



Aboriginal Physical Activity & Cultural Circle

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APACC Long Term Athlete and Participant Development Model

The Aboriginal Physical Activity & Cultural Circle (APACC) is pleased to announce the release of our **Long Term Athlete and Participant Development Model (LTAPD)**. When physical activity is performed with cultural ties and recognition, these impacts have the potential to extend well beyond the commonly recognized health and wellness benefits associated with sport, recreation, fitness and traditional activities. The APACC Long Term Athlete and Participant Development model provides the opportunity to exercise this intention – to transform our lifelong dreams in to action of having active Aboriginal communities for all stages of life.

The APACC Long Term Athlete and Participant Development Model identifies 9 stages for cultivation of physical activity for life. Physical activity for Aboriginal people can be sport, recreation, fitness and traditional activities. Physical activity is a valuable community asset, and one that impacts the community as well as its members.

We welcome all to use this resource and hope that it is beneficial to growth in all aspects of life. When we live with a positive life course, we build stronger and more engaged communities.

To acquire a copy of the APACC Long Term Athlete and Participant Development Model please visit the APACC Website www.a-pacc.com/support

The Aboriginal Physical Activity and Cultural Circle:

The Aboriginal Physical Activity and Cultural Circle (APACC) is a registered non-profit organization and a network for Aboriginal people who are involved in Sports, Recreation, Fitness and Traditional Activities. Our Vision is to establish and expand relationships between individuals engaged in physical activity by improving access to resources, and promoting exposure to health and wellness opportunities. The APACC mission is to create a community of mentors, leaders, participants, and supporters who promote physical activity as a way to health and wellness. APACC aims to offer support in a variety of different ways. If you have any questions on how we can support you please check out our website www.a-pacc.com or feel free to send us an email.

Please do not hesitate to contact us for any information. All inquiries and requests can be directed to Melody Young, Executive Assistant, at Aboriginalpacc@gmail.com or call 604 269 3771.

All Our Relations

A special thank you to the 2nd Annual National Aboriginal Physical Activity Conference 2014 delegates for their valuable wisdom.