



INDIGENOUS SPORT COUNCIL (ALBERTA)
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AUGUST 2010

From the Desk of the Executive Director

VOLUME 2 ISSUE 4

Points of Interest

2011 NAIG Update

WANTED

Rooting for Roots

Reducing Stress

NCCP Coaching Clinics

Alberta Recreation and
Parks Aboriginal Pre-
Conference Session

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On June 28, 2010 the North American Indigenous Games Council received official correspondence from President of NAIG USA Inc. (Milwaukee 2011) stating their position to withdraw their hosting obligations for the 2011 event. The correspondence was received in advance of a deadline requiring NAIG USA Inc. to show financial statements, an updated business plan and other organizational information that would help determine their readiness to host the NAIG in 2011.

In response to this June decision the NAIG Council will be convening a meeting in Winnipeg, Manitoba August 11—14, 2010 to discuss options for the hosting of a potential competition in 2011.

Regardless of the decisions made at this meeting, the ISCA will continue to host Provincial Championships over the forthcoming months.

Please contact either our office directly or go to our website www.aboriginalsports.org for further information and updates.

The ISCA will keep you informed with respect to the outcome of the August NAIG Meetings.

There is also a correction in our June newsletter Torree Dion is a member of the Frog Lake CNCS Knights Track Club not the Frog Lake Track and Field Club. We apologize for the error.

Ted Hodgson

Executive Director

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 Buf-

falo 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

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

Rooting for Roots—Jim Louchlin—STRIVE Magazine

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.

Almost everyone would agree you need to be respectful when participating in your sport. A simple guideline to remind you about this is Jim Thompson's "ROOTS for honouring the Game".

R stands for RULES and following these rules in sport. You should always follow rules when striving to win. It cheapens your victory if you choose to "bend" or completely "break" rules in order to win.

.O stands for OPPONENTS you need to have in order to compete. Without worthy opponents, winning means very little. Dominating a weaker

opponent doesn't challenge you to improve. A worthy opponent helps to bring out your very best. When this happens and you also win, victory is sweeter.

O stands for OFFICIALS required to ensure fair competition. Getting upset or disrespecting officials won't change their calls or help you win. Unfortunately disrespecting officials often leads to officials quitting. Without them there is no competition.

T stands for TEAMMATES who help you get better or ensure you have a team in the

first place. Not all teammates will be as skilful as yourself. Never do anything to disrespect, embarrass or discourage them. Treat them as you would like to be treated.

S stands for SELF and the respect you need to have for yourself. When you respect yourself you will never do anything to bring dishonour to the game, opponents, officials or your teammates. Choose to have high behavioural standards that will make you, your family and your organization proud.

Developing your ROOTS is not easy, but it is necessary if you want your sport to continue to grow.

Be more concerned with you character than your reputation, because your character is what you really are, while your reputation is merely what others think you are.

John Wooden, former UCLA Basketball Coach

Six Ways To Calm Workplace Stress - Canadian Heart and Stroke Foundation

The following article has been reprinted with permission from the Alberta Recreation Facility Personnel Association. This article appeared in the June 2010 issue of Leisure Lines.

No matter how much you love your job, you're bound to have days when stress overwhelms your generally positive outlook. A little stress can be okay, but long-lasting or frequent bouts may have a negative effect on your heart. Below are six ways to lower stress in the workplace.

If a co-worker isn't doing his or her share on a project, or you're behind on a deadline, what are you going to reach for when you get home? The ice cream or the grapes? The remote control or the running shoes? If you're like most people, the remote control and the ice cream will probably win out. "When stressed, people tend to drink alcohol, smoke, have poorer diets and be much more sedentary," says Dr. Kenneth Prkachin, clinical psychologist and Heart and Stroke Foundation researcher.

But it's not just long-term stress that wreaks havoc on your body. Even short bouts can be damaging. Dr. Prkachin says stress used to be helpful, but in today's society it does more harm than good.

"When you're under stress your body mobilizes itself to prepare for something vigorous. This is called the fight or flight response." Your blood pressure goes up, your body releases excess amounts of glucose for energy, "bad" cholesterol releases into the bloodstream, and inflammatory sub-

stances and hormones like cortisol are secreted into your body, he explains.

When you're on the job and you feel tense or anxious, get a headache, stomach ache or start to feel ill, note that you may be feeling stressed. Then, take action by following this list of tips from Dr. Prkachin to see what you can do to get over it and on to a healthier, happier day.

1. One of the leading causes of job stress is feeling powerless over projects, work or your environment. Do what you can to take control. Ask for extensions or initiate a project that you can manage. Decorate your space with items that soothe you – a photo of your favourite vacation spot? Exchanging the neon lighting for a lamp?
2. Take your breaks and holidays. "Don't feel guilty about taking break time that is due to you. Come to the understanding that your performance on the job is probably better if you take enough time to clear your head." Also, avoid constantly working overtime and missing out on your family and social life.
3. Talk to your co-workers. "A lot of our protection against stress comes from the comfort and support of those around us. If you've had a bad day at work and you have the option of going to talk to a colleague for a few minutes – that can reduce your stress level."
4. Be physically active during the workday. It forces you to get out of

your workspace and to clear your head. Also, when you are physically active, your body releases endorphins, naturally occurring chemicals that will make you feel better. "Physical activity is an indirect but active way of controlling stress," says Dr. Prkachin.

