

*Go For  
It*

*Play  
Fair*

*Respect  
Others*

*Keep It  
Fun*

*Stay  
Healthy*

*Give  
Back*

# True Sport Engagement Kit

*for Schools*

*A guide to becoming a True Sport School*



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?

**True Sport is ...** a national movement for sport and community which strives to ensure that *positive values are at the heart of the sport experience for athletes, coaches, teams, leagues, schools and in communities*. Its core mission is to be a catalyst to help sport live up to its full potential to make a significant contribution to the development of youth, the well-being of individuals, and the quality of life in our communities. At the heart of True Sport are 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. Research has shown that sport – when done right – can contribute to giving children and youth a healthy start in life, help those with a poor start get back on track, and equip youth with the information, skills, personal resources and social support they need to make key life transitions successfully. Specifically, sport can help to reduce youth health risk behaviours, foster positive youth development, enhance academic achievement, teach positive values and life skills, prevent youth crime and gang involvement, and provide positive adult role models. For more information on how sport can live up to its full potential for children and youth in Canada, please refer to **What Sport Can Do: The True Sport Report** downloadable from the True Sport website at [www.truesport.ca](http://www.truesport.ca)

**It's easy to get involved ...** This kit outlines effective and easy-to-implement steps you can take right now to become part of the True Sport Movement. Support the kind of sport you, and we, all want. It's simple. It's practical. It's full of ideas. 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 teachers, school administrators, coaches, athletes, officials, parents, organizers, community leaders, teams, schools, sport and community organizations and communities 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 discussions, conversations, actions and interactions. In turn, this will create a model which will permit your school and its student population to “live” True Sport.

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



# 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.



## 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

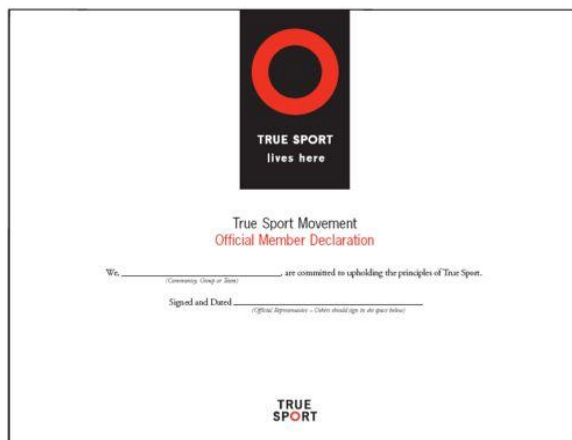
Recognize and honour the people – coaches, organizers, officials and volunteers – whose contribution makes sport possible and positive in the community.

# HOW DO I BECOME A TRUE SPORT SCHOOL?

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, intramural program and varsity teams, join a growing Movement of Canadians who believe that sport has the power to shape character and express values, promote inclusion and inspire excellence. Joining True Sport means to...

- Have a **discussion** with your school personnel and your Student Council about the True Sport Principles for Communities and True Sport Principles for Sport.
  - Explore how these Principles align with your own school's mission, vision and values.
  - Find out what the Principles mean to students participating in your intramural and varsity teams.
  - Reach a consensus that you want your school to join the True Sport Movement.
  - Make it a school-wide commitment. Remember, people can join True Sport at different levels, for example, a teacher or a student can join as a True Sport Citizen, your school's intramural and varsity teams as True Sport Teams, and your school as a True Sport School.
- Sign the **True Sport declaration**.
  - Sign the declaration (enclosed). Frame it. Display it in a prominent location in your school. Signing the declaration broadcasts your commitment to the True Sport Movement. It's an agreement among all personnel and students in your school to uphold the True Sport Principles. It formalizes and gives everyone a visual reminder of your school's commitment
  - Log on to [www.truesport.ca/declare](http://www.truesport.ca/declare) and complete the online declaration to become an official member of the True Sport Movement.

