



## PROGRAMS AND SERVICES GUIDE FOR 2010/2011

### 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 staff who work with communities on a daily basis. All of the staff at the NSCRD are 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 and/or cultural organizations. See the back page for the listing of NSCRD staff and contact information.

<p><b>Working with our member communities ...Community Development Support Tools</b></p>	<p>The NSCRD has many tools that the Community Relations Coordinators and all staff use to provide or support our member communities with. Examples include; community profiles, a program planning template, sample needs assessments, and others. In 2010/2011, work will continue on the Community Recreation Handbook for Northern community's sport, culture and recreation development, which will be launched at the NSCRD Annual General Meeting in June.</p>
<p><b>Communication</b></p>	<p>For more information contact Celeste Miller at 425-3127 ext. 2.</p>
<p><b>NSCRD Newsletter</b></p> <ul style="list-style-type: none"> <li>- 4 issues per year: March, June, September, December</li> </ul>	<p>The <b>North of 54</b> newsletter is an information tool for sport, culture, recreation, physical activity and youth leadership in northern Saskatchewan. It includes ideas for communities in the areas of sport, culture, recreation and physical activity, acknowledging and celebrating community successes, promotion of programs, events, professional development opportunities, and important deadlines (i.e. grant). The newsletter is mailed throughout the district quarterly and available on the web site <a href="http://www.nscrd.com">www.nscrd.com</a>.</p>
<p><b>NSCRD Website:</b> <b>www.nscrd.com</b></p> <ul style="list-style-type: none"> <li>- updated ongoing</li> </ul>	<p>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, grant deadlines, and more. Visit <a href="http://www.nscrd.com">www.nscrd.com</a>.</p>
<p><b>Annual Report, Annual General Meeting</b></p>	<p>The <b>Annual General Meeting</b> was held on June 18 at the Marlboro Inn in Prince Albert. The <b>Annual Report</b> was provided for awareness, recognition and success sharing. It is available on our website.</p>

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Last revised January 2011.



<b>Area Input Meetings</b>	Three <b>Area Input Meetings</b> will be held in the Fall (October/November) in each of the three service areas (East, West, and Central/Far North).
<b>Sport</b>	For more information on sport programs please contact Gabriel Thompson at 425-3127 ext. 4.
<b>Athlete, Coaching, and Officiating Development Clinics</b>	A number of organizations provide athlete, coaching, and officiating development programs and opportunities in northern Saskatchewan including: Coaches Association of Saskatchewan, Aboriginal Coaches & Officials Program, 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.
<b>Community Sports Tournament Hosting Guide</b>	A guide to help communities to host sport tournaments is available on our website under the following link: <a href="http://www.nscrd.com/pdf/tournament_guide/Tournament-Hosting-Guide.pdf">http://www.nscrd.com/pdf/tournament_guide/Tournament-Hosting-Guide.pdf</a> .
<b>Aboriginal Community Sport Workbook and Grant Program</b>	The <b>Aboriginal Community Sport Workbook and Grant Program</b> is designed to help communities plan their sport programs along a sport development trail or continuum. This workbook helps communities plan for more organized, competitive sport programs. The workbook and grant program detail can be found on our website under the following link: <a href="http://www.nscrd.com/programs_sport_community.html">http://www.nscrd.com/programs_sport_community.html</a> .
<b>Inter-community sport programs</b>	The NSCRD Community Relations Coordinators are available to facilitate the communication, planning, and provision of inter-community programs. Contact your CRC.
<b>Culture</b>	For more information on culture programs please contact Judy MacLeod Campbell at 425-3127 ext. 5 or visit our website at <a href="http://www.nscrd.com">www.nscrd.com</a> .
<b>Northern Spirits – Workshop &amp; Showcase</b>	<p>The <b>Northern Spirits</b> 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), Prince Albert Grand Council, and Meadow Lake Tribal Council. The program has been implemented for three years.</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-confidence. <b>The workshop will be held on November 12-14, 2010. The application deadline is October 15.</b> From the workshop, twenty youth are selected to produce and perform the Northern Spirits Showcase, which will be held in conjunction with Voices of the North on Saturday February 19, 2011 at 2:00 pm at the P.A. Exhibitions Grounds, part of the Prince Albert Winter Festival. The Showcase is youth lead and then youth are mentored with their roles for the Showcase.</p>
<b>Northern Drama Project</b>	The NSCRD has partnered with the Saskatchewan Drama Association (SDA) on the 3rd <b>Northern Drama Project</b> . The SDA provides drama development support to the communities including two, one-day workshops in their community, as well as ongoing support and at the <b>Northern Drama</b>

