

*Go For
It*

*Play
Fair*

*Respect
Others*

*Keep It
Fun*

*Stay
Healthy*

*Give
Back*

True Sport Engagement Kit

for Coaches

A guide to becoming a True Sport School team



TRUE SPORT
lives here



Introduction – Schools and Sports:

“The purposes of the Canadian School Sport Federation and True Sport appear to be closely aligned. Part of the mandate of the CSSF is the goal of promoting and advocating for good sportsmanship and citizenship in our student-athletes and teacher-coaches. The ethical values of teamwork, fairness, equity, generosity in success and dignity in defeat are the ideals that the CSSF encourages and supports in school sport competition and administration.

“Schools have more influence on the lives of children and youth than any other social institution. They are an effective environment to influence behavioural and attitudinal changes and play an essential role in providing the foundations of a happy and healthy lifestyle. Schools provide the setting in which all children, regardless of their family’s financial or social status, have the opportunity to acquire the competencies that are fundamental to life-long healthy, active living. School sport contributes significantly to providing the opportunity for children and youth to learn the skills and develop the habits that serve as the foundation of future and continued participation in sport. Most Canadians experience their first opportunity for participation in organized sport through the school system.”

(excerpt from a Canadian School Sport Federation letter to the True Sport Secretariat)

WHAT IS TRUE SPORT?

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 which strives to ensure that *positive sport values are at the heart of the sport experience for athletes, coaches, teams, leagues, schools, facilities and in communities*. Its core mission is to be a catalyst to help sport live up to its full potential by making a significant contribution to the development of youth, the well-being of individuals, and quality of life in our communities. True Sport is founded on four core values: fairness, excellence, inclusion and fun.

It's a Movement powered by people like you ... people who believe that sport can transform lives and communities - when we do it right; people who care about the positive values that sport embodies, like teamwork and commitment. People who want to see sport in Canada live up to its potential.

True Sport ... advocates six [Principles for Sport](#) and eight [Principles for Communities](#). When sport participants and communities adhere to these principles, the result is almost certainly a positive experience because while sport can be about winning and losing, more importantly, it is always about how the game is played. Coaches that embrace and promote these principles contribute greatly to positive sport experiences.

It's easy to get involved ... as a coach you can add momentum to the True Sport Movement by spreading the message and sparking commitment from others within your team and your club. This kit presents effective and easy-to-implement steps you can take right now to become part of the True Sport Movement. Support the kind of sport Canadians want. It's simple. It's practical. Everything you need to get started is inside. The only cost is commitment.

GUIDING PRINCIPLES

The goal of the True Sport Movement is to engage facilities, schools, coaches, athletes, officials, parents, community organizations, and community leaders, to commit to fostering and demonstrating a culture of “good sport”, values-driven sport.

To achieve this, it is important to incorporate the language of the True Sport Principles into everyday interactions: conversations or activities. This will create an environment which will permit coaches, athletes and their parents to “live” True Sport.

The following True Sport “Principles for Sport” and “Principles for Communities” can guide your facility’s engagement in the True Sport Movement.

A red rectangular graphic with white text. At the top center is the 'TRUE SPORT' logo. Below it is the title 'Principles for Sport'. The content is organized into seven sections, each with a bold heading and a short paragraph of text. At the bottom center is the website 'truesport.ca'.

**TRUE
SPORT**

Principles for Sport

Go For It
Always rise to the challenge.
Discover how good you can be.

Play Fair
Play honestly and obey the rules.
Winning is only real when competition is fair.

Respect Others
Respect teammates, competitors and officials both on the field and off.
Win with dignity and lose with grace.

Keep it Fun
Have a good time.
Keep a positive attitude and contribute to a positive atmosphere.

Stay Healthy
Respect your body. Keep in shape.
Avoid unsafe activities.

