



PROGRAMS AND SERVICES GUIDE FOR 2009/2010

Our role

The most important role that we have as a district is to assist northern communities with their sport, culture and recreation development. Our Community Relations Coordinators are the key staffs who work with communities on a daily basis. All of the staff at the NSCRD is available to support the communities' needs in the sport, culture, recreation, physical activity or youth leadership areas. We are here to help connect communities with other organizations such as provincial sport governing bodies or recreational or cultural organizations. See the back page for the listing of NSCRD staff and contact information.

Community Development Support Tools	The NSCRD has many tools that the Community Relations Coordinators and all staff use to provide or support communities with. Examples include; community profiles, a program planning template, sample needs assessments, and others. In 2009/2010, work will also begin to develop a Community Recreation Handbook for Northern community's sport, culture and recreation development.
Community Development	Contact information as listed.
Northern Community & School Recreation Coordinator Program (NC&SRCP)	<p>The Northern Community & School Recreation Coordinator Program A program in Partnership with; Northern Municipal Communities, First Nations Communities, Community Sport, Culture and Recreation Organizations and; Northern Education Divisions and First Nations Education Authorities and; The Northern Sport, Culture and Recreation District. The purpose of the Northern Community & School Recreation Coordinator Program (NC&SRCP) is to enhance the quality of life for northerners through the provision of community based sport, culture and recreation programs after school, in the evenings, on weekends and at community and school special events. Community & School Recreation Coordinators (CSRC's) are employed to facilitate the delivery of sport, culture and recreation programs, using the school as a major asset of the community and in partnership with other community based organizations providing sport, culture and recreation programs, services and facilities.</p> <p>Contact: Margaret Duncombe, NC&SRCP Manager NSCRD Satellite Office: 19 Telfer Bay Prince Albert, SK. S6V 1C4 763-6390 (phone) 763-6490 (fax) Cell phone: 960-3102 Email: mduncombe@shaw.ca</p>
Community Grant Program	The Community Grant Program assists in the development of sport, culture, and recreation programs in the community. Funds are distributed through local governments.

Northern Sport, Culture & Recreation District

	<p>Deadlines are April 1 and October 1 annually, funding based on population. Contact your Community Relations Coordinator for your recreation service area (previous Regional Recreation Association) or the Northern Sport, Culture and Recreation District at 425-3127 or 1-877-777-6722 www.nscrd.com.</p>
Program Planning Guide & Facilitated Workshops	<p>Communities can use the Program Planning Guide & Facilitated Workshops to plan their sport, culture, recreation and physical activity programs and initiatives. This planning may be done within one organization or the whole community (all sectors/organizations that deliver sport, culture, recreation and physical activity) or both. NSCRD staff is available to assist with program plan development. The emphasis on program planning is on community input and assets or strengths. Available on the web site under the following link: http://www.nscrd.com/pdf/2009/Program-Planning-BlackWhite-Jan09.pdf</p>
Culture and Sport	Contact information as listed.
Northern Saskatchewan Sport & Cultural Festival	<p>The 2009 Northern Saskatchewan Sport & Cultural Festival will be held in Beauval on October 13-15, 2009. The purpose of the Northern Saskatchewan Sport & Cultural Festival is to bring youth, families, and communities from Northern Saskatchewan together to participate in and celebrate traditional and contemporary cultural activities, as well as athlete and coach sport development. There will be sport athlete and coach clinics in wrestling and badminton; contemporary culture workshops (i.e. hip hop and visual arts); traditional culture workshops; entertainment; a one day workshop for people with special needs; and a Northern Art Show & Sale.</p> <p>Applications to participate (youth, coaches and chaperones) will be accepted until September 15.</p> <p>For more information, contact Judy MacLeod Campbell at 425-3127, ext. 5.</p>
Sport	For more information on sport programs please contact Nicole Beauregard at 425-3127 ext. 4.
Saskatchewan Games Program	<p>The Saskatchewan Games Program provides opportunity for the provinces developing athletes, coaches and officials to participate in a multi sport event in preparation for a higher level of competition. The Saskatchewan 2010 Winter Games will be hosted in Moose Jaw, February 14-20. The Saskatchewan Games Council has coordinated the selection process for a sport calendar. This sport calendar reflects the sports initiatives insuring the games provide an opportunity for our province's young developing athletes to advance to a higher level of competition.</p>
Coaching, Officiating and Athlete Development Clinics	<p>A number of organizations provide coaching, officiating and athlete development programs and opportunities in northern Saskatchewan including: Coaches Association of Saskatchewan, Aboriginal Coaches & Officials Program and the Provincial Sport Governing Bodies, NCCP - Sport Specific courses and an introduction to coaching three hour workshop. The NSCRD can help set up and promote these clinics.</p>
Community Sports Tournament Hosting Guide	<p>A guide to help communities to host sport tournaments. Available on our website under the following link: http://www.nscrd.com/pdf/tournament_guide/Tournament-Hosting-Guide.pdf</p>
Aboriginal Community Sport Grant Program and Workbook	<p>The Aboriginal Community Sport Grant Program designed a workbook to further help communities plan their sport programs along a trail or continuum. This workbook, inclusive in grant process, helps communities plan for more organized, competitive sport programs. Grant applications and workbook can be found on our website under the following link: http://www.nscrd.com/programs_sport_community.html. Next grant deadline is October 15, 2009. This program is administrated by Sask Sport Inc. and NSCRD.</p>

