

Planning Community Sport

A Workbook for Communities



**Developing Sport Activities
for Children and Youth**

“It’s important to be physically active because you can feel good about yourself, like knowing you are in tip-top shape and you don’t get tired as easy as you used to. It just makes you feel good, your self esteem.”

Alwyn Piche, Volleyball Athlete, La Loche

Alwyn is an elite athlete. In 2005, he competed with Team Canada at the World Volleyball Championships in Algiers, Algeria. He believes that “it takes complete dedication and desire to be where you want to be.” He also volunteers his time to coach volleyball during the school year and instructs other youth at volleyball clinics.





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Why a Workbook for Planning Community Sport?

Planning Community Sport - A Workbook for Communities is a tool to help communities build and maintain active sport programs for children and youth. Sport is a significant part of community unity and provides benefits such as healthy lifestyles, self-discipline, and positive self-esteem for individuals.

The workbook is designed to help communities determine, develop, provide, and evaluate their sport program needs so that more children and youth are active in sport for life. The workbook follows a community development approach to assist with creating your community sport programs. Every community is unique, and your community's spirit will guide your sport development plan.

This workbook focuses on communities and helping leaders build on their strength to offer quality sport programs for Aboriginal children and youth. The **goals** are to:

- increase the number of Aboriginal children and youth playing sport;
- increase the numbers of volunteers available to organize, coach, and assist with sport programs;
- encourage a sport development trail (a continuum) of organized sport programs for participants/athletes to move through; and,
- encourage communities to work with partners in the community and other communities to organize leagues, tournaments and competitions.



TIPS:

- A “trail” of sport development and participation opportunities begins with exposure to different sports. Next, the trail introduces sport skills instruction and moves on to the organization of teams, clubs, leagues and tournaments. Finally, it offers opportunities for higher level competition, often outside of the community.
- Organized sport programs involve a complete circle of community support, including facility and equipment access, volunteers, coaches, officials, leaders, children and youth. Coaching and volunteer leadership from within the community are key components of organized sport programs.
- The worksheets provided in this workbook outline the steps required to develop organized sport programs that integrate the sport development trail for the community, the children and the youth.



Where can I get help with this workbook?

Within Saskatchewan, a strong sport system exists to help your community with its sport development plans. Contacts with Sask Sport Inc. and Saskatchewan *in motion* are listed below. Tribal Councils and Sport, Culture and Recreation Districts or Zone Sport Councils, are available to assist you with this workbook. Their contact information is in Appendix A.

Aboriginal Coaches and Officials Coordinator
1-888-319-2267 (toll free)
email asmith@sasksport.sk.ca

Sport Development Community Consultant
(306) 780-9310
email jdaniels@sasksport.sk.ca

Saskatchewan *in motion*
1-866-888-3648 (toll free)
email info@saskatchewaninmotion.ca

Where can I get funding assistance?

There are many funding programs that support community sport plans. Please refer to Appendix I, Resources to Support You, for links to funding programs.

The Aboriginal Community Sport Grant Program (ACSGP)

The purpose of the Aboriginal Community Sport Grant Program (ACSGP) is to provide greater sport participation and development opportunities for Aboriginal youth in Saskatchewan, especially youth living in urban, rural, on-reserve, isolated and northern communities.

Eligible communities can access the grant program, which is funded by Sport Canada Aboriginal Participation and the Saskatchewan Lotteries Trust Fund for Sport, Culture and Recreation. The grant is designed to support the development and implementation of community sport programs. For eligibility requirements, refer to the program guidelines and/or contact a support organization listed above or in Appendix A. Completing this workbook and the worksheets will assist you with the grant application process for this grant as well as other funding programs.



How to Use This Workbook - 4 Steps to Success



Each step will guide you through the community sport planning process, providing direction and tips along the way. As you go through each step in the workbook, corresponding worksheets are provided to help you. Read through each step in the workbook and then complete the worksheets found in the Appendices section.

Step 1 - Understanding Needs & Determining Sport Program(s) and Priorities



The first step begins by talking with the children and youth, parents, coaches, volunteers, and members of the community. Their input will help to determine the needs and priorities of your community sport program. Step 1 asks you to **Look, Listen and Feel** in order to identify the population of children and youth, community assets and strengths, barriers to participating in sport, sport program needs or desires, and benefits of sport for the children and youth. In this step, you will also set your community sport vision, brainstorm program ideas, and prioritize sport programs to develop in your community. You will use the Step 1 Worksheet to assist you in this process. This step requires the input and involvement of the whole community. Steps 2 and 3 can be completed by a group of community leaders.

Step 2 - Designing Your Sport Program(s) Along the Sport Development Trail



Step 2 helps you to plan your community sport program(s) along a “trail of development.” The “trail” ensures that programs are organized and that they provide opportunities for many children and youth to enjoy developmental sport programs. The Sport Development Trail found in Appendix D will help you understand the “stepping stones” of sport opportunities for children and youth to be active in sport for life. The intent of the “trail” is to assist your community to plan sport programs that provide athletes and participants with the opportunity to move from watching and trying, to participating, competing and excelling.

Using the sport(s) you have chosen to develop in Step 1, you will create a plan for each sport and age group using the Step 2 Worksheet. The worksheet outlines objectives and development plans for the sport and participants, as well as plans for the season, practices, leagues and/or tournaments, facility, coaches, officials, volunteers, safety, equipment, transportation, and budget.



Step 3 - Delivering Your Sport Program(s)

Step 3 assists you in the delivery of sport programs in your community. The step provides guidelines for keeping the community and parents involved and informed, maintaining records of participation, and recognizing and celebrating your success. In this step, consistency and commitment is very important to keep children and youth participating and having fun. You will use the Step 3 Worksheet to help you with this step, as well as the sample participant records and attendance form in Appendix H.



Step 4 - Evaluating, Celebrating & Sustaining Your Sport Program(s)

Step 4 involves measuring the success of your sport program and celebrating your community accomplishments. It also outlines plans to ensure continued sport program development, ways to maintain sport programs, and methods to nurture sport in your community. During the evaluation, it is important to involve program participants, including athletes, coaches, officials, as well as volunteers, parents and organizers. Planning for the future of the program is also important, including how to continue the program from year to year and how to secure the necessary funding. You will use the Step 4 Worksheet to help you with this step.



TIP: Contact one of the support people listed on page 3 or Appendix A for help at anytime.

- The worksheets will provide examples and/or tips to help you.
- You may want to photocopy the worksheets so that you always have a “master” or blank copy on hand.

“It’s very rewarding, helping kids out and volunteering my time. There is a real need for Aboriginal coaches and officials out there, and it’s an opportunity to get involved with your community.”