Give Back
Do something that helps your community.

truesport.ca

A red rectangular graphic with white text. At the top center is the 'TRUE SPORT' logo. Below it is the title 'Principles for Communities'. The content is organized into ten sections, each with a bold heading and a short paragraph of text. At the bottom center is the website 'truesport.ca'.

**TRUE
SPORT**

Principles for Communities

Recognize Sport as a Valuable Community Asset
Help sport live up to its full potential.
Enable it to contribute to the well-being of the entire community.

Champion Ethical Conduct
Commit to fair play. Make respect for the rules, officials, coaches and players a priority –
on the field and on the sidelines

Promote Inclusion
Remove barriers. Encourage participation.
Make it possible for everyone to get involved and stay involved.

Strengthen Connections
Create opportunities for people to get together through sport.
Make newcomers feel welcome. Promote friendship, trust, cooperation and respect.

Support Excellence
Teams and athletes carry the hearts and hopes of the community wherever they compete.
Help them to be the best they can be.

Foster Healthy, Active Lifestyles
Inspire people to get active and stay active. Offer a variety of sport opportunities –
both structured and unstructured – that are inviting, enjoyable and rewarding for all.

Create Safe and Welcoming Environments
Develop, protect and nurture places and spaces that are hospitable and conducive
to the safe enjoyment of sport.

Celebrate Contribution
Recognize and honour the people – coaches, organizers, officials and volunteers –
whose contribution makes sport possible and positive in the community.

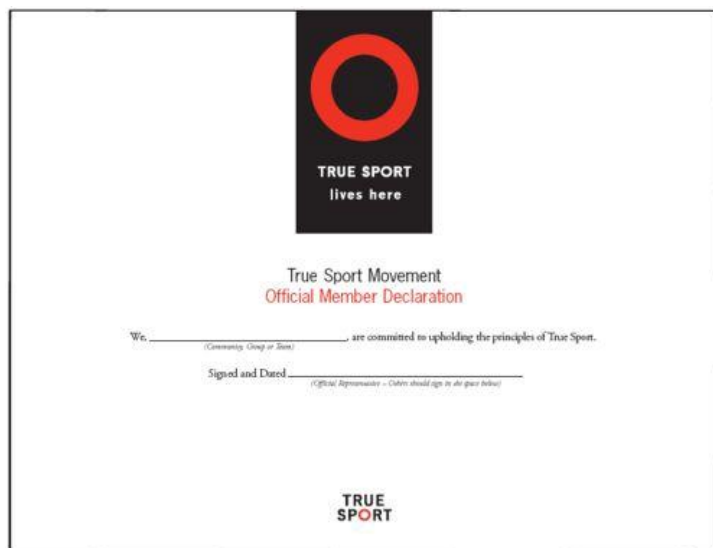
truesport.ca

HOW DO I BECOME A TRUE SPORT SCHOOL or TEAM?

It's easy. The **first step** is to... **JOIN TRUE SPORT!**

The True Sport Movement is rooted in its Principles. By committing to these Principles, your school, team, or community joins a growing Movement of Canadians who believes that sport has the power to shape character and express values, promote inclusion and inspire excellence. Joining True Sport means...

- First, have a **discussion** with your team about the True Sport Principles.
 - Find out what the Principles mean to student-athletes.
 - Make a concrete commitment to live by the True Sport Principles.
 - Reach a consensus that you want to join True Sport.
 - Extend this discussion to all other varsity teams in your school.
 - Make it a school-wide discussion and commitment. Remember, you can join True Sport at different levels, for example, a coach or athlete can join as a True Sport Citizen, a team as a True Sport Team and a school as a True Sport School.
- Second, get your team members to sign the **True Sport declaration**.
 - Signing the declaration (enclosed) formalizes the agreement among all team members to uphold to the True Sport Principles.
 - Next, log on to www.truesport.ca/declare and complete the online declaration to become an official member of the True Sport Movement.



By committing to the True Sport Principles, you are setting the standard of behaviour and conduct for your team and making a commitment to ensuring that the sport experience is positive and enriching for everyone.

