



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

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VOLUME 2 ISSUE 1

Points of Interest

- Capacity Building Through Recreation and Sport Conference
- 2010 ISCA Provincial Championships for NAIG
- Maskwachees Declaration - What's changed in the communities
- Calling all Coaches

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2010 will be a busy year for the Indigenous Sport Council (Alberta) with the *Building Capacity Through Recreation and Sports Conference* being held in Red Deer, Alberta.

As well selection process will begin for the 2011 North American Indigenous Games in Milwaukee, Wisconsin.

During the month of February the Program Committee under the Chairmanship of TJ Roy, will be developing applications for:

Mission Staff

Coaching

Hosting Criteria

Registration fee payment

Team Alberta is limited to a team size of 500 athletes. The Sport Program will be finalized by the host and NAIG Council during its April 2010 meeting.

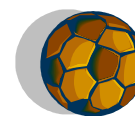
It is the intent of the ISCA to complete team selection in all sports by December 2010 through a series of Provincial Championships.

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



Capacity Building Through Recreation and Sports

The Indigenous Sport Council (Alberta) Conference entitled *Capacity Building Through Recreation and Sports* will be held:

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

Complete Conference information will be sent out within

the next few weeks. Sessions will include Health and Nutrition, Sports and the Law, Youth Leadership Development, Tee Pee Teachings as well as information on funding opportunities.

Early Bird Registration is \$150.00 for adults and for youth 18 and under \$75.00.

After April 1, 2010 the registration fee will be adults \$200.00 and youth \$100.00.

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

E-mail

colleen@aboriginalsports.org

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

Reframing Physical Activity Programs for Aboriginal Communities

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

- *Sitting Bull* -

The following is an excerpt from an article written by Ms Emilea

|Karihoo BPE, Provincial Health Coordinator. Alberta Native Friendship Centre Association (ANFCA) .

The original article developed for Alberta Centre Active Living newsletter has been forwarded in its entirety to all readers.

Emilea is a member of the Indigenous Sport Council Board of Directors representing the Alberta Native Friendship Centres.

As the general health of Canadians continues to decline, physical activity initiatives have become

a national priority. Our modern-day, sedentary lifestyle is contributing to high rates of chronic disease, including obesity, type 2 diabetes and cardiovascular disease, which are occurring more frequently than ever before (Warburton et al., 2007).

One segment of the Canadian population

is affected by these diseases at drastically higher rates. Aboriginal people in Canada are 3–5

times more likely to develop type 2 diabetes (Canadian Diabetes Association), with both adults and children experiencing significantly higher incidence of obesity than non-Aboriginal .

With the Aboriginal population growing six times faster than the non-Aboriginal population, and with 48 per cent of this population younger than 24 years old (Statistics Canada, 2008), reversing this poor health trend is crucial. As active-living practitioners, you know that physical activity may effectively improve these health conditions (Warburton et al., 2007). Unfortunately, physical activity initiatives that target Aboriginal

people in Canada remain relatively underdeveloped and under-delivered as non- Aboriginal health professionals lack the cultural awareness that could help these programs succeed.

Aboriginal peoples in Canada have a range of distinct values, beliefs, attitudes and traditions. As well, they often face many barriers related to low socio-economic status. In order to succeed, physical activity programs aimed at Aboriginal persons or communities must be reframed to reflect their cultural and socio-economic realities.

Maskwachees Declaration – What has changed in the Communities since

In June 2000 a federal—Provincial Territorial Advisory Committee on Fitness and Recreation held a Roundtable meeting in Hobbema Alberta. The Indigenous Sport Council (Alberta) is interested in your comments as to whether or not conditions have changed in the communities since 2000. If not what needs to be done. You can forward your comments either to Ted Hodgson, Executive Director, ISCA at iscaexec@telus.net or Wayne Page, Newsletter Editor at waynepage@shaw.ca

Preamble

We, the delegates of the National Recreation Roundtable on Aboriginal/ Indigenous Peoples, held in Hobbema, Alberta, (Maskwachees) in February 2000, are deeply committed to improving the health, wellness, cultural survival and quality of life of Aboriginal/Indigenous Peoples, through physical activity, physical education, sport and recreation.

We affirm that the holistic concepts of Aboriginal cultures, given by the Creator and taught by the Elders, promote balance through the integration of the physical, mental, emotional and spiritual growth of the individual.

We recognize that many social issues including poverty;

health concerns such as type II diabetes, heart disease, and fetal alcohol syndrome; rates of incarceration; substance abuse; harassment and racism; and a sedentary lifestyle have contributed to poor health and a low quality of life for many Aboriginal/Indigenous People.

We recognize Canada's endorsement of Article 3 of the **United Nations Declaration on the Rights of Indigenous Peoples**, and the recommendations from the Royal Commission on Aboriginal Peoples dealing with recreation, sport and active living.

Strengths and Challenges

We are supported by these strengths:

A willingness to respect partners and to work together with a readiness to learn and lend;

A commitment by the Federal/Provincial/Territorial governments to reduce inactivity among Canadians by 10% by 2003;

A growing number of effective programs, policies and practices;

Infrastructure development in the sport and recreation sector;

A physically active Aboriginal/Indigenous traditional lifestyle; and

International documents/statements that recognize the importance of physical activ-

ity, physical education, sport and recreation.

