



**SPEAKERS BUREAU**

**T**eam Sport Speakers Bureau provides groups with the opportunity to hear Provincial, National and World-class athletes, coaches and administrators share their message on various topics. These topics include setting and achieving goals, the importance of sport and teamwork, the importance of sport and education, what sport has done for me, and what it takes to be a high performance athlete. This program has been developed for school aged children, but can be modified for non-school settings.

Sport is much more than scoring goals, hitting home runs, or winning medals. Sport teaches the fundamentals of teamwork, dedication and responsibility. It increases one's feeling of self-worth and self-esteem. Sport benefits the economy; decreases health care costs and improves the spirit and pride in our communities. In essence, sport is one of the essential building blocks for a healthier and happier lifestyle.

Team Sport is a unique partnership of agencies, committed to promoting the message of making healthy, positive lifestyle choices, utilizing sport as a common theme. These organizations have a wealth of speakers who are willing to share with you the importance of making positive life-style choices and enjoying the benefits of sport.

The Team Sport Speakers Bureau is coordinated and managed by Sask Sport Inc. through the Canadian Sport Centre, Saskatchewan. For more information on the program or to inquire about booking a speaker, call or visit our website:

**1-306-975-0800**

**1-800-319-game (4263)**

**[www.sasksport.sk.ca](http://www.sasksport.sk.ca)**



## **SPORT-IT'S MORE THAN A GAME! THE BENEFITS OF SPORT, EDUCATION AND LEADING A HEALTHY, ACTIVE LIFESTYLE**

- provides groups with the opportunity to hear Provincial, National and World-class athletes, coaches and sport administrators share their

message on various topics, such as: setting and achieving goals;

the importance of sport and teamwork; the importance of sport

and education; what sport has done for me and what it takes to be a high performance athlete.

**Developed for:** School-aged children, but can be modified for non-school settings

**Cost:** No charge for school presentations. Presentations done for non-school groups and functions will be negotiated on an individual request basis.

**CAREERS IN SPORT AND RECREATION** - this presentation is geared toward those contemplating a career in sport, recreation or sport medicine. Topics such as wages, job opportunity and post secondary education requirements are part of this presentation.

**Developed for:** High school students

**Cost:** No charge for school presentations. Presentations done for non-school groups and functions will be negotiated on an individual request basis.

**ATHLETE AND COACH ROLE MODEL PRESENTATIONS** - several of Saskatchewan's finest athletes - both amateur and professionals share their experiences, drawing on their own struggles and successes, on what it takes to be successful not only in sport but in life. Topics focus on motivation and making positive healthy choices, but can be tailored to meet specific needs.

**Developed for:** Elementary and high school aged children

**Cost:** No charge

**CHILDREN IN SPORT** - There is a growing need to introduce and conduct programs that assist children to acquire confidence and fundamental skills needed to participate and remain active in sport. The first step is acceptance by all adults that the main goal of youth sport is to foster that overall development of the children involved. This session will focus on the positive role of the coach and parent in sport.

**Developed for:** Parents, coaches & teachers (of children 12 and under)

**Cost:** No charge



**DRUGS AND SPORT** - The objective of this presentation is to provide general information relating to the drugs and sport issue. Areas discussed include: what the banned restricted and permitted substances are; the doping control (testing) procedures; and what the alternatives are. Issues relating to the merits (positives and negatives) of sport nutritional supplements can also be discussed.

**Developed for:** Grades 6-12

**Cost:** No charges for school presentations but donations are graciously accepted. Some mileage costs may be incurred. Presentations done for non-school groups and functions will be negotiated on an individual request basis.

**NUTRITION** - High School Dairy Nutrition is sponsored by Dairy Farmers of Saskatchewan and provides young athletes with an understanding of the basics of proper nutrition and its impact on athletic performances. Topics covered include: Review of Canada's Food Guide, Energy Sources, Fueling the Body, Importance of Calcium, Competition Meals and Hydration.

**Developed for:** High School athletic teams and health/wellness classes.

**Cost:** No charge for high school athletic teams or class. Presentations are done for other groups, conferences, professional development opportunities on a fee for service plus mileage basis.





**CANADIAN RED CROSS / RespectED:**  
**VIOLENCE AND ABUSE PREVENTION** - Provides nationally-acclaimed, award-winning prevention education programs to help youth and adults understand abuse, harassment and interpersonal violence issues.

