

## True Sport – 10 Ideas for Organizations

1. Become a True Sport Organization at [truesport.ca](http://truesport.ca). Share your declaration and the True Sport Principles with your members. Add a True Sport logo and link on your organization's website.
2. Create a True Sport bulletin board to display posters, pamphlets and upcoming events.
3. Organize a rally to create a buzz around your organization's commitment to True Sport. Highlight achievements of members who demonstrate the True Sport Principles or highlight, cross-cultural sport activities, profile unique sports, invite disabled athletes to attend and meet the athletes, identify Alumni that have achieved excellence in sport and have them visit.
4. Hold a True Sport fundraiser to raise money for equipment, facility improvements or special activities. Invite an athlete speaker from Motivate Canada as part of the program ([www.motivatecanada.ca](http://www.motivatecanada.ca)).
5. Create a True Sport crew to identify True Sport behaviours during events and identify potential award winners.
6. Distribute information about programs that encourage healthy choices such as BodySense ([www.bodysense.ca](http://www.bodysense.ca)) or doping-free sport ([www.cces.ca](http://www.cces.ca)).
7. Encourage all parents and coaches to take the Respect in Sport e-learning program to heighten awareness of abuse and harassment in sport ([www.respectinsport.ca](http://www.respectinsport.ca)).
8. Create a transparent and consistent team selection process and post it in a public place.
9. Recognize people in your organization whose actions embody the True Sport Principles. Feature each recipient on a recognition board, in a newsletter or hold a recognition night.
10. Plan for continuous improvement. Offer training for volunteers, such as coaches' certification. Incorporate the True Sport Values Matrix into your LTAD plan.

*Go For  
It*

*Play  
Fair*

*Respect  
Others*

*Keep It  
Fun*

*Stay  
Healthy*

*Give  
Back*



TRUE SPORT  
lives here