



INDIGENOUS SPORT COUNCIL (ALBERTA)
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VOLUME 3 ISSUE 1

Points of Interest

Calling all Hockey Coaches

13 Ways to Kill your Community

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National Aboriginal Hockey Championships Cancelled

As a result of the failure of the Aboriginal Sport Circle (National Governing Body) to secure a host for the 2011 National Aboriginal Hockey Championships. The Championships have been cancelled.

Alberta, Saskatchewan and Manitoba were the only Provinces who committed to participate in the 2011 NAHC.

Saskatchewan made an offer to host the 2011 Championships if they were awarded the 2012 National Championships. The Aboriginal Sport Circle did not support this request.

As well the ISCA will continue discussions with Saskatchewan and Manitoba with respect to developing a Western Canada Hockey Championships. players to pursue their goals.

If you have any questions please contact me.

Ted Hodgson

Executive Director

403-202-6539

*Let us put our minds together
and see what kind of life we may
make for our children.*

- Chief Sitting Bull -

Calling All Hockey Coaches

The Indigenous Sport Council of Alberta is looking for two qualified Level Two (2) coaches for Team Alberta Male/Female Travelling Teams in the Bantam and Midget age categories.

All applications and resumes are to be submitted to colleen@aboriginalsports.org by 4:00 PM February 11, 2011.

In the Cover Letter please Indicate what assets you can contribute towards being a Head Coach of the Team Alberta, As well as your Certified Coaching Number, And if

you hold the Hockey Canada Safety Certificate (HCSC) Level One (1) Or Two (2).

Qualifications:

Currently Coaching Level/ Experience (Bantam - Midget) Aboriginal Coaching Program Minor hockey background and/or experiences

Experience in taking a group of people through a project, tournament, or special event Respected individual within Hockey Alberta community

Strong commitment, personal interest in the developing athletes Good Organizational, budgeting skills Must be available for interview

Please go to our website to download application:
www.aboriginalsports.org

Successful candidates will be required to undergo a Police Records Check and Provide References.



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

Upcoming Events

Aboriginal Women: Building on Our Strengths A Leadership Workshop February 9 and 10, 2011 9:00 - 12:00 PM Deerfoot Casino Calgary

Are you interested in building your leadership skills to contribute to

sport and physical activity in your community?

Are you passionate about participation and want to share this passion with others?

This event is for you!

The *Building On Our Strengths* workshop, designed by and for Aboriginal women, will provide an opportunity for women working or volunteering in the sport, recreation, health and education fields to share their experiences

reflect on ideas, and develop their leadership skills. Discussion will focus on how to improve community sport and physical activity for Aboriginal girls and women.

Cost: FREE!

To Sign-Up: Colleen Buffalo @ (403) 202-6539
colleen@aboriginalsports.org

Please R.S.V.P. by January 31, 2011

Registration numbers are limited, so sign up soon!

Recreation Facility Personnel Conference April 17 –20, 2011 Lloydminster

Conference Sessions include:

Outdoor Rinks—Where to put them?

Skate Parks Risk Management
Managing and Supervising

Customer Service

Facility and Building maintenance

For further information and registration go to:

www.aarfp.com

Or call 1-888-253-7455

2011 Alberta Sport and Recreation Summit, Banff
April 7-9, 2011

Sessions include:
Great Traits of a Champion

Benefits Approach to Building Strong Programs and Services

Take the Lead: Female Strategies and Solutions for Female Leaders

A Collective Approach for Sport in Alberta

For further information go to website:

www.asrpf.ca or contact
Marvin.Dobish@gov.ab.ca

We all know it's usually cheaper in the long run to spend money regularly looking after something than it is to ignore maintenance and then have to replace it altogether down the road. It's true for cars, appliances, your house.....etc.

As an ice arena facility manager, you know it's no different with dasherboards: you can pay a little now or a lot later.

Hockey boards are not a static device; they are a working piece of mechanical equipment in order to function properly and look good.

Working Well and Looking

Good: You want your boards working properly – that is, working the way they were built to work. If the glass is in position and aligned correctly; if the boards are shimmed straight and plumb; and if the gates are opening and closing with ease, you have done your part as a facility manager to:

- Maximize the safety of the people who use the rink:
- Keep your facility profitable by getting the most out of the investment made in the dasherboards (typically in the hundreds of thousands of dollars)
- Minimize potential risk or liability concerns
- Make your own time on the job easier

By the same token, having the boards looking good makes good business sense, too: clean, well-maintained boards contribute a great deal to the overall appearance of your rink or arena, creating a lasting positive impression on everyone who enters. The better your facility looks (including the boards) the easier it will be to keep

existing patrons, attract new teams and clubs, and lure advertisers.