**Morris Pasap, Head Coach,
Fort Qu’Appelle Selects
Bantam Boys Softball**



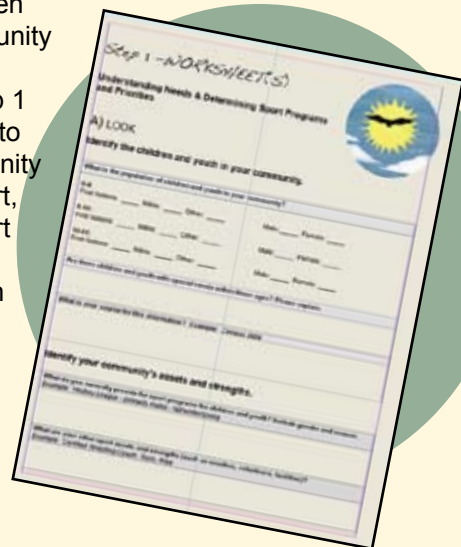
Step 1 - Understanding Needs and Determining Sport Program(s) & Priorities



Step 1 provides an opportunity to talk with the children and youth, parents, coaches, volunteers, and community people. Their input will help to determine the needs and priorities of your community sport program. Step 1 will also ask you to **Look, Listen and Feel**, in order to identify the population of children and youth, community assets and strengths, barriers to participating in sport, sport program needs or desires, and benefits of sport for the children and youth. In this step, you will also set your community sport vision, brainstorm program

ideas, and prioritize the sport programs to develop in your community. **Complete the Step 1 Worksheet (Sections A - E) in Appendix B to assist you with this step.**

Getting Started ... identify your community sport needs and set priorities for sport program development. Look, Listen and Feel the uniqueness, strengths and spirit in your community.



A) LOOK around you and observe the makeup of your community. Who are the people in your community? What are the assets and strengths of the community? What are the barriers that prevent the community's children and youth from participating in sport?

Identify the children and youth in your community.



TIP: Your band or community census is the best source of information for the section below. Check with Statistics Canada at www.statcan.ca (home address) or call 1-800-263-1136.

Identify your community's assets and strengths.

You will need to take an inventory of your community. Talk to people in your band or municipal office, schools, recreation departments, youth and community people. Identify what programs you currently provide for children and youth.



TIP: Assets include community programs, facilities and coaches, as well as family values and support, and traditional knowledge.

Identify the gaps.

The steps above provide information about the ages of children and youth, as well as the assets and strengths in your community. Are there any gaps in the inventory of your community?



TIP: Are sport opportunities provided for all children and youth? Are girls involved in community programs? Do the children and youth have several program options?

Identify the barriers that prevent children and youth from participating in sport.

It is important to consider any barriers that prevent participation in sport programs. Discovering barriers that exist within your community will help you to address them. For example, if some families face financial problems, a possible solution would be to either access or start a KidSport' program to help with the costs involved with the sport.



TIP: Look for more ideas to address community barriers in Appendix C.

B) LISTEN to your community. What do the children and youth want?

Identify your community sport needs.

Gatherings, sharing circles, community or school meetings, and surveys or questionnaires are several ways to determine the sport interests of the children and youth in your community. Community needs can also be assessed on a larger scale that includes sport, recreation, physical activity and culture. In the Resources section of this workbook, you will find sample needs assessment surveys and questionnaires.



TIP: Remember to ask the children and youth themselves about their interests.

C) FEEL what the community and athletes want through the sport programs. What are the benefits they hope to receive?

Identify the benefits you want for the children and youth.

In the LISTEN step, the children and youth of the community expressed what they wanted in a sport program and why. As a community leader, you also want certain benefits from your sport programs. Identify those benefits now to help you focus on what is important.



TIP: See and feel the enjoyment when children and youth are active in their sport programs.

D) Create Community Sport Vision

Next, create your vision--what you want to see in the future--for the sport program(s) in your community and decide who will lead your sport plans.

E) Create a list of sport program ideas.

Generate ideas of sports that will meet community needs, utilize the resources available in the community, and provide new opportunities for the children and youth in your community. Involve as many people as possible and be creative.



TIP: Think outside the box! Come up with a number of ideas and solutions. Be open-minded and make sure you involve children and youth.

Set your sport program priorities.

You may now be ready as a community to add new programs or to build upon existing sport programs. The next step is to set sport program priorities for the community. Select the sport program that would best meet the needs of the children and youth in your community and that can be provided with the resources available to you (on the worksheet, use the column on the far right to rank your priorities). You may want to begin with one or two sports to develop along the sport development trail. Many communities have developed successful sport programs by focusing on one sport at a time.



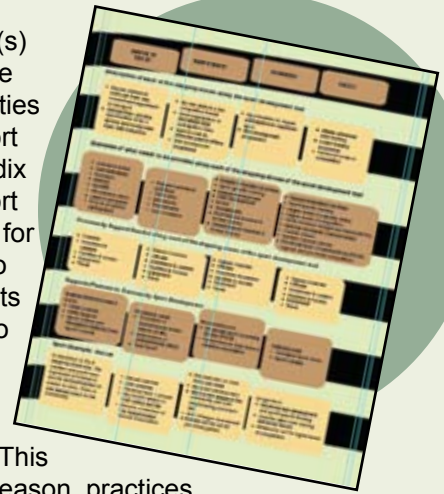
TIP: Consider the following questions to help your community determine its priorities:

- Did the children and/or youth identify the sport as a need?
- Are there other teams within your community or other communities that can participate in the sport through tournaments and leagues?
- Does your community have the facilities needed to provide the sport?
- Are you providing programs throughout the year?

Step 2 - Designing Your Sport Program(s) Along the Sport Development Trail!



Step 2 helps you to plan your community sport program(s) along a “trail of development.” The “trail” ensures that the programs are organized and that they provide opportunities for many children and youth to enjoy developmental sport programs. The Sport Development Trail found in Appendix D will help you to understand the stepping stones of sport opportunities for children and youth to be active in sport for life. The intent of the “trail” is to assist your community to plan sport programs that provide athletes and participants with the opportunity to move from watching and trying, to participating, competing and excelling.



Using the sport(s) you have chosen to develop in Step 1, **create a plan for each priority sport program and age group using the Step 2 Worksheet in Appendix E.** This worksheet outlines how to set objectives and develop plans for the sport, participants, season, practices, leagues and/or tournaments, facility, coaches, officials, volunteers, safety, equipment, transportation and budget.



TIP: This step may take some time, but it will be worth it. After completing Step 2, everyone involved will be aware of their role, the objectives of the sport program, and the details required to help the program run smoothly.



TIP: If the sport program you are working on is for a variety of ages, remember to complete the plan for each age group.



TIP: Remember, there are organizations available to support your community. A list is provided on page 3 of this workbook, as well as in Appendix A.



TIP: Through Step 2, you will determine how the community will help children and youth participate in sport and move along the trail of development, as well as how to keep the children and youth involved by providing developmental opportunities for participation, competition, success and, of course, fun.



Step 3 - Delivering Your Sport Program(s)



Step 3 outlines how to promote and provide sport programs in your community, keep the community and parents involved and informed, maintain records of participation, and recognize and celebrate your success. In this step, consistency and commitment is very important to encourage children and youth to participate and have fun. **Use the Step 3 Worksheet in Appendix F to help you with this step as well as the sample participant records and attendance form in Appendix H.**

The delivery of community sport programs is fun and exciting. Your community will come together through practices, league play, and tournaments. Moreover, your community will enjoy the benefits of sport programs-- active, happy, and healthy children and youth! When delivering a sport program, it is important to ensure that everyone involved is committed to the program and consistent in the delivery, and, of course, to enjoy what you are doing.



