



Sport, Physical Activity and Recreation Branch – SPAR –

September 2023 Newsletter

National Coaches Week: September 16-24, 2023

The ninth annual National Coaches Week is taking place from September 16 to 24, 2023. It is a time to celebrate the positive impact coaches have on athletes and their communities across Canada.

To celebrate National Coaches Week and show appreciation for Alberta coaches, the Sport, Physical Activity and Recreation Branch is discounting NCCP multi-sport modules offered in September. Coaches can view available courses on the NCCP Multi-Sport Calendar and are encouraged to register early as each module has limited availability and will sell out fast.

Local clubs and organizations can refer to the National Coaches Week Participation Guide to access graphic tools and plan their own NCW events and activities.

In addition to discounted NCCP online multi-sport modules, check out The Locker every day between September 16 and 24 to take advantage of daily free eLearning modules being offered:

Monday, Sept 18th – NCCP Coach Initiation in Sport
Tuesday, Sept 19th – NCCP Creating a Positive Sport Environment
Wednesday, Sept 20th – NCCP Sport Nutrition
Thursday, Sept 21st – NCCP Coaching Athletes with a Disability
Friday, Sept 22nd – NCCP Leading Drug Free Sport

Alberta Concussion Awareness Day: September 27, 2023

Did you know that there is an estimated 1 in 5 lifetime risk of concussion, with children and adolescents accounting for over 50%? A study conducted by the Injury Prevention Centre revealed that 37 Albertans sustain a concussion each day, resulting in a staggering 13,579 concussions being diagnosed in Alberta's emergency departments every year. It's important to note that this number does not include concussions treated at physicians' offices, walk-in clinics, or those that go unrecognized or untreated.

Although concussions can affect individuals of all ages, the study found that young people between the ages of 10 and 24 had the highest average number of emergency department visits due to concussions. This emphasizes the importance of promoting concussion awareness, prevention, detection and management within our communities.

In recognition of the importance of this issue, September 27 is Concussion Awareness Day, which falls within National Concussion Awareness Week (September 25 to October 1, 2023). Alberta shares a commitment with other provinces and territories to profile the importance of concussion awareness.

To better prepare Albertans with the knowledge they need, we encourage everyone involved in sport, physical activity, and recreation to join us in creating greater public awareness about the tools available for prevention, detection, management, and support for those who have sustained a concussion.

The Coaches Association of Canada is offering a FREE National Coaches Certification Program eLearning series called "Making Head Way". This program aims to educate coaches about concussions and empower them to share their knowledge with others.

For further information and resources on concussion recognition, management, and recovery, please visit www.sportmedab.ca/aca or the [SPAR Concussion and Injury Prevention Page](#).

Let us unite in spreading the message about the importance of concussion awareness and working towards a safer and more informed community.

National Coaching Certification Program (NCCP) Updates

Fall is here and that means the October NCCP schedule is now posted on the NCCP Multi-Sport Calendar as well as other special modules offers.

Free September In Person NCCP Multi-Sport Modules – As part of the Coaching Association of Canada's National Mental Health and Sport Project, in person NCCP multi-sport modules focused on the topic of mental health will be offered to all Alberta coaches at no cost. These free NCCP modules include Make Ethical Decisions, Planning a Practice, Basic Mental Skill and Teaching & Learning, and will be offered in Calgary, Edmonton, Fort McMurray, Grande Prairie, Lethbridge, and Red Deer.

Alberta Multi-Sport Coach Developer Update: NCCP Coach Developers must complete rigorous training that is consistent across Canada. To be certified as a NCCP Learning Facilitator, Coach Evaluator or Master Coach Developer, these coach developers must demonstrate competency by completing a four step pathway consisting of training, deliveries and evaluation. Congratulations to the following newly certified multi-sport coach developers in Alberta!

- Certified Learning Facilitator: Jason Sjostrom, Carrie Sutherland, and Lindsey Materi
- Certified Master Coach Developer: Adam Sollitt
- To access Core Training and/or to become a sport specific coach developer, contact your Provincial Sport Organization.

Take advantage of the early bird registration rate available until September 25 for the 2023 Petro-Canada Sport Leadership sportif conference coming to Calgary, November 2-3, 2023.

