



True Sport Champions Workshop – January 2017

True Sport is powered by all of us – athletes, coaches, officials, students, spectators, organizations, parents, teachers and community leaders. True Sport needs to exist from the playground to the podium and be supported by EVERYONE.

True Sport *Lives Here* Manitoba is a team of partners and community representatives aiming to bring back the values and principles of good sport in our province. We want to help make Manitoba a True Sport province as we host the 50th Canada Summer Games this July and August!

True Sport Lives Here Manitoba's current partners:

Canadian Centre for Ethics in Sport True Sport Canadian Sport Centre Manitoba
 Sport Manitoba Baseball Manitoba City of Winnipeg Canada Games 2017
 The University of Winnipeg Wesmen Athletics

Join the movement! Help make Manitoba a True Sport province in 2017!

Register as an individual, team, or organization on the True Sport website www.truesportpur.ca.
 Learn more about True Sport Lives Here Manitoba at <http://www.sportmanitoba.ca/true-sport.ca>
 Register for the **next True Sport Champions Workshop** by sending an email to Veralyn at:
v.warkentin@uwinnipeg.ca. Join us!



Welcome to True Sport *Lives Here* Manitoba Night!

Your Wesmen teams are proud to promote True Sport *Lives Here* Manitoba at tonight's Women's and Men's volleyball games. Our Wesmen Athletes are wearing 'True Sport Lives Here' T-shirts during their warm-up to highlight that our Wesmen teams have signed up as members of True Sport. Your real home team wants to celebrate what the True Sport movement brings to sport. True Sport *Lives Here* Manitoba is a campaign aimed at promoting the values and principles of True Sport throughout our city and our province. The University of Winnipeg and Wesmen Athletics are proud to say that the **Wesmen Way is the True Sport Way**. Check out: <http://uwinnipeg.ca/kinesiology/wesmen-teams-join-true-sports-live-here-manitoba.html>



What is True Sport?



Sport is never neutral –

- Good sport can and does happen on its own, but all too often it doesn't.
- For sport to do good, it must be good;
- It must be values-based and principle-driven.

Through public consultation, Canadians said they want sport to reflect the values of *fairness, excellence, inclusion and fun*.

These values are represented in 7 Guiding Principles (written in full on the reverse):

Go for It Respect Others Stay Healthy Keep it Fun
 Give Back Include Everyone Play Fair

Good sport is the effect of all seven True Sport Principles present in sport – in play at the same time, in the right balance and proportion.

True Sport is designed to give people, communities and organizations the means to create good sport in order to: **instill character in our kids, strengthen our communities, and increase our opportunities to achieve excellence.**

*At the heart of True Sport is the firm belief that **good sport** can make a **great difference**.*

TRUE SPORT PRINCIPLES

KEEP IT FUN

Find the joy of sport and have a good time. Keep a positive attitude and look to make a positive difference, on the field and in your community.

RESPECT OTHERS

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

GIVE BACK

Always remember the community that supports your sport and helps make it possible. Find ways to show your appreciation and help others get the most out of sport.

PLAY FAIR

Play honestly and obey the rules, in letter and spirit. Winning is only meaningful when competition is fair.

GO FOR IT

Always strive for excellence and rise to the challenge, but never at the expense of others. Discover how good you can be.

INCLUDE EVERYONE

Share sport with others, regardless of creed, ethnicity, gender, sexual orientation or ability. Invite everyone into sport to make it more meaningful for the whole community.

STAY HEALTHY

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