TIP: Building and keeping family and community support is very important to your sport programs. Here are some **ideas** to involve the community:

- Organize a community gathering or meeting to discuss the sport program plans and the benefits the programs will provide for the community and its young people. Be sure to include the community's young people at the meeting.
- Remind the community of the benefits of sport and physical activity. Through sport, many young people develop character traits that will help them to be responsible adults. In order to participate in and excel at sport, the young people need community support.
- Hold regular, open meetings to help everyone understand the programs and approach.
- Recruit family members to help with the sport program(s).
- Hold community celebrations to recognize your achievements (i.e. sport program, teams). For example, host a community supper to welcome a community team returning from a competition.



TIP: Keeping records is also important. You may want to keep notes on attendance and participation, as well as records of any incidences or accidents. A sample is provided in Appendix H.



TIP: Links to other sample record keeping tools are provided in Appendix I, Resources to Support You.



Step 4 - Evaluating, Celebrating, and Sustaining the Sport Program(s)



Step 4 aims to measure the success of your sport program and celebrate the accomplishments of your community. The step also outlines plans for continued sport program development, ways to keep the sport programs going, and methods to nurture sport in your community. During the evaluation, it is important to involve program participants including athletes, coaches, officials, as well as volunteers, parents and organizers. It is also important to plan how to continue the program from year to year, with particular attention to securing the funding needed. **Use the Step 4 Worksheet in Appendix G to help you with this step.**

At the end of the sport season, program organizers should complete an evaluation of the program based on the plans developed through Step 2 and 3.



TIP: Evaluations should address the following questions:

- Did the program move along the sport development trail as planned?
- Which aspects of the program were successful? Which aspects were not successful?
- Did the program have an adequate number of participants?
- How can the program be improved?
- Did the program have adequate resources?
- How did organizers and participants find the season schedule (time and duration)?
- What kinds of changes did you see in the children and youth (i.e. skill level, confidence)?
- Did the participants HAVE FUN?

Celebrate your community's success and recognize everyone involved.

An important part of any program is to show appreciation to everyone involved and celebrate as a community. Be proud of your accomplishments. Provide the celebration and recognition plans that you made in Step 3.



TIP: Spread the word about the sport program and accomplishments. Show the commitment your community is making to the children and youth. For example, hold a volunteer recognition event and give out certificates or achievement awards.

Sustainability - How will the sport program continue over time?

Your community will want to ensure the sport programs continue for many years. At this stage, the community sees the benefits of the program, community members and partners are involved in the program, and the community is providing the necessary resources for the sport programming.

Here are a few questions to keep in mind:

- How do we keep the commitment and enthusiasm of our community members and partners and the general community each year?
- What opportunities are available for funding and support in the long term?
- Can the older youth help coach or volunteer with the younger children?
- What plans do we need to make for next season?

Your community will provide the best answers about how to sustain the sport programs. Use your knowledge and experience to enhance the sport program(s) for next year.



TIP: *The Step 4 Worksheet provides ideas for sustaining your sport program(s). Consider the following:*

- Keep the partners together and involved through invitation, appreciation, and by seeing the benefits,
- Keep everyone informed about your programs. This helps to keep the support of all partners. It is especially important to have the support of your local government.
- Fundraising is often a significant part of sustaining a program. Reach out to community and provincial organizations for ideas and assistance.
- Fundraising Steps: Create a fundraising committee, set a fundraising goal, agree on the fundraising activities, and do it!
- Fundraising Ideas: Many community sport programs fundraise each year through special events (i.e. dances, walk-a-thons, quit-a-thons-- like smoking, movie nights), coin collections, bottle drives, by selling products such as cookie dough or calendars, raffles, auctions or ticket sales, and through grant or sponsorships/donations from businesses.



Workbook Completion Checklist

- Did you involve members of your community in the development of your sport program(s) and as you worked through this workbook?
- Do you have community partners on board?
- Did you assess the needs in your community?
- Did you talk with or involve children, youth, and parents?
- Are you providing sport programs along the sport development trail?
- Have you accessed the resources available to support your sport program(s)?
- Have you reached out to the sport organizations that can assist you?
- Have you found the necessary funding to support your sport programs?
- Do you have plans to evaluate, celebrate and sustain your sport programs?
- Are all the steps of the workbook completed?



Glossary of Terms

Aboriginal:

A collective term that includes First Nations (both status and non-status), Inuit and Métis people.

First Nation:

Registered Indians who possess a Status Indian card and are registered through Indian Affairs Canada. First Nation can also refer to First Nation communities.

Métis:

Aboriginal people who are distinct from Indian and Inuit and are a descendant of those Métis who received or were entitled to receive land grants and/or Scrip under the provision of the Manitoba Act, 1870 or the Dominion Lands Act, as enacted from time to time; or a person of Aboriginal descent who is accepted by the Métis Nation and/or Métis community.

Sport Development Trail:

A “trail” of sport development and participation opportunities begins with exposure to different sports. Next, the trail introduces sport skills instruction, and then moves to organizing teams, clubs, leagues and tournaments. Finally, the trail offers opportunities for higher level competition, often outside of the community.

Organized sport programs:

A complete circle of community support, including facility and equipment access, volunteers, coaches, officials, leaders, children and youth. Coaching and volunteer leadership from within the community are key components of organized sport programs.

Vision:

A desired outcome that inspires, energizes and helps to create a mental picture of the target.

Objectives:

Specific accomplishments that must be accomplished in total, or in some combination, to achieve the goals in a plan. Objectives are usually “milestones” in the process of implementing strategies.

Outcomes:

Expected results of the project which can be used to measure its success.

Assets:

A useful or valuable quality, person, or thing.

Resources:

People, materials, technologies, money, etc. that are required to implement strategies or processes. The costs of resources are often shown in the form of a budget.

Barriers:

A limit or boundary of any kind.

Sustainability:

A process or state that can be maintained at a certain level indefinitely.

Volunteer:

A person who offers to work or help without pay.

League:

An association of sports teams that organizes matches for its members.

Club:

In sport, a group that has been formed by individuals motivated by a common interest and a desire to participate. A club may be entry level, developmental, high performance, recreational or any combination of these elements.

Tournament:

A sporting competition in which contestants play a series of games to decide the winner.

Intramural:

Involving only students at the same school or college; being within.

Sport Specific Training:

Comprehensive training programs.



Acknowledgements

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 - Saskatchewan Games Program
 - Northern Sport Culture and Recreation District (Athabasca Area and Zone 9 Participation in the Saskatchewan Games program)
 - Aurora Communications
- Artwork provided by Street Culture Kidz



*If I play sport...
I will have more self-confidence;
I will be happier and healthier;
I will respect myself and others;
I will develop positive relationships
with friends and leaders;
I will learn to be strong.*

(team spirit Aboriginal Girls in Sport)



Appendices

- A. Contacts - Tribal Councils, Sport, Culture and Recreation Districts/Zone Sport Councils, and Métis Regions
- B. Step 1 Worksheet - Understanding Needs & Determining Sport Program(s) and Priorities
- C. Potential Barriers and Possible Solutions
- D. Sport Development Trail
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- F. Step 3 Worksheet - Delivering Your Sport Program(s)
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Contacts to Support You

If you are not sure of the Tribal Council, District or Zone, or Métis Region that you are in, please refer to the maps or contact one of the organizations listed on page 3 of the workbook.

