

The 9'er News

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Lloydminster to play Host in 2008!!!

With the 2006 Saskatchewan Winter Games behind us it is time to turn our eyes to the next Saskatchewan Games opportunity for northern athletes through Zone 9; that opportunity being the 2008 Saskatchewan Summer Games.

Lloydminster will play host to the Summer Games scheduled from August 3rd to 9th, 2008. The Saskatchewan Games Council has released the Sport Calendar for these Games which includes 12 sports as follows: First Half (August 3 to 6, 2008) - Athletics, Athletics (Special Olympics), Cycling, Golf, Male Soccer, Synchronized Swimming & Triathlon; Second Half (August 6 to 9, 2008) - Archery, Baseball, Canoeing, Lacrosse, Female Soccer, Female Softball, Swimming & Swimming (Special Olympics). As the newest Zone in the province, Zone 9 continues to add new sports for participation at each set of Games and in 2008 northern Saskatchewan will participate in 9/12 sports including: Archery, Athletics, Canoeing, Cycling, Golf, Lacrosse, Soccer, Softball (female) & Triathlon. Special Olympics

participation in Athletics could occur with the affiliation of a Special Olympics community in northern Saskatchewan (ex. work currently being done in Pinehouse).

The Provincial Sport Governing Bodies (PSGB's) for each of these sports will be determining the process for the selection of Zone teams in the next little while, with actual selection events happening in the spring or early summer of 2008.

Please stay tuned for more information on the Saskatchewan Games! The NSCRD (Zone 9) website is www.nscrd.com



The 2007 Canada Winter Games happen in Whitehorse from February 23rd until March 10th, 2007. To stay tuned with how Team Saskatchewan is doing check out: www.teamsaskatchewan.ca

Also please note the volleyball athlete front & centre on the Team Sask site!! That is former Zone 9'er Alwyn Piche of La Loche from the 2005 Canada Summer Games in Regina...



Looking for Sport & Physical Activity Resources/Ideas???

There are lots of great ideas & resources out there on the internet that we can often access for free... so instead of trying to re-invent the wheel why not check out what is available! Some resources I would like to highlight are:

RECREATION/PHYSICAL ACTIVITY

Canadian Parks & Recreation Association (CPRA) - is a wealth of information and their website is a handy one to have on your favourites list! It is: www.cpra.ca

"Everybody gets to play" is all about recreation with out barriers! On this site you can access a Community Mobilization Tool Kit!

"Making All Recreation Safe" is an initiative that is about safe practices in your community.

Saskatchewan Parks & Recreation Association (SPRA) - has a link to the Resource Centre where you can access books, videos, etc. on a wide variety of topics. www.spra.sk.ca

Saskatchewan in Motion - Saskatchewan *in motion* launched it's new website on December 11/06 with lots of great resources & ideas: www.saskatchewaninmotion.ca

WinterActive - The campaign runs January 15th to February 23, 2007. The website is: www.winteractive.org

Action Schools! BC - Designed to assist schools in creating individualized action plans to promote healthy living: www.actionschoolsbc.ca

TARGET GROUP ENGAGEMENT

Canadian Association for the Advancement of Women in Sport & Physical Activity (CAAWS) - www.caaws.ca

PlayWorks Partnership - The Ontario Partnership for Active Youth is all about encouraging & promoting greater investment in youth play. The PlayWorks Partnership has done some work on the eight practices that are common to "Youth Friendly Communities". Check out the "Youth Friendly Communities Good Practices - Full Report 2005" on their website: www.playworkspartnership.ca

The **Ontario Physical and Health Education Association (Ophea)** - has a program targeting female participation in physical activity called "Go Girls! Healthy Bodies, Healthy Minds". The organi-

zation homepage is: www.ophea.net

SPORT

Sask Sport - with links to the Provincial Sport Governing Bodies!!! www.sasksport.sk.ca

True Sport - is a national movement to ensure a positive, meaningful and enriching experience for all those that participate in sport. www.truesport.ca

Sport Fit - an internet based program for teachers to get youth up, out and active in sport. www.sportfitcanada.com

Premier's Sport Awards Program - is a BC program for sport skill development resources for coaches, teachers & instructors. www.psap.jwspporta.ca

The 9th Annual SaskTel Aboriginal Youth Awards of Excellence

Deadline for nominations April 13th, 2007
Gala Evening May 11th, 2007 at TCU Place

Award Categories

Outstanding Achievement	Sports Recreation
Leadership	Fine Arts/Performing Arts
Education	Technology/Science
Community Service	Spirit
Culture	

Nomination forms can be found on www.sasktel.com and have also been mailed out to your school.

For further information:
aboriginal.youthawards@sasktel.sk.ca
1-866-931-6205

SaskTel

Coaches Corner

Do you see eye to eye with your Athletes' Parents?

