



**INDIGENOUS SPORT COUNCIL (ALBERTA)
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Points of Interest

- **Event Updates**
- **Experiencing the 2010 Winter Olympics**
- **On the Move Workshops**

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From The Desk of the Executive Director

Have you registered for the Capacity Building Through Recreation and Sports Conference?

The Conference is April 29 — May 1, 2010 at the Red Deer Lodge, Red Deer, Alberta

Complete Conference information has been sent to all communities and member organizations of ISCA.

Registration fee is \$150.00 for adults and \$75.00 for youth. Our Sport Recognition Banquet will be held on the evening of Friday April 30, 2010 during the Conference.

For further information please Contact: Colleen Buffalo (403) - 202-6539

E-mail

colleen@aboriginalsports.org

During the month of March 2010, information was forwarded to community coaches and community contacts with respect to the 2011 North American Indigenous Games.

Mission Staff

Coaching

Hosting Criteria

For further information contact Bruce Littlechild, Chef de Mission 780-585-3343

Ted Hodgson, Executive Director

Business 403-202-6539

E-mail iscaexec@telus.net

Upcoming Coaching and Run, Jump Throw Events

April 17: Saddle Lake Aboriginal Coaching Program

April 18: Saddle Lake, Run, Jump Throw Program

April 23: Blood First Nation, Aboriginal Coaching Program

April 24: Blood First Nation,, Run, Jump Throw Program

April 29—May 1: Red Deer, Capacity Building Through Recreation and Sports Conference

May 8: Sagitawa, Aboriginal Coaching Program

May 9: Sagitawa, Run, Jump Throw Program

May 10 Little River Cree, Aboriginal Coaching Program

May 11: Little River Cree, Run, Jump Throw Program

May 12: Dene Tha', Aboriginal Coaching Program

May 13: Dene Tha', Run, Jump Throw Program

May 15: Deadline for 2011 NAIG Coaching and Mission Staff Applications

May 15/16—Edmonton NCCP

May 22: Siksika, Aboriginal Coaching Program

May 23: Siksika, Run, Jump Throw Program

June 12/ 13: Calgary NCCP

June 15: Driftpile, Aboriginal Coaching Program

June 16: Driftpile, Run, Jump Throw Program

June 19/20: High Level NCCP

Indigenous Sport Council (Alberta) Mandate and Board of Directors

Mandate

To encourage and promote the physical, spiritual, and cultural health, and fitness of Indigenous Youth within the Province of Alberta;

To encourage, foster and develop emotional, mental, spiritual and physical well – being in Indigenous Youth in Alberta;

To encourage development of self-esteem, pride, dignity, confidence and self – discipline in Indigenous Youth;

To increase awareness and un-

derstanding of Indigenous peoples, their cultures and communities;

To encourage and promote Indigenous Youth to pursue higher levels of education;

To identify and promote indigenous community development through the implementation of leisure and recreation programming.

Board of Directors

Chair: Ron Buffalo - Treaty Six

Vice Chair North: Layne

Gauchier, Métis Settlements of Alberta

Vice Chair Central: Holly Johnson—Rattlesnake, Treaty Six

Vice Chair South:

Jason Plain Eagle, Alberta Friendship Centres

Secretary:

TJ Roy, Métis Nation of Alberta

Treasurer: Emilea Karhioo, Alberta Friendship Centres

Treaty Seven Representatives

Joseph 'Skipper' Potts
Charlton Weasel Head

Métis Settlements of Alberta

Cory Cardinal

Hector Lamouche

Treaty Eight

2 Positions Vacant

Business Strategies for Horses—shared by Ted Hodgson, Executive Director ISCA

Dakota tribal wisdom states that when you discover you are riding a dead horse, the best strategy is to dismount. In business however, it seems that we often try other strategies with dead horses.

1. Buying a stronger whip.
2. Changing riders.
3. Saying things like “This is the way we have always ridden this horse.”
4. Appointing a committee to study the horse
5. Arranging to visit other sites to see how they ride dead horses.
6. Increasing the standards to ride dead horses.

