



# Sport, Physical Activity and Recreation Branch – SPAR –

January 2023 Newsletter

## Winter Walk Day – February 1, 2023

February is almost here and that means [Winter Walk Day](#) is quickly approaching. Winter Walk Day is a great opportunity to be active and have fun with your family, friends and colleagues. All Albertans can embrace the Winter Walk Day spirit by putting on their walking boots and enjoying a 15-minute walk, or other outdoor activity on Wednesday, February 1.

Remember, you do not have to wait for Winter Walk Day to be active. You just have to put on your best shoes and get your body moving. Staying active during the winter, a time mostly spent inside, is important to maintaining a healthy lifestyle. In fact, research shows that spending some time outdoors and being active greatly benefits both your body and mind.

Outdoor physical activity is also a social opportunity, which is one of many things that were impacted by the pandemic. Join a group of friends, co-workers, or students and register your walkers with [Safe Healthy Active People Everywhere \(SHAPE\)](#).

Lets strive to get outside and enjoy the fresh air. Celebrate your mental and physical well-being by taking time for an enjoyable winter walk!

## Arctic Winter Games - January 29 to February 4, 2023

The 2023 Arctic Winter Games are being hosted in our province from January 29 to February 4 in the Regional Municipality of Wood Buffalo. The Government of Alberta has provided \$1.8 million in funding in support of the hosting of the 2023 Arctic Winter Games.

Alberta is proud to send 337 athletes, cultural participants and coaches representing 44 northern Alberta communities. Twenty-six teams will compete in 19 different sports including the traditional Arctic Sports and Dene Games that reflect the cultures of those living north of the 55<sup>th</sup> parallel.

Team Alberta North will be led into the Opening Ceremonies by 16-year-old cross country skier Aiden Armstrong from Grande Prairie. He has top 15 finishes at the National Championships, and is a member of the U20 Alberta Ski Team. Aiden is a straight-A student and, admirably, still finds time to teach ski lessons as a volunteer coach.

The Team Alberta Banner will be carried by Kayla Welygan, a figure skater from Grande Prairie, and Taylor Breen, a member of the women's hockey team, who is from the Regional Municipality of Wood Buffalo. This is Kayla's third Arctic Winter Games; her first was in 2018 where she won four medals, one in each of the events she skated in. She is a coach with the Learn to Skate program at the Grande Prairie Skating Club. Taylor is a member of the Female 18U AAA Slash team. She volunteers teaching younger kids in the community to learn how to play hockey and has received Honors with distinction in school.

The Arctic Winter Games begin on January 29 with the Opening Ceremonies and competitions kicking off on January 30.

Follow us on Facebook at [TeamAB](#), on [Instagram](#) and [Twitter @GoTeamAB](#), and visit the [Team Alberta North webpage](#) for more information and the most up to date results. #GoTeamAB #2023AWG

Good luck to everyone at the games!

## National Coaching Certification Program (NCCP) Updates

The National Coaching Certification Program (NCCP) multi-sport schedule has been updated to include February and March 2023 courses. Be sure to check often as additional courses may be added based on demand.

### DID YOU KNOW:

- Maintenance of Certification is an NCCP policy requiring NCCP coaches to maintain their certification through Professional Development (PD) and training opportunities over a predetermined time period.
- Coaches are encouraged to view their Maintenance of Certification requirements in their Locker account. A coach with a “Not Renewed” status has not completed the required PD credits by the expiry date of their maintenance cycle.
- A coach must complete the required PD points for their certification to be in good standing.
- Once PD points are achieved, their maintenance cycle will be reset on January 1 of the following calendar year. PD points are earned automatically or by self-reporting any approved NCCP activity (sport-specific or multi-sport). Non-NCCP activities are recognized as PD by a sport, formal learning, non-formal learning, and seasons of coaching.

## Shaping the Future 2023 Conference – February 2-4, 2023

Shaping the Future is an annual conference bringing together educators, health and wellness professionals, and researchers to explore aspects of comprehensive school health through a variety of interactive learning formats. This year’s conference will take place at the Chateau Lake Louise on February 2-4.

Registration includes access to three keynote presentations, over 35 concurrent sessions and 14 interactive workshops to choose from. Individual tickets are 98 per cent sold, and group rate tickets are sold out! Register now to secure your spot.

Go to the Ever Active Schools website to register today.