The following information was summarized from a session by Professor Kevin Spink (University of Saskatchewan) on the Parent, Athlete, Coach Triangle:

In the Parent, Athlete, Coach Triangle (PACT) it is important to use a team approach & to identify the different responsibilities of the team members including the coaches & parents. It is important for the coaches to keep parents informed about the program and a good way to do this is by starting out on the right foot with a pre-season meeting. A pre-season meeting between the coaches & parents is all about open & honest communication at the front end; a time where relationships are forged and expectations/roles are shared. At the pre-season meeting a coach can be prepared to:

- Provide information: coaching background, philosophy; parent & coach roles & responsibilities. It is important that Roles & Responsibilities (R&R) are in WRITING!

- Get information from the parents: initial concerns from parents (concerns from last season?); how would they like to be involved? Parental Involvement - identify areas where help is required (ie. stats, field of play preparation, function coordinators) & assign parents to roles. The key to roles is 1) Clarity - what is my role? 2) Acceptance - I actually "accept" my role with the team... 3) Performance - I know my role & accept my role so now I can fulfill my role!

Some basic guidelines for parent responsibilities are: a) Be willing to relinquish the responsibilities of the child to the coach during practice, training & competition; b) To pick the appropriate time & place to discuss their issues with coach (away from the athletes!); c) Support their child regardless of what happens; d) Be aware of the difference between encouraging & pushing; e) Base their expectations & feedback on things that the child can control (ie. effort/skill mastery vs. outcome/result) and f) Be a good Role Model!

Even if there has been good communication in the PACT and everyone on the team understands their roles & responsibilities a coach should be prepared for a confrontation from a parent or parents! In this situation please do not get DEFENSIVE; listen - if you have made a mistake, admit it & correct it; refer to the principles outlined in the initial/pre-season meeting; know that NO COACH CAN PLEASE EVERYONE & know there may be a time when you need to cut your losses!

Another excellent parent/coach resource is the Children in Sport (CIS) resources available through the NSCRD (Zone 9) office or Sask. Sport Inc. at www.sasksport.sk.ca



blastball LOANER KIT PROGRAM

The loaner kit program exists to provide schools/groups the opportunity to participate in the sport of Softball by having access to proper equipment. Included in these kits are: 1 blast base, 2 foam bats, 1 tee, 6 orange cones, 12 whiffle balls, 12 foam balls, 5 rubber bases, 1 teacher guide with lesson plays, 1 LTP manual. For more information contact Jacqueline Eiwanger (jac@softball.sk.ca or 780-9235) at Softball Saskatchewan.

WHO DUN IT?! (Q & A)

- 1) What 15 year old female athlete from northern Saskatchewan won a silver medal at the 2006 Cadet National Wrestling Championships?
- 2) Two athletes from the '06 Zone 9 Male Hockey team are currently playing in the NSJHL with the Saskatoon Chiefs. Who are they?

(see back page for the answers!!!)

Saskatchewan *in motion*

Saskatchewan *in motion* is a province-wide movement aimed at increasing physical activity for healthy, social, environmental, and economic benefits. Our vision is that the people of Saskatchewan will be the healthiest, most physically active in Canada.

Strong, Active, Proud!

The *in motion* Aboriginal strategy is Strong, Active, Proud! For individuals it describes a positive state of being and encompasses both the physical benefits of increased activity as well as the positive impact that physical activity has on mental health and self confidence. For communities, Strong, Active, Proud! captures the idea of the strength of communities working together to address community priorities through physical activity and the pride they have in their people and community.

There are three distinct strategies to effectively reach Saskatchewan's Aboriginal people; Northern, Urban Aboriginal, and First Nations.

Northern Strategy

The focus of the Northern strategy is on communities and their schools, with an emphasis on leadership empowerment and community capacity to assist with long term strategies that increase physical activity for the people in the communities across Northern Saskatchewan.

Contact us!

On November 1, 2006, Judy MacLeod Campbell started a new position as the Northern and Aboriginal Consultant with Saskatchewan *in motion*. Judy's office is located in La Ronge with the Northern Sport, Culture and Recreation District. If you have any questions about physical activity in your community, school, or workplace or about the programs and resource information available, please call Judy at 425-3127 or 1-877-777-6722, or email her at jmacleodcampbell@sasktel.net.

Visit our newly renovated website:

www.saskatchewaninmotion.ca

**Check out the North-South Challenge on:
www.mysask.com**

Log in your 30 minutes of Physical Activity each day to kick the south's butt!



Box 1097 La Ronge, SK. S0J 1L0
Ph:425.3127 Fx: 425.4036
Email: kbailey@nscrd.com
Website: www.nscrd.com

WHO DUN IT?!

1) **Brittany Montgrand of Clearwater River Dene Nation!** She competed at the 2006 Cadet National Wrestling Championships in Edmonton April 7 to 9, 2006 and won the silver medal in her weight class. Brittany advanced to this competition after winning at the provincial level in Saskatchewan!

2) **Tod Venne of Sucker River (Lac La Ronge Indian Band) and David Hudy of La Ronge** are playing with the Chiefs this year in the NSJHL. Both athletes were part of the Zone 9 team at the 2006 Saskatchewan Winter Games in Melfort. For Tod it was his second appearance on a Zone 9 team as he participated in the 2000 Saskatchewan Summer Games in Yorkton in the sport of Kayak!