

Sask Sport Inc. Programs & Resources



Sask Sport Website

www.sasksport.sk.ca

Are you looking for information on Sask Sport's programs and who to contact. Want to find coach and athlete resources? Looking for the latest news in amateur sport in Saskatchewan? How about ways to make donations to amateur sport? You'll find information on all this and more on the Sask Sport Inc. website - www.sasksport.sk.ca



Canadian Sport Centre Saskatchewan

www.csc-sask.ca

The Canadian Sport Centre Saskatchewan provides a comprehensive range of services for athletes and coaches covering aspects of life inside and outside of the sport world. Our programs and services are divided into three streams: Performance Enhancement, Support Services and Life Services. These services are designed to enhance overall development providing world-class athlete and coach services. The centre works in partnership with national and provincial sport organizations to ensure athletes have access to programs and facilities that support them in the quest to achieve their dreams.



Coaches Association of Saskatchewan

www.saskcoach.ca

The Coaches Association of Saskatchewan (CAS) is a membership organization of coaches managed by a volunteer board of directors representing all aspects of coaching. CAS is the leader in coach development and recognition, providing quality programs and services to Saskatchewan coaches of all sports at all levels. Visit our website at www.saskcoach.ca for information on programs such as Introduction to Coaching and NCCP Competition - Introduction, a list of upcoming clinics or to become a CAS member.



KidSport™

www.kidsportsask.ca

KidSport™ is a national children's charity that supports financially disadvantaged children, so that all children can participate in community sport activities. All children deserve to receive the benefits (mental, physical, social and personal development) that come from sport participation. Start-up support is available to communities interested in establishing a local KidSport™ committee. 6,931 kids were helped in 2007!



Children in Sport

www.sasksport.sk.ca/cis/cis.html

Children in Sport is a program designed to ensure that children receive the most positive experience possible from sport. The focus of this program is on learning the fundamental skills before entering into more competitive sports and on providing an opportunity for children to have positive life-long experiences in sport. This program has a variety of resource materials including: A Resource Guide for Parents, An Orientation Guide for Sport Leaders, A Resource Manual for Sport Leaders, advertisements and posters.



OVTC - Online Volunteer Training Centre

www.ovtc.sk.ca

Volunteers are the foundation of the amateur sport system in Saskatchewan and Sask Sport Inc. recognizes the importance of continuing to develop our volunteers and ensure the next generation of volunteers has the skills required to meet future needs. The Online Volunteer Training Centre delivers key education and training opportunities throughout the volunteer system. Participants are able to select, register and complete an on-line training program at no charge.



SPORT. It's More Than A Game

www.sasksport.sk.ca/simtag.php

SPORT. It's More Than A Game...a campaign to ensure the long term growth and development of amateur sport in Saskatchewan by promoting the benefits of participating in amateur sport. Complimentary promotional materials are available such as newsletter ads, table cards, logo sheets, sport fact sheets, video and posters. Promotional merchandise such as T-shirts and gym bags are also available to purchase through out offices.



A Gift Giving Program for Sport in Saskatchewan

Canadian Sport for Life



Violence & Abuse Prevention



Women in Sport & Physical Activity



Sport Legacy Fund

www.sasksport.sk.ca/sportLegacy.php

The Sport Legacy Fund is a gift-giving program established for the continued and future development of amateur sport in Saskatchewan. It encourages those who have benefited from sport, or who believe in the value of sport, to give something back for current and future generations. Various tax deductible gift giving options are available. Amateur sport needs your support!

Canadian Sport for Life

www.sasksport.sk.ca/CS4L

Canadian Sport for Life (CS4L) is a national movement to change and improve the Canadian Sport System. It provides opportunities for all Canadians to participate in quality sport and physical activity, through-out their lifetime. The CS4L acknowledges the vital connection between sport, community recreation, health care and education in promoting children's health and active living. The Canadian Sport for Life initiative is based on Canada's Long Term Athlete Development (LTAD) framework. The seven-stage Canadian model for LTAD is an overview of a training, competition, and recovery program based on developmental age - the maturation level of an individual - rather than chronological age. For more information visit www.sasksport.sk.ca/CS4L.

Team Sport Speakers Bureau

www.sasksport.sk.ca/programs.php

The Team Sport Speakers Bureau provides groups with the opportunity to hear provincial, national, and world-class athletes, coaches and administrators share their message on various topics. These topics include setting and achieving goals, the importance of sport and teamwork, the importance of sport and education, what sport has done for me, and what it takes to be a high performance athlete. This program has been developed for school-aged children, but can be modified for non-school settings.

