



RINGETTE BC 2021 TRUE SPORT TEAM CHALLENGE

[Join our Provincial Competition and embody the True Sport Values!](#)

Teams in U10 and above can join the fun, and compete against other teams across the province to see which team best represents the True Sport Values. The competition will begin Friday, February 12th, 2021 and Monday, March 15th, 2021.

Prizes will be rewarded to the top teams in the divisions below.

FUNDamentals, U10, U12, U14, U16, U19

TO ENTER:

- Teams must have a minimum of 4 entries per True Sport Value.
- Every member on your team must participate at least one time.
- Entries will be documented by either picture or video.
- Individual entries can be submitted on Social Media by tagging @ringettebc and using the hashtag #TrueSportTeamChallenge, or alternatively can be submitted using google's photo album following the instructions in section 2.1 of this document.
- Deadline to submit entries is 11:59 on March 15th
- Teams who win will receive a True Sport Award and a "Give Back" prize pack for their association

In this document you will find:

- Competition Guidelines
- Submission Requirements
- True Sport Value definitions and importance
- True Sport Team Challenge specific community activity examples

TRUE SPORT TEAM CHALLENGE

COMPETITION GUIDELINES

1.1

- There are 7 True Sport Values, meaning each team will be expected to complete 7 different activities.
- All 7 True Sport Values must be represented in the submission sheet for a chance to win.
- Teams should aim to have each player on the team participate in at least one activity.
- There are multiple activity examples to choose from, and a minimum of 4 entries per True Sport Value is required
- As a team, decide how you will divide the challenges to ensure everyone is participating in at least one activity of this competition

1.2

- Prizes will be awarded to the teams who best embody the True Sport Values by completing the activities while following the competition guidelines.
- To win, teams will submit a picture/video for each True Sport Value and should ensure each player on the team completes at least one activity.
- Teams who win will receive a True Sport Award and a “Give Back” to their associations prize pack.
- In case of a tie, winners will be randomly drawn.

1.3

- While completing each component for this competition, it is expected that team members are following Provincial Covid-19 Guidelines to ensure safety.

1.4

- The competition will be open from Friday, February 12th to Monday, March 15th, . Coaches will have until 11:59pm on March 15th to submit their teams [submission sheet](#).

**SUBMISSION
REQUIREMENTS**

2.1

- To document your team's progress, athletes will take a picture or video of them completing their activity and add it to their team's google photo album.
- Coaches will create a google photo album for their players to submit their photos/videos
 - Follow the following instructions to create a google photo album.
 1. Go to this link → <https://photos.google.com>
 2. Click on “go to google photos” and sign into your email. Individuals creating this album should have a google account.
 3. Click on “albums”
 4. Click “create album”
 5. For the album name, please write your association, team name and division.
 6. To create a link to share with your team, make sure you’re still in the album and click on the share button that looks like a triangle in the top right corner.
 7. Click the “copy link” button and this will take you to your created link. You can copy this and send it to your team.
- Coaches will fill out a final [submission sheet](#) along with their teams album link to technicaldirector@ringettebc.org before 11:59 on March XXX.
- If athletes wish to post their submissions on social media, they can tag @RingetteBC and use the hashtag #TrueSportTeamChallenge to be featured on Ringette BC’s social media pages.

<p>TRUE SPORT EXPLANATION</p>	<p>3.1</p> <ul style="list-style-type: none"> → True sport is located all across Canada in sport organizations of all levels. True Sport is an array of initiatives based on the principles; Fairness, Excellence, Inclusion and Fun. → Visit the True Sport website HERE
<p>TRUE SPORT VALUES & DEFINITIONS</p>	<p>4.1</p> <ul style="list-style-type: none"> → Go For It : Rise to the challenge. Always strive for excellence. Discover how good you can be. <ul style="list-style-type: none"> ● Learning to believe in yourself and your abilities with confidence, can make you a better player and teammate. → Play Fair : Play honestly, obey both the letter and spirit of the rules. <ul style="list-style-type: none"> ● Winning is only meaningful when competition is fair. → Respect Others: Show respect for everyone involved in creating your sporting experience - both on and off the field of play. <ul style="list-style-type: none"> ● Showing respect for the individuals who create an enjoyable experience for you makes them want to keep creating good experiences for you. Having respect for your opponent and understanding they worked just as hard as you to be able to compete deserves your respect as you do theirs. Win with dignity and lose with grace. → Keep it fun: Find the joy in sport. Keep a positive attitude both on and off the field of play. <ul style="list-style-type: none"> ● Keeping it fun is important because this is the foundation of sport. If you aren't enjoying yourself why are you

	<p>playing? Being able to continuously have a positive attitude and love for playing is what makes great athletes. Keep the joy!</p> <p>→ Stay Healthy: Place physical and mental health above all other considerations and avoid unsafe activities. Respect your body and keep in shape.</p> <ul style="list-style-type: none"> • Our body is our vessel. Ensuring you are staying healthy physically is just as important as staying healthy mentally. Having a strong body and strong mind improves an athlete's ability to reach their full potential as a player and as a member of the community. <p>→ Include Everyone: Share sport with others. Ensure everyone has a place to play.</p> <ul style="list-style-type: none"> • Sport is meant to be enjoyed by all. Ensuring everyone feels included and safe will foster stronger team connections and create more positive experiences. <p>→ Give Back: Find ways to show your appreciation for the community that supports your sport and makes it possible.</p> <ul style="list-style-type: none"> • Giving back feels good and may give you a sense of purpose, can help you grow, learn more about your community, build stronger connections and a happier community.
<p>TRUE SPORT TEAM CHALLENGE ACTIVITY SUGGESTIONS</p>	<p>5.1</p> <p>→ Go For It</p> <ul style="list-style-type: none"> - Go on ice early or use the first few minutes of practice to practice a skill. - Do a full warmup prior to arriving at the rink for your practice - Complete 30 practice shots at home

→ **Play Fair**

- Create a fair play poster and bring it to practice to put up on the bench (posters should include ideas on what playing fair means to them and the team)

→ **Respect Others**

- Create a thank you card for a member of the community who you respect and appreciate and drop it off for them
- Show an example of how you have respected the environment

→ **Keep It Fun**

- Participate in your favorite activity that brings you joy that isn't Ringette related. Can do your activity in a silly outfit!

→ **Stay Healthy**

- Physical Health: Make a healthy snack. Ex:
 - Fruit smoothie
 - Homemade trail mix
 - Banana pancakes
- Mental health:
 - Have a PJ dinner
 - Do a YouTube meditation yoga routine
 - Create a homemade face mask
 - Do a breathing routine

→ **Include Everyone**

- Teach a member of your household a ringette skill
- Do a zoom call with your team and play a game

- Create a team playlist (everyone on your team contributes a song)
- Create a team group chat if you don't already have one

→ **Give Back**

- Pick up garbage in a public park
- Go through your clothes and give away anything you don't need anymore
- Pay for the person behind you at a drive through