	<b>Festival, which will be held on April 15 &amp; 16, 2011.</b> The NSCRD provides the logistical support, coordination and links. From the Northern Drama Festival, one play is chosen to participate in the Provincial Drama Festival in Regina May 12-14, 2011.
<b>55 North Hip Hop Project</b>	<p>The Northern Sport, Culture and Recreation District (NSCRD) is working with Dr. Charity Marsh and a team from the Interactive Media and Performance (IMP) Labs at the University of Regina to offer a new and exciting Hip Hop project. The first phase of the project – community workshops - is now complete. Workshops were held in Sandy Bay, La Ronge, Pinehouse, Ile a la Crosse and La Loche between July 5 and 13, 2010. The children and youth in these communities were able to learn about basic music elements in hip hop, create beats on the MPCs and computer programs, try Djing, and break dancing! Thanks to Charity, Beth, Ryan and John for their work in the north!</p> <p>The second phase of the project involved youth and recreation workers from La Loche, Pinehouse and Sandy Bay in a three day intensive training opportunity at the IMP Labs at the University of Regina from October 14-16, 2010.</p>
<b>Links and partnerships with provincial cultural organizations/groups</b>	The NSCRD will work with provincial cultural organizations/groups to link new or increased programming in Northern communities.
<b>Northern Saskatchewan Cultural Program, Assets, Artist Database</b>	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.
<b>Recreation</b>	For more information on recreation programs please contact Gabe Thompson at 425-3127 ext. 4.
<b>Ski Fit North</b>	<p><b>Ski Fit North</b> is a program available to all northern communities &amp; 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. The aim of the ski fit north program is to develop community ski clubs.</p> <p><b>Major annual events include:</b></p> <ul style="list-style-type: none"> <li>• Saskatchewan Cross Country Ski School Championships at the Don Allen Ski trails north of La Ronge</li> <li>• Don Allen Saskaloppet in La Ronge</li> </ul> <p><b>Request notices and forms are available early November 2010.</b></p>
<b>Physical Activity</b>	For more information on physical activity programs please contact Gabriel Thompson at 425-3127 ext. 4. *Funding for the programs noted with a * below are supported by the Northern Healthy Communities Partnership (NHCP).
<b>Northern Physical Activity Month*</b>	<b>May is Northern Physical Activity Month (NPAM)</b> , 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

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	<p>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. This year's theme is "Spring to Action ... with 30/30/30" ... 30 minutes of physical activity in your community, school (or workplace) and with your family/at home. There are two grand prize draws again this year, one for schools and communities and one for workplaces.</p>
<b>Northern Physical Activity Roundtable</b>	<p>The <b>Northern Physical Activity Roundtable</b> is a forum for Northern communities, schools/education, recreation, health and other organizations to come together to learn from, and be motivated by others. It is used to discuss ways to increase physical activity in northern Saskatchewan by addressing barriers, building on successes, and to recognize and celebrate our successes. Funding this year has been provided by the Community Initiatives Fund.</p>
<b>International Walk to School &amp; in motion Month*</b>	<p><b>October is International Walk to School (IWALK) and in motion Month.</b> 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 schools, organizers/groups, 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>
<b>Physical Activity Policy Package for School &amp; Education</b>	<p>A package of information with ideas for action at all levels of involvement in the education system: School Division Boards/Education Authorities, School Community Councils/Parent Councils, Administrators, Teachers, Parents, and Students; as well as, sample physical activity policies, a policy checklist and resource list.</p>
<b>Youth Development/Leadership</b>	<p>Contact information as listed.</p>
<b>40 Development Assets of Youth</b> Developmental Assets Workshop	<p><b>Everyone's an Asset Builder: Integrating Developmental Assets into Your Life</b> 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.</p> <p><b>Sharing the Assets Message:</b> 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.</p> <p>Margaret Duncombe (763-6390) and Judy MacLeod Campbell (425-3127, ext.5) are trained by Search Institute to deliver both of these four-hour workshops.</p>
<b>S.P.R.A. Play Leadership</b>	<p>The <b>Play Leadership Program</b> is a training program for youth and young</p>

