

Annual Report 2018/19



ISPARC

Indigenous Sport,
Physical Activity
& Recreation Council

A UNIFIED COMMITMENT
IN THE CREATION AND
IMPLEMENTATION OF THE
ABORIGINAL SPORT,
RECREATION & PHYSICAL
ACTIVITY STRATEGY

IN THIS REPORT, WE ARE
PROUD TO SHARE SOME OF
OUR MANY ACHIEVEMENTS AS
WE FACILITATE TRANSFORMATIVE
CHANGE IN THE HEALTH AND
WELL-BEING OF INDIGENOUS
PEOPLES ACROSS BC.



MOVE
PLAY
COMPETE

Program Milestones

2018 – 2019



Premier's Awards for Indigenous Youth
Excellence in Sport
Vancouver Coastal, 2019 Regional Recipients

A NEW DECADE

OF ACTIVE INDIGENOUS COMMUNITIES

The 2018/19 fiscal year marked the beginning of I-SPARC's second decade of innovative work in implementing the Aboriginal Sport, Recreation and Physical Activity Strategy. We are extremely proud of the work we are doing to facilitate transformative change in the well-being of Indigenous peoples throughout BC in communities inclusive of First Nations, Métis Chartered Communities, Friendships Centres, schools, and organizations. Since 2009, through the foundational support of the BC Association of Aboriginal Friendship Centres, the First Nations Health Authority, the Métis Nation BC, we have been actively engaged in developing sustainable programs that use sport and recreation to help build healthy, active, vibrant communities.

This report provides an overview of the many successes we have achieved this year. Our team, in collaboration with numerous sport and physical activity stakeholders, has worked to expand program opportunities, train new Indigenous sport and physical activity leaders, deliver more community-based camps, clinics and courses, and increase overall participation. Building on last year's successes, we set new goals and in nearly every area we have met or surpassed them.

In 2018/19, I-SPARC supported the design and delivery of 813 events/activities with an unprecedented 32,384 participants across the province, an increase of 33% over 2017/18. Ten years in, it's clear that the system we have worked so hard with our partners to develop and maintain is having tangible, positive effects on Indigenous peoples province-wide.

But sustainability is key. I-SPARC must continue to adapt and respond to the evolving needs of the Indigenous communities it serves. After a 10-month consultation process, engaging individuals and organizations from a variety of sectors and communities across BC to ensure that local priorities are at the forefront, a new "road map" is taking shape.

The renewed Strategy, like its predecessor, will take a community-driven, youth-centered, family-focused approach and rely on collaboration with stakeholders to deliver community-based programs. I-SPARC's continued role is to implement and deliver this unified and cohesive plan, which will advance the kind of meaningful and sustainable impact envisioned by its founders more than a decade ago.





Honour Your Health Challenge
Maywood Elementary Community
School, Grade 7 Drummers



THE 5 PILLARS

1. Active Communities
2. Leadership and Capacity
3. Excellence
4. System Development
5. Sustainability

These five pillars form the foundation of the Strategy's goals to create a broad range of adaptive and enduring programs that respond to the priorities established by Indigenous people throughout BC.

THE STRATEGY IN ACTION

THIS BROAD-BASED, COMPREHENSIVE LONG-TERM PLAN FOCUSED ON IMPROVING THE HEALTH OUTCOMES OF INDIGENOUS PEOPLE IS THE FIRST OF ITS KIND IN CANADA.

I-SPARC is responsible for the ongoing implementation of the Aboriginal Sport, Recreation and Physical Activity Strategy.

Inspired by the 2008 BC Aboriginal Youth Sport and Recreation Declaration and established as a social legacy of the Cowichan 2008 Indigenous Games, the Strategy supports and encourages physically active Indigenous communities by reducing barriers and expanding access to culturally appropriate programs. As a direct result of the programs and initiatives delivered by I-SPARC, more and more Indigenous people across the province have been embracing the benefits of living healthy, active lives, resulting in increased self-esteem, self-confidence and the development of life skills that ultimately lead to positive life choices.