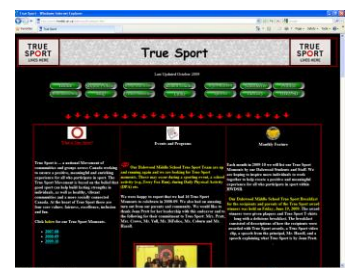


## The **second step** is to... **LIVE TRUE SPORT!**

Putting True Sport Principles into play is a simple – but key – part of bringing your commitment to life in the everyday activities and behaviours in your school and on your teams. 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 behave, train, compete and play your best. The Principles are universal but their application depends entirely on your situation. In many cases, you'll see your school is already practicing the Principles in one form or another. Adapt them to the needs and goals of your school, your intramural program and your varsity teams. You are the Movement.

The following are suggestions on how you can **LIVE** True Sport ...

- ✓ Celebrate your 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. Talk to the students about your school being a True Sport School and what that means. Talk about the True Sport Principles. Identify and invite former students (e.g., Olympians, professionals) who have achieved excellence in sport to speak about how values-based sport relates to their careers and their lives.
- ✓ Every great team showcases its emblems with pride. Once your school has committed to being a True Sport school, make it public! Show your true colours – add the **True Sport patch logo** to your school apparel and varsity team uniforms! Wearing the patch shows your school and teams' commitment to “live” the True Sport Principles. Use the Order Form (p. 14) to purchase them.
- ✓ Add the True Sport logo to your school's website home page. Download them from the Resources page of the True Sport website at [www.truesportpur.ca](http://www.truesportpur.ca)
- ✓ Hang a True Sport banner in your school's gymnasium or front lobby. Laminate and display True Sport Principles posters 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 revarnished, consider stenciling or painting the True Sport logo on the floor or walls. A stencil is available by contacting [info@truesport.ca](mailto:info@truesport.ca).
- ✓ Weave True Sport messaging into your school's communication pieces (e.g., website, newsletters, student planners, yearbook).
- ✓ Wear True Sport clothing (*order form p. 14*).
- ✓ Notify your athletes' parents of your commitment to True Sport and request their support of this initiative (see *p. 12*).



- ✓ Create a True Sport bulletin board or display case highlighting True Sport athletes and moments of the month on both your intramural and varsity teams. Use the space to bring the True Sport Principles to life.
- ✓ Ensure your intramural activities are available to all students and appeal broadly to a variety of skill levels and ages. If you don't currently run an intramural program, consider doing so. Visit [www.raisethebarintramurals.com](http://www.raisethebarintramurals.com) and [www.phecanada.ca](http://www.phecanada.ca) for some great programming ideas.
- ✓ At the start of the varsity sport seasons, have your teacher-coaches discuss their coaching philosophy and team goals with the athletes. Have them build a *Team Agreement* with their athletes. A *Team Agreement* outlines why student-athletes are on the school's varsity team, what they hope to achieve, and how they would like to be treated throughout the competition year. Use the True Sport Principles as part of the foundation of this agreement. Reference the *True Sport Agreement* guide, available on the Resource page of the True Sport website at [www.truesport.ca](http://www.truesport.ca) to help with this process.
- ✓ Ask your teacher-coaches, as part of their coaching objectives, to consider holding nutrition sessions with their student-athletes to ensure they understand the relationship between healthy eating and sport performance. Help your student-athletes "Stay Healthy!"
- ✓ As part of their professional development, encourage your teacher-coaches to enroll in National Coaching Certification Program (NCCP) workshops ([www.coach.ca](http://www.coach.ca)) or Canadian Sport for Life sessions ([www.ltad.ca](http://www.ltad.ca)).
- ✓ Provide opportunities for teacher-coaches, school personnel, students and student-athletes to take CPR/first aid courses to enable the safest possible sport experience in your school.
- ✓ Make it a culture in your school that after all intramural activities and varsity games, participants not only shake hands with one another, but also with opposing coaches and game officials.
- ✓ Institute a True Sport Player of the Month recognition program. Select a student from your school's intramural and/or varsity teams who has exhibited the True Sport Values and Principles. Highlight this individual on your True Sport bulletin board or display case.
- ✓ Institute a True Sport Athlete of the Year (trophy and/or scholarship) which celebrates a student-athlete who has consistently lived all the True Sport Principles throughout the year. Select an athlete that has combined excellence in athletic, academic and community involvement. Huntsville High School in Ontario recognizes an overall "character athlete" with great success! (see p. 13).
- ✓ Provide your varsity team teacher-coaches with a *True Sport Engagement Kit for Coaches*. Download a copy at [www.truesport.ca/resources](http://www.truesport.ca/resources).





