



INDIGENOUS SPORT COUNCIL (ALBERTA)  
 BOX 2429 HOBBEWA, ALBERTA T0C 1N0

TEL: 780-585-3343 (HOBBEWA)  
 TEL: 403-202-6539 (CALGARY)

WEBSITE: WWW.ABORIGINALSPORTS.ORG

MARCH 2011

VOLUME 3 ISSUE 2

**Points of Interest**

**Upcoming Events**

**Development Through Sport and Physical Activity**

**Community Planning**

**Inside this issue:**

Indigenous Sport Council (Alberta) Mandate 2

Upcoming Events 2

Development through Sport and Physical Activity 3

Hockey-Developing a Long Term Development Plan 4

Community Planning 5

National Aboriginal Hockey Championships 6

## National Aboriginal Hockey Championships

After several weeks on indecision by the Aboriginal Sport Circle (National Sport Governing Body), the 2011 National Aboriginal Hockey Championships will be held in Saskatoon, Saskatchewan April 26 – April 30, 2011.

This indecision by the Aboriginal Sport Council has caused the Indigenous Sport Council of Alberta to amend its selection process for both the male and female teams. **The age category for these teams is players with a birth year 1993 – 1997. The female team may carry up to 5 players who have a birth year 1991 – 1992.**

**Registration forms are available on the website [www.aboriginalsports.org](http://www.aboriginalsports.org)**

Participant evaluation and selection will be conducted at the following tournaments:

**Calgary** – March 31 – April 3, 2011 – Treaty Hockey Championships

**Edmonton** – April 7 – 10, 2011 – Native Hockey Championships

Player evaluation will be conducted by the Team Alberta coaching staff and evaluators from Hockey Alberta.

**All players selected to the team are assessed a registration fee of \$1500.00 payable in full by April 15, 2011**

If you have any questions please contact me.

Ted Hodgson

Executive Director

## Career Opportunity

**Alberta Native Friendship Centres Association**

**Hiring**

Health Program Administration Assistant

The Health Program Administration Assistant will work in a supportive administrative role relative to the program portfolio of the Health Program Manager including the following programs: Aboriginal Diabetes Initiative; Annual Walk for Friendship; and Aboriginal Friendship Centres Program (AFCP). This role will include

communications (email, phone, letter-writing), event planning, filing/organization, word processing, data collection and creating print documents (posters, data sheets, etc).

The ideal candidate will have completed *or be in the process of obtaining* a post-secondary education within one of the following relevant fields: **Business or Program Administration, Health, Recreation, or Education.** *(Equivalent experience will also be*

*considered).*

For further information contact:

Emilea Saadeh (780) 423-3138 ext 203

**Closing Deadline March 20, 2011**

# Indigenous Sport Council (Alberta) Mandate and Board of Directors

## Mandate

To encourage and promote the physical, spiritual, and cultural health, and fitness of Indigenous Youth within the Province of Alberta;

To encourage, foster and develop emotional, mental, spiritual and physical well – being in Indigenous Youth in Alberta;

To encourage development of self-esteem, pride, dignity, confidence and self – discipline in Indigenous Youth;

To increase awareness and un-

derstanding of Indigenous peoples, their cultures and communities;

To encourage and promote Indigenous Youth to pursue higher levels of education;

To identify and promote indigenous community development through the implementation of leisure and recreation programming.

## Board of Directors

**Chair:** Ron Buffalo - Treaty Six

**Vice Chair North:** Layne

Gauchier, Métis Settlements of Alberta

**Vice Chair Central:** Holly Johnson—Rattlesnake, Treaty Six

**Vice Chair South:**

Jason Plain Eagle, Alberta Friendship Centres

**Secretary:**

TJ Roy, Métis Nation of Alberta

**Treasurer:** Emilea Karhioo, Alberta Friendship Centres

**Treaty Seven Representatives**

Joseph 'Skipper' Potts

Charlton Weasel Head

**Métis Settlements of Alberta**

Cory Cardinal

Hector Lamouche

**Treaty Eight**

Shelly Hamelin

## Upcoming Events

### NCAA Coaching Clinic & Players Camp

NAIT Athletics, 11762 – 106th Street, Edmonton, Alberta, T5G 2R1

Saturday and Sunday, May 28th and 29th

#### COACHES CLINIC –

Saturday and Sunday from 10:00am – 12:30pm

#### PLAYERS CAMP – Saturday

and Sunday from 1:00pm – 3:30pm for boys and girls ages 11-17 (split will be split into separate camps by age and skill level)

Registration is limited to 80 players. You must pre-register.

