



# Principles for Community

A synopsis

# Recognize Sport as a Valuable Community Asset



- What are we doing right...
  - New facilities / Good current facilities
  - Programs for seniors (walking)
  - Day Camps
  - Great volunteers
  - Sport is playing a big part in Mount Pearl
- What do we need
  - Other facilities for sport (curling/lawn bowling)
  - More training for coaches/ More coaches
  - Provide potential for people to be active in every age level
  - Start in schools again
  - Encourage more kids to get involved - Need new and different volunteers
  - Maximize use of current facilities - Human resources required
  - Establish that the goal is about participation not competition
  - Recognize being active as a sport.



# Champion Ethical Conduct

- What are we doing right...
  - Promoting non-bullying
  - Schools – excellent programs
  - Many sports are practicing inclusion
  - Working towards equal playing time
- What do we need
  - Sports need to live up to their own rules
  - All programs should practice inclusion
  - Inclusionary practices for parents, with parents
    - Make them a positive force in the sport

# Promote Inclusion



- What are we doing right...
  - Try it – no cost
  - Programs for all skill levels
  - Sport Alliance – many sports one mission
  - Sport oriented city
  - Participation numbers are increasing
  - Real Sport, Kids Sport, Jump Start
- What do we need
  - Promote programs for specific groups (visually impaired)
  - Avoid all deterrents to inclusion
    - Having to specialize too early
    - Having to sign a contract
    - Misconceptions

# Strengthen Connections



- What are we doing right
  - Try it day
  - Sport alliance
  - Cross-training
- What do we need
  - Year round seasons - Cooperation with other sports
  - Common fundraising
  - Encourage long-term participation - Vs elite athlete
  - Change definition of Good Coach - Winning vs development
  - Outside partnerships (Service clubs, Businesses Police, City initiatives (frosty etc.)
  - More invitational tournaments
  - More try it days
  - More opportunities to get together with other sports

# Support Excellence



- What we need
  - Coaching
  - Parents support
  - Marketing for excellence
  - Getting the best out of each child
  - Acknowledgement of each child
  - Communication
  - Fairness

# Foster Healthy, Active Lifestyles



- What we are doing right
  - New facilities
  - Community groups in schools
- What we need
  - More required physical activity in schools
  - More recreation facilities in schools
  - Nutrition – home/school
  - Government funding

# Create Safe and Welcoming Environments



- What we are doing right
  - Facilities
  - Monthly awards
  - Sport Alliance
  - Funding Support (Kid Sport/Jump Start)
  - City contributions
  - Regional approach to inclusion
  - Current Sport and Recreation guide
- What we need
  - Reduce geographical boundaries
  - Coach development (Training, Social, Share ideas, Cross training)
  - Move to a profession - Professional development opportunity
  - Multi-purpose facilities
  - Consolidation of sport facilities
  - Sport marketing
  - Reach out to newcomers (new to community/country)
  - Market True Sport
  - Cross-over between sports
  - Sport varying program



# Celebrate Contribution



- What we are doing right
  - Awards program
  - Award for coaches
  - Good core of volunteers in place
- What we need
  - Increase volunteers...recognition
  - communicate benefits for children to be in sports to parents
    - relax/let kids play/messaging
  - Open discussion on true sport values
  - More social events to bring all together
  - More communication/meetings between coaches, parents and sport organizations



# Principles for Sport

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# Go For It



- What we are doing right
  - Walking for seniors
  - Sport Alliance recognition awards
  - True Sport Symposium
- What we need to do
  - Look at needs of individuals
  - Respond to needs of various demographics
  - Provide more opportunity for people to be active
  - Use the community contribution hours in school to involve kids
  - Insure quality leadership at all levels of play - Coaches/leaders
  - Raise community awareness - Publicize achievement
    - Newsletter/coffee news
  - Bring in speakers to sport groups
  - Emphasis on participation not just winning
  - Recognition not just for young athletes



# Play Fair

- What are we doing right
  - Code of conduct ethics in sport
  - Special Olympics athletes code
- What we need to do
  - Code of conduct ethics in sport - promotion by Sport Alliance
    - Coaches, parents and athletes
  - Establish a constant reminder- Field signage...web sites
  - Stress ethics and values in all coaches training
  - Stress ethics and values in communication with parents
  - Fairness to be the guiding principle - Treat all the kids equally
  - Don't base success on wins
  - Use facts/stats to help choose all-star teams
  - Host a community coaching education conference



# Respect Others

- What are we doing right
  - Officials and sport groups who insist on respect
    - Letters to parents
    - Signage
- What we need to do
  - Zero tolerance for lack of respect (policy)
  - Empower officials and sport groups to promote zero tolerance
    - Field marshals
  - Create a community culture of zero tolerance
  - Coaches need trained in teaching life skills
  - Involve all groups in facility planning - Listen to others and value their opinions



# Keep It Fun

- What we are doing right
  - Awards for dedication and recognition
  - Feeling a part of the community
  - Community network for newcomers
- What we need to do
  - Ensure there is balance in the athletes' lives
    - lessen the pressure
  - Fun team building activities outside practice
  - Promote social nature
  - Provide activities and programs for all ages
    - Bring the generations together
  - Cross-sport promotion
  - Expand alliance mandate to all sport all ages

# Stay Healthy



- What we are doing right
  - Promoting no injurious play
  - City supporting older adults to stay active and involved
  - Active kids club
  - HSHS (Healthy Schools, Healthy Students)
  - Anti-smoking campaigns
  - Kids eat smart program
  - Some programs for seniors
- What we need to do
  - Lifelong skills development
  - Fundamental skills development
  - Universal access to sports and activity
  - Information on sport for active life and for keeping students out of trouble



# Give Back

- What are we doing right
  - Kids giving back to the community (Campia run for the cure)
  - Other sports involving players as volunteers
  - The Symposium
- What we need to do
  - Support individuals to become engaged
  - Promote volunteering
  - Take care of our volunteers
  - Promote future coaching to the players
  - Open lines of communications for athletes, parents and coaches





# To do List

- Sports have to work closer together
  - Alliance – expand mandate or role
- Better job of rewarding volunteers
  - By sport awards (monthly)
    - Do a good sport deed
    - Supportive of values
- Make sports affordable
  - Sport should help discretely
  - Could create a body to look after this in the city
  - Equipment drives
- Have more unorganized sport
  - Open gyms/fields
  - Teach kids how to play without adults
  - Maximize facilities



# To do List

- Increase opportunities for seniors
  - Untapped volunteer resource
  - More programs needed
  - Cross-generational
  - Universal access to sports
- Volunteer Recruitment
  - Get young people involved
- True Sport values
  - Sport buy in - entrenched
  - Parent Involvement
  - Coaching training



# To do List

- Community sponsored coaches training
  - Keeping the “fun” in
  - Code of conduct
- Messaging to parents
  - Signage on the fields
  - Code of conduct
- Zero Tolerance on abuse
  - As a community
- All should have input – should be heard
- More sharing opportunities – like this one