**The following ideas are specific to elementary-level schools...**

- ✓ Extend your academic activities to include True Sport Principles as a teaching focus. Some great tools to help guide this process (downloadable at [www.truesport.ca/resources](http://www.truesport.ca/resources)) include:
  - The *Fair Play for Kids Handbook* developed by Fair Play Canada. This handbook offers many activities to teach fair play.
  - The *Character and Sport curriculum* (Primary, Junior, Intermediate) developed by the York Region District and Catholic School Boards in Ontario. This curriculum includes lesson plans and exercises to teach character and True Sport Principles to your students.
  - The *Game On for Learning* curriculum (Primary, Junior, Intermediate) developed by Hockey Canada. This curriculum includes lesson plans and exercises designed with literacy and numeracy learning outcomes in line with the Ontario education curriculum.
- ✓ Host a Canada Games Day. Integrate the True Sport Principles into the event. Visit [www.canadagames.ca](http://www.canadagames.ca) to obtain a kit.
- ✓ Visit Physical & Health Education Canada at [www.phecanada.ca](http://www.phecanada.ca) for other great curriculum resources.
- ✓ Set up a True Sport student-athlete mentorship program. Combine older and younger students in the playing and teaching of active games and sports. Use True Sport mentors to coach and organize sport activities in the school gym and/or schoolyard.
- ✓ Create a True Sport Challenge, with classrooms competing to increase student participation in intramurals.
- ✓ Create a True Sport Ground Crew to set up and clean up at all sporting events (e.g., scan the school playground for safety issues or garbage).
- ✓ Hold a True Sport writing, drawing or photography contest to get kids thinking about your school's True Sport Principles. Create True Sport colouring sheets for the younger grades.

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

*“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)**



## 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 your peers in other schools and in your school board.

Talk to others about the True Sport Movement! Engage them in discussions about the benefits of values-based sport, giving them examples of how your school is **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.

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

- ✓ If your school hosts sporting events or championships, ask the organizing committee to theme it as a True Sport event. Provide them with a *True Sport Convenor Engagement Kit*. Download a copy at [www.truesport.ca/resources](http://www.truesport.ca/resources).
- ✓ If you are passionate about the power of True Sport and wish to engage others in your community, a detailed *True Sport Champions Kit* is available to guide you. Contact [info@truesport.ca](mailto:info@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-leaders to earn these credits by speaking to other schools or community sport groups about True Sport. Alternatively, you might encourage these same student-leaders to volunteer as coaches or officials with the local sport community or your school’s intramural program.
- ✓ Share your experiences and learnings with other schools across Canada by regularly visiting and posting your thoughts/ideas on the True Sport website at [www.truesport.ca](http://www.truesport.ca)

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

Remember... log on to [www.truesport.ca](http://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 instils 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, you could 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> commitment to True Sport please visit [www.truesport.ca](http://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

## 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."

Completed forms can be sent by mail, by fax or online  
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](mailto:info@truesport.ca)

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

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

LAST UPDATED AUG 12<sup>th</sup>, 2010

## 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
	<b>True Sport Poster</b> 36" x 26" (folded)	<b>Free*</b> (up to qty 10) <b>\$ 0.50</b> each	
	<b><u>Principles for Sport Poster</u></b> 11" x 17" (folded)	<b>Free*</b> (up to qty 10)	
	<b><u>Principles for Community Poster</u></b> 11" x 17" (folded)	<b>\$ 0.45</b> Each	
	<b><u>True Sport Official Member Declaration</u></b> 8.5" x 11"	<b>Free*</b> (up to qty 10) <b>\$ 0.45</b> each	