7. Appointing a tiger team to revive the dead horse.
8. Creating a training session to increase our riding ability.
9. Comparing the dead horse in today’s environment.
10. Change the requirements declaring “The horse is not dead.”
11. Hire contractors to ride the dead horse.
12. Harnessing several dead horses together for increased speed.
13. Declaring that “No horse is to dead to beat.”

14. Providing additional funding to increase the horse’s performance.
15. Do an Assessment Study to see if contractors can ride it cheaper.
16. Purchase a product to make horses run faster.
17. Declare the horse is “better, faster and cheaper” dead.
18. Form a quality circle to find uses for the dead horses.
19. Revisit the performance requirements for horses.

20. Say this horse was procured with cost as an independent variable.
21. Promote the dead horse to a supervisory position.



The Experience of a Lifetime: 2010 Winter Olympic Opening Ceremonies



L-R Kayla (Pevine Metis Settlement), Maddy (Vancouver, BC), and Kara Bodvarson (Miywasin Centre Medicine Hat)

The following article was provided by Kara Bodvarson, a Youth Worker with the Miywasin Centre in Medicine Hat.

The Olympics are an event that many people dream of being a part of one day. To be able to showcase their talent in front of the world, while representing their families, community, province, country, and who they are.

Recently, I was able to do this when I was selected amongst 300 other Aboriginal Youth to showcase my Métis heritage in front of the world for one night in the opening ceremonies.

It all began with an application. As a Youth Worker at the Miywasin Centre in Medicine Hat, Alberta I receive many opportunities for youth via email. This opportunity caught my eye when it read looking for Indigenous Youth ages 19-29 to take part in a once in a life time Indigenous Youth Gathering coinciding with the Olympics. A majority of the youth in the program are under the age of 19, therefore, the opportunity seemed applicable, and I applied after receiving consent from our consecutive

director, Jeannette Hansen.

As a young girl growing up I always watched the Olympics, including the opening ceremonies. I have always dreamed of being in the Olympics, however never once did I think that I would be honoured to take part in a ceremony showcasing Aboriginal cultures throughout the world in the opening ceremonies.

I arrived in Vancouver January 30th. We started rehearsing a few days after arrival and rehearsed steady for the two weeks we were there. The night of the show was

phenomenal. So many feelings, so much excitement and a true feeling of honour. As we lined up in our entrances and started walk out we could feel the adrenaline rush as 60,000 people stared out on us while we performed our traditional cultural dance, dressed in regalia in front of the world. The feeling was something I will never forget.

Before the event Elders, dignitaries, organizers, as well as peers stressed how huge this event was for Aboriginal peoples and the significance of being able to portray Aboriginal cultures throughout the world after years of assimilation and not being able to. Finally, for this one night 300 youth from across Canada were able to showcase their talents, and represent all Aboriginal people. What an amazing feeling.

The opportunity was once in a life time. Along with it I was able to connect with talented, role modelling Aboriginal youth from across Canada and create friendships I will never forget. This event taught me the importance of preserving culture, as well as working together as Aboriginal peoples for a change. Dreams can come true, and I hope by this experience there is a rippling affect that Aboriginal peoples everywhere can follow whether its in dancing, sport, art, or whatever their passion may be. There are opportunities out there and by continuing to make positive lifestyle choices, and by following a persons dreams young people everywhere can succeed.

EDITOR'S NOTE:

Do you have a community story to share ? If so please forward to Newsletter Editor:

waynepage@shaw.ca

On The Move- Increasing the participation of girls and young women in physical activity and sport



“When you see a new trail, or a footprint you do not know. Follow it to the point of knowing”

- Uncheedah- Grandmother of Ohiyesa

On the Move workshops are interactive, issue-based sessions that provide an overview of the initiative, share best practices from across Canada, and provide “how-to” tips to increase the participation of girls and young women. Appropriate for everyone from practitioners to policy makers, the workshops also provide an opportunity for participants to network and discuss collaboration and local action to make a difference in the lives of girls and young women in our communities. Complimentary On the Move Handbooks are given to each participant, and information about CAAWS resources and initiatives, such as Team Spirit: Aboriginal Girls in Sport, is provided as relevant.