	adults who will be leading sport, culture and recreation programs in their communities. It is a training 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. This is a program initiative of the Saskatchewan Parks and Recreation Association and administrated by the NSCRD.
<b>Community Development</b>	Contact information as listed under each program or initiative.
<b>Northern Community &amp; School Recreation Coordinator Program (NC&amp;SRCP)</b>	<p>The <b>Northern Community &amp; School Recreation Coordinator Program</b> A program in Partnership with: Northern Municipal Communities, First Nations Communities, Community Sport, Culture and Recreation Organizations, Northern Education Divisions, First Nations Education Authorities, and The Northern Sport, Culture and Recreation District. The purpose of the <b>Northern Community &amp; School Recreation Coordinator Program (NC&amp;SRCP)</b> 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; at community and school special events. Community &amp; 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 in partnership with other community based organizations providing sport, culture and recreation programs, services and facilities.</p> <p><b>Training</b> is provided in relation to the NC&amp;SRCP three times a year in October, February and June.</p> <p><b>Contact:</b> Margaret Duncombe, Program Manager for the NC&amp;SRCP  NSCRD Satellite Office: 19 Telfer Bay  Prince Albert, SK. S6V 1C4  763-6390 (phone) 763-6490 (fax)  Cell phone: 960-3102  Email: <a href="mailto:mduncombe@shaw.ca">mduncombe@shaw.ca</a></p>
<b>Community Grant Program</b>	The <b>Community Grant Program</b> assists in the development of sport, culture, and recreation programs in the community. Funds are distributed through local governments. <b>Deadlines are April 1 and October 1 annually, funding based on population.</b> Contact your Community Relations Coordinator for your service area or the Northern Sport, Culture and Recreation District at 425-3127 or 1-877-777-6722 <a href="http://www.nscrd.com">www.nscrd.com</a> .
<b>Community Recreation Handbook</b>	The <b>Community Recreation Handbook</b> will be a comprehensive guide for our member communities/community recreation that is practical and helps communities formalize their recreation services, as well as acknowledges the profession. The Community Recreation Handbook will be completed and "launched" at the NSCRD Area Input Meetings in November

	2010.
<b>Community Sport, Culture and Recreation Entities</b>	The NSCRD will support the establishment/formalization of community sport, culture and recreation entities (i.e. boards, committees, inter-agency, etc.).
<b>Program Planning Guide &amp; Facilitated Workshops</b>	Communities can use the <b>Program Planning Guide &amp; Facilitated Workshops</b> 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 are available to assist with program plan development. The emphasis on program planning is on community input, needs, and assets or strengths. Sample needs assessments are available by contacting the NSCRD. The program planning template is available on the web site under the following link: <a href="http://www.nscrd.com/pdf/2009/Program-Planning-BlackWhite-Jan09.pdf">http://www.nscrd.com/pdf/2009/Program-Planning-BlackWhite-Jan09.pdf</a> .
<b>Sport, Culture &amp; Recreation Community Facilities/Infrastructure</b>	The NSCRD will support communities in the development and maintenance of their community sport, culture and recreation infrastructure (i.e. facility maintenance clinics, links to supporting resources, etc.).
<b>Sport, Culture, and Recreation Sector Employee Recruitment and Retention</b>	The NSCRD will research employee recruitment and retention in the sport, culture and recreation sector in northern Saskatchewan.
<b>Partnerships</b>	The NSCRD will work in partnership with our global organizations (Sask Sport, SaskCulture and Saskatchewan Parks & Recreation Association), northern tribal/grand councils, affiliated members, as well as other sectors and organizations to support sport, culture, recreation, physical activity, and youth leadership development in northern Saskatchewan. Partnerships will be formalized where appropriate.
<b>Other</b>	Contact information as listed under each program or initiative.
<b>Northern SK Grant Listing</b>	The <b>Northern SK Grant Listing</b> 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 <a href="http://www.nscrd.com">www.nscrd.com</a> or contact your service area Community Relations Coordinator.