



**TRUE
SPORT**

ACTIVITY CALENDAR

www.truesport.ca

True Sport Principles

Go For It

Rise to the challenge – always strive for excellence.
Be persistent and discover how good you can be.

Play Fair

Understand, respect, and follow the rules.
Play with integrity – competition is only meaningful when it is fair.

Respect Others

Show respect for everyone involved in creating your sporting experience, both on and off the field of play.
Win with dignity and lose with grace.

Keep It Fun

Find the joy in sport and share it with others. Remember what you love about sport and why you play.

Stay Healthy

Always respect and care for your mind and body.
Advocate for the health and safety of yourself and those around you.

Include Everyone

Recognize and celebrate strength in diversity.
Invite and welcome others into sport.

Give Back

Say thanks and show gratitude.
Encourage your sport group to make a difference in the community.

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GOOD SPORT



It is important that the True Sport Principles are ebbing and flowing, in balance and proportion with one another, in order to create the positive sport experience we seek.

VS.

WINNING AT ALL COSTS



When too much emphasis is placed on the "Go For It" principle, the other True Sport Principles become under-represented and the good sport experience is compromised.

ASK YOURSELF

What do I want my child to get out of their sport experiences? How are my answers similar or different to my child's?

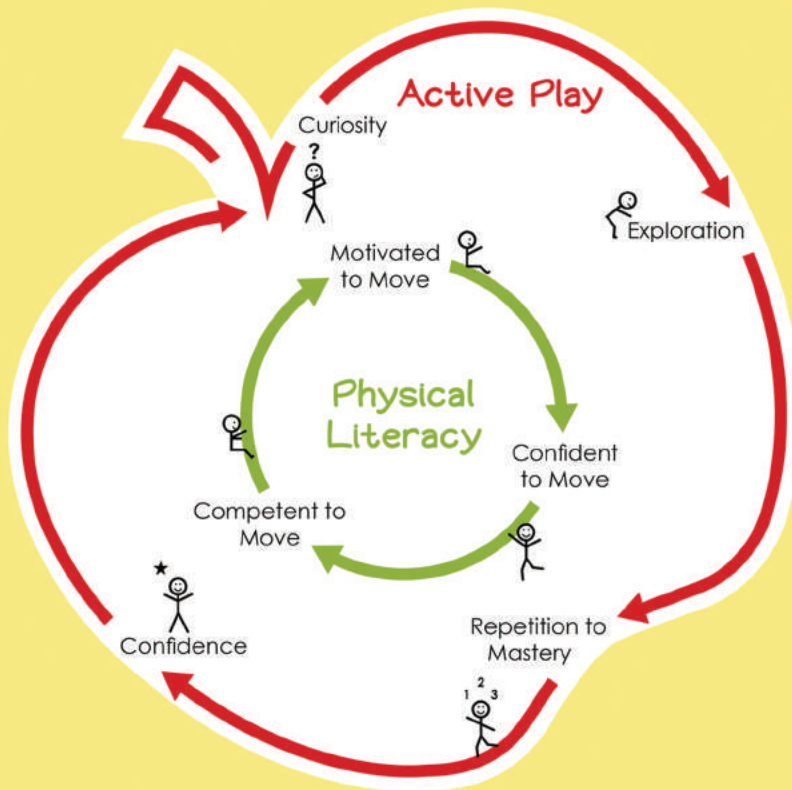
ASK YOUR CHILD

What do you like most about playing sports? What makes you excited about games? About practices? What, if anything, makes games or practices less fun for you?



apple

active play & physical literacy everyday



Create a rich environment that promotes **active play** to spark a child's curiosity and exploration, and motivates a child to move



The child will repetitively engage in **active play** building mastery, confidence and competence to move in different ways



Active play facilitates fundamental movement skill development promoting **physical literacy everyday**

Design by catalinmarches.com



The parents of other kids on my daughter's U8 soccer team want me to enroll her in an intense, sport-specific training program. She's a pretty good soccer player and they say it will help her make the national team down the road.

So what are you going to do?

I'm not sure, I'd like to see her reach her full potential but it seems like a big commitment at such a young age. You're a certified coach, what do you think?

Develop an understanding of the True Sport Long-Term Athlete Development (LTAD) Matrix, an age and stage appropriate framework to developing ethical literacy alongside physical literacy.



ASK YOURSELF

What is one way I can encourage my child to develop new sport skills?

ASK YOUR CHILD

What are two new sports or activities that you want to try?



MONTH: _____

YEAR: _____

www.phecanada.ca



TRUE
SPORT | SPORT
PUR

PHYSICAL

LITERACY

+

ETHICAL

LITERACY

=

QUALITY

SPORT



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Want to keep your kids in sport?

Start during the ride home.

www.theridehome.ca

TRUE SPORT TIPS FOR PARENTS

KEEPING IT FUN!



Do

- ✓ Support your child unconditionally.
- ✓ Attend your child's games, practices and sporting events regularly.
- ✓ Cheer for and encourage your child, their teammates and their opponents.
- ✓ Model self-control, good problem-solving and conflict management skills.
- ✓ Appreciate and thank officials and encourage others to do the same.
- ✓ Encourage commitment, teamwork, respect and punctuality.
- ✓ Show appreciation to coaches and other volunteers for their contributions to sport.
- ✓ Encourage your child to strive for personal growth and excellence.
- ✓ Find ways to keep it fun!
- ✓ Be your child's biggest fan.



Consider

- ✓ Listening to your child to understand their motivation.
- ✓ Seeking feedback about your behavior from others to keep yourself in check.
- ✓ Practicing with your child at home. Play with them! Keep it fun!
- ✓ Speaking up when other parents, coaches, or spectators are behaving poorly.
- ✓ Volunteering to help out regularly.
- ✓ Not rushing your child through the fun stages. Let them be a kid!



Don't

- × Let your emotions get the better of you.
- × Yell out advice and criticism to your child or others.
- × Ask your child to act one way and then model something else.
- × Compare your child with others.
- × Focus the sport experience solely on winning.
- × Treat your child differently after a win versus a loss.
- × Undermine the coach.

MONTH: _____

YEAR: _____

www.truesport.ca/true-sport-tips-parents

ASK YOURSELF

Do I speak with and engage positively with parents of the opposing team?

ASK YOUR CHILD

Name two new friends you can get to know next week. How will you reach out to them?



A young boy is shown in profile, looking out of a car window. The window is covered in raindrops, creating a textured, blue-tinted background. The boy's face is partially visible, and he appears to be looking out thoughtfully.

TRUE SPORT

DURING THE RIDE HOME

DO

Use it as an opportunity to ask questions about how your child feels and what they think. Listen first. Let your child lead the conversation.

Explore both positive and negative feelings about your child's experience.

DON'T

Start asking questions right away. Give your child some space to digest their experience.

Don't tell your child what to do or what is best; suggest! Ultimately, it's their experience.

Don't minimize your child's feelings about their sport experience. If it isn't fun, explore why.



ASK YOURSELF

Does my child understand what a volunteer is and why they're so important to their sport experience?

ASK YOUR CHILD

Who can you thank today?

**GO FOR IT.
PLAY FAIR.
RESPECT OTHERS.
KEEP IT FUN.
STAY HEALTHY.
INCLUDE EVERYONE.
GIVE BACK.**

JOIN TRUE SPORT!
truesport.ca/join

**Good sport
makes
a great
difference.**



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