Tribal Council Coordinators (Sport, Culture, Recreation, Youth)

Tribal Council	Phone
Agency Chiefs Tribal Council	(306) 883-3880
Battlefords Tribal Council	(306) 446-1400
File Hills Qu'Appelle Tribal Council	(306) 332-8200
Meadow Lake Tribal Council	(306) 236-5654
Prince Albert Grand Council	(306) 953-7234
Prince Albert Grand Council (Athabasca)	(306) 953-7234
Prince Albert Grand Council (Woodland)	(306) 953-7234
Saskatoon Tribal Council	(306) 956-6100
South East Treaty 4 Tribal Council	(306) 696-3557
Touchwood Tribal Council	(306) 835-2937
Yorkton Tribal Council	(306) 782-3644
Onion Lake First Nation	(780) 847-2214



Contacts to Support You

If you are not sure of the Tribal Council, District or Zone, or Métis Region that you are in, please refer to the maps or contact one of the organizations listed on page 3 of the workbook.

Sport, Culture and Recreation District or Zone Sport Council

District or Zone	Phone	Email
Regina Sport District Inc.	(306) 780-9274	reginasport@sasktel.net
South East Sask Association for Culture, Recreation & Sport	(306) 429-2205	sesacrs@sasktel.net
Parkland Valley Sport, Culture & Recreation District Inc.	(306) 782-3353	parkland.rec@sasktel.net
Northern Sport, Culture and Recreation District	(306) 425-3127, ext.1	mhewison@nscrd.com
Zone 3 Sport Council	(306) 297-3217	zone3@sasktel.net
Zone 5 Sports Council Inc.	(306) 554-2414	zone5@sasktel.net
Zone 6 Sport Council	(306) 975-0830	saskatoonsportscouncil@shaw.ca
Zone 7 Sports Council	(306) 446-6770	zone7@sasktel.net
Zone 8 Sport Council	(306) 953-1623	zone.8@sasktel.net

Métis Regions

Region	Contact Person	Email
Northern Region II	Marlene Hansen	m.sunshine.hansen@sasktel.net
Western Region II	Darlene McKay	pamwa@sasktel.net
Eastern Region IIa	Robert Lafontaine	rlafontaine@sasktel.net
Western Region III	Karen Laroque	Ocque1@sasktel.net
Eastern Region III	Bev Worsley	kapstaff@sasktel.net



Step 1 - WORKSHEET(S)



Understanding Needs & Determining Sport Programs and Priorities

What are your other sport assets and strengths (such as coaches, volunteers, facilities)?

Example: Certified Wrestling Coach, Track, Area

--

Identifying the gaps.

What, if any, ages are not currently involved with sport? Why?

--

What, if any, gender(s) are not currently involved with sport? Why?

--

What, if any, seasons do not have sport programming? Why?

--

Are both team and individual sports (i.e. hockey vs. table tennis) provided to maximize participation? Why or why not?

--

Are the sports that you are providing making the best use of your community resources (coaches, volunteers, facilities, etc. For example, a teacher in your community is a certified wrestling coach, but a wrestling program is not in place)?

--



Step 1 - WORKSHEET(S)

Understanding Needs & Determining Sport Programs and Priorities

Identify the barriers that prevent children and youth from participating in sport.

Barriers	How can they be addressed? See Appendix C for ideas about addressing barriers to sport participation.
Example: Our community does not have trained coaches to lead sports programs.	We can access the Aboriginal Coaches and Officials program to train volunteer parents and retired athletes.



Step 1 - WORKSHEET(S)



Understanding Needs & Determining Sport Programs and Priorities

B) LISTEN

Identify your community sport needs.

Sport	How was it identified as a need? Is it a sport that is currently provided in your community but needs more structure? Did you ask the children and youth? Did you hold a community or school meeting?
Example: Wrestling	We have a certified coach and the youth have expressed an interest.





Step 1 - WORKSHEET(S)

Understanding Needs & Determining Sport Programs and Priorities

C) FEEL

Identify the benefits you want for the children and youth.

Sport Programs	Desired benefits
Example: SPORT	Examples: <ul style="list-style-type: none"> <input type="checkbox"/> Children and youth have more to do in the evenings. <input type="checkbox"/> Youth are more interested in staying in school. <input type="checkbox"/> Children and youth feel better about themselves. <input type="checkbox"/> Children and youth demonstrate teamwork.

D) CREATE YOUR COMMUNITY SPORT VISION

What is your vision for sport in your community? What do you want it to look like?

Imagine your community 5-10 years from now.

List key people in your community who will help you with your vision. These people are passionate about sport and are well connected to other community leaders.

Step 1 - WORKSHEET(S)



Understanding Needs & Determining Sport Programs and Priorities

E) CREATE A LIST OF SPORT PROGRAM IDEAS

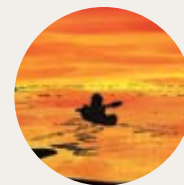
Sport	Team or individual	Age	Gender	Season	Priority (Rank after creating the list)
<i>Example: Table Tennis</i>	<i>Individual and pairs</i>	<i>12-14</i>	<i>Both, especially girls</i>	<i>All</i>	<i>2</i>



Potential Barriers and Possible Solutions

POTENTIAL BARRIER POSSIBLE SOLUTION
We are having trouble using the workbook to make our sport development plans.	<ul style="list-style-type: none"> • Contact one of the support people listed on page 3 of the workbook or Appendix A for help.
We do not know how to involve more community partners.	<ul style="list-style-type: none"> • Community partners can come from all over the community, and may or may not be sport enthusiasts. • Create a list of potential partners, including school(s), recreation departments, other community clubs and groups, health and justice agencies, and businesses. These partners may help you with obtaining access to youth, volunteers, funding, promotional resources, facilities, and equipment. • Consider how each partner would be involved (i.e. provide volunteers, help promote, provide equipment, etc.) and how the program benefits their needs (i.e. youth staying in school). Ask for support based on these reasons.
We do not know how to involve the children and youth in the planning.	<ul style="list-style-type: none"> • Ask the children, youth, and family members what they want and what their barriers are for participating in sport. Tips for involving children and youth are listed in Step 1 of the workbook and worksheet. • Meet with the children and youth directly at youth centres, schools, stores, or set up internet surveys. They will appreciate being asked for their opinion. They will also appreciate that leaders want to provide them with sport opportunities.
Our community does not have trained coaches to lead sports programs.	<ul style="list-style-type: none"> • Access the Aboriginal Coaches and Officials program to train volunteer parents and retired athletes.
We need more volunteers.	<ul style="list-style-type: none"> • Ask parents, schools, churches, band offices and service clubs. • Sometimes a volunteer simply needs to be asked in person. • Food brings people together. Include snacks or a meal as part of meetings, etc.
We do not have sufficient funding.	<ul style="list-style-type: none"> • Eligible communities can access the Aboriginal Community Sport Grant. • Other funding programs are available that could support your sport development plans. See Appendix I Resources to Support You for links to funding programs.
We organize sport programs, but the children and youth do not attend.	<ul style="list-style-type: none"> • Be sure the children and youth are interested in that sport. • Ensure they are aware of the opportunity and its benefits (i.e. chance to be with friends, play in tournaments, etc.). • Visit the school or youth centre to recruit participants. • Be consistent; cancel as little as possible. • Make it fun.

