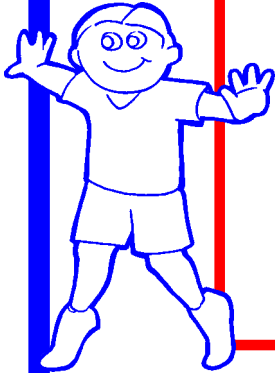
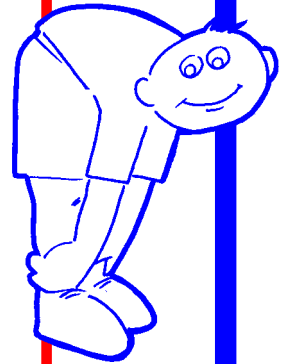
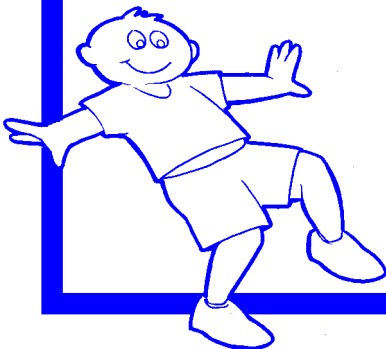
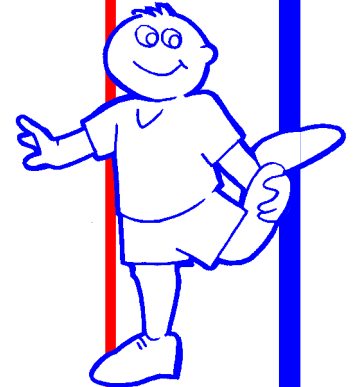


CHILDREN **in sport**

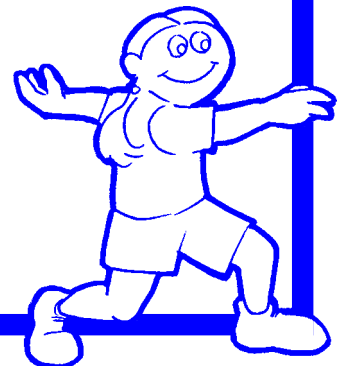
A fundamental skill development program



A Resource Manual for Sport Leaders



SPORT IT'S MORE
THAN A
GAME™
for families • for fun • for life



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WELCOME

Sport is a fun and positive experience for children which allows them to make new friends, learn new skills and develop new interests. To ensure that children receive the most positive experiences possible from sport, the Children in Sport initiative was created. The focus of this initiative is on learning fundamental skills before entering more competitive sports, and on providing the opportunity to have life-long experiences in sport. The focus is on process and not outcome.

The purpose of this resource manual is to encourage and assist provincial sport governing bodies, recreation associations, community groups and schools to take a leadership role in developing age-appropriate activities for children that focus on fun and teach basic skills. This approach fosters the overall development of the children involved, allowing them to maximize the many benefits that sport provides.

This resource is grouped by themes and divided by tabs to assist in the ease of reading. It contains a variety of games, guidelines for developing programs, resource information and delivery strategy suggestions.

This manual is just one of several resources that have been developed as part of the Children in Sport initiative. Other resources include *A Resource Guide for Parents*, *An Orientation Guide for Sport Leaders*, and the “*Children in Sport*” video. All of these Children in Sport resources are available from Sask Sport Inc. at 975-0800 in Saskatoon or 780-9300 in Regina. This information, as well as a list of other organizations who will lend this material out, is also available at www.sasksport.sk.ca. The costs are as follows:

- | | |
|---|-------------------------------------|
| • <i>A Resource Guide for Parents</i> | No Charge |
| • <i>An Orientation Guide for Sport Leaders</i> | No Charge |
| • <i>Resource Manual for Sport Leaders</i> | \$25.00 (no charge off our website) |
| • “ <i>Children in Sport</i> ” Video | \$10.00 |

Best of luck implementing your **fun**damental skill development program.

Yours in sport,



Proud to support more than 12,000 volunteer sport, culture and recreation groups.



ACKNOWLEDGEMENTS

The Children in Sport initiative is the result of significant research and development. Sask Sport Inc., working with the provincial sport governing bodies (PSGBs) and other interested stakeholders, has developed a comprehensive program to ensure that children have positive experiences in sport, which will lead to their life-long commitment to healthy activities.

A working group known as the Provincial Children in Sport Advisory Committee oversaw this project. This committee spent countless hours developing this program and making it a reality. The members of this committee include: Laurie Burgess, past Sask Sport Inc. board member and a teacher; Jymmi Kaye Demchuk, Saskatchewan Water Polo; Shawn Kuster, Sport Medicine & Science Council of Saskatchewan; Don McDougall, former Sask Sport Inc. President; and Noreen Murphy, Sask Sport Inc. The project coordinator is Shirley Kowalski.

Many others lent their expertise to this project and provided valuable contributions and consultations. These include: the Sask Sport Inc. Board of Directors and staff; Dr. Kevin Spink, College of Kinesiology, University of Saskatchewan; Dr. Keith Russell, College of Kinesiology, University of Saskatchewan; Dr. Ralph Nilson, Department of Physical Activities, University of Regina; Dr. Billy Streat, Physical Education and Recreation, University of Alberta; and Bruce Craven, Sport Medicine & Science Council of Saskatchewan.

Special thanks to the PSGBs, Zone Sport Councils and other organizations that played a vital role in developing this program. These groups played an integral part in the consultation process, including the development of focus groups and providing their expertise in community sport programs.

And finally, thank you to Saskatchewan Lotteries for its financial support of this initiative and for its on-going support of the more than 12,000 volunteer sport, culture and recreation groups in this province.

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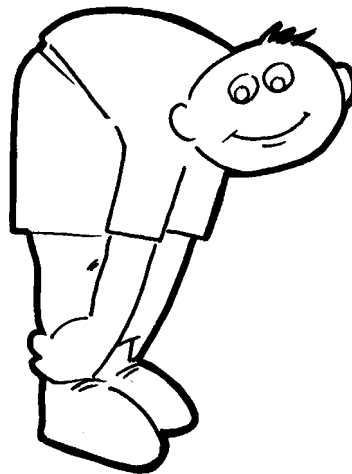


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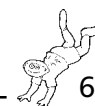
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