



TRUE SPORT - A parent's guide

TRUE SPORT

Principles for Sport

Go For It

Rise to the challenge - always strive for excellence.
Discover how good you can be.

Play Fair

Play honestly - obey both the letter and spirit of the rules.
Winning is only meaningful when competition is fair.

Respect Others

Show respect for everyone involved in creating
your sporting experience, both on and off the field.
Win with dignity and lose with grace.

Keep It Fun

Find the joy of sport.
Keep a positive attitude both on and off the field.

Stay Healthy

Place physical and mental health above all other
considerations - avoid unsafe activities.
Respect your body and keep in shape.

Include Everyone

Share sport with others.
Ensure everyone has a place to play.

Give Back

Find ways to show your appreciation for the community
that supports your sport and helps make it possible.

truesport.ca

When we think about what we want our kids to get out of playing sport, it is often more than just technical skills - “*teamwork*”, “*communication*”, “*winning and losing*”, “*how to be a good sport*”. These values are life lessons that we hope our children will learn from the field and translate into their daily lives.

True Sport is a movement to promote fundamental values that Canadians have reported they care about the most in sport - ***fairness, fun, excellence, and inclusion.*** These values are brought to life in the 7 True Sport Principles listed on the left.

Although widely embraced, these principles often go unspoken. For sport to have the opportunity to make the greatest difference, all seven of these principles need to be in play at all times, working in perfect balance with one another.

Community sport inspires friendship, learning, health, and personal growth. Canadians tell researchers that after the family, sport is the most powerful influence on young people's development. This means it is essential for us to ensure that the sport our child is engaged in promotes values that we want them to demonstrate.

The True Sport movement was established to try to create the right conditions for individuals to experience good sport, to value it, commit to it, nurture it and stay connected to it all their lives. As a community sport organisation, we believe that we have a responsibility to promote True Sport values and encourage all of our members – young and old – to uphold them.

True Sport at 6-12 years

These are critical years for not only physical development, but also for emotional and social development. Children learn by doing, by watching, and by copying, so the sport experiences that we offer our kids must support the values and the principles that we want them to demonstrate.

- Fostering Principle 1 – “Go For It” – is essential at this age if we want our kids to explore activities, develop physical literacy, and learn they can move and challenge their bodies however they desire
- By age 6 years and up, children already have a strong sense of “Play Fair” – simplifying the rules of sport ensures that it is age-appropriate and kids understand the game
- Shaking opponent’s hands, helping to put away equipment, taking turns, and listening to umpires are small ways that help to bring “Respect Others” to life at this age
- Principle 4 – “Keep It Fun” – is core for our 6-12 year olds: if the activity isn’t fun, it isn’t worth doing. Even though they might not be able to describe how they feel, we will be easily able to tell if children are enjoying themselves from the way they participate, behave, and engage in activities
- This is a critical age for learning habits to “Stay Healthy” – a balanced diet, good sleep, and making good choices for your body are the cornerstones of developing a positive attitude to health
- From as early as 6-9 years, children start recognising differences in abilities and judging their behaviour and that of others so children should be encouraged to “Include Everyone” when they play
- Principle 7 – “Give Back” can be taught from a young age by helping children to understand and appreciate the volunteers who make sport possible. A simple gesture of thanking coaches, parents and other volunteers is an easy way to promote and teach this value

What can parents do to help?

- ✓ Ask your child’s sport clubs and coaches what values underpin their programs. Do these values align with the sport experience that you would like your child to receive?
- ✓ Focus on life skills that your child is learning in sport, rather than the number of goals scored or how well they have mastered techniques. Ask first “did you have fun?” rather than “who won?”
- ✓ Make sure your own behaviour playing, watching or on the sidelines models True Sport values – your child is watching you!
- ✓ Show appreciation to coaches and other volunteers for their contributions to sport – and consider volunteering yourself!
- ✓ Join the True Sport movement at <http://truesportpur.ca/join> and pledge your name in support of the principles of true sport. Make sure that the sport organisations that you are involved in have signed up to the movement and embody the values

What is WVFHC doing to promote True Sport?

- ✓ WVFHC has signed up to the True Sport movement and has integrated the logo and principles into our website, our office, and our programs
- ✓ In Spring League our focus is teaching skills in a fun & social environment. Players can remain with the same team from U6- U18, strengthening their sense of belonging & team work. We welcome & integrate new players at every age
- ✓ Our program framework takes a holistic approach to a child’s development. Check out the Player Development Matrix in your Welcome Pack to see the emotional, social and cognitive factors we take into consideration when we develop our programs
- ✓ Our Junior Coach program matches older Spring League players with teams. This provides role models for our younger players and helps teach our older players the importance of giving back
- ✓ We promote True Sport in our Codes of Conduct for coaches, parents and players to ensure that all participants understand our shared values

If you have other suggestions, we would like to hear them!

Email: info@wvfhc.com

Where can I find out more?

www.truesportpur.ca