RespectED for Sport, Culture & Recreation

www.sasksport.sk.ca/respectED.php

This program developed by the Canadian Red Cross, Saskatchewan Parks and Recreation, SaskCulture, and Sask Sport Inc. has the goal of "Supporting Participation Free from Abuse, Harassment and Bullying". This goal will be met by offering a number of support services including: educational workshops on a variety of topics, support for leaders, coaches and instructors; assistance in developing and implementing abuse and harassment policies; and response procedures at the grassroots level. Sask Sport Inc. believes in offering sport program that are healthy, safe and fun for all participants. The toll free phone number for coaches, program leaders and parents is 1-866-773-5777 or by email at rdcross@sasktel.net.

Respect In Sport

www.respectinsport.com

The Respect In Sport Program is an online training program for coaches to help educate and prevent incidents of abuse, harassment and bullying in sport and recreation settings. This interactive course is able to be completed at the learner's own pace allowing coaches to be educated about creating positive sporting environments for all participants. This program is offered to Saskatchewan coaches through a sponsorship with Saskatchewan Credit Unions and the Canadian Red Cross. For more information on how to participate in this program contact the Dispute Management Office at (306) 975-0861.

Women in Sport

www.sasksport.sk.ca/womenInSport.php

The Women in Sport program is designed to increase the number of women involved in sport at the community and high performance level in coaching and leadership roles. In partnership with organizations such as the Canadian Association for the Advancement of Women in Sport and Recreation (CAAWS), Saskatchewan Parks and Recreation Association, and Saskatchewan *in motion*, a variety of workshops and support materials are available. These workshops are created to be stand alone events or as "value added" programs to existing conferences or special events. For more information contact Michelle Dezell at (306) 975-0861 or by email at mdezell@sasksport.sk.ca.

SportFit™

www.sasksport.sk.ca/sportfit.php

SportFit™ is a fun, easy, online sport education and fitness motivation program that promotes healthy, active lifestyles. By matching students' personal preferences and physical attributes with sports they have a natural affinity towards, SportFit helps students discover sport. Using the upcoming 2010 Winter Olympic and Paralympic Winter Games to spark excitement about getting physically active, SportFit also features information, demonstration videos and the history of 78 Olympic and Paralympic summer and winter sports.

Saskatchewan On-Line Events Guide

www.sasksport.sk.ca/events.php

Is your community hosting an upcoming event? Then make sure you include it on the Saskatchewan On-Line Events Guide. The events guide is also linked to Tourism Saskatchewan, Saskatchewan Parks and Recreation Association, and SaskCulture. The Events Saskatchewan partners continue to work together to assist in the planning, promotion, and hosting of successful events in the province. This is also an excellent tool to search for upcoming events!

Saskatchewan *in motion*

www.saskatchewaninmotion.ca

Saskatchewan *in motion* is a province-wide movement aimed at increasing physical activity to achieve health, social, environmental and economic benefits. The movement has grown to include thousands of individuals, and hundreds of communities, schools, workplaces, champions and leaders. For information and inspiration, go to www.saskatchewaninmotion.ca or call toll-free 1-866-888-3648.



2010 Saskatchewan Winter Games

www.saskatchewangamescouncil.ca/games.html

The week of February 14th will bring lots of excitement and activity to the city of Moose Jaw as they will host the 2010 Saskatchewan Winter Games. The Saskatchewan Summer and Winter Games are held every four years, alternating winter and summer games every two years. The Saskatchewan Winter Games of 2010 will bring over 2000 athletes, from 9 different zones, to the city of Moose Jaw.



Athlete of the Month Award

www.sasksport.sk.ca/athlete-of-the-month_award.php

The Athlete of the Month Award is presented for outstanding performance in a month. Nominations may be made by provincial sport organizations, the media or the public. All nominations are subject to approval by the provincial sport organization. The award is open to teams and individuals who perform solo or on a team. Recipients may not win more than once every calendar year.