We are challenged by:

The fact that Aboriginal youth are the fastest growing segment of the Canadian population;

The need to support, invite, integrate and use the knowledge of Elders in program design and delivery;

The lack of priority in allocation of adequate financial and human resources for recreation and sport;

The complexity of the infrastructure independent rather than interdependent;

The need to enhance communication and accountability between Aboriginal and non-Aboriginal sport and recreation organizations and governments;

The need for quality community based programs and services and the creation and renewal of sport and recreation facilities;

A learned attitude of helplessness and "who cares?" held by many;

The lack of clear initiatives for capacity building at the community level;

The need for more leaders and positive role models;

The need to recognize success and celebrate participation;

The need to ensure quality physical education in schools;

The need to ensure recreation and sport are positive experiences; and

The need to create, pursue and implement system-wide change that will result in more flexible, creative, and responsive policies and practices.

Rationale

Traditional Lifestyles and Active Living, including physical education, physical activity, sport, recreation and related cultural activity:

Offer preventive strategies that are much more powerful and cost effective than reactive treatment strategies;

Provide personal development for success in life: for example, mutual respect, honesty, teamwork, healthy work ethic, dealing with conflict, fair play, self-esteem, pride and confidence;

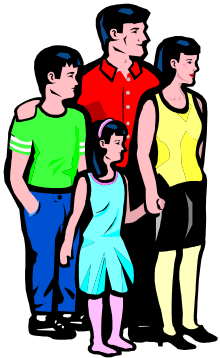
Provide inclusive opportunities for all ages and cultures to interact and to develop respect for each other;

Provide inclusive opportunities for leadership development and role modeling;

Provide opportunities for positive relationships and partnership building;

Increase activity levels across the life span to improve quality of life, enhance mental health, and help reduce the incidence of osteoporosis, some types of cancer, and conditions such as heart disease, type II diabetes and obesity.

Do you find it difficult to delegate tasks to others?



“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 following article is adapted from Leisure Lines the newsletter for Alberta Recreation Parks Association.

If so, you are not alone. According to a recent Statistics Canada report, less than 30% of workers deal with stress and work overload by delegating. The same report also notes that most people rarely turn to work colleagues or family and friends for help.

Developing effective delegating skills is critical for managers and supervisors in the workplace—and an invaluable skill for all people as they seek to find work-life balance. You can start to improve your delegating skills by identifying why

you are not comfortable delegating. Time—management experts identify several reasons. They include:

Fear of losing control of a project or task

Believing it is more efficient to do the job yourself

Believing your staff will resent you if you give them more work

Being afraid other will do a better job and you will become less valued.

Here are some tips for delegating in the workplace

When approaching a task that will take longer than a few minutes, ask if you are the best

person to be doing it. If not consider handing it off to some more appropriate.

Remember that delegating works both up and down and across an organization. Consult with supervisors, colleagues or staff to determine the best person for the job.

Be clear about roles and expectations.

Keep in mind that the downside of trying to do it all can be to use what is often referred to as reactive coping strategies.

These can be negative in nature—increased stress—may lean on alcohol, isolation, feelings of low self-esteem. Positive coping strategies look at how to solve the problem.

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)

CALLING ALL COACHES

All coaches wishing to coach Team Alberta at the 2011 North American Indigenous Games are required to have completed a minimum of Level 2 Technical, Theory and Practical in their sport.

The Indigenous Sport Council (Alberta) will pay for 50% of the registration fee for each course you successfully complete. To qualify for the 50% funding you will be required to submit a copy of your paid registration fee.

The following is the contact information for the Provincial Sport Organizations that provide technical training:

Alberta Archery Target Association:

coaching@ataa-org.ca

Badminton Alberta: Jeff Bell—403-297-2722 or Toll free 1-888-397-2722

Baseball Alberta: Greg Wolfe—780-427-9008

Basketball Alberta: bballab@albertabasketball.ab.ca

Alberta Provincial Rifle Association: - Trudie Snider (Office Manager) 780-415-1775

Soccer Alberta: Mr. Neil Turnbull—780-474-2200 Ext 225

Softball Alberta: North Office—780-461-7735; South Office—403-245-8074

Swim Alberta : 780-415-1780

Volleyball Alberta: Jim Plakas 780-415-1703

For further information on NCCP Theory Courses please contact Trudy Yellow Fly 403-202-6539.

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

Teams, athletes, coaches who have not paid their 2008 NAIG registration fees will be subject to exclusion from participating in the 2010 Provincial Championships leading to the 2011 North American Indigenous Games .

All coaches participating in the 2010 Provincial Championships must have completed the Aboriginal Coaching Program and provide verification that they are working towards the completion of Level 2 in their particular sport.

In team sports, for a sport to be recognized as a Provincial Championship qualifier there must be a minimum of four teams per designated age group, from four different communities.

Individual Sports selection criteria will be determined in consultation with the selected Head Coach and coaching staff.

For further information contact:

Ted Hodgson, Executive Director

Phone 403-202-6539

E-mail iscaexec@telus.net

Bruce Littlechild, Chef de Mission

Phone: 780-585-3343