**For more information, or to register, please call David Munro at the Douglas College Sports Institute at 604-527- 5041 or e-mail [munrod@douglas.bc.ca](mailto:munrod@douglas.bc.ca)**

### Tom Newell Basketball Coaching Clinic & Players Camp

Centennial High School, 55 Sun Valley Blvd., Calgary, T2X 3W7

Saturday and Sunday, May 14th and 15th

#### COACHES CLINIC – Saturday

and Sunday from 9:00am – 12:00pm

#### PLAYERS CAMP – Saturday

and Sunday from 1:00pm – 4:00pm for boys and girls ages 11-17 (split will be split into separate camps by age and skill level)

Registration is limited to 80 players. You must pre-register.

**For more information, or to register, please call David Munro at the Douglas College Sports Institute at 604-527-5041 [munrod@douglas.bc.ca](mailto:munrod@douglas.bc.ca)**

### Recreation Facility Personnel Conference April 17 –20, 2011 Lloydminster

Conference Sessions include:

Outdoor Rinks—Where to put them?

Skate Parks Risk Management

Managing and Supervising

Customer Service

Facility and Building maintenance

For further information and registration go to:

[www.aarfp.com](http://www.aarfp.com)

Or call 1-888-253-7455

### 2011 Alberta Sport and Recreation Summit, Banff April 7-9, 2011

Sessions include:

Great Traits of a Champion

Benefits Approach to Building Strong Programs and Services

Take the Lead: Female Strategies and Solutions for Female Leaders

A Collective Approach for Sport in Alberta

For further information go to website:

[www.asrpf.ca](http://www.asrpf.ca) or contact [Marvin.Dobish@gov.ab.ca](mailto:Marvin.Dobish@gov.ab.ca)

# Development Through Sport and Physical Activity

## **.For Children 5-11 years (Canadian Physical Activity Guidelines)**

For health benefits, children aged 5-11 years should accumulate at least 60 minutes of moderate to vigorous intensity physical activity daily. This should include:

### **Vigour intensity activities at least 3 days per week**

**Activities that strengthen muscle and bone at least 3 days per week**

**More daily physical activity provides greater health benefits.**

### **Lets Talk Intensity**

Moderate intensity physical activities will cause children to sweat a little and breathe harder: Activities like:

Playground activities

Vigorous intensity physical activities will cause children to sweat and be out of breath". Activity such as:

Running

### **Being active for at least 60 minutes can help children:**

Improve their health

Do better in school

Improve their fitness

Grow stronger

Have fun playing with friends

Feel happier

Maintain a healthy body weight

Improve their self confidence

Learn new skills

### **For Youth 12– 17 Years**

For health benefits, youth aged 12-17 years should accumulate at least 60 minutes of moderate to vigorous intensity physical activity daily. They should include:

Vigorous intensity activities at least 3 days per week

Activities that strengthen muscle and bone at least 3 days per week

More daily physical activity provides greater health benefits.

### **Let's Talk Intensity**

Moderate intensity physical activities will cause teens to sweat a little and breathe harder. Activities like:

Skating

Vigorous intensity physical activities will cause teens to sweat and be "out of breath". Activities like:

Running Rollerblading

### **Being active for at least 60 minutes can help children:**

Improve their health

Do better in school

Improve their fitness

Grow stronger

Have fun playing with friends

Feel happier

Maintain a healthy body weight

Improve their self confidence

Learn new skills

## **Run, Jump, Throw Program**

This FUNdamental program teaches the skills of running, jumping and throwing and the technical skill progressions for track and field events for boys and girls ages 6-12.