KEY AREAS OF FOCUS



HEALTHY LIVING PROGRAMS

- Honour Your Health Challenge (HYHC)
- Aboriginal RunWalk (ARW)
- HealthBeat
- FitNation
- Warriors of Wellness (WOW)
- Community Grants

HEALTHY LIVING

I-SPARC'S HEALTHY LIVING ACTIVITIES IS A PROVINCIALY FUNDED PROGRAM DESIGNED TO BRING TOGETHER COMMUNITY LEADERS AND INDIVIDUALS WHO ARE PASSIONATE ABOUT HEALTH AND WELLNESS.

Our focus has been to increase capacity within Indigenous communities to develop and deliver innovative health promotion programs that continue to grow and thrive. In 2018/19, through its various initiatives, Healthy Living delivered 255 programs, an increase of 15% from 2017/18. **The Honour Your Health Challenge**, which offers leaders the opportunity to create their own six-week community program, had a record-breaking year with 139 programs delivered, a 24% increase from 2017/18. **The Aboriginal RunWalk** program was modified to shift the focus from training for a final event to promoting active lifestyles through regular physical activity and to be more inclusive of varying fitness levels and abilities. It also offered a popular new 5K program, which 39% of leaders chose. The **HealthBeat** team reached more communities than ever, screening 122 participants. With the aid of the new equipment rental program, an additional 104 participants were screened by newly trained leaders. The popularity of **FitNation** continues to soar, with leaders being requested at events ranging from community gatherings to provincial conferences. This year, 24 new leaders were trained in FitNation 1.0 and 11 in FitNation 2.0, bringing the total number of FitNation leaders to 128. In total, 351 Healthy Living Leaders were trained, who then went on to deliver various programs in their respective communities. And 2019 marked the inaugural year of the **Warriors of Wellness** elementary school challenge. 327 kids from 12 First Nations schools participated, receiving points for tracking daily activities in several key areas. An impressive 86% of teachers indicated they would participate in the WOW challenge again.

GRANTS & RECOGNITION

RESPONDING TO THE NEEDS AND PRIORITIES OF INDIGENOUS COMMUNITIES IS CRUCIAL TO THE GROWTH AND SUSTAINABILITY OF I-SPARC'S LONG-TERM STRATEGY.

In 2018/19, we provided 241 grants to support the delivery of Healthy Living community projects, an increase of 9% from 2017/18. We also provided financial support to enable the delivery of 490 youth sport development camps/clinics, coaching certification courses, and officials training that were hosted in communities across BC.

Public recognition of the outstanding achievements of Indigenous youth is also an important element of the Strategy. The **2018 Premier's Awards for Indigenous Youth Excellence in Sport** celebrated a total of 47 Regional and 12 Provincial athletes for their excellence in performance sport, leadership qualities, commitment to education, active engagement in cultural activities, and positive role-modeling in their communities both on and off the field. The Provincial recipients are also featured in the BC Sports Hall of Fame.



EXTRAORDINARY

THE PREMIER'S AWARDS 2018 PROVINCIAL RECIPIENTS

- Kaia Haintz (Track & Field, Cross Country)
- Hayden Guilderson (Hockey)
- Rain Thomas (Basketball, Soccer, Track & Field)
- Nicholas Krawczyk (Lacrosse)
- Pasha Ormerod (Volleyball)
- Samson Whitebear-George (Football, Rugby)
- Sierra Murphy (Volleyball)
- Jady Johnson (Swimming)
- Renay Willier (Fastpitch, Baseball)
- Garnet Currie (Swimming)
- Callison Foreman (Field Lacrosse, Box Lacrosse)
- Holden Jones (Cross Country Olympic Mountain Biking)

“THESE TWELVE EXTRAORDINARY YOUNG PEOPLE CONTRIBUTE SO MUCH TO THEIR COMMUNITIES AND OUR PROVINCE IS A BETTER PLACE BECAUSE OF THEIR COMMITMENT AND LEADERSHIP.

