



INDIGENOUS SPORT COUNCIL (ALBERTA)  
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## From The Desk of the Executive Director

DECEMBER 2009

VOLUME I ISSUE 2

### Points of Interest

- Successful Aboriginal Recreation Directors Summit held in October
- 2011 North American Indigenous Games will be held in Milwaukee, Wisconsin July 8—18

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I want to take this opportunity to wish everyone a Merry Christmas and all the best for the New Year.

Over the past several months, staff with the Indigenous Sport Council (Alberta) have been busy meeting with various community leaders to discuss your program needs.

To date 144 coaches have participated in the Aboriginal Coaching Program. This Program is a requirement if you wish to coach a team participating in the trials or going to the 2011 North American Indigenous Games.

As well we have seen 46 youth participate in the Run, Jump, Throw program. This is an excellent program intended for youth ages 6—12.

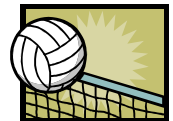
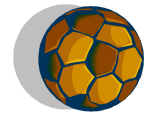
The ISCA will come into your community to deliver this program. Please call Bruce Littlechild at 780-585-3343 to arrange a workshop in your community.

In the New Year there are several key events taking place:

- We will be hosting our Sport, Recreation and Health Conference in Red Deer, Alberta April 29—May 1, 2010.
- We will begin the process of selecting Team Alberta for the 2011 North American Indigenous Games. Further information and hosting criteria will be sent to the communities over the next several months.

If you have any questions or require any information on the ISCA please contact me at 403-202-6539

Ted Hodgson, Executive Director



## ISCA Sport and Recreation Conference

MARK YOUR CALENDARS as the Indigenous Sport Council (Alberta) Sport and Recreation Conference will be held at the RED DEER LODGE, RED DEER, ALBERTA APRIL 29 – MAY 1, 2010.

This provides professional development and training opportunity for those coaches, recrea-

tion directors, and community leaders working with youth in their community.

Delegates will be inspired by leading keynote speakers, connect with other organizations in Exhibitor's Hall, and take part in educational and motivational sessions.

Watch for more information to be released in January 2010!

Colleen at 403-202-6542

# 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 understanding 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**

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

*- Sitting Bull -*

## Aboriginal Recreation Directors Summit

*The following article was submitted by Ms Brenda Herchmer, Director ACE Communities and Aboriginal Recreation Director Summit Coordinator. The Summit was held October 15—16, 2009 with 31 participants. The ISCA wishes to thank Ms Angela Lightning and Ms Sharon McFall for facilitating the Summit.*

### Feedback from participants included the following:

" I am looking forward to the next summit WOW!"  
" Got very useful tools and lots of personal encouragement"  
" Am taking home stories, network and friends"  
"I am taking strength and courage from other compassionate people back home with me"

### Summit Overview

Those attending the Summit

informally agreed that  
· Consistent and sustainable financial support for recreation is often difficult to access and difficult to administer and maintain. There appears to be significant differences in the amounts of funding available in each community for recreation.

· Capital funding for building facilities appears easier to access than dollars for maintenance facilities and funding for recreation programs and services. This results in some communities being able to provide adequate facilities and fewer recreation programs and services than are demanded by the community.

· Access to adequate transportation often limits the ability of communities to provide recreation programs such as leagues, competitive sport activ-

ity etc. Given that rural communities are small there is often a need to partner with other communities in order to provide sport leagues. Consequently transportation becomes a hurdle. In some cases funding drivers is a problem while at other times finding a bus or van or several cars is almost impossible.

Adequate and sustainable financial support, access to facilities that are updated and maintained and sustainable transportation plans and services are presently available to some degree in most rural aboriginal communities; however, these three issues continue to limit and create barriers for communities.