Run, Jump, throw skills forms the basis for all land based sport and as such RJT provides a strong foundation for success in all sports and physical activities, which allows participants to develop a positive self image and be the best they can be.

The Run Jump Throw Program can be either a one day or two day event, with facilitators provided by the Indigenous Sport Council (Alberta).

For further information or to request a session in your community call:

780-585-3343 or

403-202-6539

*Lets put our minds  
together and see  
what kind of life we  
may make for our  
children.*

*- Sitting Bull -*

# Hockey-Developing a Long Term Athlete Development Model – FUNdamentals

In a December issue of Hockey News an article stated that by 2015 there will be 30,000 less players in Hockey Canada and Provincial programs.

The ISCA is committed to working with Hockey Canada and Hockey Alberta in providing increase opportunities for young athletes both male and female to enhance their opportunities..

## What are some of the Challenges?

Young athletes under-train, over-compete.

Adult competition superimposed on young athletes.

Training in early years focuses on outcomes (winning) rather than processes (optimal training).

Under development between 6-16 years cannot be fully overcome (athletes will never reach genetic potential)

Limited coaching education provided to those working at the youngest age groups.

Parent's education is neglected with regards to long-term athlete development

**Simple Truth for all sports:** If kids don't love it, they won't play it and excel at it.

As with all sports, we need to begin with the FUNdamentals (Ages 5-8)

Learn all fundamental movement skills and build overall motor skills. Skill development in the FUNdamentals stage should be well-structured, positive, and FUN!

The skill of skating speed can be developed quickly with players this age. Coaching should focus on developing skating speed in repetitions of less than 5 seconds

The ABC's of agility, balance and coordination should be emphasized through the teaching of skills and small games to emphasize the ABC's

Ensure that the skills the player acquires during the FUNdamentals stage will benefit them when they engage in recreational activities, enhancing their quality of life and health

The following criteria should be followed when designing modified games:

Played on an area smaller than full ice – half ice, two thirds

ice or one third ice are appropriate options

Format modified to encourage fun and fair play. Examples of this would be not keeping score, rotating goalies, more than one puck, more than 6 players on per team

Use of a light weight puck

## FUNdamentals to do list for Players

Develop the basis athletic skills of the game through non-structured activities like skateboarding, biking, skipping, street hockey, in-line skating, catching and throwing games and other modified activities.

It is not about being the best it is about doing "your" best

Develop a positive self image through the game

Learn the basic playing rules of the game

## FUNdamentals to do list for Coaches

Teach appropriate and correct balance, agility, edge control, skating, turning and puck control skills using the ABC's of athletics.

Introduce children to the simple rules and ethics of sports.

Develop the skill of speed in players through short (5 seconds or less) repetitions

Utilize the Hockey Canada Initiation or Novice manual to deliver appropriately structured practices.

Limit technical and tactical information communicated to the players

Use clear and precise terminology adapted to the children

Have some knowledge about child growth and development

Ensure players enjoy the game and want to continue to play in the future

NCCP training in the Intro Coach Program or the Coach Stream program. These programs are focused on parent meetings, team communication, teaching skills, organizing practices and an introduction to appropriate **games for young players**

## Coach Training through the Aboriginal Coach Manual

# Community Planning—Alberta Aboriginal Sport and Recreation Resource Manual

***“When you see a new trail, or a footprint you do not know. Follow it to the point of knowing”***

## ***Core Beliefs (Adapted from Alberta Recreation and Parks Toolkit for Community Development)***

People have the right to influence decisions that affect their lives

Each person is a potential source of knowledge and strength

Commitment to ideas and plans are greater when people are involved in their development

Strengthening trust and relationships must be a priority

Innovation and positive changes occur when people are involved

Community leadership is key to sustainability

Individuals and groups may need support to maximize their potential

Conflicts may be inevitable but they can be used creatively

## **Introduction**

Community planning is defined in the following ways:

It is a strategic planning process that addresses the needs of communities in a purposeful way, with implicit notion of varying levels of community involvement in the process.

