results support the relevance of encouraging children to practice physical activity outside of school hours to give them all the chances to succeed in the future.

Para sport (Room 210)

Exploring Experiences of Sport Participation around Legacies of Event Host Cities

Laura Misener, Gayle McPherson, David Legg, David McGillivray

Event related research is focusing much attention on the social impacts of hosting. In this study, we sought to use multiple different novel approaches to go beyond event host timeframe legacies to consider post-event experiences of persons with disabilities in a city that previously hosted a large-scale event (ParaPan American Games 2015 and Commonwealth Games 2014). We emphasised strategic initiatives to support new engagement and accessibility in regional hosting strategies (Misener et al., 2018). We engaged in process of asynchronous focus groups and public forums through a research website – Project echo. We also conducted participant a series of guided conversations. Participants were given the opportunity to choose how to complete the conversation - written, audio recording, or direct with researchers. Twelve participants were involved in four sets of conversations, each one building upon themes brought forward in the previous discussion. In analysing the data, we found several discreet themes that interconnected the online data with the interview experiences. In this presentation, we focus on the core high level themes of 1) Navigating ableist hierarchies; 2) Disappearing figures; and 3) Othering sporting spaces. We present a composite of stories which depict a mix of experiences amalgamated into individual narratives (Ely et al., 1997). The purpose of these narratives is to highlight the themes and open up space for dialogue about the ongoing ableization of sport and sport events. Given the scope of programs developed through the event, narratives are a telling way to consider legacy impacts upon individual experiences.

A First Look at the 1967 Paraplegic Games: Exploring Impacts on Local Para Sport and Educational Resources

Colleen Moyer

During the Canadian Centennial in 1967, the Pan American Games were hosted in Winnipeg, Manitoba. Not included in written histories of this event is a subsequent “Paraplegic Games (Pan Am 1967),” hosted one week later using many of the same venues. The Paraplegic Games were the first international wheelchair sport competition in Canada. Men and women competed in nine different sports over the weekend immediately following the Pan American Games. Two contemporary articles, published in medical journals, highlighted the medical aspect of disability rather than the actual Games themselves. These are the only articles on the event, as it remains absent from Canadian sport history and histories of Para sport, both in Canada and internationally. This research project is an initial attempt to reclaim

this history. Winnipeg is also home to the institution, where the first recorded wheelchair sports were played in Canada, the Deer Lodge Centre. As well, wheelchair rugby, a very popular Paralympic sport, was invented by a group of quadriplegics in Winnipeg in the 1970's. This research project explores the impacts and educational resources the 1967 Paraplegic Games had on Winnipeg. While also exploring the connections between the above-mentioned historical moments in Canadian Para sport history. This will be done by accessing archives from Sport Manitoba, the Manitoba Wheelchair Sports Association, the Manitoba Provincial Archives, the University of Manitoba Archives as well as some private, community-owned archives. Archival information will be supplemented with semi-structured interviews and photo elicitation, to shift the focus away from medicalized interpretations, emphasize the social model of disability, and insert the history of the 1967 Paraplegic Games into the histories of Canadian sport and disability.

Coach education for Para sport: Realities from the perspective of the Social-Relational Model

Rabia Ozturk Kizilkaya, Diane M. Culver, Koray Kiliç

As participation in Para sport increases, so does awareness of the importance of qualified coaches, and disability studies offer a perspective on the complexity of coach education. We examined the realities of different stakeholders in the coaching for Para sport landscape. Semi-structured interviews were conducted with retired athletes, coaches, coach developers, and managers from different organizations in Canada. Participants were asked about their experiences and ideas about coach education for Para sport. The data were deductively analyzed, with the 5-step SAMMSA approach, according to the four main themes of the Social-Relational model: impairment effects, structural barriers, relational practices, and psycho-emotional dimension. In the context of impairment effects, the results showed the importance of understanding and adapting to the needs of coaches and athletes. Although organizations are working on structural barriers, these barriers still exist (e.g., affordability and accessibility of resources, lack of pathways). The relational practices theme points to the need to increase collaboration with and representation of people with lived experiences; and to recognize the power of coaches to create a safe culture. From a psycho-emotional perspective, there was evidence of the importance of providing support and role models for everyone (athletes and coaches) to reach their potential. Managers focussed on systemic factors, while coaches prioritized individual needs. The Social-Relational perspective highlights some of the nuanced practices that still need to be developed to optimize inclusiveness in coach education for coaching in Para sport.