The **second step** is to... **LIVE TRUE SPORT!**

Putting True Sport Principles into play is a simple – but key – part of bringing your commitment to life in the everyday activities and behaviours of your team and school. The True Sport Principles reinforce behaviours that build character, as well as personal and team excellence. They set standards that all True Sport supporters share. Use them to stimulate ideas about how to train, compete and play your best. The Principles are universal but their application depends entirely on your situation. In many cases, you'll see you are already practicing them in one form or another. Adapt them to the needs and goals of your team and school. You are the Movement.

Following are examples on how you can **LIVE** True Sport ...

- As a coach, you are a role model. Respect others and play fair. Model the behaviour you expect from your team.
- Incorporate True Sport into your athlete/player evaluation process.
- Create a transparent and consistent team selection process and post it in a public place.
- Hang a True Sport banner in your school's gymnasium or front lobby or display the True Sport Principles poster in your school's change rooms or phys ed office. This will serve as a constant reminder of your school's sport values to all who play in your facility.
- If your school's gymnasium is being refurbished or re-varnished, consider stenciling or painting the True Sport logo on the floor or walls. A stencil is available by contacting info@truesport.ca.
- Add the True Sport logo to your school's website home page. Download them from the True Sport website at www.truesport.ca/display.
- Wear True Sport clothing (see p. 13 for [the order form](#)).
- Create a True Sport bulletin board or display case highlighting True Sport athletes and moments of the month. Use the space to bring the True Sport Principles to life.
- Use the True Sport Principles for Sport to develop an Athletic Code of Conduct Contract for use with your school varsity teams. [District #17 School Board](#) in Oromocto, New Brunswick has implemented this type of contract with great success (see p. 10).
- Institute a True Sport Player of the Month recognition program. Select athletes among all of your school's varsity sport teams. Highlight this student-athlete on the bulletin board or display case idea described above.



- Institute a True Sport Athlete of the Year (trophy and/or scholarship) which celebrates an athlete who has consistently lived the True Sport Principles throughout the year. Select an athlete that has combined excellence in athletic, academic and community involvement. Huntsville HS in Ontario recognizes an overall “character athlete” with great success! (see p. 11).
- Build a *Team Agreement* with your athletes. A *Team Agreement* outlines why athletes are on the team, what they hope to achieve and how they would like to be treated throughout the season. Use the True Sport Principles as the foundation of this agreement. The *True Sport Agreement* guides you through a step-by-step process to creating a *Team Agreement*. For more information, visit the Resource page of the True Sport website at www.truesport.ca/agreement.



- Keep your practices fun by including a lot of variety. Provide your athletes with choices and make them feel engaged by involving them in the decision-making.
- During practices and games, find opportunities to highlight True Sport moments to your athletes and/or ask them to identify them in action. Use these as teachable moments. Hold a team talk to discuss the True Sport Principles and evaluate your actions through this lens.
- Organize team-building activities at the beginning of the year so your team members can get to know each other and learn how to work well together.
- Emphasize the importance of personal improvement (rather than focusing on outcomes or comparisons with others). Encourage your athletes to set goals and help them to achieve their goals.
- Encourage leadership by inviting team members to lead a warm-up activity or drill during practice. Rotate the leadership opportunities so that everyone has a chance to be a leader on the team.
- Laminate and display the True Sport Principles poster in your team’s change room. This will serve as a reminder of your team’s sport values.
- Encourage your athletes and their [parents](#) to talk with others about True Sport (i.e., other athletes, other parents, at school). Remember to communicate that you can join True Sport at different levels. For example, a coach or athlete can join as a True Sport Citizen, a team as a True Sport Team and a school as a True Sport School.
- Introduce True Sport to parents in a letter or email (see p. 9). Hold a parent’s meeting at the beginning of the season to share your commitment to True Sport and request their support. Encourage regular and open communication between coaches and parents. Create an atmosphere of sharing ideas that contribute to a great team experience.
- Weave True Sport messaging into your team’s communication pieces (e.g., newsletters, website, team meetings, pre-game talks etc.).