– PREMIER JOHN HORGAN



Team BC NAIG
Mike Meresca, Lacrosse



Team BC NAIG
Kyler Wilson, Badminton



Team BC NAIG
Samara Swan, Athletics

BC GAMES PARTNERSHIP

In 2018, the BC Games Society and I-SPARC partnered with BC Archery Association, Basketball BC, Canoe Kayak BC and the BC Lacrosse Association to expand pathways for Indigenous athletes, coaches and officials at the BC Winter Games and BC Summer Games. The goal of this partnership is to create increased competitive opportunities for Indigenous athletes at the BC Games and to support events such as the North American Indigenous Games and the Canada Games.

CANADA WINTER GAMES

This year, as part of a pilot program established by the Aboriginal Sport Circle, the Canada Games Council, the 2019 Canada Games Host Society, and Sport Canada, 5 Indigenous officials from BC attended the Winter Games in Red Deer, Alberta. This unique experience allowed them to observe and learn in a major Games setting while building connections and opportunities for future collaboration.

PERFORMANCE SPORT PROGRAMS

THE BC INDIGENOUS PROVINCIAL CHAMPIONSHIPS AND ATHLETE DEVELOPMENT CAMPS ARE INTEGRAL TO ADVANCING THE CORE PRIORITIES WITHIN THE STRATEGY'S EXCELLENCE PILLAR.

These events were designed to support the Team BC program and better prepare athletes and coaches for upcoming North American Indigenous Games (NAIG) and other elite competitions. They provide a unique opportunity for Indigenous athletes and coaches from First Nations, Métis Chartered Communities and urban centres throughout the province to gather and compete in events that promote sport excellence while celebrating cultural unity and pride. New partnerships and events were also created, such as the first BC Indigenous Provincial Athlete Development Camp for rugby held with BC Rugby and the Thunder Rugby Association.

In total, in 2018/19 there were 12 championships and development camps involving over 300 athlete and coach participants. Planning is well underway for Team BC participation in the 2020 NAIG in Halifax, Nova Scotia. Provincial Sport Committees have started their processes to select coaches and begun planning for upcoming athlete selection events and the 2019/20 series of Indigenous Provincial Championships and Athlete Development Camps.

Another premier elite competition is the annual National Aboriginal Hockey Championships (NAHC). In 2018, the Team BC Player Selection Camp took place in Kamloops, with 115 youth participating. One male team and one female team were selected from the top bantam/midget players from across BC. The teams then traveled to Membertou, Nova Scotia, for the championships. The female team finished in a respectable 4th place and the male team won the gold medal. This marked the 6th consecutive year that the male team has medalled at the NAHC.

Team BC NAHC
Male Team Gold Medal Win



EXCELLENCE



WHAT IS PHYSICAL LITERACY?

The motivation, confidence, physical competence, knowledge, and understanding to value and take responsibility for engagement in physical activities for life.

INDIGENOUS LONG-TERM PARTICIPANT DEVELOPMENT PATHWAY

The Aboriginal Sport Circle, in partnership with the Sport for Life Society, developed the Indigenous Long-Term Participant Development Pathway in recognition of the fact that mainstream pathways for sport development do not necessarily align with Indigenous needs or experiences. This resource addressed that gap by outlining the key elements that need to be considered when planning, developing, and implementing programs for and with Indigenous peoples and Indigenous communities.