Potential Barriers and Possible Solutions



<p>We do not have a facility for the program.</p>	<ul style="list-style-type: none"> • Can the sport be modified so that it can be played where you have access now (i.e. outdoor rink)? • Ask a neighbouring community for the use of their facility. • Does the school, band or municipality have a joint use agreement allowing for the use of each other's facilities? At no cost? • Is it a scheduling problem? Can you meet with the school or community recreation to get access? • Are there plans to build what you need?
<p>We do not have all the equipment we need for the sport.</p>	<ul style="list-style-type: none"> • Does the band or municipality have funds to get the equipment (i.e. Community Grant Program)? • Can you use the school's equipment? Could the community schools get the equipment needed? • Hold an "equipment swap" before the sport season starts. • Ask service clubs for help. • Access a Kidsport™ program or consider starting the program in your community. • Check with the provincial sport governing body to see if they can provide any support for equipment. • Check to see if other grants or businesses are available to sponsor the purchase of equipment.
<p>We do not have a league to play or know where we can play other teams.</p>	<ul style="list-style-type: none"> • Contact your Tribal Council and/or Sport, Culture and Recreation District/Zone Sport Council to connect with other community leagues and/or teams or to develop a league. • Contact the provincial sport governing body (i.e. Saskatchewan Soccer Association) to see what clubs, leagues, etc. are near you
<p>We do not know how we can travel to other communities or areas to participate/compete.</p>	<ul style="list-style-type: none"> • Ask for help. Find out if the recreation department, community or school has a van that could be used. Are parents and family members willing to drive the participants? • Ensure that you have considered the funds you need to travel (i.e. gas, etc.). • Ensure that you have considered safety and insurance for your travel needs.
<p>The parents are not interested in being involved.</p>	<ul style="list-style-type: none"> • Recruit parents, older siblings, and other family members to help as coaches, managers, drivers, record keepers, etc. • Ask them to do a specific job. • Thank and recognize parents for supporting their family member and the community as a whole.
<p>We want to encourage the children and youth to eat healthy foods. Who can teach the children and youth about health and nutrition?</p>	<ul style="list-style-type: none"> • Talk with a nutritionist, health promotion worker or public health nurse in your community for information and ideas. • Access Canada's Food Guide for First Nations, Inuit and Métis people from Health Canada. • Check out the other organizations and resources to support you in Appendix I.
<p>How can we keep the program going every year?</p>	<ul style="list-style-type: none"> • With strong community support, a program can usually keep going from year to year even with fewer volunteers. • Ensure the community sees the value of the program(s) to the children and youth. • Budget money for the sport every year, i.e. through the band or municipal council or schools. • When a program is well organized and consistent, participation is less likely to drop off.

Sport Development Trail

**WATCH IT!
TRY IT!**

PARTICIPATE!

COMPETE!

EXCEL!

Description of each of the stepping stones along the sport development trail

- Expose children & youth, let them see, connect and experiment to the sport
- Sample/Trial – provide opportunities to try a sport(s) and incorporate basic skill instruction

- Try new skills in a low competitive format
- More organization to encourage large participation base
- Sport is over an extended period of time
- Skill development progression

- Opportunities for regular participation in organized sport
- Skill development progression

- Athlete advanced skills training
- Coach training progresses
- Advanced levels of competition

Examples of what needs to be provided along each of the stepping stones of the sport development trail

- Live sport action
- Demonstrations
- Television
- Internet
- SportFit
- Introduction clinics
- Learn to programs
- Drop in programs/participation

- Regular/scheduled practises
- Game play
- Intramurals
- Tournaments
- Club formation

- Regular/scheduled practises
- Sport specific training
- League development
- Club development
- Meets
- Tournaments
- First Nations Summer & Winter Games
- Saskatchewan Summer & Winter Games

- Regular/scheduled practises
- Sport specific training
- Higher levels of coaches clinics
- Higher levels of competition
- North American Indigenous Games (NAIG)
- National Aboriginal Championships
- Canada Games
- Western Canada Games
- Provincial Sport Governing Body (PSGB) regional and provincial competitions

Community Support Needed along each of the stepping stones of the sport development trail

- Coaches
- Volunteers & Leaders
- Facilities & Access
- Equipment
- Travel

- Trained Coaches
- Officials
- Volunteers & Leaders
- Facilities & Access
- Equipment
- Travel

- Trained Coaches
- Officials
- Volunteers & Leaders
- Facilities & Access
- Equipment
- Travel

- Trained Coaches
- Officials
- Volunteers & Leaders
- Facilities & Access
- Equipment
- Travel

Supports/Partners to Community Sport Development

- Region/District/Council Level:**
- Tribal Councils
 - Métis Regions
 - Sport, Culture and Recreation Districts/Zone Sport Councils

- Provincial Level:**
- Federation of Saskatchewan Indian Nations (FSIN)
 - Métis Nation of Saskatchewan (MNS)
 - Sask Sport

- Provincial Level:**
- Provincial Sport Governing Bodies (PSGB)
 - Saskatchewan High School Athletics Association

- Federal Level:**
- Aboriginal Sport Circle
 - Sport Canada

Sport Example: Soccer

In the Watch It, Try It stepping stone now. The children and youth have expressed an interest in soccer and participated in a learn to clinic. There is one trained coach in the community.

- Recruit coaches
- Train coaches
- Practices held 1-2/week
- Two month season in both spring and fall
- Become a member of the Saskatchewan Soccer Association

- Practises two or more times per week
- More skill development
- Start a mini-league in the community and with neighbouring communities
- End of league tournament
- Athletes will try out for provincial games

- Longer term:*
- Advanced skill development and sport specific training
 - Coaches take more training (advanced levels)
 - Athletes try out for higher levels of competition



Step 2 - WORKSHEETS

Designing Your Sport Program(s) Along the Sport Development Trail!



TIP: If the sport program you are working on is for a variety of ages, remember to complete the plan for each age group.

A. THE SPORT

Which sport will your community develop?
Is the sport program new or existing?
<input type="checkbox"/> New sport program OR <input type="checkbox"/> Existing sport which will be further developed (explain):
Who is the sport program affiliated with in your community (i.e. is it a club, affiliated with the recreation department, the school)?
Is your sport program affiliated with or a member of the Provincial Sport Governing Body (PSGB)?

B. THE PARTICIPANTS

Who is the sport program for?
<input type="checkbox"/> Both males and females <input type="checkbox"/> Males <input type="checkbox"/> Females
What age(s) will the participants be?
How many children and youth will participate?
How will your program recruit participants?

Step 2 - WORKSHEET(S)



Designing Your Sport Program(s) Along the Sport Development Trail!