- Make it your team culture that after all games, athletes not only shake hands with opposing players, but also with opposing coaches and game officials.
- Find creative and constructive ways to deal with inappropriate behaviours.
- Conduct nutrition sessions with your athletes to ensure that they understand the relationship between healthy eating and sport performance. Help your athletes “Stay Healthy”! For more information about athlete nutrition and body image, visit www.bodysense.ca.
- Provide opportunities for your athletes and team personnel to take CPR/first aid courses to enable the safest possible sport experience.
- As part of your professional development (and living the “Go For It” principle), enroll in National Coaching Certification Program (NCCP) workshops (www.coach.ca) or Canadian Sport for Life sessions (www.ltad.ca).
- Every great team showcases its emblems with pride. Once your team has committed to being a True Sport member, make it public! Show your true colours – add the [True Sport logo](#) to your team uniforms, track suits or other apparel. Wearing the logo shows your team’s commitment to “live” by the True Sport Principles.



Is there more you can do to **LIVE** True Sport?

TRUE SPORT LIVES HERE

Remember... log on to www.truesport.ca and complete the online declaration to officially become a member of the True Sport Movement!

<insert your school logo here> or

<copy this letter onto your school letterhead>

Date <insert>

Dear <insert "Parent(s)" or "Mr/Mrs last name of parent(s)" > ,

On behalf of the <insert school/team name>, I would like to share with you some important information relating to the sport experience of your child at this school. As a school, we are committed to providing a fun, safe and rewarding environment for all of our student- athletes. To demonstrate this commitment, we have declared our <insert school/team or both> as part of the True Sport Movement.

True Sport is a national movement for sport and community. Its goal is to help sport live up to its full potential as a public asset for Canada and Canadian society, making a significant contribution to the development of youth, the well being of individuals, and the quality of life in our communities. True Sport is a philosophy that lives within people and places like <insert school name> – it's up to us to ensure that we provide a positive sport experience which instills the True Sport values of fairness, excellence, inclusion and fun.

Throughout the season, <insert school/team or both> will be highlighting our commitment to True Sport in various ways < if applicable insert examples>. Through these manners, we will be educating your child on behaving and participating as a True Sport athlete and adhering to the True Sport Principles of Go for it, Play Fair, Respect Others, Keep it Fun, Stay Healthy and Give back. As a parent, please reinforce these principles with your child, by providing them with a positive example to emulate, and congratulating them when they demonstrate these principles.

Together, we can make a difference in our children's sport experience. To learn more about <insert school/team name>'s commitment to True Sport please visit www.truesport.ca or talk to me at any time.

I look forward to a great <insert sport> season!

<insert your signature>

<insert your name>

<insert your title>

<insert your School name>

<insert your contact information>

Go For
It

Play
Fair

Respect
Others

Keep It
Fun

Stay
Healthy

Give
Back



TRUE SPORT
lives here

TRUE SPORT ATHLETIC CONTRACT

District 17 schools (Elementary, Middle and High) have officially declared as members of the National True Sport Movement. All participants including coaches, activity leaders, players and their families of all school based extra curricular sport teams/clubs/groups will commit to demonstrating the following True Sport Movement principles.



PRINCIPLES FOR TRUE SPORT

Go For It

Always rise to the challenge.
Discover how good you can be.

Play Fair

Play honestly and obey the rules.
Winning is only real when competition is fair.

Respect Others

Respect teammates, competitors, coaches and officials both on the field and off.
Win with dignity and lose with grace.

Keep It Fun

Have a good time.
Keep a positive attitude and contribute to a positive atmosphere.

Stay Healthy

Respect your body. Keep in shape.