## CLOTHING:

	<b>True Sport Vest</b> (bilingual) Available in  Men's: Small, Medium, Large, X-Large Women's: Small, Medium, Large, X-Large	<b>\$ 40.00</b> each	_____ quantity  _____ sizes
	<b>True Sport Long Sleeve 1/4 Zip Pullover</b> (bilingual) Available in  Men's: Small, Medium, Large, X-Large Women's: Small, Medium, Large, X-Large	<b>\$ 40.00</b> each	_____ quantity  _____ sizes
	<b>True Sport Performance Long Sleeve</b> (bilingual) Available in  Men's: Small, Medium, Large, X-Large Women's: Small, Medium, Large, X-Large	<b>\$ 35.00</b> each	_____ quantity  _____ sizes
	<b>True Sport Iron-On Patch</b>  2" x 3" - Sold as 10 patches per package  You can apply the patch to any fabric	<b>\$ 8.00</b> for 10	_____ packages
	<b>True Sport Ball Cap</b>  Youth and Adult sizes True Sport logo embroidered both sides (bilingual)	<b>\$ 15.00</b> each	










## 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.

	<p><b>True Sport Toque</b> One size fits all (bilingual) Waffle Beanie Style - black</p> <p>Made in Canada</p>	<p><b>\$ 15.00</b> each</p>	
	<p><b>True Sport Rally Scarf</b></p> <p>Made in Canada</p>	<p><b>\$ 25.00</b> each</p>	

### MISCELLANEOUS:

	<p><b>True Sport Highlighter/Pen Combo</b> (bilingual)</p>	<p><b>\$ 2.00</b> each</p>	
	<p><b>True Sport Pen</b> (bilingual) Sold as 10 pens per package</p>	<p><b>\$ 10.00</b> for 10</p>	<p>_____ packages</p>
	<p><b>True Sport Gel Bracelets</b> <i>Individually</i> imprinted with the True Sport Principles for Sport (bilingual) <b>Special Package – Buy a set of each principle (6) for \$5.00</b></p>	<p><b>\$ 1.00</b> each</p>	<p>_____ packages or _____ individual</p> <hr style="width: 100%;"/> <p style="font-size: x-small; text-align: center;">(indicate principle)</p>
	<p><b>True Sport Fling Ring</b> 9" diameter (bilingual) Sold as 10 fling rings per package</p>	<p><b>\$ 8.00</b> for 10</p>	<p>_____ packages</p>
	<p><b>True Sport Bike Water Bottle</b> Imprinted with the True Sport Principles for Sport (bilingual)</p>	<p><b>\$ 1.50</b> each</p>	
	<p><b>True Sport Bottle – Stainless Steel</b> Imprinted with the True Sport Logo and Web Address (bilingual)</p>	<p><b>\$ 15.00</b> each</p>	
	<p><b>True Sport Tumblers</b> No-Spill, Stainless Steel, Insulated (bilingual)</p>	<p><b>\$ 15.00</b> each</p>	



## 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.

	<p><b>True Sport Banner</b> (indoor/outdoor - 42" X 66") "Principles of Sport" 12oz vinyl Banners - English or French</p>	<p><b>\$ 100.00</b> each</p>	
	<p><b>True Sport Banner</b> (indoor/outdoor - 42" X 66") "Principles for Communities" 12oz vinyl Banners</p>		
	<p><b>True Sport "Lives Here" Banner</b> 12oz vinyl Banners (indoor/outdoor - 42" X 66") Available in French and English</p>	<p><b>\$ 100.00</b> each</p>	
	<p><b>True Sport "Luggage" Tags</b> 2" x 4" Show your support around the world</p>	<p><b>\$ 4.00</b> each</p>	
	<p><b>True Sport Magnetic Photoframes</b> 8" x 5.75" 2 magnets in one, guaranteed to brighten up any fridge, filing cabinet or locker</p>	<p><b>\$ 1.50</b> each</p>	
	<p><b>True Sport Note Pads</b> 5.5" x 8.5" (bilingual) White paper, ruled</p>	<p><b>\$ 2.25</b> each</p>	
	<p><b>True Sport Note Book</b> Red Soft Cover, White paper, ruled with margin 9 1/4" x 7 1/4"</p>	<p><b>\$ 20.00</b> each</p>	
	<p><b>True Sport Skate Towel</b> Imprinted with the True Sport Principles for Sport (bilingual)</p>	<p><b>\$ 2.50</b> each</p>	
	<p><b>True Sport Pucks</b> In Glas Co Official made in Slovakia</p>	<p><b>\$ 1.00</b> each</p>	
	<p><b>True Sport Tote Bag</b> Environmentally friendly Black - 12" x 14" x 8"</p>	<p><b>\$ 3.00</b> each</p>	