



For the FUN of it!

Mount Pearl Sport Alliance	
Baseball	Mount Pearl Minor Baseball
Basketball	Mount Pearl Minor Basketball
Bowling	PearlGate Youth Bowling
Gymnastics	Campia Gymnastics
Hockey	Mount Pearl Minor Hockey
Rugby	Dogs Rugby Club
Skating	Mount Pearl Figure Skating Club
Soccer	Mount Pearl Soccer Association
Special Olympics	Special Olympics Mount Pearl
Swimming	Mount Pearl Marlins
SynchroSwimming	Mount Pearl Synchro Club
Tennis	Mount Pearl Tennis Club
Track & Field	PearlGate Track & Field

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In partnership with City of Mount Pearl



The weekend was kicked off with a Meet and Greet at Don Cherry's Mount Pearl!

Throughout 2010 the Mount Pearl Sport Alliance undertook a number of activities leading up to the True Sport Symposium which was the launch of the True Sport movement in Mount Pearl. These initiatives were all intended to raise awareness and to inform the citizens of Mount Pearl what becoming a True Sport Community would mean.

The Symposium was divided into three main segments – On Friday we held Hot Stove Sessions in four Schools, on Saturday the Discussion Forum and on Sunday the Try It Sports Day!

True Sport Symposium - Hot Stove Sessions

Friday October 1st was a different school day for 600 Junior and Senior High Students in Mount Pearl. Instead of their normal classes they were given the opportunity to participate in a discussion with a panel of sport celebrities to hear their suggestions as to how to encourage youth to stay in sports and for those who have given up sports what can be done to get them back involved. Panel discussions were led by local sport celebrities TA Loeffler, Jamie Korab, Peter Benoit, Simon Blanks, Robin Short, Glen Littlejohn, Raeleen Dunne, Keely Whitelaw, Michelle Healey and Trevor Murphy. The "Hot Stove" Sessions were held with students from Grade 7 to Level 3 in St. Peter's Junior High, Mount Pearl Intermediate, Mount Pearl Senior and O'Donel High Schools. The following information was gathered from these sessions and presented at the Discussion Forum on the following day:

They stopped playing sport because:

- It took up too much time
- There was unfair playing time
- Didn't see themselves developing
- They got tired of it.

For sport to be fun it must:

- Have good coaches who know what they're teaching
- Have lots of opportunities for everyone not just a select few
- Ensure everyone follow the rules
- Enable their friends to play as well
- Treat everyone equally
- Give all athletes a chance to develop
- Have more unorganized sport opportunities
- For the more competitive athlete to define success and work with them to establish goals and attain them.

What can we DO:

- Selection process –fair shot for all ("what" you know, not "who" you know)
- Make sport affordable - charities, government, corporate money, equipment lending/trading/sharing
- Ensure balance –academics, social, sports, leisure, technology
- Welcoming opportunities to get started to try different sports - Communicate opportunities
- Develop Coach & Officials
- Recognize social aspects of sport
- Respect the rules of the game –no cheating!
- More unorganized sport opportunities
- Define success. Establish expectations & goals (strive for excellence vs. demanding excellence)
- Support for grassroots

Gold Sponsors





True Sport Symposium – Discussion Forum

On Saturday morning approximately 75 people from around the community attended the Forum portion of the Weekend to learn about True Sport and the actions we need to take to become a True Sport Community. The day was opened by a presentation by Jennifer Keith from the Centre for Ethics in Sport in Ottawa who introduced True Sport.

“True Sport is a National movement to enable sport and community to help sport live up to its full potential as a public asset by making a significant contribution to the development of youth and quality of life in our communities.” True Sport has conducted research that has provided evidence of what Canadians intuitively know and that is that - GOOD sport can make a GREAT difference by:

- Improved health and well being
- A positive life course for children and youth
- Stronger and more inclusive communities
- Community economic development and renewal
- Greater environmental sustainability

But to realize these benefits we must ensure that our Sport is True Sport - that is, Sport that is Fun, Fair, Inclusive and genuinely supports Excellence. The following set of principles have been adopted and form the basis of true Sport:

Principles for Community	Principles for Sport
Recognize Sport as a Valuable Community Asset	Go For It
Champion Ethical Conduct	Play Fair
Promote Inclusion	Respect Others
Strengthen Connections	Keep It Fun
Support Excellence	Stay Healthy
Foster Healthy, Active Lifestyles	Give Back
Create Safe and Welcoming Environments	
Celebrate Contribution	

Jennifer also summarized the information the students provided us at the Hot Stoves so that this valuable information could be considered in the discussions during the day.

Following Jennifer’s presentation Small Group discussions were held to identify actions we can take to give life to these Principles. The results of the discussions were then rolled up and presented to all participants at the end of the day. The following Eight key recommendations will form the basis of an Action plan for the future.