Give Back

Do something that helps your community

------(Please detach bottom portion of page and return to the athletic director or school administration)-----

We declare that we will demonstrate the principles of TRUE SPORT to the best of our abilities when participating or observing an athletic event/game/activity.

Name of Sport/Activity

Player/Student

Parent/Guardian

Coach/Activity Leader

Huntsville High School: Honouring True Sport Youth Champions

John Cowan wasn't a fan of the ugly attitude developing within school sports. The current Huntsville High School physical education teacher, who was then-athletic director, says he noticed a lack of appreciation for officials, opposing teams and coaches.

"There seemed to be a lot more emphasis on the outcome and results, as opposed to the experience of enjoying the competition," he says.

Cowan says existing athletic awards at the high school rewarded for students demonstrating sporting excellence, but did not necessarily select those who were promising leaders yet not necessarily the best athletes. "There was a 'me' generation that needed to be dealt with quickly, in a way that was positive," says Cowan.

About five years ago, he launched the True Sport Scholarship Award, recognizing senior students who exemplified the True Sport Values – inclusion, fairness excellence and fun – and the True Sport Principles. Based on all the coaches' recommendations to the athletic director, all coaches would vote for the best candidate.

In its first year, the program rewarded a senior student with a scholarship valued at \$1,000. But the following year, the scholarship was split into two so that a male and female student athlete could be recognized. Local businesses; the Tim Hortons (Muskoka) and Algonquin Outfitters, believe in the importance of True Sport. Both generously fund this scholarship program.

The 2007 recipients of the True Sport Scholarship Awards are two student athletes – Jared Hoo and Julia Kaye – who are part of the honour society at Huntsville High School.

Graduating student Jared Hoo has been part of the high school basketball, soccer and track and field teams for the past four years. He has been selected to play in juvenile and junior development programs in the OBA system, and has been dedicating his time to referee house league basketball.

Hoo has also been a leader in the school's athletic association, and has attended several OFSAA high school championships. He is a force to be reckoned with on the floor, but he certainly appreciates competition. "He tries to be the best he can be, and continues to work hard."

Julia Kay, also a Grade 12 graduate, is an alpine skier, basketball and soccer player who is heavily involved in the school's athletic association. She has gone to OFSAA for alpine skiing. "She realizes when she has to encourage her own team members to pick up their socks," says Cowan, adding that Kay knows how to set goals and achieve them.

The school, attended by 1200 students, also established a True Sport program, recognizing the efforts of junior student athletes. It is named after a former school principal – Bruce Reain – who was an avid athlete, as well as coached at all levels of various high school sports.

At Huntsville, which happens to be the only high school in the town, teams are coached by volunteers from school staff. And Cowan says he has seen how student athletes apply lessons learned –such as school spirit and leadership – beyond the courts, fields or slopes.

"Sport is learning about yourself. The athletes become leaders in the school," he says. "They show aspects of respecting each other, and encouraging cooperation in the classroom."

The third and final step is to... **GROW** TRUE SPORT!

Now that you've **joined** and become a member of the True Sport Movement, you can add momentum to the Movement by spreading the message and sparking a similar commitment among other teams in your league and in your sport organization.

Talk to others about the True Sport Movement! Engage them in discussions about the benefits of values-based sport, giving them examples of how you and your team are **living** the True Sport Principles in everything you do. Invite them to add their voice to the Movement by directing them to the True Sport website. The True Sport Movement relies on people like you—people who understand the value and the power of sport—to let others know that they can become part of a nationwide effort committed to making sport the best it can be.