Following are additional issues that are affecting recreation programs and services in rural aboriginal communities

## Aboriginal Recreation Directors Summit (cont'd)

- b) Limited involvement in recreation of parents, elders, Chief in Council.
- c) Lack of awareness and understanding by council members, elders and parents regarding recreation and its benefits.
- d) Need for professional development opportunities for recreation workers
- e) Need for more provincial events including increased involvement by the Indigenous Sport Council (Alberta), Alberta Recreation and Parks Association,
- f) Need to have a more coordinated effort related to recreation from local provincial and national recreation and funding bodies.

Delegates attending the summit recognized the uniqueness, support for and interest there is in each community for recreation program and services.

Following is a list of resources that presently exist and are being used to support and build recreation programs and services.

- Community Pride and Community Spirit
  - Availability of technology such as computers and the internet. Most delegates acknowledged the advantages that come with technology. Some suggested these advantages could also help recreation programming.
  - Interagency groups already exist in some communities and provide support and much

needed resources for recreation programs. In one case, social services provided names of kids that could benefit from being involved in hockey and covered the cost for them to do so.

- The commitment, passion and knowledge of recreation staff in rural communities is significant. Often recreation staff are working in the community they grew up in. They know it well and know the people well. This is a significant advantage when it comes to recreation programming.

- Recreation staff are often aware of sport scholarships and other resources available related to hockey. They are interested in learning more about scholarships for those interested in other activities i.e. arts, music, etc.

- Recreation staff and the community recognize the natural environment that exists so close at hand and many have developed trails, berry picking grounds etc. With adequate resources and awareness, additional outdoor recreation programs could be developed such as tenting weekends, canoeing, swimming, hiking, etc.

Elders can be seen as a unique resource that can provide wisdom, knowledge and leadership related to recreation. Involving elders in helping people to understand the benefits and necessity of providing recreation program and services could provide a significant way

of creating awareness regarding recreation.

### What will help to build a strong and sustainable recreation presence in rural aboriginal communities in the future?

- **Advocacy** about the essential nature of recreation and its benefits. A focus on the ability of recreation to enhance the life and spirit of the community as well as the individual

### · **Increasing the scope of recreation to include community**

Increased awareness regarding the scope of recreation. Presently the primary focus is on sport and physical activity. Broadening this view to include arts such as dance, painting etc, culture such as feasts and powwows and special events, outdoor education such as tenting, canoeing, horse back riding and history such as museums and libraries will help people recognize how recreation helps to build community in addition to strengthening well being in individuals.

- **Developing a maintenance culture.** A conscious focus on maintaining and upgrading existing and new facilities. Building in budgets and resources for maintenance.

- **Volunteers.** Find them, nurture them, train them, celebrate them. Without volunteers there will be little recreation. They are an essential part of any successful recreation initiative.

- **Awareness, Education and Training.** There is a need to create opportunities for professional development for staff, training for volunteers, and raising awareness for community members regarding recreation and its importance in maintaining and sustaining strong active and creative communities

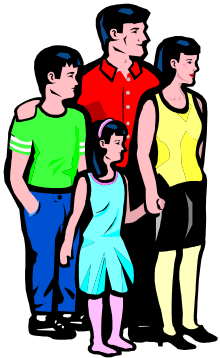
### - **Funding**

We need to better understand how recreation is funded and who is doing the funding. Can there be more consistency of funding across the province? What is the role of the local government, the provincial, or the federal government when it comes to funding? We need to understand and secure funding that will ensure maintenance and sustainability for recreation facilities and programs/services.

### · **Transportation**

It will take more than one community working alone to solve this problem. How do we ensure access to communities given their location and isolation. What can we do together to create physical connections?

## Staff Training and Development for Facility Management and Operations Workshops



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

*- Uncheedah-Grandmother of Ohiyesa*

The Indigenous Sport Council (Alberta) has established a partnership with Alberta Recreation Facility Personnel Association to deliver staff training and development programs directly to communities affiliated with the Council . This program is funded through the funds received through the Alberta Rural Development Initiative.