Saskatchewan Sport Awards

www.sasksport.sk.ca/sask_sport_awards.php

The Saskatchewan Sport Awards salutes Saskatchewan's amateur athletes, volunteers and coaches outstanding achievements in amateur sport and celebrates the many benefits of sport. The Saskatchewan Sport Awards include the Athlete of the Year awards, the Volunteer recognition awards and the Saskatchewan Coaching Awards. Athletes, volunteers and coaches are nominated through their Provincial Sport Governing Bodies. For more information visit our website at www.sasksport.sk.ca/sask_sport_awards.php



Elimination of Racism in Sport & Recreation

www.sasksport.sk.ca/wlpt/index.html

An Elimination of Racism in Sport & Recreation program guide is available to assist community professional and volunteers in developing relationships between First Nations, Métis and Non-Aboriginal communities. This guide is a step-by-step resource focused on getting diverse communities to work, live and play together.



Saskatchewan Aboriginal Resources

www.saskaboriginalresources.ca

The Saskatchewan Aboriginal Resources website provides easy access to tools, resources, information and contacts that will be of assistance to community leaders in the development and implementation of sport, culture and recreation programs in Saskatchewan communities.



Aboriginal Coaches and Officials Program www.sasksport.sk.ca/aboriginalCoach.php

Saskatchewan has a thriving community of Aboriginal athletes who compete at the community level and across the country. The Aboriginal Coaches and Officials Program (ACOP) is committed to increasing the number of qualified Aboriginal coaches and officials in Saskatchewan. Coaches and officials provide the foundation of the volunteer amateur sport system. This initiative supports barrier free opportunities for certification to programs such as the Introduction to Coaching Workshop, Aboriginal Coaching Modules, and Introduction to Competition: Part A & B, NCCP Sport Specific Clinics and Officials Clinics. For more information contact the Aboriginal Coaches and Officials Program Coordinator toll-free at 1-888-319-2267.



Aboriginal Excellence

www.sasksport.sk.ca/aboriginalExcellence.php

Aboriginal Excellence is committed to improving Aboriginal athletes' development in high performance sport. The program strived to increase participation and leadership opportunities for First Nation and Métis athletes, coaches, officials and volunteers. The program was aimed at developing and preparing athletes for major competitions in sport, with a focus on the North American Indigenous Games. Aboriginal Excellence enabled Aboriginal people to experience and enjoy involvement and perform consistently and successfully at higher levels of sport competition.



Aboriginal Community Sport Grant Program

www.sasksport.sk.ca/funding.php

The purpose of the Aboriginal Community Sport Grant Program is to provide greater sport participation and development opportunities for Aboriginal youth in Saskatchewan. The program focuses on increasing the development of new community sport opportunities for children and youth aged five to fourteen; and provides support for equipment, league fees, facility access and volunteer development. For more information please contact the program coordinator at (306) 780-9310.



Saskatchewan Districts for Sport, Culture and Recreation

www.sasksport.sk.ca/zones.php

Saskatchewan Sport, Culture and Recreation Districts are non-profit, volunteer organizations that promote and provide sport, culture and recreational services and programs, so that everyone can participate and benefit from these activities. A volunteer board of directors is located in each district to oversee the decision making and goal setting processes within the region.

The districts are as follows:

Southeast Connection Sport, Culture and Recreation District - www.southeastconnection.ca

ReginaSport District Inc. - www.reginasport.ca

South West District for Culture, Recreation and Sport - www.zone3sportsCouncil.com

Parkland Valley Sport, Culture and Recreation District - www.zone4sports.com

Prairie Central Sport, Culture and Recreation District - www.zone5sportsCouncil.com

Saskatoon District Sports Council - www.saskatoonsportsCouncil.ca

Rivers West District for Sport, Culture and Recreation - www.zone7sportCouncil.com

Lakeland District for Sport, Culture and Recreation - www.lakelanddistrict.ca

Northern Sport, Culture and Recreation District - www.nscrd.com

Saskatchewan Sports Organizations

www.sasksport.sk.ca/psgbs.php

Provincial Sport Governing Bodies (PSGBs) foster, develop, promote and regulate the playing and officiating of their sport. They provide professional guidance, ensure safety, sanction events, oversee competition, provide insurance, set rules, raise money, acquire sponsorships and train athletes, coaches and officials.