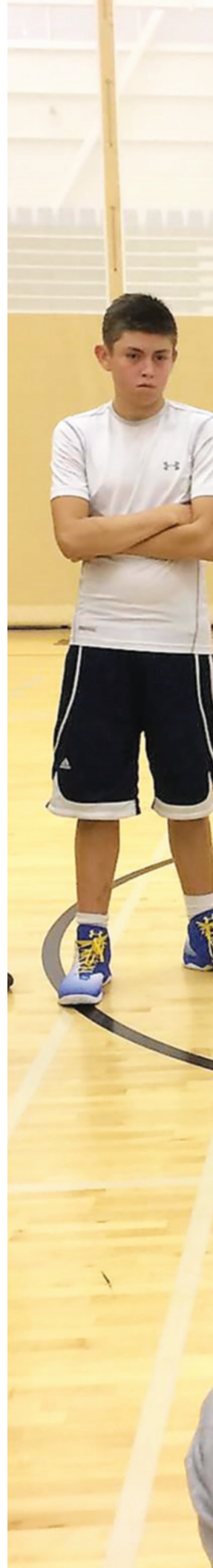
COMMUNITY SPORT DEVELOPMENT

THE PROGRAMS DELIVERED UNDER THE STRATEGY HAVE BEEN SUCCESSFUL IN PART BECAUSE THEY ARE DESIGNED TO RESPOND AND ADAPT TO THE NEEDS OF INDIVIDUAL COMMUNITIES.

Each of our six Regional Committees establish priorities for their respective areas and our Regional Coordinators work directly with communities to support their priorities and needs through the delivery of youth sport development camps, coaching certification courses, and officials training. All regional plans are focused on increasing youth participation and building leadership capacity.

Over the past decade, we have established meaningful, collaborative partnerships with mainstream sport organizations to design and deliver culturally relevant sport programs that reduce barriers and increase access for Indigenous people. In 2018/19, we delivered 421 youth sport development camps involving 20,113 participants, and 69 coach/officials certification and training opportunities involving 581 leaders/participants.

We also hired a new Provincial Coordinator, Kim Leming, to oversee the delivery of Sport for Life programs. I-SPARC is the first provincial body to advance this new, leading-edge work that promotes improving physical literacy across Canada. This year, we delivered 4 Regional workshops, where 32 participants earned their Sport for Life certification. In addition, I-SPARC supported numerous PSOs in ensuring their programs are welcoming and inclusive of Indigenous athletes, coaches and officials. We also partnered with the Sport for Life Society to support Softball BC in their desire to implement the Indigenous Long-Term Participant Development Pathway, delivering training sessions and participating in co-mentorship opportunities. This led to the creation of an internal Indigenous Committee to help Softball BC shape future programs and events and an Indigenous Youth Excellence in Softball Award.



Team BC NAIG
Coach Peter Waardenburg,
Basketball Selection Camp



Dreams Can Come True
participant



DREAMS CAN COME TRUE

In 2018, the Fraser Region ran two months of free hockey programming for Indigenous youth ages 6 to 10. When the program was finished, the kids wanted to keep playing. At the same time, Hockey Canada had an opening for 25 kids to take part in their “Dreams Come True” program. Funded by the Hockey Canada Foundation, along with support of BC Hockey, Bauer, I-SPARC, and local Minor Hockey associations, the program allows families the opportunity to play hockey.

Each child was outfitted in brand-new Bauer equipment, had a fun on-ice skills session to test out their new equipment and had their minor hockey registration fee covered for the 2019/20 season.



Dreams Can Come True
participant

FitNation Hype Squad
GOV 2019



Team BC NAIG



Interior Regional
Leader Training 2018
Dallas Lecoy





ALEX NELSON

2018 INDUCTEE,
BC SPORTS HALL OF FAME

HALL OF CHAMPIONS

In 2018, Alex Nelson, a proud member of the Musgamagw Dzawada'enuwx First Nation in Kingcome Inlet and respected Elder and Senior Advisor for I-SPARC, was inducted into the BC Sports Hall of Fame. Alex has always believed in the power of sport and is passionate about supporting the health and wellness of Indigenous youth. Alex helped found the Aboriginal Sports and Recreation Association of BC, Canada's first provincial Aboriginal sport body, as well as the Aboriginal Sport Circle, Canada's national body for Aboriginal sport and physical activity. He was also the first chairperson and three-time president for the North American Indigenous Games Society, helping develop its constitution and bylaws.

