

True Sport in Action! (Issue 19, November 2014)



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It's time to get out and play on RBC Sports Day in Canada!

There's still time to **register your event** and be a part of this national celebration of sport. If you're already hosting an event between November 22 and 29, all you have to do is register it online to participate. If you're not hosting an event, think about celebrating sport in other ways. Get your teammates, classmates or colleagues to dig out a team or club jersey and wear it to school, work or play on **National Jersey Day - Friday, November 28**.



Enter the **#FlexforSport** contest by striking a pose and snapping a photo of you in your best flex! Tag your photo with **@Participation** on Twitter or Instagram with the hashtag **#FlexforSport** and you could win great prizes like a \$100 Toys R Us gift card or a Team Canada jersey signed by Olympic Gold Medalists and RBC Olympians, Jennifer Botterill and Jayna Hefford! Visit our <http://flexforsport.tumblr.com> for contest details.



Be sure to tune in to the RBC Sports Day in Canada broadcast on CBC on November 29 to catch all the action starting at 2pm ET! Learn more at www.cbcsports.ca/sportsday.

True Sport Stories

True Sport Facility in Action: Minto Recreation Complex - Barrhaven

A photo update of some of the inspired events happening at the Minto Rec Complex in Ottawa. "I am very proud of the example we are setting to others by declaring this facility a True Sport facility," said Councillor Harder. [MORE >](#)



Resources in Action

Bobsleigh CANADA Skeleton - Developing Character through Sport

Are you looking for a quick and easy way to incorporate Character Education in your classroom? Download these sample lesson plans outlining how Bobsleigh CANADA Skeleton is bringing True Sport to life in their own way. [MORE >](#)



Our News

Sport Moves Us: The State of Community Sport In Canada, 2014

(Toronto, ON - November 24, 2014) - In honour of the fifth annual RBC Sports Day in Canada, True Sport and ParticipACTION release Sport Moves Us: The State of Community Sport in Canada, 2014 to examine how Canadians feel about community sport: what's working, what's not and how can it be improved. [MORE >](#)



In the News

Bobsleigh Canada Skeleton #makeyourmark contest

<http://www.bobsleighcanadaskelton.ca> - Bobsleigh Canada Skeleton to Celebrate RBC Sports Day in Canada with Unique Student Skeleton Helmet Design Contest. Bobsleigh Canada Skeleton is now asking students from coast-to-coast-to-coast to create a component of a Canadian Skeleton Team helmet for a chance to win a skeleton helmet painted with the winning design, and signed by an Olympic medal-winning skeleton athlete. [MORE >](#)



New Lyle Makosky Values and Ethics in Sport Fund to Support the Study of Quality and Integrity in Sport in Canada

True Sport Foundation - (Ottawa, Ontario - October 28, 2014) - The Lyle Makosky Values and Ethics in Sport Fund, a new national endowment fund established by a life-long leader in sport, Lyle Makosky, will support the study of important values and ethics questions and policies affecting (non-professional) Canadian sport. [MORE >](#)



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