As you likely do for other key operational equipment at your rink, you should keep a logbook recording dashboard maintenance problems and issues, the dates they occurred and how and when they were resolved. At least once a week, have staff walk the perimeter of the boards, ice side and spectator side, looking for and fixing maintenance items, such as:

- Loose or broken screws in the puckboard or cap rail
- Loose bolts in the floor or between panels
- Chips, cracks or gaps in the glass or puckboard
- Broken welds
- Excessive wear on the thresholds
- Spilled food, etc.

Check your glass system carefully. Where there is seamless glass, check to be sure the Lexan clips at the top are in place properly; check to see that the gaskets on the edges of the glass are on properly. Where the shielding is supported (glass or acrylic), check the supports for any missing or protruding faceplate screws, ensure glass supports are properly seated in their bracket or socket.

Check to make sure there are no gaps in the shielding greater than ½ inch, maximum. Make sure gaskets are in place to reduce the likelihood of glass breakage. Always replace any cracked acrylic promptly. Check the bumper pads at all shielding termination points, and repair or replace them if worn excessively.

Check all the gates, adjusting, lubricating or replacing hinges, latches and

closure bars as needed. On the heavier gates, check the casters for wear – remember, it's the casters that are meant to carry the weight of the gate, not the hinges! Check all ice-side gate release mechanisms to ensure they operate smoothly. If your system has a vertical lift gate, the manufacturer of the board system should be brought in on site occasionally to inspect, adjust and repair the gate as required. In some jurisdictions this annual inspection is mandatory. Contact your dasherboard supplier to find out more.

Cleaning acrylic is best done with soap and water using a soft cloth, sponge or a chamois. Drying should be done with a clean chamois. DO NOT use glass cleaner on acrylic, nor should you use any kind of solvent, gasoline, benzene, etc. Don't use a dry cloth to rub dirty spots on acrylic as this could cause scratches. You can hand polish acrylic with products such as Novus or Plexus, using a soft flannel cloth.

By devoting some time and attention on an ongoing basis (preferably at least once a week), you will extend the life expectancy of your boards and ensure they are always working in a way that is safe for all users and operational staff, while assisting in the creation of a better-looking facility that is more attractive to customers and advertisers, both existing and prospective.

Ten Stress Reducing E-Mail Tips—*HR Downloads.com*

Do you have an action plan for work emails?

Having an email action plan can boost the effectiveness of workplace email communications, human resources experts report. It can also help reduce stress, increase employee morale and build better relationships with colleagues and supervisors.

The typical corporate user is estimated to send and receive more than 100 emails per day—and many are of poor quality.

As well as distracting the recipient, careless or unclear emails can also decrease worker morale, cause misunderstandings and mistakes, and create needless irritation. Workplace emails that are less than professional can also damage the organization's reputation, and even affect the bottom line.

Those are just a few of the reasons for taking care each time you send a workplace email. Here are some tips from human resources experts:

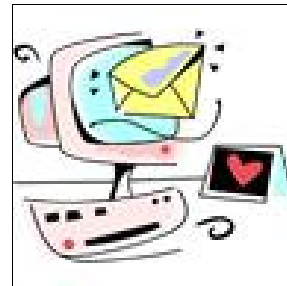
1. Check spelling and grammar—every time! Do a quick proof-reading or use your spell-check function. Grammatical and spelling errors are a sign of disrespect to the recipient, and can show you do not take your work seriously.
2. Keep your emails short, simple, clear and concise. Limit them to three short paragraphs if possible, or number queries to make responding easier.
3. Politeness counts. Include an appropriate greeting, and remember to say “please” and “thanks.”
4. Consider your tone. Be mindful of who the recipients are, and avoid being overly casual. Recognize that without visual and audio cues, messages can be misunderstood. Avoid using all capital letters, the equivalent of shouting.
5. Limit abbreviations. Common abbreviations such as “Mr.” or “Mrs.” are fine, but avoid colloquialisms.
6. Send attachments with care. Try to be sure they are in plain text only. With the multitude of viruses out there, it can be a good idea to let someone know you will be sending an attachment.

7. Many managers develop an email policy that sets out what proper email etiquette and content looks like at their organization.

8. Word emails with care. Remember that what you write will always be on record and available.

9. Remember you do not have to respond to all emails instantly.

10. Establish a daily routine for dealing with the bulk of your email at a non-stressful time of day. Some experts recommend saving your most productive time for your key work, and responding to routine, non-urgent email at another time of the day.



Book Review—13 Ways to Kill Your Community by Doug Griffiths and Kelly Clemmer

Doug Griffiths, the principle author of this book, as an MLA, is co-author of the government report *Rural Alberta: the Land of Opportunity* which led to the creation of the Rural Alberta Development Fund.

“*13 Ways to Kill your Community*” is a must read book for anyone who is involved in community development at the local level. This book is an ideal “tool for your toolkit”. As the author indicates in the prologue he came across 13 ways to kill a community but there are probably additional ways that could be identified as well.