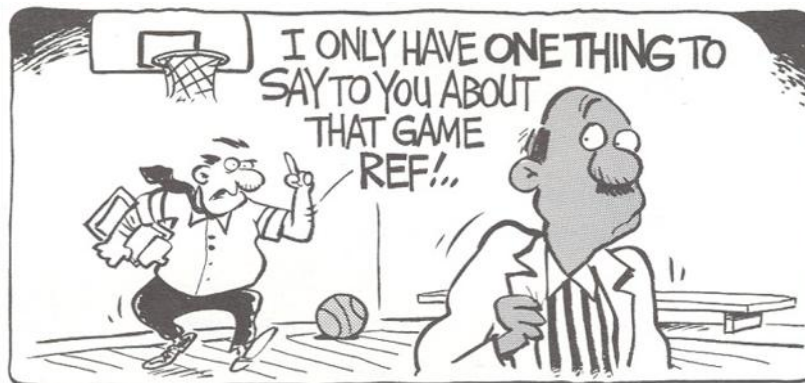
The following are some great ideas on how to help **GROW** the Movement...

- The [What You Can Do Guide](#) will inspire you to create ways to live the True Sport Principles in your [community](#), [facility](#), [school](#), [sport organization](#), [team](#), or [event](#).
- Celebrate your team and school's commitment to True Sport during a school assembly. As a sign of commitment, raise a True Sport banner to the school's gymnasium rafters.
- Identify and invite sport celebrities (e.g., Olympians, professionals) to speak to your sport organization about how values-based sport relates to their careers and who they are as individuals.
- If you organize sporting events or championships, theme it as a [True Sport event](#). Talk about it at the pre-competition coaches' meeting, display True Sport banners and signage, highlight it in the event program, and create an award to recognize the team or athlete who best lived the True Sport Principles during the event.
- If True Sport already lives in your school, consider getting your entire school board involved, a detailed [True Sport Champions Kit](#) is available to guide you. Contact champions@truesport.ca for more information on this program.
- In Ontario High Schools, students must complete 40 hours of volunteer community involvement activities. As part of the True Sport Principle "Give Back", you may wish to encourage your student-athletes to earn these credits by speaking to elementary schools or community sport groups about True Sport. Alternatively, you might encourage your student-athletes to volunteer as coaches or officials with the local sport community.
- Adding a True Sport logo to your team uniform is also an effective way to grow True Sport. Others will see the logo and ask questions. Your team will then be able to communicate the True Sport message.

- Give back to your community by establishing a team understanding that each member should “give back” a designated number of hours to the community. Discuss the various ways that your athletes can support the community.
 - Support younger teams by helping with their practices, mentoring their athletes and modelling True Sport behaviour.
 - Schedule a field, arena or park clean-up day.
 - Volunteer with a charity.
 - Help out during community events or tournaments.
 - Further develop sport-specific skills by becoming coaches, officials and organizers.
 - speaking to elementary schools or community sport groups about True Sport
- Use social networking to spread the True Sport message and share examples of how you are living the True Sport Principles.
- Your commitment to good sport is a marketable community asset. Use this commitment as a selling feature when developing corporate partnerships, and sponsorships. Introduce relevant community stakeholders to True Sport and show them how it can help them achieve their goals.
- Share your experiences and learnings with other coaches across Canada by regularly visiting the True Sport website at www.truesport.ca or by sharing your thoughts with us at info@truesport.ca.

Is there more you can do to “**GROW**” True Sport?

TRUE SPORT LIVES HERE



"The True Sport philosophy is so close to what we're trying to do in school sport that it's just a natural step for us to join. What we're really doing is using sport to make better people."

Garth Turtle, Retired Executive Director, Prince Edward Island School Athletic Association

"In District #17, schools, coaches, players, and parents have partnered together to create a True Sport Athletic Contract to assist in the promotion and education of the Principles For Sport in all of our extra-curricular sport programs. Together, we are creating and developing a positive sport community that upholds the ideals of the True Sport Movement and meets the needs of all of our participants in a fun and healthy way."