Culture	For more information on recreation programs please contact Judy MacLeod Campbell at 425-3127 ext. 5.
Northern Spirits – Workshop & Showcase	<p>2009 marks the third Northern Spirits Program. This program is developed and delivered through a partnership between four major partners, Musqua Entertainment / Voices of the North, the Northern Sport, Culture, and Recreation District, Missinipi Broadcasting Corporation (MBC), and Prince Albert Grand Council. Meadow Lake Tribal Council has also joined the Northern Spirits Committee this year.</p> <p>Northern Spirits has two main components, a Workshop and a Showcase. Youth submit applications to be part of the workshop. The Northern Spirits Workshop covers all aspects of performing and producing a showcase as well as sessions related to self-esteem and confidence. From the workshop, twenty-five youth will be selected to produce and perform the Northern Spirits Showcase, which will be held during the Prince Albert Aboriginal Music & Arts Festival from October 9-11, 2009 at the E.A. Rawlinson Centre. These youth will be mentored with their roles for the Showcase.</p>
Northern Drama Project	The NSCRD has partnered with the Saskatchewan Drama Association (SDA) on the Northern Drama Project . There are four participating communities: Beauval, Cumberland House, Ile a la Crosse and Montreal Lake. The SDA provided drama development support to the communities including two, one-day workshops in their community, as well as ongoing support and at the Northern Drama Festival that was held on April 24 & 25, 2009 in the host community of Ile a la Crosse. The NSCRD provides the logistical support, coordination and links. From the Northern Drama Festival, one play was chosen to participate in the Provincial Drama Festival in Regina May 7-9, 2009.
Northern Saskatchewan Cultural Program, Assets, Artist Database	The NSCRD would like to develop an inventory or database of community artists, cultural assets, and major cultural programs. NSCRD staff will help to gather this information over the year.
Recreation	For more information on recreation programs please contact Nicole Beauregard at 425-3127 ext. 4.
Ski Fit North	<p>Ski Fit North is a program available to all northern communities & schools that have completed a Ski Fit North application form. The Ski Fit North fieldworkers work through community requests and contact communities to confirm visits and dates.</p> <p>Major annual events include:</p> <ul style="list-style-type: none"> • Saskatchewan Cross Country Ski School Championships at the Don Allen Ski trails north of La Ronge • Don Allen Saskaloppet in La Ronge <p>Request notices and forms will be available early November 2009.</p>
Equipment Loaner Program	Sport and recreation equipment is available to be loaned throughout the North. Equipment available includes: canoes, one kayak, two voyageur canoes [(no trailer available for voyageur canoes) all canoe loans includes paddles, life jackets and safety kits], skis (poles, etc.) and snowshoe. Contact Celeste Miller at 425-3127, ext. 2.
S.P.R.A. Play Leadership	<p>The Play Leadership Program is built on the Situated Activity Approach, which states that learning happens best in real-life situations. In real-life settings, a 'Play Leader in Training' will have the opportunity to develop their leadership skills required to lead play activities through first hand, practical experience. The intent of Play Leadership is to develop quality recreation leaders and programming in all northern communities. The program is open for all youth. This is a program initiative of the Saskatchewan Parks and Recreation Association and administrated by the NSCRD.</p> <p>Upcoming Play Leadership Workshops: June 19-21 in Creighton and June 26-28 in Beauval.</p>