This book identifies not only causes for death of a community but provides insights as to potential solutions to maintain and enhance survival of the community. The author states: “*That government cannot make them (communities) successful. If they (communities) themselves don’t decide to be successful.*”

The 13 ways as identified by the author and suggested community killers are are:

Don’t Have Quality Water – Ensure there are no plans in place nor efforts made to build on the quality and quantity of your community’s water supply.

Don’t Attract Business – You must work hard to ensure new business do not come to town or have competitive business tax.

Ignore Your Youth – Ensure youth are made aware that there is no hope or future for youth in the community.

Deceive yourself about real needs or values - Do not identify what your community truly values or what it truly needs.

Shop Elsewhere – Do not patronize your local shops and as a business owner never give customers a reason to shops locally.

Don’t Paint — Do not take measures to enhance the aesthetics of your community. If you do people and businesses might move there.

Don’t Cooperate – Beware of the volunteer vampire

Live in the Past – We all know that things were better in the 60’s, 70’s and 80’s always remind people of the good times.

Ignore your Seniors – Ensure that you do not provide services for seniors in your community. That way , seniors will move to communities that have services.

Reject everything new – Always do what you have always done. This will ensure consistent results.

Ignore Outsiders –Always remember that outsiders are dangerous as they may cause success. Make sure they are excluded and eventually they may leave your community.

Become complacent – Lose focus of your goals.

Don’t Take Responsibility – Remember if you can only manage one thing to kill your community, not taking responsibility for anything is key

As you read this book, within each chapter your own personal experiences working with communities may come to mind.

A community does not need all 13 ways to kill itself, it can do it with one or two. Although I’m sure we have seen communities that practice all 13 plus a few others.

Basketball Canada –Long Term Athlete Development Model

Learn to Train: Ages 8-11 year old females and 9-12 year old year old males

At this stage the technical skills can start to be emphasized. The basic fundamentals are still important since many children will also use this stage as an entry level. Simple developmentally appropriate tactics can be used to allow the children to play team basketball.

Emphasis is on applying the basic skills to game-like situations. The players must make decisions on when to use the skills and how the skill should be properly applied. Technical skills can be individual or multiplayer. The basic strategies evolve around basic offence and defence. Emphasis is on proper spacing and understanding of team play. Fitness is done through the game. Children can do body weight activities (example push ups, lunges, squats, etc). Enjoyment is still a major component. Simple goal setting and concentration skills are also introduced.

Train to Train: Ages 11-15 year old females and 12-16 year old males

a) 11-13 females and 12 -14 males - the emphasis is still on refining the fundamentals and consolidating the technical skills. Developmentally appropriate tactics become more important.

b) 13-15 females and 14-16 males - players should be refining their technical skills. Some athletes will begin to become creative. Tactics such as zone offence/ defence and presses/press breaks are added during this stage. Near the end of this stage, simple strategies can be employed. When various technical skills are combined to form a system of play, you have created a tactic.

These are conceptual in nature and still allow the players freedom to make decisions. Teams will have tactics for transition, offence, defence etc. Individualized training is important for the player to improve.

Train to Compete: Ages 15-18+/- females and 16-18+/- males

During this phase, the basic fundamentals should be taken to the creative level. Players will be introduced to many higher level technical skills that allow them to start to specialize. Players will be exposed to most if not all strategies of the game. When various technical skills are combined to form a system of play you have created a strategy.

These are conceptual in nature and still allow the players freedom to make decisions. Teams will have strategies for transition, offence, defence etc. Athletes should begin to have season plans for conditioning and motivational training taking into consideration the sum of the parts of their basketball year (i.e. high school, club, provincial, national) These should be developmentally appropriate and should include quality individualized training.

Learn to Win: Ages 18-23 +/- females and 18-25 +/- males

The emphasis is on refinement of all technical skills. Basic tactical skills should also be in the refinement stage. Many should be in the creative stage. The athletes will have been introduced to all strategies and specialization and that is important. When a team adjusts or emphasizes a strategy in preparation for a specific opponent, the coach is applying tactic. The season plans become very specialized for each athlete.

FUNdamental Stage

(Ages 6-8 females, 6-9 males)

The goal at this level is to learn fundamental movement skills through basketball in a positive fun way. The participants will be introduced to very basic fundamental basketball skills. It is not to win, but rather to have fun while playing sports and ensuring success.

It is the coach's duty to guarantee success for every participant. The intended emphasis should be focused on giving children the basic fundamental movement skills;

agility, balance, coordination and speed; thereby making them physically literate. Providing these basic athletic

skills will build a base for the child that will enable him or her to develop to their full physical potential in later years. Players should learn good practice technique.

Enjoyment of the experience is paramount and to aid this, coaches will strive to make certain that all the children will be successful in accomplishing given tasks.