1. Sports have to work closer together
2. Volunteer Recruitment and do Better job of rewarding volunteers- Get young people involved
3. Make sports affordable
4. Have more unorganized sport
5. Increase opportunities for seniors
6. Community sponsored coaches training
7. Messaging to parents - Zero Tolerance on abuse - Keeping the “fun” in Sport
8. More sharing opportunities – like this one

Please visit our web site www.mpsportalliance.ca for the complete Summary:




Andrew Ledwell and Mary Holloway lead the discussion in one of the small group discussions.

Concurrent presentations were also conducted throughout the day. Topics included: Positive Parenting in Sport – Rugby’s Simon Blanks; Recreation Facilities for the Future – Director Community Services Ray Osmond; Life Long Athlete Development - Bill Taggart; How Sport Can Reach Out To Youth At Risk – RCMP’s Sgt. Boyd Merrill; Coaching for Fun, Fairness, Inclusiveness and Excellence – Edmonton Oilers’ Trevor Murphy; Pre School (Active Start) – MUN’s Vivienne Kuester and Eat Great and Participate with Eastern Health’s Bailey Scaplen and Healthy Living for Seniors – Ben Dunne. The presentations are available at www.mpsportalliance.ca.

The luncheon speaker was Adult Educator and Adventurer TA Loeffler. TA inspired everyone as she recounted her attempt at climbing Mount Everest and the challenges she had to overcome along the way. She also spoke to her life in sport and how through years of good healthy sport she was better prepared to take on such a challenge. She emphasized how adhering to the same values now being presented by True sport helped her in all her endeavours and have made her a stronger person.

continued on page 3 . . .


DISTRICT OF MOUNT PEARL NORTH



Steve
KENT

M.H.A.

**For information or assistance,
get in touch with Steve!**



www.stevekent.ca • stevekent@gov.nl.ca • 729.1526



Mayor Randy Simms signs the official True Sport Declaration.

All who attended will agree that the day was a complete success. Not only did we gather some great information to guide us in moving forward, but we involved many people in the discussion from across our community who may not have had the opportunity to be heard in the past. We had a large contingent of Seniors represented as well as sports groups, the City and over 600 Youth. As one participant stated "When was the last time we had 75 people from across our City meet in one room for a full day to discuss Sport and only Sport?". Certainly we hope this will be the first of many such opportunities!

True Sport Symposium Try It Sports Day!

Sunday was Try IT Sports Day! And we had over 20 different sports set up around the City so people of all ages could come out and try a sport. About 50 people tried out everything from Goal Ball, Bowling, Wrestling, Rugby and Pole Walking.

Many thanks go to the organizing Committee who worked long and hard in making this a truly significant milestone in the evolution of Sport in our Community: Thanks go out to:

- | | | |
|---------------|----------------|--------------------|
| Mike Mooney | Mary Holloway | Lynn Sparkes |
| John Barron | Pam Good | Carol Ann Kelloway |
| Linda Roberts | Leslie Burgess | Geraldine Sceviour |
| Marlene Cole | Lorne LeDrew | Gary Martin, Chair |



Mayor Randy Simms and all the participants were delighted to declare Mount Pearl a TRUE SPORT COMMUNITY!



Jamie Korab, Peter Benoit and Jennifer Keith lead the discussion at Mount Pearl Intermediate

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Jessa Devilla 745-2557

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Christmas Message from Harry Bartlett, Chair Mount Pearl Sport Alliance

2010 has been a milestone year for the Mount Pearl Sport Alliance. Through our 13 member sports we were proud to bring True Sport to Mount Pearl. This is a significant achievement for this City as we continue to earn the reputation as the Sport Capital of the Province.

As with any organization we have to continually examine ourselves to ensure we are meeting the needs of our members and the Citizens we serve. We have therefore asked the City to commission a review of our mandate and role so that we can re-focus as appropriate and necessary our efforts for the future. This is particularly important now as we implement initiatives to demonstrate our commitment to the Values and Principles of True Sport. We look forward to the Consultant's findings and to move into 2011 with a reinvigorated mandate that responds to the needs of the community.

In closing on behalf of the Board and the Executive of the Mount Pearl Sport Alliance I wish you all a Merry Christmas and Happy and Peaceful New Year!

Harry Bartlett, Chair
Mount Pearl Sport Alliance



True Sport Mascot Active @ttie was a hit at Mount Pearl Intermediate

GET ACTIVE ...feel FUNtastic!



