

How to Find True Sport

Aligning your expectations with what a team or club can offer will help you find the sport program that is right for you.

Some things to consider:

- Are they a member of the True Sport Movement?
- Are learn-to or free try-it opportunities available?
- Are there competitive and non-competitive levels of play?
- Is there an over-emphasis on winning at all cost?
- Do all participants have the same opportunities to play, train and compete?
- What is my commitment (time, money, fundraising, travel, volunteer efforts)?
- Are registration assistance, equipment lending / swapping programs available?
- Is insurance available in case of injury?
- Are volunteers properly trained, particularly coaches?
- What is the volunteer screening policy?
- Are training programs appropriate for the ages and stages of physical development?
- Is there a transparent coach and team selection process?
- Are participants encouraged to give back to their community?
- Do they recognize and celebrate athletes, coaches, officials and volunteers?
- What do other members say about their sport experience?

www.truesport.ca



What Sport Can Do...

Get active...

Get healthy...

Get involved...

Make friends...

Have fun!

**It's easier
than you think!**



This brochure was developed with the assistance of Canadian pediatricians.

www.truesport.ca

What True Sport Can Do

At the heart of True Sport is a simple idea: **good** sport can make a **great** difference.

True Sport is a national movement for sport and community. Its goal is to help sport live up to its full potential – making a significant contribution to the development of youth, the well-being of individuals and the quality of life in our communities.

What is Good Sport?

Good sport ensures a positive experience for all participants.

Good sport is fun, fair, inclusive and strives for excellence.



Good sport teaches respect, creates healthy lifestyles, and promotes positive child and youth development.

Good sport encourages involvement.

Good sport is safe and welcoming for everyone.

Good sport is True Sport.

True Sport advocates six Principles for Sport:

Go For It
○
Play Fair
○
Respect Others
○
Keep it Fun
○
Stay Healthy
○
Give Back

When participants commit to these principles, the result is almost certainly a **positive experience**.



Practice Makes Perfect

Experts recommend at least 30 minutes of daily physical activity. Sport provides an opportunity to:

- meet this requirement
- make social connections
- have fun
- get healthy
- improve self-esteem

The Power of Good Sport

Any sport can provide physical benefits but evidence shows that **good sport** is powerful in:

- Improving overall health
- Increasing self-esteem
- Helping kids do better in school
- Promoting healthy choices like eating well or choosing not to smoke, or use drugs and alcohol
- Learning positive values and life skills
- Making friends and developing positive relationships
- Preventing anti-social behaviour
- Providing positive role models

What You Can Do

Play sport in your own backyard or at your local park.

Buy toys and games that encourage sport and physical activity.

Encourage intramural participation at school.

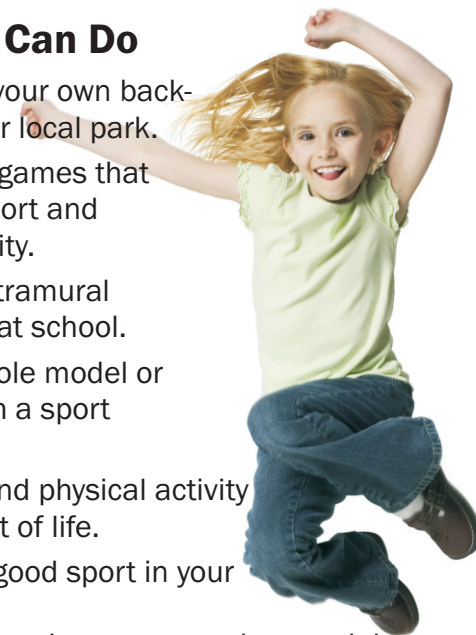
Be a fitness role model or volunteer with a sport organization.

Make sport and physical activity a normal part of life.

Stand up for good sport in your community.

Contact community centres and sport clubs to learn about programs offered. Don't forget to ask about their equipment lending or registration assistance programs (KidSport, JumpStart, P.R.O. Kids, etc.).

Join the True Sport Movement at www.truesport.ca.



The Two-Week Challenge

Turn off the TV, log off the computer, and get moving as a family or on your own! Try a different activity every day for two weeks—it only takes 30 minutes a day!

Fun is the number one reason kids play sport, so choose activities that everyone will enjoy. These can range from playing catch in the yard, to swimming at your local pool.

It is important that you create a positive environment. Praise your kids for their effort. This will boost their confidence and strengthen their self-esteem.

At the end of the two weeks, talk about your experience and how sport and physical activity can be a part of your regular routine. Consider introducing organized sport through your local community centre or sport club.