A range of partners working together to better plan, resource and deliver quality services that meet the needs of community residents. Community Planning puts people at the heart of delivering services, and ensures that local priorities are at the centre of service planning.

## **Basic Steps In Planning—Alice in Wonderland – Carroll Lewis**

*“Would you tell me, please, please? Which way I ought to go from here?”  
“That depends a good deal on where you want to get to,” said the Cat. “I don’t much care where” said Alice. “Then it doesn’t matter which way you go,” said the Cat.*

If the future of your organization or community isn’t important to you, then you can take the Alice approach to planning.

At the very basic level, planning involves taking a look at where your community is now, looking at where you would like to be in the future and then creating steps to get there.

## **Step 1**

### ***Where are we now as an organization / community?***

This step requires support of the community leadership and community members; open communication; establishment of effective decision making processes; skilled leadership and an opportunity for feedback.

This step also involves gathering and analyzing information about how your organization is functioning now. This may be completed through interviews, questionnaires or discussion groups. During this phase it is important to look at the internal strengths and weaknesses; external opportunities and challenges of your organization/ community. In addition this is an opportunity to re-visit your Mission Statement.

Describes what you do and for whom

Describes the function of the organization

Answers the question what business are you in

## **Step 2**

### ***Where do you want to be?***

This step involves developing a vision statement for your organization/ community. What is your future potential?

A vision is not a plan

It is a declaration of the organizations most desirable future

It is a picture of what you want to create for people you serve

It is concrete and specific

It is consistent with the organizations values, philosophies and behaviours

It is attainable and realistic and bold.

(Continued Page 6)

# Community Planning—Alberta Aboriginal Sport and Recreation

## Step 3

### *How can we get there?*

What issues/ concerns need to be addressed?

What are the organization / community priorities?

What goals and objectives need to be developed?

**Goals:** Describe what you want to accomplish and may be written as result statements (depending on the planning model you use). Define areas of emphasis and are more specific than the broad vision/describe the “what”.

**Objectives:** Describe what you hope to achieve in the next year/ could be expanded to identify targets for 3 year planning/a smaller chunk of the “what”.

## Step 4

### *How will you do all of this?*

In this step you begin to develop your strategies, develop action plans to complete the strategies, set timelines, determine who will be responsible for implementation, and determine expected outcomes.

**Strategies:** Methods or actions utilized to achieve the outcomes/goals – describe the “how” of achieving the “what”.

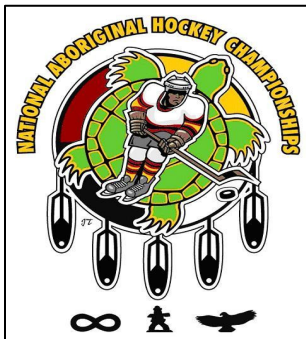
**Action Plans:** Identify the specific actions or tasks to accomplish for each strategy, who will be responsible, what resources are needed (financial, human and information), timelines, output (tangible accomplishment)

**Outcomes:** Describe the product or result that occurs as a consequence of achieving the goal (states the change or difference – could be in knowledge, skill, attitude, behaviour, condition or status) Outcomes must be tangible, measurable and appropriate.

## Step 5

### *How will you know you are successful?*

This is a key step in planning as you need to monitor and evaluate the activities you have determined are key in achieving your vision. At the end of the evaluation you can change your activities or add new activities to help accomplish what you have set out to do.



## NATIONAL ABORIGINAL HOCKEY CHAMPIONSHIPS

April 26 - 30, 2011

Saskatoon, Saskatchewan

The 2011 NAHC will feature Midget Boys and Girls teams from:

Alberta

British Columbia

Eastern Door

Manitoba

Northwest Territories

Ontario

Saskatchewan

Yukon

The age category for these teams is players with a birth date 1993 – 1997. The female team may carry up to 5 players who have a birth date 1991 – 1992. For further information on how players in your area can become potential members of Team Alberta go to [www.aboriginalsports.org](http://www.aboriginalsports.org) or call 403-202-6539.