He led the bid process that successfully won Victoria the right to host the 1997 NAIG. He is an inspirational guest speaker at high schools, universities and communities, promoting truth and reconciliation by sharing his story as a residential school survivor.

Alex Nelson
BC Sports Hall of Fame Inductee



Premier John Horgan presenting I-SPARC with Premier's Award for Organizational Excellence



ORGANIZATIONAL EXCELLENCE

I-SPARC was honoured to receive the 2018 Premier's Innovation and Excellence Award in the category of Organizational Excellence. This award celebrates the work of people and groups whose professionalism, dedication and innovation have made a difference in many lives and communities in B.C. In her nomination video, Ministry of Tourism, Arts and Culture Deputy Minister Sandra Carroll praised I-SPARC for its ability to grow, learn and collaborate with its government partners to shape policy.



ALWAYS GROWING, ALWAYS LEARNING

OUR YOUTH ARE OUR FUTURE.
THEY WILL SHOW US THE WAY.

With our new road map as a guide, I-SPARC will continue to facilitate transformative change in the well-being of Indigenous peoples throughout BC. That means more programs, more training, more participation. Because, as the last ten years have shown, our plan is working. Indigenous communities are happier, healthier and more vibrant. Indigenous youth are more confident and are making the connections between healthy life choices and reaching their goals.

But we cannot rest on our laurels. We must be willing to adapt the work we are doing to ensure it continues to meet the needs of the individuals and the communities we are supporting. We must be willing to learn and to grow.

I-SPARC looks forward to continuing to build on its successes and to working with its partners to support the ongoing improvement of the health and well-being of Indigenous youth and their communities over the next decade and beyond.



BRITISH
COLUMBIA

Supported by the Province of British Columbia

We gratefully acknowledge the financial support of the Province of British Columbia through the Ministry of Tourism, Arts and Culture and the Ministry of Health.

MOVE

PLAY

COMPETE



ISPARC

Move | Play | Compete

Indigenous Sport,
Physical Activity
& Recreation Council

551 Chatham St
Victoria, BC | V8T 1E1
T: 250.388.5522
F: 250.388.5502
Toll-Free: 1.800.990.2432
www.isparc.ca

Move | Play | Compete

Elected Regional Committee Leads

Cheryl Charlie	Fraser
Bruce Baptiste	Interior
Ken Edzerza	Northeast
DeWayne Robinson	Northwest
Courtenay Gibson	Vancouver Coastal
Milly Price & Wally Samuel	Vancouver Island

Senior Management & Staff

Rick Brant	Executive Director
Alex Nelson	Elder & Senior Advisor
Lara Mussell Savage	Director, Sport
Robynne Edgar	Director, Healthy Living
Felicia Greekas	Manager, Premier's Awards & Communications
Tara Nault	Special Advisor
Michelle Webster	Manager, Sport Development & Community Engagement
Peshaunquet Shognosh	Provincial Coordinator, Performance Sport
Kim Leming	Provincial Coordinator, Sport for Life Programs
Jessie Toynbee	Provincial Coordinator, Healthy Living
Daniel Young-Mercer	Provincial Coordinator, Physical Activity, Training & Development
Susan Meier	Provincial Coordinator, Indigenous RunWalk
Amanda de Faye	Provincial Coordinator, HealthBeat

Regional Coordinators

Alana Cook	Fraser
Bernard "Buzz" Manuel	Interior
Veronica Haddon	Northeast
Toni Muldoe	Northwest
Peter Natrall	Vancouver Coastal
Lise Gillies	Vancouver Island



BCAFC | BC Association of
Aboriginal Friendship Centres