Chillin - with Teens

An exciting program for Teens to Chill with Friends in a Fun environment!
Most activities are free of charge (a minimal fee may be charged for some activities)
Reid Community Centre
Jan 6 - May 26
Tuesdays & Thursdays
3:00 - 8:00pm

Family Fit Challenge

All about fun with your family...try new games and play some classics. Each week brings a variety of fun activity challenges!
For ages 6 to 12 and parents
Reid Community Centre
Saturdays 10:30am - 12:20pm
FREE of charge...drop in any date listed below:
Jan 8, 15, 22, 29
Feb 19, 26
Mar 5, 12, 19, 26
Apr 2, 9, 16, 23, 30



www.mountpearl.ca

Focus On Youth Awards 2010

Do your part in recognizing Mount Pearl's tremendous youth. Awards will be presented in 15 categories. For more information on nomination packages call Garry Fraser at 748-1010 or visit www.mountpearl.ca. Deadline for nominations is March 1, 2011.

Rec Swims

Pre-Teen (10-12yrs)
Fri 8:00-8:50pm or 9:00-9:50pm
Cost \$2.00 per swim

Teen (13-17yrs)
Sun 8:00-8:50pm Cost \$2.00 per swim

Public
Sat 7:10-8:00pm / Sun 6:05-6:55pm
Cost \$2.00 youth-teen / \$2.50 adult

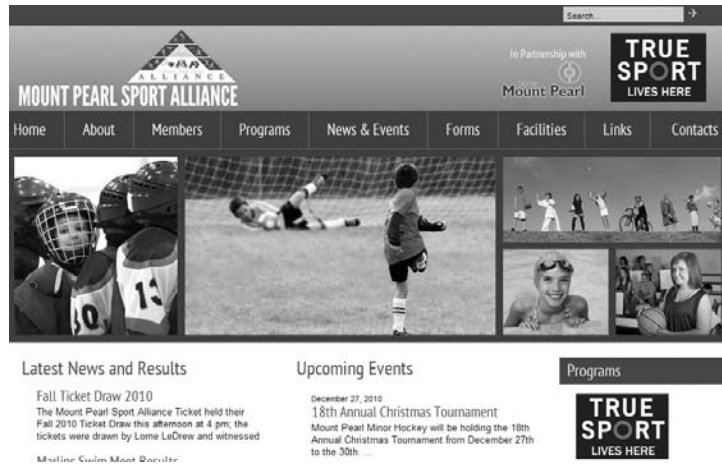
Family (adults must swim with children)
Wed & Fri 7:05-7:55pm / Sun 3:05-3:55pm
Cost \$4.00 two people / \$6.50 three to five people



NEW WEBSITE for Mount Pearl Sport Alliance!

The Mount Pearl Sport Alliance is proud to announce the launch of its new Website www.mpsportalliance.ca. According to the Business Manager Lorne LeDrew "not only does the site have a new look and feel it is much more functional than ever before". From the information perspective with the new content management system, information can be updated daily. It also features an easy to access Events Calendar where you can view upcoming events without drilling down through the site. The new "Results" page provides scores and tournament results as quickly as we receive them from the Sports. The site also enables you to complete and submit various forms on line including nominations for Recognition, Achievement, or Athlete of the Year or Awards or enrolling in the Sobey's Voucher program.

Each of our 13 Sports has their own page with pictures, links to their sites and contact information. So list us in your "My Favourites" and keep in touch with all the minor Sports in Mount Pearl.



Sean Corbett is the proud winner of the bike and helmet donated by NL Power





18" JUMBO PIZZA \$11.99

5

Toppings!
Toppings!
Toppings!
Toppings!

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Sponsors make the Sport Alliance Work!

It is through the generous support of our sponsors that we are able to deliver our Programs and Services to the youth of Mount Pearl.

The Mount Sport Alliance wishes to thank all our Sponsors

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Medallion

- Allied Labels
- Atlantic Home Furnishings
- Modern Paving

Friends of Youth Sport

- BAE-Newplan Group

What's Happening

18th Annual Christmas Hockey Tournament

- Mount Pearl Minor Hockey will be holding the 18th Annual Christmas Tournament from December 27th to the 30th

Mount Pearl Sports Hall of Fame and Athlete of the Year Banquet

- Friday January 28, 2011, Reid Community Centre
- **Frosty Festival (Events sponsored by Sport Alliance)**
- Frosty's Big Birthday Party Saturday February 5, 2011, 11am-3pm at The Glacier. **FREE** Admission.
- ZUMBA Fitness, Sunday February 6 - at 11:00am at O'Donel High School. \$2.00 Admission.

The Dogs Rugby Club and the Mount Pearl Sport Alliance wish to thank everyone who helped make this year's **Annual Gala and Auction** held at Mount Pearl Senior on November 20 the most successful yet.



Paul Davis

Newfoundland Labrador

Paul Davis, M.H.A.
District of Topsail

For information or assistance,
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Safe Holiday Season

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Newfoundland Labrador



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