Stars of Alberta Volunteer Nominations: Deadline September 15, 2023

Do you have an outstanding volunteer in your organization? We know that our sport and recreation organizations rely on these amazing people. Take thank you to a new level and nominate a volunteer today for a Stars of Alberta Volunteer award.

The Stars of Alberta Volunteer Awards recognize extraordinary Albertans whose volunteer efforts have contributed to the well-being of their community and fellow community members.

Please go to the [Stars of Alberta webpage](#) for award guidelines and nomination forms.

Every Kid Can Play Grant: Deadline September 30, 2023

Applications for the Every Kid Can Play grant program for Provincial Scope non profit organizations and Community-Level non-profit organizations are still available. This grant helps non-profit organizations to reduce costs associated with the delivery, expansion, or enhancement of existing community-level programs.

The application deadline for non-profit organizations is approaching fast - September 30, 2023.

All program guidelines and application information are available on the [website](#).

Alberta Recreation Survey results now available

The 2022 Alberta Recreation Survey results are in! Albertans agree that recreation enhances quality of life. More than 5,000 Albertans responded in 2022 and 98% of respondents participated in recreation in 2022. The survey showed outdoor physical activity is very important to Albertans, with walking, hiking, and camping continuing to be the most popular recreational activities.

The Alberta Recreation Survey is a co-operative effort supported by a panel of experts and leaders in the field of sport, physical activity, and recreation (SPAR). This survey is the only activity-based survey in Canada. Conducted every four years since 1981, the Alberta Recreation & Parks Association (ARPA) delivered the survey this year with a grant from the Ministry of Tourism and Sport.

The complete [Alberta Recreation Survey results](#) are available online..

Alberta Recreation and Parks Association Conference and Energize Workshop: October 26-28, 2023

This year's theme of the Alberta Recreation and Parks Association (ARPA) Conference and Energize Workshop is "Inspiring Creativity and Community." The conference will be held at the Chateau Lake Louise on October 26-28, 2023.

Recreation and parks are the heartbeat of our communities, and spaces have the power to inspire creativity and bring people together in meaningful ways. This conference is a platform for recreation, culture and park professionals, elected officials, and others within the sector to come together and share their experiences, knowledge and ideas.

The education program will cover the diversity of the recreation and parks sector, art, culture, and community development, and will include content that connects to a broad range of focus areas.

Registration is now open. Please go to the [ARPA website](#) for more information.

Sport Information Resource Center 2023 Conference: October 26-27, 2023

The 17th annual Sport Canada Research Initiative (SCRI) Conference will take place in Ottawa on October 26 and 27, 2023. This is the country's leading sport participation research conference and will be offered in a hybrid presentation. Attendees have the choice to participate either in-person or online to share the latest developments and insights in sports research.

The theme of the 2023 SCRI Conference is "Making Sport Better Together." Collaboration is vital to a thriving sport system, and the collective opportunities to advance sport participation in Canada. The Sport Information Research Center network of well-respected researchers, keynote speakers and panelists will bring into focus the challenges faced by all corners of sport today and put a spotlight on opportunities for action.

Please go to the [website](#) for more information and to register for the conference.

2023 Petro-Canada Sport Leadership Conference: November 2-3, 2023

The Petro-Canada Sport Leadership sportif conference (#SLS23) is Canada's largest conference for coaches, researchers, sport executives, and administrators. It consists of learning, professional development, and networking with the top minds and leaders of the Canadian sport, business, and education communities.

The theme of the 2023 Petro-Canada Sport Leadership conference being held in Calgary is "Mental Health Is Our Sport".

For more details, visit the [conference website](#).

Arctic Winter Games announces 2026 Host City

Team Alberta North is excited to be heading to the city of Whitehorse for the 2026 Arctic Winter Games!

The Arctic Winter Games are a biennial multi-sport and indigenous cultural event involving circumpolar peoples residing in communities or countries bordering the Arctic Ocean. The Games gathers athletes, spectators, and sports enthusiasts from around the circumpolar north to share their pride and encourage healthy living through sport.

The 2024 Arctic Winter Games will take place in Mat-Su Borough, Alaska from March 10-16, 2024. Team Alberta North will send 250 athletes, coaches, managers and mission staff to the games.

Go to the [Arctic Winter Games](#) website for more information..

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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