Courses offered include:

### **Arena I**

The Arena I is a two day hands on course that deals with ice making from the initial start-up of the ice plant to the complete installation of the ice. Participants will be trained in the basic star-up, whitewashing the ice, installation of lines and circles, goal creases and how to install ice logos.

### **Arena II**

The Arena II course is designated to train arena operators in the intricacies of arena operation. The course runs for four days and reviews the aspects of arena operation and explores the more advanced concepts of refrigeration and general arena operation.

### **Arena Maintenance**

The Arena Maintenance is a one day course designed for the grass roots arena operator who is looking to upgrade their skills in ice facility operations and the operation of the ice resurface. Participants will get the opportunity to operate the ice resurfacer as well as the proper use of the ice edger.

### **Building Maintenance Operations**

#### **Level I**

The Building Maintenance Level I is a two day course that allows participants to discuss and review several different aspects of Building operations and maintenance. This course is split up between theories and hands on participation along with some group work.

Key topic areas that will be covered includes: Heating Boilers, Combustion, Fuels, HVAC.

### **Building Maintenance Operations**

#### **Level II**

The Building Maintenance Level II course is the second course in the Building Maintenance program. Students will deal more heavily into the controls of boilers and HVAC systems as

well as learning how to troubleshoot problems with all building mechanical systems.

### **Supervisory Skills**

This program will cover the following objectives:

- To gain an understanding of supervisory styles;
- To learn the key elements of supervision, managing yourself, work, people and situations
- To evaluate personal skills
- To experience supervision techniques.

There is no charge to the community in hosting these workshops.

**FOR FURTHER INFORMATION AND TO REQUEST A WORKSHOP FOR YOUR COMMUNITY CONTACT:**

**ALBERTA RECREATION FACILITY PERSONNEL**

**CALL TOLL FREE:**

**1-888-253-7544**

## Staff Profiles

### **Bruce Littlechild: Sport Development Manager**

Bruce joined the staff of the Indigenous Sport Council (Alberta) in February 2009 and is based at the Hobbema Office. Bruce has dedicated his life to sport participation and development as an athlete, administrator, and through volunteer involvement as a board member with several sport organizations. Bruce is a learning facilitator for the Aboriginal Coaching Program.

Bruce will also take on the responsibilities of Chef-de-Mission for the 2011 North American Indigenous Games.

Bruce can be contacted at 780-585-3343

### **Trudy Yellow Fly: Sport Development Coordinator**

Trudy is from the Siksika Nation and joined the Indigenous Sport Council in February 2009. Trudy is passionate about working with youth and sport.

Trudy has participated in the North American Indigenous Games as an athlete and coach in the sport of basketball.

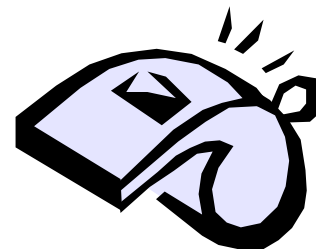
Trudy is nearing completion of her Level 3 Basketball. As well Trudy recently completed her Learning Facilitator Training with the Aboriginal Coaching Program.

You can contact Trudy at the Calgary Office 403-202-6543

### **Colleen Buffalo: Office Manager**

Colleen joined the staff of the Indigenous Sport Council in February 2009. Colleen has committed the majority of her life in participating, coaching sports such as basketball, volleyball and golf. Colleen also developed a NIYA youth personal development camps for both male and female participants in regards to “baby think it over”, budgeting etc.

Colleen in addition to her Office Manager responsibilities will be coordinating the 2010 ISCA Conference. Colleen can be reached at 403-202-6542.



## Board of Director Profiles

### **Ron Buffalo: Chairman**

Ron is in his first term with ISCA and represents Treaty Six on the ISCA Board and was selected as Chairman in March 2009.

Ron has been involved in sport all his life as a participant and a Recreation Director in his community. As well he has participated and worked behind the scene at several North American Indigenous Games over the years.

Ron has a minor degree in kinesiology with a major in business management.