D. THE SEASON

During what months will the program run?
How many weeks will the program run?

E. THE PRACTICES

How many times per week will the team practice?
How long will each practice be?

F. THE LEAGUE AND/OR TOURNAMENTS

Will the sport program be part of a league?
What league will the team(s) be a part of?
Will the team(s) join an existing league or a newly created league?
If the team is not part of a league, will there be tournaments? How many and where?



Step 2 - WORKSHEET(S)

Designing Your Sport Program(s) Along the Sport Development Trail!

G. THE FACILITY

Where will the team practice?

Does your community have free access to the facility?

H. THE COACHES

How many coaches will the sport program need?

How will you recruit coaches?



TIP: The key role of the coaches is to help children and youth learn to love the game. Parents, older youth, teachers, and community leaders are all potential coaches.

Do your coaches require training?




TIP: The Aboriginal Coaches and Officials Program can help. See the contact information in Appendix I Resources to Support You

Step 2 - WORKSHEET(S)




Designing Your Sport Program(s) Along the Sport Development Trail!

I. THE OFFICIALS

Will you need officials for the program?
How will the program recruit officials?
Do they require training?
 TIP: The Aboriginal Coaches and Officials Program can help. See the contact information in Appendix I Resources to Support You

J. THE VOLUNTEERS

What volunteers will you need for the program (drivers, equipment managers, etc.)?
How will your program recruit volunteers?
 TIP: When recruiting volunteers, be specific about the job that needs to be done.
Will the volunteers need training? If so, who will provide the training?



Step 2 - WORKSHEET(S)

Designing Your Sport Program(s) Along the Sport Development Trail!

K. SAFETY

What measures will you take to ensure the safety of the participants? *Example: Emergency Action Plan, insurance, equipment safety checks, etc.*



TIP: Check with the provincial sport governing body, your community's recreation department, and community schools, to discover the safety measures they use that can assist you.



TIP: The Sport Medicine and Science Council of Saskatchewan provides professional sport consulting services to all level of athletes in areas such as sport first aid, injury care and prevention. For this and other organizations that can help, refer to Appendix H Resources to Support You.

Do you have liability insurance?

Where can you get this insurance?



TIP: Becoming a member of a PSGB will include liability insurance for the coach and athletes. Most memberships range from \$5-40 per person. You also benefit in other ways. For a list of benefits, visit the Sask Sport website at www.sasksport.ca.

Step 2 - WORKSHEET(S)



Designing Your Sport Program(s) Along the Sport Development Trail!

L. NUTRITION & HEALTH

What will the community do to encourage healthy eating and healthy living?



TIP: You may want to talk with a nutritionist, health promotion worker, or public health nurse in your community for information and ideas.



TIP: The Canada Food Guide for First Nations, Inuit and Métis people from Health Canada is a valuable resource available at 1-866-225-0709 or by email at www.healthcanada.gc.ca/foodguide.



TIP: The Sport Medicine and Science Council of Saskatchewan provides professional sport consulting services to all level of athletes in areas such as sport nutrition and mental training.

M. EQUIPMENT

What equipment will be needed to run the program?

Does the community already own this equipment?

What equipment will have to be purchased?



Step 2 - WORKSHEET(S)

Designing Your Sport Program(s) Along the Sport Development Trail!

N. TRANSPORTATION

How will the participants get to practices, games, etc?
Does the community have access to vans or buses to transport the participants?
If transportation is needed, do you have volunteers to transport the participants?



TIP: The resources found in the Resources to Support You Appendix I may help you with your planning.



TIP: Turn to Appendix C Potential Barriers and Possible Solutions for more ideas about planning and eliminating barriers for the community sport program.



Step 2 - WORKSHEET(S)



Designing Your Sport Program(s) Along the Sport Development Trail!

O. BUDGET



TIP: There are grant programs that may support your sport programs. Check Appendix I Resources to Support You, for a link to a list of potential funding sources.

Revenue	Amount	Follow-up Actual
Grants (please list):	\$	\$
Fundraising	\$	\$
Cash Donations/Sponsorships	\$	\$
In-kind Contributions (non-cash – please list):	\$	\$
Other sources (please list from Table 1 below):	\$	\$
1.	\$	\$
2.	\$	\$
3.	\$	\$
Total Income	\$	\$
Expenditures: (identify in-kind expenditures with an asterisk*)	Amount	
Facilities	\$	\$
Equipment Costs	\$	\$
Transportation	\$	\$
Training/Development Costs	\$	\$
Other direct related expenditures (please list):	\$	\$
1. Promotion/Advertising	\$	\$
2. Affiliation Costs (PSGB)	\$	\$
3. Insurance	\$	\$
4. Recognition and Celebration	\$	\$
5.	\$	\$
Total expenditures	\$	\$



Step 3 - WORKSHEET(S)

Delivering Your Sport Program(s)

A. THE SUPPORT NEEDED

Who will you work with to support your sport program's development and how?



TIP: Refer to Appendix I Resources to Support You for links to district/regional/zone, Tribal Council, or Provincial Supports such as the PSGB.

B. THE COMMUNITY

How will your sport program involve the community?



TIP: Refer to the TIPS provided in Step 3 of the workbook.

C. THE PARENTS AND/OR FAMILY MEMBERS

How will your sport program involve the parents and/or family members?



TIP: You can access information from Children in Sport (look in Appendix I Resources to Support You to link to this information).

How will your sport program keep parents informed?



Step 3 - WORKSHEET(S)

Delivering Your Sport Program(s)

How will your sport program ensure parents are aware of fair play and how to be positive sport parents?



TIP: Consider having parents sign a fair play code of conduct.

D. RECORD KEEPING

How will you keep records on your sport program (i.e. attendance/participation, code of conduct forms, incident/accident reports)?



TIP: A sample is provided in Appendix H Participant Records & Attendance Form. See Appendix I Resources to Support You for links to resources with sample record keeping forms.

E. RECOGNITION AND CELEBRATING SUCCESS!

How will you recognize your athletes, coaches, volunteers, etc. and celebrate your community sport success?



TIP: Do not wait until the end of the program to recognize and celebrate your successes. Little things can be done along the way, such as thank yous and announcements to recognize participants, as well as community recognition suppers or events.

- Ideas include certificates of participation/achievement, community recognition night(s), suppers/feasts, awards programs, etc.



Step 4 - WORKSHEET(S)

Evaluating, Celebrating and Sustaining Your Sport Program(s)

Sport Program (i.e. name of sport):		
Number of athletes involved in each age and gender group:		
Number of coaches:	Number of officials:	Number of volunteers (including organizers):
When did the program take place (season)?	Time(s)/Duration (i.e. 2/wk for 60 minutes):	
Brief description of the sport program (including its place on the sport development trail):		
Have participants moved along the trail with the sport as planned? Please explain.		
Did you meet the objective(s)? How were they met or not met?		

