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OCTOBER 2010

VOLUME 2 ISSUE 5

Points of Interest

2011 NAIG Update

E.L.M. Tree of Mastery

Alberta Recreation and Parks Aboriginal Pre-Conference Session

Long term Athlete Development

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From the Desk of the Executive Director

2012 Update

In early September you received information regarding the cancellation of the 2011 NAIG. NAIG members approved the motion to develop and stage 15 North American Indigenous Sport Championships in the summer of 2012 (competition based on the approved 2011 NAIG Sport Technical Package) and sites to be selected through a competitive bid process.

The NAIG Council and the ASC will work together to develop the framework for the Championships with a well defined bid/application process to be distributed.

As soon as the ISCA receives the bid application information, it will be forwarded to all communities.

The bid application process will run for two months. Athlete criteria will be adjusted for the 2012 Championships to account for the loss of a year in eligibility.

At the present time the ISCA is not prepared to provide any financial assistance to host competitions or provide travel assistance to these Championships.

However there are ongoing discussions with the Provincial Government regarding these issues.

If you have any questions please contact me,

Ted Hodgson

Executive Director

403-202-6539

The Power and Promise of Recreation in Aboriginal Communities Thursday October 21, 2010 Jasper Park Lodge

To register for the Pre-Conference go to the following website:
www.regonline.ca/2010_arpa_conference_and_energize_workshop

Identify yourself as a member of ARPA when registering for this session to get the \$99 rate.

This, however, applies only to the pre-conference so all non-members of ARPA will have to pay additional full fees to attend

the remaining conference sessions.

The website will also provide you with information on the full conference and related fees and hotel information.

NOTE: Unfortunately neither ARPA or ISCA is able to subsidize the costs of attending this pre-conference session.

The Pre-Conference is intended to provide participants

with an opportunity to:
 - Gain an understanding of the impact of past government and policy decisions and how they have influenced the delivery system

Share and learn more about innovative programs and initiatives that are taking place in aboriginal communities

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

Shelly Hamelin

1 Positions Vacant

E.L.M. Tree of Mastery—Jim Louchlin—STRIVE

The following article is reprinted with permission by the publisher and editor of STRIVE Magazine an Alberta Sport Development Centre—Medicine Hat publication.

Jim Louchlin is the Head Soccer Coach for the Medicine Hat College Men's Team.

Have you ever had your best performance and still lost? This happens to many athletes and it can be really frustrating. The problem with winning in a competition is that it is not in your control. A personal best performance by yourself may happen at the same time as an opponent has an even stronger performance.

So how can you deal with this frustration? Apply Jim Thompson's "E.L.M. Tree of Mastery" philosophy.

.E stands for effort. Ensure that you give 100% effort in practice and competitions. Win or lose, if you have tried your best you can trust that there was nothing else you could have done.

L stands for learning and improvement. Make sure that every time you practice or compete that you learn something. Take what you have learned and apply it the next chance you get. For example, if you learn that arguing with an official following a call you disagree with doesn't change the official's mind, choose to accept their call the next time and move on.

M stands for Mistakes and how we respond to them. To become a top competitor requires accepting that mistakes happen. Its okay to be

frustrated with them, but we need to move past them quickly. When a mistake happens in a practice or competition ask yourself "What do I have to do RIGHT NOW to make up for the error. Once you have your answer, act on it immediately.

To become a super competitor choose to grow an E.L.M. Tree of Mastery!

I

If you are not making mistakes, then you are not doing anything.

I'm positive that a doer makes mistakes.

John Wooden UCLA

Basketball Coach

Long Term Athlete Development - Canadian Model

Canadian model of Long-Term Athlete Development (LTAD), a training, competition, and recovery program based on developmental age — the maturation level of an individual — rather than chronological age. It is athlete centred, coach driven, and administration, sport science, and sponsor supported. Athletes who progress through LTAD experience training and competition in programs that consider their biological and training ages in creating periodized plans specific to their development needs.

Long Term Athlete Development

1. is based on the physical, mental, emotional, and cognitive development of children and adolescents. Each stage reflects a different point in athlete development.

2. ensures physical literacy¹ upon which excellence can be built and

- builds physical literacy in all children, from early childhood to late adolescence by promoting quality daily physical activity in the schools and a common approach to developing physical abilities through community recreation and elite sport programs.

- recognizes the need to involve all Canadians in LTAD, including athletes with a disability.

3. ensures that optimal training, competition, and recovery programs are provided throughout an athlete's career.

4. provides an optimal competition structure for the various stages of an athlete's development.

5. has an impact on the entire sport continuum, including participants, parents, coaches, schools, clubs, community recreation programs, provincial sport organizations (PSOs), national sport organizations (NSOs), sport science specialists, municipalities, and several government ministries and departments (particularly but not exclusively in the portfolios of health and education) at the provincial/territorial and federal levels.

6. integrates elite sport, community sport and recreation, scholastic sport, and physical education in schools.

7. is 'Made in Canada', recognizing international best practices, research, and normative data.