Robin Buchanan, Physical Education Mentor, School District 17, New Brunswick

"True Sport was exactly what our school was doing - using student leaders and peer instructors in PE class; as Junior level coaches for our sports teams; as well as equipment monitors - setting up and taking down for classes. Our students are simply more aware now that being the stellar athlete is not always what it is about; participating to your best potential and maintaining personal fitness goals; as well as giving back to the "community" makes you who you are . . . the well rounded Canadian. We now even have a graduation award honouring a True Sport athlete named after one of our True Sport Principals - the late Mr. Denis Landry. It really was no work . . . and it simply reinforces sport ethics along the way."

Vicky Mainwood, Teacher Henry Larsen Elementary School (Ottawa)



TRUE SPORT LIVES HERE

PRODUCT ORDER FORM

Completed [forms](#) can be sent by mail or by fax
If you have any questions please contact True Sport at (613) 521-9533







MAIL: c/o Canadian Centre for Ethics in Sport (CCES)
955 Green Valley Crescent - Suite 350 Ottawa, ON K2C 3V4

FAX: (613) 521-3134
Email: info@truesport.ca

First Name: _____	Last Name: _____
Address: _____	Postal Code: _____
_____	City/Province: _____
Email: _____	Phone: _____

RESOURCES AVAILABLE






*The following resources marked with an asterisk can be ordered free of charge and/or downloaded (**at no cost, up to 10 items**)*. For groups or organizations wishing to make **an order of 11 or more items**, shipping and handling costs may apply. A True Sport representative will be contacting you shortly to confirm your order, product costs and to determine your preferred method of payment.

Photo	Item Description	Unit Price	QUANTITY
	True Sport Start-up Kit Includes: Community Action Kit (including 20 Stickers, 20 Tattoos) Fridge Magnet, Fling Ring, Pen, Highlighter, Note Pad, Movement Brochure, DVD	\$ 5.00 each	
	True Sport Lives Here DVD Includes English and French versions A seven minute video featuring a variety of community leaders and elite athletes (Steve Nash, Chantal Petitclerc)	\$ 7.50 each	
	Community Action Kit Includes: 20 True Sport Stickers, 20 True Sport Tattoos A Principles for Community Poster, A Principles for Sport Poster, A True Sport Declaration	Free* (up to qty 10) \$ 5.50 each	
	True Sport Movement Brochure 5 panel design bilingual 20 brochures per package	Free* (up to qty 10) \$10.00 each package	_____ packages
	True Sport Stickers 1.25" x 2" vinyl stickers Fabric safe adhesive 20 stickers per package	Free* (up to qty 10) \$ 0.85 each package	_____ packages
	True Sport Tattoos 1.5" x 1.5" 20 tattoos per package	Free* (up to qty 10) \$ 1.20 each package	_____ packages



LAST UPDATED June 9th, 2011

RESOURCES AVAILABLE

The following resources can be ordered for the price indicated; **taxes, shipping and handling costs may apply.
A True Sport representative will be contacting you shortly to confirm your order, product costs and to determine your preferred method of payment.

Photo	Item Description	Unit Price	QUANTITY
	<u>Principles for Sport Poster</u> 11" x 17" (folded)	Free* (up to qty 10)	
	<u>Principles for Community Poster</u> 11" x 17" (folded)	\$ 0.45 Each	
	<u>True Sport Official Member Declaration</u> 8.5" x 11"	Free* (up to qty 10) \$ 0.45 each	
	True Sport Poster 36" x 26" (folded)	Free* (up to qty 10) \$ 0.50 each	
	True Sport Banner (indoor/outdoor - 42" X 66") "Principles for Sport" 12oz vinyl Banners - English or French	\$ 150.00 each	
	True Sport Banner (indoor/outdoor - 42" X 66") "Principles for Communities" 12oz vinyl Banners		
	True Sport "Lives Here" Banner 12oz vinyl Banners (indoor/outdoor - 42" X 66") Available in French and English	\$ 150.00 each	

CLOTHING:

Photo	Item Description	Unit Price	QUANTITY
	True Sport Vest (bilingual) Available in Men's: Small, Medium, Large, X-Large Women's: Small, Medium, Large, X-Large	\$ 40.00 each	_____ quantity _____ sizes
	True Sport Long Sleeve 1/4 Zip Pullover (bilingual) Available in Men's: Small, Medium, Large, X-Large Women's: Small, Medium, Large, X-Large	\$ 40.00 each	_____ quantity _____ sizes






Reminder – if there are any products you would like to co-brand please contact us at info@truesport.ca for a quote.