Building on an interactive process, learners are encouraged to examine ways to proactively prevent abuse, neglect, harassment and relationship violence from occurring at individual, organizational and community levels.

**YOUTH PRESENTATIONS** - Interactive and participatory, building on the participant's knowledge:

- **It's Not Your Fault:** Explores all types of abuse and neglect, why it happens and where to go for help.
- **What's Love Got To Do With It?** Examines healthy and unhealthy peer romantic relationships, focusing on dispelling stereotypes and building communication and prevention skills.
- **Beyond the Hurt:** Explores all aspects of bullying and peer harassment, interpersonal power issues and the rights and responsibilities of individuals.

**Developed for:** Youth aged 12-20

**Time:** 2-3 hours

**Cost:** Mileage expense. Further donations graciously accepted.

**PROFESSIONAL, TRAINING AND CONSULTATION** - Provides direction to adults, including educators and organizations including youth. Consulting services include guidance relating to the development of policies, code of conduct and risk management plans addressing harassment, bullying and abuse.

- **It's More than Just a Game:** A unique workshop for sport/recreation personnel on the prevention of abuse, neglect and harassment in sport.
- **Not Just Puppy Love:** Examines the uniqueness of youth relationship violence.
- **Prevention in Motion:** Defines different types of abuse and neglect, their indicators and effects on children and youth.
- **Walking the Prevention Circle:** For Aboriginal / First Nations Communities, facilitated by Aboriginal / First Nations Prevention Educators.
- **Beyond the Hurt for Adults:** Explores the dynamics of bullying and peer harassment, and helps adults establish appropriate policies and guidelines to foster prevention and intervention.

**Cost:** Participant and workbook fees dependent on size of groups plus mileage expenses.



**DRUGS & SPORT** - Provides a picture regarding current issues and legal and health consequences of drug abuse in sport.

**Developed for:** High school students and teams

**Time:** Upon request

**Cost:** No charge

**CURRENT TRENDS - DRUGS OF ABUSE** - Examines the identification and effect of street drugs. Includes actual exhibits of street drugs.

**Developed for:** Coaches, parents and anyone wishing to know the signs and symptoms of drug use.

**Time:** 2 hours

**Cost:** no charge

**TWO-WAY STREET - PARENTS, KIDS AND DRUGS** - Designed to encourage communication with children about legal and substantive characteristics of drugs, why youth experiment, alternatives and drug identification and effects.

**Developed for:** Adults and parents

**Time:** 1-2 hours

**Cost:** no charge

**POSITIVE ACTION TEENS CHOOSING HEALTH (PATCH)** - Provides a framework for youth involved in sport and youth organizations. The presentation is followed by the youth signing a contract to be drug free and a shoulder patch to signify their choice.

**Developed for:** Youth ages 13-18

**Time:** 1-2 hours

**Cost:** No charge

**WLPT**

**WORKING, LIVING & PLAYING TOGETHER** -

Concentrates on how sport and recreation professionals can address the issue of racism in their communities. This session will focus on identifying what racism looks like in sport and recreation settings and simple and practical steps professionals can take to help eliminate this issue from their communities.

**Developed for:** Sport and recreation leaders, teachers, coaches, athletes, students (Grade 5 & up)

**Time:** 1 - 3 1/2 hours

**Cost:** Negotiable



### **MAKING A DIFFERENCE IN THE LIFE OF A CHILD:**

Kids Help Phone provides children and youth an interactive, fun-filled presentation about Kids Help Phone and its services.

Youth volunteer or Student Ambassadors are trained to speak on behalf of Kids Help Phone and emphasize that Kids Help Phone is an additional resource for those kids who have no where else to turn.

Activities, games and arts are used in the presentations to keep it light, fun and informative.

**Developed for:** All school aged children and youth.

**Time:** 20 - 45 minutes

**Cost:** no charge

### **ANY PARENT, ANY ISSUE, ANY TIME. YOU'RE NOT ALONE:**

Parent Help Line - A presentation to adults that focuses on Kids Help Phone, but explains that Parent Help Line is a new and essential service to support Canadian families. Community Ambassadors are trained to speak on behalf of Kids Help Phone emphasizing that Parent Help Line is a national, bilingual telephone and Internet service that gives parents a place to turn to, for any parenting concerns, 24 hours a day.

**Time:** 20-25 minutes

**Cost:** no charge



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All agencies have an extensive list of speakers; however there may be on occasion times when requests cannot be accommodated. The Team Sport Speakers Bureau apologizes in advance for any inconvenience this may cause.