8. supports the four goals of the Canadian Sport Policy — Enhanced Participation, Enhanced Excellence, Enhanced Capacity, and Enhanced Interaction — and reflects a commitment to contribute to the achievement of these goals.

9. promotes a healthy, physically literate nation whose citizens participate in lifelong physical activity

The 10 key factors influencing LTAD

1. The 10-Year Rule
2. The FUNDamentals
3. Specialization
4. Developmental Age

5. Trainability

6. Physical, Mental, Cognitive, and Emotional Development

7. Periodization

8. Calendar Planning for Competition

9. System Alignment and Integration

10. Continuous Improvement

LTAD Stages

The first 4 stages, with their respective approximate age ranges, are generally appropriate for all late-specialization sports.

1. Active Start

Males and Females 0-6

2. FUNDamentals

Females 6-8

Males 6-9

3. Learning to Train

Females 8-11

Males 9-12

4. Training to Train

Females 11-15

Males 12-16

5. Training to Compete

Females 15-21 +/-

Males 16-23 +/-

6. Training to Win

Females 18 +/-

Males 19 +/-

7. Active for Life

Enter at any age

Help Wanted

The ISCA needs your assistance in promoting the young athletes, coaches and community builders within your communities.

The ISCA will post these profiles on our website at www.aboriginalsports.org

We need the names and profile of these individuals outlining your accomplishments, awards received etc.

Please forward to Colleen Buffalo via e-mail

Colleen@aboriginalsports.org

In addition if you have upcoming community events please forward this information and it will be posted on the website

Newsletter

As well the ISCA wishes your feedback with respect to the newsletter.

Is the newsletter of value to you?

What kinds of information would you like to see in the newsletter?

How often should the newsletter be printed? (Currently every two months)

Please provide your comments to the Newsletter editor waynepage@shaw.ca

Community Staff Training and Development

The Indigenous Sport Council (Alberta) with its partners Alberta Recreation Facility Personnel Association and Alberta Recreation and Parks Association have held preliminary discussions with respect to developing further training opportunities for community staff.

However, we need your input as to what training and development is required.

Is it training in the area of facility operations, management and administration?

Is it in the area of recreation leadership development?

Is it in the area of program development and delivery.

Please forward your thoughts/ ideas/ opinions to waynepage@shaw.ca

Siksika Recreation Remembrance Day Volleyball Tournament

Siksika Recreation Department will be hosting the Remembrance Day Volleyball Classic Tournament—November 5-6, 2010. This is a Coed 4 and 2 format.

The competition will be held at the Deerfoot Sportplex, Siksika Nation.

Entry fee is \$300.00 per team with cash prizes:

1st Place \$1000.00 + merchandise

2nd Place \$ 600.00 + merchandise

3rd Place \$ 400.00 + merchandise

For further information call 403—734—5315/5543

Leadership - Alberta Aboriginal Sport and Recreation Resource Manual

Introduction

"Leadership is not magnetic personality — that can just as well be a glib tongue. It is not "making friends and influencing people" - that is flattery. Leadership is lifting a person's vision to high sights, the raising of a person's performance to a higher standard, the building of a personality beyond its normal limitations."

Peter F. Drucker

Good leadership is based on four factors: supportiveness, interaction with others, work ethic and goal emphasis. A good leader will use these four factors to create a healthy organizational climate that has successful communication patterns, activities based on goal setting, involvement in decision-making and opportunities for influence.

Difference between Management and Leadership

Management and leadership work together, often in a single person. Management is an essential part of any organization. Management involves all of the administrative functions such as:

- Written plans;
- Setting clear objectives;
- Preparing regular reports;
- Conducting performance evaluations;
- Other day-to-day matters.

Leaders attend to the interpersonal aspects of the organization. Leaders provide direction, inspiration and motivation of others. Leadership suggests an invitation to participate in making the goals and values of an organization a reality.

An organization can occasionally maintain themselves with good managers, but if you want to change direction, capable leadership will be needed.

Leaders are not concerned with “doing things right” but with “doing the right thing”.

Leadership Competencies

The best leaders have the following competencies:

Vision: Leaders can create and communicate a desired future and get others to commit themselves to it.

Communication: Leaders can communicate their vision and get support from others.

Persistence/ focus: Leaders can maintain their organization's effectiveness when the going gets tough.

Empowerment: Leaders can create a dynamic working environment in which they can harness people's energies to bring about desired results.

Organizational learning: Leaders can find ways for their organization to monitor its own performance and think about ways to improve.

Nothing serves an organization better than leadership that knows what it wants, knows when and how to stay on course and when to change.

Ten Commandments of Leadership

1. Treat everyone with respect and dignity.
2. Set the example for others to follow.
3. Be an active coach.
4. Maintain the highest standards of honesty and integrity.
5. Insist on excellence and hold your people accountable.
6. Build group cohesiveness and pride.
7. Show confidence in your people.
8. Maintain a strong sense of urgency.
9. Be available and visible to your staff.
10. Develop yourself to your highest potential.