Ron Chairs the ISCA Executive and Program Committees

### **Jason Plain Eagle: Vice Chair South**

Jason is a new Board Member, representing the Alberta Native Friendship Centres of Alberta.

Jason is a member of the Piikani Nation and works in Calgary as the Aboriginal Friendship Centre Youth Coordinator.

Jason has been involved in developing child and youth programming since graduating in 2001 from Lethbridge College.

Jason is a member of the ISCA Executive Committee and the Conference Planning Committee.

### **Holly Johnson Rattlesnake: Vice Chair Central**

Holly is a member of the Samson Cree Band representing Treaty Six on the ISCA Board.

Holly received her Bachelor of Commerce degree from the University of Alberta and recently completed a Master's degree from Gonzaga University.

Holly brings to the board a diverse set of skills in the areas of management, information technology and years of involvement with minor sport.

Holly is a member of the ISCA Executive, Governance and Conference Committees.

### **TJ Roy: Secretary**

TJ is the representative from the Métis Nation of Alberta and is a long standing member of the ISCA.

TJ has been involved with sport, recreation and community development in aboriginal communities for several years.

TJ has been a strong advocate for sport and recreation participation at the minor and junior levels.

TJ's philosophy is that sport helps develop social skills as well as development of a positive attitude.

TJ is a member of the ISCA Executive and Program Committees

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#### 2011 NAIG UPDATE

- **Chef de Mission** - Bruce Littlechild
- **Assistant Chef de Mission** - Trudy Yellow Fly
- There is no Master category for the 2011 NAIG. Age group will be from Bantam to Junior. **There is no Senior or Masters categories.**
- Sports will be determined in November upon conclusion of the NAIG Council Meetings
- As stated previously all coaches will need to have completed the Aboriginal Coaching Program and attained complete Level 2 Theory, Technical and Practical in the sport they will be coaching
- Formal hosting criteria will be developed and circulated to communities in 2010

- Mission Staff Application forms will be developed and circulated early in 2010. Mission staff will be selected prior to September 2010.
- Teams, athletes, coaches who have not paid their 2008 NAIG registration fees will be subject to exclusion from participating in the play-offs leading to the 2011 NAIG and the 2011NAIG.

## North American Indigenous Game Coaching Expectations

As a coach, not only for North American indigenous Games, but for your community teams you have many roles and tasks to perform. You have a responsibility to refrain from comments or behaviours that are disrespectful, offensive, abusive, racists or sexists. You also have a responsibility to instill in participants a lifelong love of sport and physical activity and enduring values of fair play and respect for others.

With respect to the North American Indigenous Games whether you will be coaching an individual sport or a team sport **ALL COACHES will require a complete Level 2 certification at the practical, technical and theory**

**levels.** In addition you must have attended and completed training in the Aboriginal Coaching Manual.

Beginning with the 2011 North American Indigenous Games coaches will be expected to complete the following tasks:

- Ensure all registration forms are complete and readable
- Ensure all registration forms include parent/guardian signatures
- Ensure all Alberta Health Care Insurance Numbers are accurate
- Ensure all medical conditions have been identified where applicable and all medications have been identified

- Ensure there is a copy of all emergency phone numbers provided to the Chef de Mission and Games Staff
- Ensure all waiver forms have been completed and signed where applicable
- Ensure a copy of Indian/Métis Cards has been provided with photo ID
- Ensure all athletes have read, understood and signed the athletes Code of Conduct

**No registration forms will be accepted by the ISCA Games Staff without a signed confirmation by the coach that they are complete, accurate and contain the information for the full**

**roster. No partial teams will be accepted.**

Based on the technical package there is generally a team manager. As a coach, you may decide to have your team manager handle the administrative aspect of registration. However you still must confirm the information is accurate. Mission staff will be assigned to each sport to provide assistance **but not assume responsibility for registration.**

Further information and coaching application forms will be distributed in the New Year.

If you have any questions, please contact Ted Hodgson, Executive Director 403-202-6539.