Step 4 - WORKSHEET(S)



Evaluating, Celebrating and Sustaining Your Sport Program(s)

<p>Did the program meet the needs and benefits you wanted for the community's children and youth?</p>
<p> </p>
<p>Describe the program successes:</p>
<p> </p>
<p>Describe the challenges you may have encountered. Remember, challenges and failures can help us discover a new way to do things and improve our programs.</p>
<p> </p>
<p>Recommendations – describe what will happen during the sport next year/season? What changes will be made, if any?</p>
<p> </p>
<p>How will you ensure your program will run next year? Where will you get the funding? Will you have the same coaches and volunteers?</p>
<p> </p>
<p>Other comments/notes:</p>
<p> </p>



Resources to Support You

1. Key Organizations

Sask Sport Inc.

Sask Sport Inc. is a non-profit federation of provincial sport and service organizations that strive to ensure that all people can participate in sport. Through our *Sport. It's More Than a Game* program, we promote the benefits of sport to all Saskatchewan people. Learn more at www.sasksport.sk.ca or contact:

Amy Smith
 Aboriginal Coaches and Officials Coordinator
 1-888-319-2267 email asmith@sasksport.sk.ca

Joe Daniels
 Sport Development Community Consultant
 (306) 780-9310 email daniels@sasksport.sk.ca

Saskatchewan *in motion*

Is a province-wide movement aimed at increasing physical activity for health, social, environmental and economic benefits. The vision of *in motion* is that the people of Saskatchewan will be the healthiest, most physically active in Canada. Visit the website at www.saskatchewaninmotion.ca or call the provincial office at t 1-866-888-3648.

Tribal Councils, Sport, Culture and Recreation Districts/Zone Sport Councils, and Métis Regions
 Refer to Appendix A of the workbook for a listing of contacts with these organizations.

Provincial Sport Governing Bodies – PSGBs
 Refer to the Community Resource Guide for a complete listing of the provincial sport governing bodies.

2. Great Resource Guides

The following resources are available by contacting Sask Sport Inc. at www.sasksport.sk.ca or by email at sasksport@sasksport.sk.ca or by phone at 1-888-319-2267 (toll free)

Community Resource Guide – phone 1-888-319-2267 (Saskatoon, toll free) or 780-9310 (Regina)

- This guide contains an overview of sport, culture and recreation “global” organizations and is a resource to assist in the development and implementation of sport, culture and recreation programs in a community.

Children in Sport – A Resource Manual for Sport Leaders – contact your District or Zone Sport Council or go to www.sasksport.ca

The purpose of this resource manual is to encourage and assist provincial sport governing bodies, recreation associations and community groups to take a leadership role in developing age-appropriate activities for children that focus on fun and teach basic skills. This approach fosters the overall development of the children involved, allowing them to maximize the many benefits that sport provides.

This manual is grouped by themes and divided by tabs to assist in the ease of reading. It contains a variety of games, guidelines for developing programs, resource information and delivery strategy suggestions, such as:



Resources to Support You

- Samples of games and activities
- Sample activity plans for age divisions
- Guidelines for effective developmentally appropriate sport programs
- Teaching cues for sport skills
- Cultural Awareness guidelines
- Sample Letters to Parents
- Sample Parent and Coach Contracts
- Coaches Code of Conduct
- Fair Play Code for Parents

Children in Sport – An Orientation Guide for Sport Leaders – same contacts as above

This Orientation Guide features a variety of resource materials including a skills resource manual, video and booklet.

The following are available to purchase from the Canadian Centre for Ethics in Sport on their website at www.cces.ca or email: order@cces.ca or (613) 521-3340 or 1-800-672-7775 or fax (613) 521-3134.

Fair Play – It's Your Call – A Resource Kit

This kit helps anyone working with children 8-14 years old that fair play is the only way to play. Each manual contains an introduction to fair play, fair play tips and tools, and creative ideas for building awareness about fair play. A brochure for parents is also included. Manuals can be purchased separately.

Fair Play for Kids – A Handbook of Activities for Teaching Fair Play

This resource includes more than 40 activities that teachers can use to teach children the importance of integrity, fairness and respect in sport and life. Intended for use with children 8-12 years old, the handbook includes worksheets and background information to support the student activities.

The following website is a great resource for templates, samples and forms: www.sportengland.org/clubmark

Clubmark - Clubmark was introduced in 2002 by Sport England. One of its goals is to provide a focus around which all sport organizations involved in sport can come together to support good practice in sports clubs working with children and young people. Many of the resources and template online are ready to use, others, such as the Club Constitution requires Clubs to substitute their Club name and fill in the blanks. Some of these documents are pre-requisites for some grant schemes others simply help the club function on a higher level. These documents are intended to be working documents, please digest what they say and amend them to suit your clubs needs and intentions. Available are things like:

- Guidelines for dealing with an incident/accident
- Incident/accident report form
- Attendance register
- Task description: Head Junior Coach
- Task description: Assistant Junior Coach
- Risk assessment form
- Club partnership agreement
- Development plan
- Volunteer agreement form



Resources to Support You

3. Potential Funding Sources List (Grant Programs)

For a listing of grant programs, please visit the Northern Sport, Culture and Recreation District website at

www.nscrd.com. Here are a few examples:

- Saskatchewan Lotteries Community Grant Program
- SaskTel Community Investment Fund
- KidSport™ Program – contact the Provincial Kidsport Coordinator at (306) 780-9365 or visit www.kidsport.ca
- Jeux Canada Games Foundation Inc.
- Saskatchewan Government Insurance and Acquired Brain Injury Partnership Project
- Northern Lights Community Development Corporation

Sask Sport Grant Programs

Sask Sport Inc. administers funding through the Sport Section of the Saskatchewan Lotteries Trust Fund for Sport, Culture and Recreation. These funds are made possible from the sale of lottery tickets in Saskatchewan.

Sask Sport Inc. offers a wide range of funding opportunities that support the growth and development of amateur sport in Saskatchewan. Funding is channelled through eligible Provincial Sport Governing Bodies who support extensive participation towards excellence. Check the Community Resource Guide or contact Sask Sport at (306) 780-9300 or their website at www.sasksport.sk.ca for more information. Here are a few of the programs available:

- Aboriginal Sport Development
- Aboriginal Coaches and Officials Program
- Urban Youth Sport Initiatives Grant

4. Information on How to Form a Club

Provincial Sport Governing Bodies (PSGBs)

Each sport has its own unique way of developing into a club. The Saskatchewan Provincial Sport Governing Bodies (PSGBs) are good resources to address the specific needs of each sport as it moves from a “learn-to” clinic through to a functioning club. See the Sask Sport website at www.sasksport.sk.ca for a list of PSGBs in Saskatchewan.

Sport Manitoba – www.sportmanitoba.ca/downloads/How_to_Start_a_Club.pdf

The purpose of this resource is to provide leaders with a basic step-by-step guide to forming a sport club from scratch. From undertaking a community assessment to deciding on club structure, the information provided should help assist groups as they work towards developing a viable sport club that will serve the needs of the community in the years to come.

Sportweb – www.sportweb.ca

SportWeb offers a selection of web based tools & products designed to improve efficiency and effectiveness of sport organizations. The tools are scalable which allows for systems to be built all at once or over time. They can enhance your ability to engage your membership and community as well as to connect with other components of the sport system.