RESOURCES AVAILABLE

The following resources can be ordered for the price indicated; **taxes, shipping and handling costs may apply.
A True Sport representative will be contacting you shortly to confirm your order, product costs and to determine your preferred method of payment.

Photo	Item Description	Unit Price	QUANTITY
	True Sport Ball Cap (bilingual) Youth and Adult sizes True Sport logo embroidered both sides	\$ 15.00 each	
	True Sport Toque One size fits all (bilingual) Waffle Beanie Style - black Made in Canada	\$ 15.00 each	
	True Sport Rally Scarf Made in Canada	\$ 25.00 each	
	True Sport Iron-On Patch 2" x 3" - Sold as 10 patches per package You can apply the patch to any fabric	\$ 8.00 for 10	_____ packages

MISCELLANEOUS:

Photo	Item Description	Unit Price	QUANTITY
	True Sport Clap Banner (bilingual) Imprinted with the True Sport Principles for Sport <i>Special Package for the parents of your team(s)</i> Buy a team set of clap banners (16 units) for \$40.00	\$ 4.00 each	_____ packages or _____ individual
	True Sport Lanyards (bilingual) Imprinted with the True Sport Principles for Sport <i>Special - contact us for pricing in bulk order</i> (25 or more)	\$ 4.00 each	
	True Sport Shoe Laces (bilingual) Imprinted with the True Sport Principles for Sport Special - Buy three (3) for \$10.00	\$ 5.00 each	
	True Sport Elaztic Bands Imprinted with "Good sport can make a great difference" (bilingual) Special - Buy three (3) for \$10.00	\$ 4.00 each	
	True Sport Pencils (bilingual) Sold as 12 pencils per package (2 x each Principle) <i>Individually</i> imprinted with the True Sport Principles for Sport	\$ 9.00 for 12	_____ packages

Reminder – if there are any products you would like to co-brand please contact us at info@truesport.ca for a quote.

RESOURCES AVAILABLE

**The following resources can be ordered for the price indicated; *taxes, shipping and handling costs may apply.*
A True Sport representative will be contacting you shortly to confirm your order, product costs and to determine your preferred method of payment.

Photo	Item Description	Unit Price	QUANTITY
	True Sport Highlighter/Pen Combo (bilingual)	\$ 2.00 each	
	True Sport Pen (bilingual) Sold as 10 pens per package	\$ 10.00 for 10	_____ packages
	True Sport Fling Ring 9" diameter (bilingual) Sold as 10 fling rings per package	\$ 8.00 for 10	_____ packages
	True Sport Bike Water Bottle Imprinted with the True Sport Principles for Sport (bilingual)	\$ 1.50 each	
	True Sport Bottle – Stainless Steel Imprinted with the True Sport Logo and Web Address (bilingual)	\$ 15.00 each	
	True Sport Magnetic Photoframes 8" x 5.75" 2 magnets in one, guaranteed to brighten up any fridge, filing cabinet or locker	\$ 1.50 each	
	True Sport Note Pads 5.5" x 8.5" (bilingual) White paper, ruled	\$ 2.25 each	
	True Sport Hackey Sack Imprinted with the True Sport Logo (bilingual) <i>Special – Buy three (3) for \$10.00</i>	\$ 4.00 each	
	True Sport Pucks In Glas Co Official made in Slovakia	\$ 1.00 each	
	True Sport Tote Bag Environmentally friendly Black – 12" x 14" x 8"	\$ 3.00 each	

Reminder – if there are any products you would like to co-brand please contact us at info@truesport.ca for a quote.