The National Coaching for Parasport Summit – Advancing Disability Inclusion in Canada

Timothy Konoval, Diane M. Culver, Siobhan Rourke, Iman Hassan, Sydney Graper, Rabia Ozturk Kizilkaya

The 'National Coaching for Parasport Summit' was a research collaboration between the University of Ottawa, the University of Alberta, the Coaching Association of Canada, and the Canadian Paralympic Committee funded by SSHRC and hosted at the Steadward Center in May 2023. This event brought together sport organizations, coach educators, coaches, athletes, and leading coaching researchers to move beyond asking 'why' disability inclusion is important in coaching and coach education to instead asking 'how'. The summit was a hybrid event and participants had the opportunity to be part of the conversation from across Canada. Day 1 featured diverse, in-depth discussions on the main challenges, opportunities and innovations in coaching and coach education for knowledge mobilization in Para sport. On Day 2 the participants searched for answers to the question "Re-imagine coach development that delivers a high-quality Para sport experience accessible for all" utilizing Design Thinking (DT) activities. DT

is a paradigm, methodology, and method that encourages creative, multi-stakeholder teams to use a systematic and collaborative approach to identify and creatively solve problems that address field-deep knowledge (Chamber et al., 2021). DT has previously been used holistically to help with system change (e.g., coach education). The main purpose of the summit was for participants to work on how a national framework could be co-constructed more inclusively to meet the needs for well-trained coaches in Para sport in Canada.

Effectively managing team dynamics in Paralympic sport: Views from coaches, athletes, and integrated support members

Danielle Alexander, Gordon A. Bloom, Marte Bentzen, Göran Kenttä

In high-performance sport, coaches are responsible for facilitating a supportive, safe, and challenging team environment. Compared to the coaching literature conducted in able-bodied sport, high-performance parasport coaching has received significantly less attention. This study explored effective coaching strategies towards managing high-performance Paralympic teams from three countries across Europe and North America. Across the teams, six focus groups with athletes, three interviews with head coaches, and 10 interviews with support team members were conducted and analyzed using a reflexive thematic analysis. In all countries, coaches, athletes, and support teams discussed how their teams consisted of unique individuals with varying needs and coaching preferences. This diverse group of athletes posed complex challenges for the coaches to manage team dynamics. Three strategies were put forward: (1) individualize your coaching (i.e., extensive preparation behind the scenes for training), (2) consider your coaching style and core values (i.e., fostering autonomy, openness, respect), and (3) utilize your integrated support team (i.e., managing interpersonal conflicts). This study is the first step in promoting international collaboration within adapted sport research, and in doing so, provided us with a larger participant pool, more culturally diverse sample of participants, and increased access to high-performance parasport organizations and resources. By conducting this research, we were also able to provide a voice to two underrepresented perspectives in parasport coaching research - the athletes and support teams. Together, this study offered a rich understanding of high-performance parasport team dynamics by incorporating multiple perspectives and methods of data collection from three countries.

Adherence to the Online Psychological Skills Training Program for Para-Athletes

Krista Munroe-Chandler, Frank Ely, Todd Loughead, Jeffrey Martin

Researchers in sports psychology have suggested that elite athletes have the potential to benefit from the adversities experienced within their sports and non-sports contexts. For elite refugee athletes, adversities are experienced pre-, during-, and post-migration as they navigate pressing sport and life challenges, the dominant focus underpinning this research. Through a strength-based approach, we aimed to expand beyond this deficit-based focus of elite refugee athletes' migrations by understanding their journeys of personal adaption, and how internal and external mechanisms within their sports environments foster growth. Through arts-based conversational interviews, 14 elite (n=11 male, 3 female) refugee athletes shared their experiences of migrating and transitioning into the Canadian sports system. The interviews were analyzed through a reflexive thematic analysis and represented through polyphonic vignettes to share athletes' perspectives whilst safeguarding their anonymity. The primary internal factor mediating growth was a sense of responsibility to find and pursue meaning. External factors included feelings of trust and belonging within athletes' teams, actualized through staff and teammates supporting their personal differences. These findings contribute to a theoretical shift in

approaching research with refugee athletes and can be used to inform growth-based interventions for current and future elite athletes who face varying adversities within their sports contexts.

Factors Influencing Access and Safety (Virtual)

“It was a political move to shut people up”: Constructing Edmonton’s Commonwealth Stadium, 1954-1978

Judy Davidson

This presentation reports on the development of Commonwealth Stadium and resistance to stadium development in Edmonton’s urban core. In 1971 Edmonton was awarded the 1978 Commonwealth Games. The city of Edmonton went to great lengths to build the largest, most expensive facility possible (Whitson and Macintosh, 1993). Grounded in archival research and discourse analysis, our presentation explores the context of urban development in 1960s and 70’s Edmonton which shaped the Stadium’s development, and its conditions of possibility. For decades Edmontonian boosters had sought to construct a new hockey and football stadia in the Edmonton city center (Cobb, 2015). Edmonton’s successful Commonwealth Games bid finally brought success for these business and professional sporting interests in the city. Critics of the stadium argued that the governance process was not transparent, the facilities for the Commonwealth Games would not benefit the general public, and the construction of Commonwealth Stadium would result in the displacement of working-class people living in Edmonton’s downtown core (Chivers, 1976; Gereluk, 1974). We outline these important criticisms, many of which persist in modern stadium debates. However, we argue that these critiques fail to account for the settler colonial legacy of such sporting venues. In particular, we explore how rhetoric of participation and inclusion can function to reproduce existing forms of oppression (Tink, 2022). Our presentation concludes by situating Commonwealth Stadium within the Canadian state apparatus to critically interrogate the role sport stadia play in settler-colonial contexts.

