

True Sport - 10 Ideas for Leagues

1. Become a True Sport League at truesport.ca. Share your declaration and the True Sport Principles with your teams and encourage them to become True Sport Teams. Add a True Sport logo and link on your league's website.
2. Create a True Sport player of the week award. Select athletes that embody the True Sport Principles.
3. Create a True Sport bulletin board to announce award winners, display posters, pamphlets and upcoming events. If a bulletin board is not possible dedicate a place on the league web site to True Sport.
4. Incorporate True Sport into your end-of-season celebration. Recognize participants that demonstrated the True Sport Principles.
5. Integrate a fair play or anti-harassment program such as JustPlay (www.justplay.ca) or Franc jeu from Hockey Québec (www.hockey.qc.ca).
6. Create a True Sport crew to identify True Sport behaviours during league events.
7. Recognize excellence in volunteers by rewarding coaches, managers and officials that are going above and beyond.
8. Host a True Sport charity tournament that benefits the local community.
9. Distribute information about programs that encourage healthy choices such as BodySense (www.bodysense.ca) or doping-free sport (www.cces.ca).
10. Develop league-wide codes of conduct for parents, coaches and athletes. Create an ombuds committee to deal with complaints from members of the league.

*Go For
It*

*Play
Fair*

*Respect
Others*

*Keep It
Fun*

*Stay
Healthy*

*Give
Back*



TRUE SPORT
lives here