5. Don't sweat the small stuff. Remember that you don't have to respond the second you get an e-mail or a request from a co-worker. Prioritize your tasks so you don't spend extra energy (and stress) where it isn't necessary.
6. Look at your benefits plan. If your company offers health benefits such as massage or counselling, take advantage of them. If not, talk to co-workers about taking a relaxing yoga or meditation class together, as some businesses will offer discounts to large groups.

Few jobs in this world are completely stress-free. Dealing with the occasional fluster at work won't necessarily up your heart attack risk, but every day shouldn't feel like a struggle for your sanity. Many people derive great self-esteem and sense of accomplishment from their jobs, says Dr. Prkachin, but recognize that you may be paying a high price for it.

Stress is when you wake up screaming and realize you haven't fallen asleep yet

Aboriginal Coaching Manual and National Coaching Certification Program Coaching Programs

The ISCA will be hosting NCCP Part B clinics at the following locations

Sept 11/12 - Saddle lake;

Sept 18/19 - Renfrew Boys & Girls Club (Calgary);

Sept 25/26 Hobbema.

For further information contact Trudy Yellow Fly at 403-202-6539 or trudy@aboriginalsports.org

Bruce Littlechild 780-585-3343 or via e-mail neeneekawasis@live.ca

The *Aboriginal Coaching Manual Program* is divided into three modules to assist coaches working

with athletes in understanding some of the issues influencing these individuals and their communities.

1. A Holistic Approach to Coaching
2. Dealing with Racism in Sport
3. Lifestyle, Health and Nutrition

To host an ACM in your community contact:

Bruce Littlechild 780-585-3343 or via e-mail neeneekawasis@live.ca

Or

Trudy Yellow Fly 403-202-6539 or via e-mail

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

Alberta Recreation and Parks Aboriginal Pre-Conference

The Annual Alberta Recreation and Parks Association Conference will be held at the Jasper park Lodge October 21– 23, 2010. On Thursday October 21, 2010 ARPA will be hosting a one day session dedicated to Aboriginal Sport and Recreation. As this day is still in the pre-planning session we would appreciate your thoughts and comments on what should be considered for inclusion in the Conference Agenda. Please forward any thoughts ideas you may have to any of the following individuals:

Brenda Herchmer at bherchmer@aceleaders.ca

Janet Naclia at jnaclia@aceleaders.ca

Ted Hodgson at iscaexec@telus.net

Wayne Page at waynepage@shaw.ca

Volunteer Burnout or is it Volunteer Bash Out? - Wayne Page

The views expressed in this article are strictly those of the author and do not reflect the opinions of the Indigenous Sport Council (Alberta) board of directors or staff.

In the volunteer world we often contribute volunteers leaving a program to something we call volunteer burnout. But is it always the case that they have reached the burnout stage or have they reached another stage I refer to as volunteer bash out? Perhaps burnout is the politically correct terminology. Personally I have used the term volunteer bash out dating back to the late 70's.

Over the years, in my personal career I have at the privilege of working with close to 600 different not for profit organizations across all sectors from health, social, education, sport, recreation etc. What I have interesting is that there appears to be a greater incidence of volunteer bash out in sport and recreation organizations than in others I have either been involved with or worked with.

In working with organizations in the area of board development I have used a model called "Cog's Ladder: A Model of Group Growth". I first came across it in 1976 and have used it ever since. In Cog's model an organization will go through

Polite Stage - An introductory phase, where members strive to get acquainted or reacquainted with one another.

Why We're Here Stage - Group members will want to know why they have been called together. Often, social cliques will begin to form as members begin to feel as though they "fit in."

Power Stage - Bids for power begin between group members in an effort to convince each other that their position on an issue is correct.

Cooperation Stage - Members not only begin to accept that others have an opinion worth expressing, but a team spirit replaces vested interests.

Esprit Stage - It is also noted that this stage will not always be achieved; however, for this level of cooperation, as well as productivity, the other four stages must be met.

The Power Stage or bid for power seems to be prevalent in sport and recreation organizations and in my opinion is the

focal point for bash out. It is at this stage where any values an organization may have are put aside and personal agendas become prevalent.

Bash out is a result of the constant fighting, running into obstacles created by others, lack of recognition, other people always believing they can do a better job and on and on and on.

This bash out in sport and recreation occurs not only within the board of directors but all volunteers from event planners, coaches, and officials (yes they get paid, but not for abuse). These individuals leave the program and no one really asks why or if they do get an answer attribute it to someone just complaining.

Think about your own experiences and why you may have moved on.

As a board member was it due to someone saying they could do a better job? Is there a belief that you actually got paid? Did you get tired of the constant infighting?

As a coach did you leave because you got tired of people sitting behind you with a stop watch timing their child's ice or field time, innings played in or people believing you are obviously doing it for personal gain?

None of these examples as anything to do with volunteer burnout, this is pure and simple bash out.

What is interesting is that there are various organizations that provide volunteer training and stress the importance of retaining and recognizing your volunteers. Yes many organizations participate in these programs but at the end of the day how many continue to practice they learn. Even organizations that practice volunteer bash out still recognize their volunteers although they change on a regular basis.

Personally I have at the opportunity to be involved with organizations that reached the Esprit Stage—Early years of Ringette Alberta, County of Stettler Regional Recreation Board, Edmonton International Baseball Foundation and Alberta Bobsleigh Association. It's amazing how much can get done at this level.

To paraphrase Smoky the Bear "Only You Can Prevent Volunteer Bash Out".