

## Guiding Principles for Athlete Short- and Long-Term Development

Jean Côté, PhD  
Queen's University, Canada

This talk will present a framework that incorporates the process necessary to develop quality sport programs and their associated outcomes. The process factors describe three interacting elements: 1) activities (what) 2) social dynamics (who) and 3) settings (where; Côté, et al., 2020). The output factor describes the intended effects of the sport program in terms of immediate, short-term, and long-term outcomes. More specifically, the dynamic elements have multiple layers that positively interact internally and with each other to create engaging and interesting immediate sport experiences that, when occurring regularly (e.g., over a season), lead to changes in the personal assets of the athletes involved (Competence, Confidence, Connection, Character; 4Cs). Over multiple seasons, changes in individuals' assets lead to long-term outcomes in terms of Personal development, Participation, and Performance (3Ps). Research that links the three interacting elements of youth sport to positive changes in personal assets (4Cs), and long-term outcomes (3Ps) will be discussed, along with guidelines that can be derived from the research.