On the Move is a national initiative to increase opportuni-

ties for inactive girls and young women (ages 9-18) to participate in sport and physical activity. On the Move is coordinated by CAAWS, the Canadian Association for the Advancement of Women and Sport and Physical Activity.

A sample outline for an On the Move Workshop includes

An interactive, issue-based *On the Move* Workshop, participants will:

Learn about the national *On the Move* initiative, CAAWS, and other exciting initiatives, such as

Aboriginal Girls On the Move.

Discuss the value of physical activity and sport for girls and young women, and the barriers they confront to their par-

ticipation.

Hear about best practices, successes and challenges from your community, and others across the country.

Discover practical tips and program ideas to engage inactive girls and young women and create positive programs that support their participation.

Network with individuals and community organizations, and discuss collaboration and local action to enhance existing programs or plan something new.

For more information about CAAWS and On the Move visit www.caaws.ca.

Booking a Run, Jump, Thrown Program in your Community

Have you begun planning your summer activities in your community? If not, now is the time to book a Run, Jump, Throw Program.

This FUNdamentals program teaches the skills of running, jumping and throwing and the technical skill progressions for track and field events. It is designed for boys and girls ages 6-12.

Run, Jump, Throw skills form the basis of all land based sport and as such, RJT provides a strong foundation for success in all sports and physical activities, which allows participants to develop a positive self image and be the best they can be.

The Run , Jump, Throw Program can be either a one day or two day event, with facilitators provided by the Indigenous Sport Council (Alberta).

For further information or to request a session in your community call either our Hobbema or Calgary Office:

780-585-3343 (Hobbema)
403-202-6539 (Calgary)

2011 NORTH AMERICAN INDIGENOUS GAMES

The Indigenous Sport Council (Alberta) Program Committee, under the Chairmanship of Mr. TJ Roy is finalizing Alberta sports that will be considered for the 2011 NAIG. determining selection deadlines for the hosting of Provincial Championships, finalizing selection criteria for Mission Staff and Coaching Staff

Team Alberta has participated in the North American Indigenous Games since their inception in 1990. Over the years there has been a challenge with team selection and non-payment of registration fees. The non-payment of registration fees has resulted in a significant build up of debt over these years.

For the 2011 North American Indigenous Games, the Indigenous Sport Council (Alberta) will not be borrowing any money through their bank to offset registration fees, uniform costs or travel.

Registration/ Membership Fees

That all participants in play downs and Games selection will be assessed a membership fee (to ISCA) of \$50.00.

That all play down registration fees must be paid 30 days prior to the commencement of play down or team trial.

That all athletes will pay an initial fee of \$225.00 (\$175.00 registration fee plus the \$50.00 membership fee) to participate in the Provincial Play downs. Athletes who do not qualify will receive a refund of their total registration fee, with the exclusion of the membership fee. For those who qualify for Team Alberta, the balance of \$125.00 must be paid within one month after the completion of the Provincial Play downs for their particular sport.

Play Downs/ Selection Camps

That all sport play downs be recognized as a Provincial Championship

There will be no Bantam age participants be sent to the 2011 NAIG.

All team sports will require a minimum of four (4) teams from four (4) communities in the particular age groups to be considered for inclusion in the 2011 NAIG.

In some sports there may not be four age group teams from four communities. In such cases these teams will have to provide proof of participation in a recognized league and outside

assessment of abilities to participate at high level competition such as NAIG.

That all individual sports participants must participate in a recognized play down or training camp selection process.

That all play down be completed by August 31st, 2010.

2008 NAIG Outstanding Registration Fee

At the June 2009 Annual General Meeting the membership passed a motion "That participants/ communities who have outstanding 2008 NAIG registration fees will be ineligible for participation in Provincial Play downs selecting the 2011 NAIG participants."

Coaching Certification

That all coaches must have completed Level 2 – Technical, Practical and Theory in the sport in which they will be coaching.

I am sure that some of you may have concerns with this direction, if so we need to hear your comments and suggestions as to how to address registration fees, play downs etc. Please forward tyour comments/ suggestions in writing to:

Bruce Littlechild, Chef de Mission

Phone: 780-585-3343

E-mail bruce@aboriginalsports.org or neeneekawasis@live.ca

Deadline Date for Submissions May 15, 2010.