## Youth Summit – February 4-5, 2023

On February 4 and 5, the Steadward Centre and Active Living Alliance of Canadians with a Disability will be hosting a free, online Youth Summit. The Summit aims to be a gathering space for youth leaders experiencing disability to share experiences, solutions, and passions for physical activity, sport, and recreation, and to strengthen our communities.

[Click here](#) for more information or to register.

## Sport For Life Summit – February 24-25

The Sport for Life Summit congregates leaders that work together to enhance the quality of sport and physical activity in Canada. The Summit establishes an environment for idea generation through thoughtful and open dialogue across a range of topics. Through knowledge sharing, the Summit can help build and maintain networks while identifying opportunities for innovation.

This year’s theme is “Thriving through Changing Times.” Our means of connecting, engaging, innovating and experiencing quality sport and physical literacy have been re-envisioned to meet the challenges and opportunities of a post-pandemic world. Across sectors, and from the municipal to the national scale, we have all evolved. As groups continue to embed Long-Term Development and physical literacy into communities, there is no better time to share the ways we have all learned, grown and expanded our policies, programs and resources to meet current needs, engage and support diverse communities and imagine new, exciting ways forward.

The Summit will be delivered across the country on various dates during February and March 2023. The Summit will take place in Calgary on February 24-25.

Please go to the [Sport for Life Website](#) for registration information.

## Board Development Webinar Series

The Community Development Unit is pleased to present the 2023 Board Development Webinar series. These 90 minute to 2-hour live, interactive webinars will provide you with valuable information on non-profit governance and related topics. These live webinars will also provide the opportunity to ask questions, see what other organizations are dealing with, test your knowledge and offer additional informative resources and handouts in different relevant areas.

For more information, a complete schedule, and registration information, please click [here](#).

## Concussion in Sport Symposium March 1, 2023

The Concussion in Sport Symposium will be held on March 1, 2023. This year's symposium will feature the latest concussion research and showcase leadership in concussion management at all sport levels.

The Symposium is a one-day, virtual event bringing together hundreds of Canadian sport leaders, coaches, practitioners, and researchers. The day will consist of a combination of keynotes, shorter presentations, and panel discussions.

Stay tuned for more information.

## 2023 Alberta Adapted Physical Activity Symposium – March 3-4, 2023

The 2023 Alberta Adapted Physical Activity (AAPA) Symposium will take place on March 3 - 4, 2023 in Calgary, Alberta. This multidisciplinary symposium aims to foster community and enhance inclusivity of physical activity and sport across the province for all Albertans experiencing disabilities.

This event is an opportunity to learn more about physical activity and sport participation for Albertans experiencing disabilities.

Registration for the Summit is now open. Visit the [AAPA website](#) for more information.

## Alberta Healthy Communities Symposium – March 9-11, 2023

The Alberta Healthy Communities Symposium is back in person for 2023. The symposium is **FREE** and will take place in Calgary at the Grey Eagle Resort & Casino on March 9-11, 2023.

This year's theme is **Honoring Our Roots, Building Our Future**. The symposium will provide tangible and actionable content designed to enhance health and wellness initiatives in our communities.

The symposium is a free provincial program fostering the wellbeing of Albertans by engaging and supporting communities to transform local practices, places, policies, and partnerships so healthy eating and active living are easy choices for everyone.

Go to the [Communities ChooseWell Website](#) for more information and register today.

## Sport, Physical Activity, Recreation Collaborative (SPARC) Summit Proceedings Report

Sport, physical activity, and recreation are essential to our well-being. Children and youth need our support now more than ever, and innovation to ensure that they have the life skills and experiences to be successful, thriving members of our communities is critical.

SPARC Alberta worked alongside partner, Sport for Life, and hosted the first Youth Grassroots Sport Summit in May, 2022. The Summit heard from over 150 sport, physical activity and recreation leaders from across Alberta during facilitated

conversations, webinars, workshops, and other online engagements including surveys and e-learning feedback.

The feedback and learnings are now available in our Summit Proceedings Report "Imagining New Futures for Community Grassroots Sport in Alberta." Please go to the [SPARC website](#) to view the report.

## Concussion Awareness

The #Headstrong Canada campaign is based on the Government of Canada's Concussion Framework and the



[Concussion Awareness toolkit](#), is designed to give every sport organization the resources they need to show they are concussion smart and to learn the key points in Concussion Awareness



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