Northern Astronomy Program	<p>The Northern Astronomy Program is administrated by the Northern Sport, Culture, and Recreation District and our Lead Field Worker for this program is Scott Bell. Request for applications occur in the Spring and the program commences in the fall.</p> <p>Program Goals: To promote the science of astronomy to the three service areas of NSCRD; To consistently provide educational opportunities in astronomy to Grades 3 and 6; To educate youth in the cultural and traditional aspects of the science of astronomy.</p>
Physical Activity	<p>For more information on physical activity programs please contact Judy MacLeod Campbell at 425-3127 ext. 5.</p>
Northern Physical Activity Month*	<p>May is Northern Physical Activity Month (NPAM), an initiative for communities to implement programs and initiatives to encourage increased physical activity, and decrease non-active time such as watching TV, computer, and video games. NPAM encourages community programming at the local level that meets community-specific needs and interests while at the same time allowing an opportunity for partnership building. Physical activity programs and initiatives are community based, implemented by community organizers/groups, schools or workplaces.</p> <p>This year's theme is "Take the Challenge – Make The Habit", encouraging communities, schools, and workplaces to challenge one another to increase physical activity and help make it a habit in our daily lives.</p>
Northern Physical Activity Roundtable*	<p>The Northern Physical Activity Roundtable is a forum for Northern communities, schools/education, recreation, health and other organizations to come together to learn from and be motivated by others, to discuss ways to increase physical activity in northern Saskatchewan by addressing barriers and building on successes, and to recognize and celebrate our successes.</p> <p>The next roundtable is tentatively set for April 2010, pending need and funding.</p>
International Walk to School & in motion Month*	<p>October is International Walk to School (IWALK) and in motion Month. IWALK is a program developed to increase time spent walking and physical activity in northern communities and schools. IWALK encourages community programming at the local level that meets community-specific needs and interests while at the same time allowing an opportunity for partnership building. Physical activity programs and initiatives are community based, implemented by community organizers/groups, schools or workplaces.</p> <p>IWALK encourages programs and policies that support walking for physical activity such as: Walking School Bus programs, busing policies, recess policies, bike policies, etc. that support physical activity.</p>
Northern Healthy Communities Partnership	<p>*The physical activity initiatives listed above are supported by the Northern Healthy Communities Partnership (NHCP). The NHCP work together to support health promotion across northern Saskatchewan. The NSCRD is an active member of the NHCP.</p>
"On The Move" Workshop	<p>The NSCRD has a trained facilitator, Colleen Charles, for the "On the Move and Aboriginal Girls On the Move" program of the Canadian Association for the Advancement of Women in Sport and Physical Activity (CAAWS). "On the Move" is a national initiative to increase opportunities for inactive girls and women (ages 9-18) to participate in sport and physical activity. Colleen is able to provide a 3-hour workshop about the program.</p> <p>If your community is interested in learning more about "On the Move/Aboriginal Girls On the Move", please contact Colleen at 425-3127, ext.3.</p>

Active Start	Active Start is the first stage of Physical Literacy in the Canadian Sport for Life. Active Start focuses on children from 0-6 years of age and lays the foundation for skill development and fundamental movements. NSCRD and the Mamawetan Churchill River Region Health Authority have collaborated to build Active Start in the North. For more information or if your community is interested in learning about Active Start please contact Nicole Beaugard at 425-3127 ext.4.
Youth Development/ Leadership	For more information about youth development/leadership please contact Margaret Duncombe at 763-6390.
40 Development Assets of Youth Developmental Assets Workshop	Everyone's an Asset Builder: Integrating Developmental Assets into Your Life is a training session that introduces participants to Search Institute's developmental assets framework and invites them to become asset builders in their personal and professional lives. Sharing the Assets Message: is training designed to equip participants to share Search Institute's developmental assets framework through the effective delivery of asset – building messages in various forms to multiple audiences within the community. Margaret Duncombe is trained by Search Institute to deliver both of these four-hour workshops. Judy MacLeod Campbell will also be trained in July 2009.
Communication	For more information contact Celeste Miller at 425-3127 ext. 2.
NSCRD Newsletter - 4 issues per year	The North of 54 newsletters is an information tool on all NSCRD programs and services. Ideas for community in sport, culture, recreation and physical activity are shared as well as articles celebrating community successes. The newsletter is used for promotion of events, professional development opportunities and important deadlines (i.e. grant). Mailed throughout district quarterly and available on the web site www.nscrd.com .
NSCRD Website: www.nscrd.com - updated ongoing/weekly	See our Website for communication on all NSCRD programs and services; ideas for community sport, culture, recreation and physical activity; celebrating community successes; events and professional development opportunities; and for grant deadlines. www.nscrd.com
Events Calendar - update ongoing/monthly	A communication/awareness tool that lists upcoming sport, culture & recreation events across the north. Delivered to communities by fax, e-mail and available on the web site www.nscrd.com .
Annual Report, Annual General Meeting & Area Input Meetings	The Annual General Meeting will be held on June 19 in La Ronge. The Annual Report will be provided at this meeting for awareness, recognition and success sharing. The Area Input Meetings (three) will be held in the Fall (October/November) in each of the three service areas.
Northern SK Grant Listing	The Northern SK Grant Listing document is updated twice per year with all pertinent sport, culture, recreation, physical activity and youth leadership funding available to the North. Available on the web site www.nscrd.com or contact your service area Community Relations Coordinator.



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Or visit our web site at: www.nscrd.com

West service area office to open soon!

Northern Sport, Culture & Recreation District