The Provincial Sport Governing Bodies are as follows:

Saskatchewan Archery Association - www.saskarchery.com

Saskatchewan Athletics - www.saskathletics.ca

Saskatchewan Badminton Association - www.saskbadminton.ca

Saskatchewan Baseball Association - www.saskbaseball.ca

Basketball Saskatchewan - www.basketballsask.com

Saskatchewan Baton Twirling - www.saskbaton.com

Saskatchewan Blind Sports Association - www.saskblindsports.ca

Bowls Saskatchewan Inc. - www.bowls.sk.ca

Bowling Federation of Saskatchewan - www.saskbowl.com

Boxing Saskatchewan Inc. - www.saskboxing.com

Saskatchewan Broomball Association - www.saskbroomball.ca

Canoe Kayak Saskatchewan - www.saskcanoe.ca

Coaches Association of Saskatchewan - www.saskcoach.ca

Saskatchewan Curling Association - www.saskcurl.com

Saskatchewan Cycling Association - www.saskcycling.ca

Saskatchewan Darts Association Inc. - www.saskdarts.com

Saskatchewan Diving Inc. - www.cableregina.com/nonprofits/skdiving

Saskatchewan Deaf Sports Association

Saskatchewan Fencing Association - www.saskfencing.com

Saskatchewan Field Hockey Association - www.saskfieldhockey.ca

Football Saskatchewan - www.footballsaskatchewan.ca

Saskatchewan Golf Association - www.saskgolf.ca

Gymnastics Saskatchewan - www.gymsask.com

Saskatchewan Handball Association - www.accesscomm.ca/nonprofits/sha

Saskatchewan Handgun Association - www.saskhandgun.ca

Saskatchewan Hockey Association - www.sha.sk.ca

Saskatchewan Horse Federation - www.saskhorse.ca

Horseshoe Saskatchewan Inc. - www.saskhorseshoe.ca

Judo Saskatchewan - www.judosask.ca

Saskatchewan Karate Association - www.saskarate.com

Saskatchewan Lacrosse Association - www.sasklacrosse.net

Saskatchewan Martial Arts Association

Saskatchewan Racquetball Association - www.racquetballsask.ca

Saskatchewan Provincial Rifle Association - www.saskrifle.ca

Ringette Association of Saskatchewan - www.ringettesask.com

Saskatchewan Rowing Association - www.saskrowing.ca

Saskatchewan Rugby Union Inc. - www.saskrugby.com

Saskatchewan Sailing Clubs Association - www.sasksail.com

Saskatchewan Games Council - www.saskatchewangamesCouncil.ca

Saskatchewan High School Athletic Association - www.shsaa.ca

Skate Canada Saskatchewan - www.skatecanadasaskatchewan.com

Saskatchewan Skeet Shooting Association - www.shotgunsports.sk.ca

Saskatchewan Ski Association - www.saski.ca

Saskatchewan Provincial Small Bore Association - www.rifleshootinginsask.org

Soaring Association of Saskatchewan - www.soar.sk.ca

Saskatchewan Soccer Association - www.sasksoccer.com

Softball Saskatchewan - www.softball.sk.ca

Special Olympics Saskatchewan Inc. - www.specialolympics.sk.ca

Saskatchewan Amateur Speed Skating Association - www.saskspeedskating.ca

Saskatchewan Sports Hall of Fame Museum - www.sshfm.com

Sport Medicine and Science Council of Saskatchewan - www.smscs.ca

Sport Parachute Association of Saskatchewan Inc. - www.skydive.sk.ca

Saskatchewan Squash Inc. - www.sasksquash.org

Swim Saskatchewan Inc. - www.swimsask.ca

Synchro Saskatchewan - www.synchrosask.com

Saskatchewan Table Tennis Association - www.skttta.ca

Saskatchewan WTF Taekwondo Association - www.saskwtf.com

Saskatchewan GTF Taekwon-Do Inc. - www.saskgtf.com

Saskatchewan Team Handball Federation - www.saskhandball.com

Tennis Saskatchewan - www.tennissask.com

Saskatchewan Amateur Trapshooting Association - www.shotgunsports.sk.ca

Saskatchewan Triathlon Association - www.triathlonsaskatchewan.org

University of Regina, Faculty of Kinesiology and Health Studies - <http://kinesiology.uregina.ca>

University of Saskatchewan, College of Kinesiology - www.usask.ca/kinesiology

Saskatchewan Volleyball Association - www.saskvolleyball.ca

Water Polo Saskatchewan - www.wpsask.ca

Water Ski and Wakeboard Saskatchewan - www.wswsask.com

Saskatchewan Weightlifting Association - www.saskweights.ca

Saskatchewan Wheelchair Sports Association - www.swsa.ca

Saskatchewan Amateur Wrestling Association -

www.saskwrestling.com

Saskatchewan Lotteries is the fundraiser for more than 12,000 sport, culture, recreation and community groups in Saskatchewan. Check your lottery numbers, learn about your favourite games, read about recent winners and discover where the money goes.



www.sasklotteries.ca