Leisure Information Network (LIN) – <http://lin.ca/htdocs/index.cfm>

The Leisure Information Network (LIN) website is dedicated to providing resources and sharing information on recreation, sport, culture and lifestyle enhancement. One article located on LIN pertaining to starting a club is produced by the Northwest Territories Municipal and Community Affairs and titled “Developing a Community Sport Association”. To access this article: Go to the LIN website, click on the “Recreation Database” button, click on “Keyword Search” and type in “Community Sport Association” and click “Search”.



Resources to Support You

5. Volunteer Online Training

This web-based training program (visit: www.otvc.sk.ca) is offered FREE to all Saskatchewan residents involved in the volunteer sector. It is a Sask Sport initiative and supported by the Canada Games Dreams and Champions Legacy Fund.

Participants will receive a user ID and password to gain access to all of the training courses offered. The Online Volunteer Training Centre will enable the registrant to access the training at their convenience and complete the training at their own pace. The courses are offered free of charge, therefore present an affordable alternative to formal workshops, seminars or classrooms, and increases accessibility to training opportunities, in particular to rural, northern or isolated communities.

6. Great Books to Read about Children in Sport

The following book is available from the Coaches Association of Saskatchewan by visiting their website at www.saskcoach.ca or phone (306) 975-0898.

Straight Talk about Children in Sport

By Janet LeBlanc and Louise Dickson

This is a “must read” book for everyone involved with children in sport. It is an easy-to-read, comprehensive book on how 6-12 year olds can get the most from their sport experience. It answers many questions for coaches, parents and administrators. How can sport be more fun? How can coaches and parents keep sport in perspective? When should children specialize? At what age should children become involved in competitive sport? Is there too much adult domination in children’s sport?

The following books are available to borrow from the Resource Centre of Sport, Culture, and Recreation by visiting their website at www.spra.sk.ca or by phone at 1-800-563-2555 or (306)780-9424

Give Your Kids a Sporting Chance

By Kevin Spink

This is an excellent, easy-to-read book on how parents can support their child’s sport experience in a positive manner. It has something to offer for parents of both aspiring athletes and recreational participants on how obvious and subtle off-field behaviours can enhance or have a negative effect on the child’s sport experience.

Sport Parent

By Tom Hanlon

A guide to help parents understand how to help their children gain the most from sport. It is part of the Sport Parent Education Program developed by the American Sport Education Program (ASEP).

Parents Complete Guide to Youth Sports

By Nathan Smith, Ronald Smith, Frank Smoll

Provides helpful information on parenting young athletes at all levels. It offers suggestions on what role parents should assume from entry level into sport to the elite level.

Resources to Support You



7. National Programs & Initiatives

Please visit the Sport Canada website at http://www.pch.gc.ca/progs/sc/multi-sport/index_e.cfm for an excellent list of national multi-service sport organizations such as:

Aboriginal Sport Circle	Canadian Olympic Committee
Canada Games Council	Canadian Paralympic Committee
Canadian Association for the Advancement of Women in Sport and Physical Activity	Canadian Special Olympics
Canadian Centre for Ethics in Sports	Canadian Tire Foundation for Families
ESTEEM Team	Coaches of Canada
Sport Information Resource Centre	Sport Matters
	True Sport Foundation

8. Other Sport Initiatives and Supports

SPORT. It's More Than A Game

SPORT. It's More Than A Game is a campaign to ensure the long term growth and development of amateur sport in Saskatchewan by promoting the benefits of participating in amateur sport. Complimentary promotional items are available including banquet cards, logo sheets, sport fact sheets, videos and posters. Promotional merchandise such as T-shirts and gym bags are also available to purchase through our offices. To view this material, visit www.sasksport.sk.ca. For information on ordering, please contact Tammy Hager at (306) 780-9318, email thager@sasksport.sk.ca.

Sport Medicine and Science Council of Saskatchewan

The Sport Medicine and Science Council of Saskatchewan provide professional sport consulting services to all levels of athletes within the province of Saskatchewan. The council is committed to the delivery of quality services in the targeted areas of Athletics Taping, Sport First Aid, Drug Education, Sport Nutrition, Mental Training, Exercise Physiology, Biomechanics, and Injury Care and Prevention. For more information on the costs of programs and services, contact the council at 1-888-350-5558 or visit www.smscs.ca.

Long Term Athlete Development Model – www.ltad.ca

This resource and website describes a 7-stage Canadian model of Long-Term Athlete Development (LTAD), a training, competition, and recovery program based on developmental age — the maturation level of an individual — rather than chronological age. It is athlete centred, coach driven, and administration, sport science, and sponsor supported. Athletes who progress through LTAD experience training and competition in programs that consider their biological and training ages in creating periodized plans specific to their development needs.

SportFit – www.sportfitcanada.com

SportFit™ is a fun, easy online sport education and fitness motivation program that promotes healthy active lifestyles. It provides a non-competitive opportunity for students to discover a sporting activity that they might have natural abilities for. This is a great resource for assessing what types of sport opportunities children and youth may want to discover.



Resources to Support You

RespectED for Sport, Culture & Recreation –

The goal of this program is “Supporting Participation – Free from Abuse and Harassment”. A number of services are available including: educational workshops on risk management, abuse and harassment; support for leaders, coaches and instructors; assistance in developing and implementing abuse and harassment policies; and response procedures at the grassroots level. For more information contact Michelle Dezell at (306) 975-0861 or email mdezell@sasksport.sk.ca

Preventing Sport-Related Injuries

The following websites have information about preventing sport and recreation related injuries:

Sport Medicine and Science Council of Saskatchewan - <http://www.smscs.ca/services/firstaid/related.htm>

Nemours Foundation Kids Health for Parents - http://www.kidshealth.org/parent/nutrition_fit/fitness/sports_safety.html

Australian Sport - <http://www.ausport.gov.au/fulltext/2000/vic/spifs.asp>

Sports Injury Info - <http://www.sportsinjuryinfo.com/>

Safe Kids USA - http://www.usa.safekids.org/tier2_rl.cfm?folder_id=178

High Five – www.highfive.org

HIGH FIVE® is a quality standard of Parks and Recreation Ontario designed to support the safety, well-being and healthy development of children in recreation and sport programs. We do this by providing parents and professionals with tools, training and resources that promote and support the principles of healthy child development. We have also developed the HIGH FIVE® Quality Assurance Process - a unique accreditation system for recreation and sport programs.

Everybody Gets to Play – www.spra.sk.ca

The goal of *Everybody gets to play™* is to enhance the quality of life of all children and youth living in poverty by increasing access to and participation in recreation opportunities. Visit this website for research and facts about poverty in Canada, the health and social consequences of poverty, and how recreation can improve the lives of kids, families and communities. There are resources to help you build partnerships in your community and plan effective action, workshops that help you build skills, raise awareness and mobilize your community, and success stories about programs that have already made a difference.

Canada's Physical Activity Guides

Available from Health Canada at **1-888-334-9769** or www.healthcanada.ca/paguide

Canada's Food Guide for First Nations, Inuit and Métis people

Available from Health Canada at 1-866-225-0709 or email www.healthcanada.gc.ca/foodguide

Art Credits



A



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J

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