« To play elite, you need talent and you need parents with deep pockets »: the price tag of competitive sport participation in Québec and Canada

Alexandro Allison-Abauza & Andrea Woodburn

Organized sport is a space wherein several inclusion/exclusion processes take place. Among these processes, it is well established that socio-economic status is an important predictor of organized sport participation in both Quebec and Canada. However, organized sport is not a monolithic block, particularly with respect to the diversity of forms of practice, ranging from recreational to high performance sport. As a result, some processes of inclusion and exclusion may vary between these contexts. In this respect, the study of socio-economic accessibility to competitive sport is fragmentary considering the value placed on it by the governments and the population. The context of competitive sport in particular involves many resources (e.g. trained coaches and travel costs) that generate potential processes of inclusion/exclusion whose dynamics are not fully grasped. This presentation is based on a thesis completed in spring 2023 that aimed to explore and understand the issues of socio-economic accessibility to competitive sport, with a specific focus on studying Québec's Sport-études (talent development school programs). More specifically, this presentation will focus on the thesis key findings and practical implications (1) exhibiting the annual participation costs to illustrate the financial challenges associated with involvement; (2) interacting with low-income families to portray their

adaptations and sacrifices that underlined their participation, and; (3) interviewing program administrators to comprehend their role and identify potential solutions to the socio-economic accessibility issues.

Sport as a Luxury: Addressing "Othering" and the Need for Belonging and Dignified Access

Julia Frigault, Jackie Oncescu, Reimagining Access to Sport

Research has shown that significant social and economic inequities prevent equity-owned residents from accessing and participating in sport. The ability to engage in sports is contingent upon household socioeconomic status, primarily due to the prevalence of a user-fee model (i.e., "pay-to-play" or "pay-to-access"). Sport stakeholders in New Brunswick attempt to promote equity-owned residents' participation in sport through "band-aid" or short-term solutions like fee assistance programs (FAPs), free and low-cost programming, free one-off events, or free or low-cost access; however, these provisions are insufficient in creating sustainable and equitable access to sport. To confront these challenges, the Reimagining Access to Sport, Recreation and Leisure (RASRL) research-design team utilized human-centred design and community-based participatory action research to co-create solutions with equity-owned residents and sport, recreation and leisure (SRL) providers. A comprehensive investigation encompassing participant observations, semi-structured interviews, focus groups, community workshops, and a design sprint series unfolded, involving 43 SRL and allied practitioners and 100 equity-owned residents. Their insights confronted and critiqued prevailing systems delivering SRL access provisions. This presentation aims to discuss these critiques, shedding light on how current "solutions" (i.e., FAPs and cost-effective programming, etc.) inadvertently proliferate the cycle of privilege, guard access to sports participation and perpetuate "othering" for equity-owned residents. In response, our findings challenge the existing discourses regarding access and pivot towards deliberately exploring strategies for nurturing a sense of belonging and dignified access to sport for equity-owned residents.

Youth Sport Safety: Applying an Athlete-Centred Approach to Canada's Hockey Identification and Recruitment System.

Brent Poplawski

Organized youth team sport programs have grown in popularity and are now one of the most common forms of extra-curricular physical activity for Canadian children. Alongside this growth, the landscape of youth sport in Canada has shifted towards a professionalized model where athletes are identified and recruited at younger ages. Although youth talent identification procedures have become more common for sport organizations, these programs have been criticized for being unreliable, unfair, and designed to meet the needs of adults rather than youth athletes themselves. This ongoing pursuit of youth athletic talent identification has become a children's rights and safety issue. While recent organizational developments in Canada's sport system have attempted to enhance the protection of adult athletes, the absence of youth athletes' voices, and a disconnect between child protection policies and administrative application, have resulted in insufficient safety measures for youth athletes. This research project examines how contemporary youth sport talent identification and recruitment programs impact youth athletes in the Canadian context. It focuses specifically on youth male minor hockey players from Winnipeg, Manitoba who are eligible to be identified and recruited into Canada's major junior hockey system. By including the perspectives of these young athletes, this research takes an athlete-centred approach to the study of Canadian youth sport and provides an in-depth understanding of a talent identification and recruitment process embedded within Canada's sport landscape.