



Community Sport Handbook

**For Individuals and Families Participating in Sport and
Recreation in Antigonish**

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Sport Hub Antigonish is Powered by:



Introduction

Antigonish has had a long history of strong athletic development, producing Olympians, professional athletes and long-standing Rural League players. Antigonish is also home to Multisport program development and delivery, an idea that has expanded throughout our province and country.

While our community has been very successful in Sport for a vast array of reasons, it also has its limitations in terms of capacity and ongoing sport participation impact. Families are busy. Volunteers are doing a lot and wearing too many hats. Instead of accepting the status quo, Sport Hub Antigonish partners wonder if we can enhance our delivery at the community level in a way that is sustainable and enjoyable for families AND the organizations/volunteers? Together, we think we can.

To address the current limitations and the gaps in our sport community, as well as to highlight, elevate and share the strengths of our traditional ways of operating, were shifting toward a Multisport system via the concept of a collaborative 'Community Sport Hub'.



Here, individual community sport organizations and stakeholders come together for the betterment of all sport in Antigonish. We are beginning to develop a one-stop-sport-shop, designed to positively impact ongoing sport participation by increasing recreational sport opportunities and enhancing competitive play at the community level.

Long term planning includes the continued growth of the Sport Hub partnership with ongoing collaborative actions – working together to make sport better, together, in Antigonish.



We, the Sport Hub Antigonish team, hope the content of this handbook supports a positive community sport experience for your family. If you want more info about the Hub and our big picture goals and offerings beyond registration, check out the "Information" tab on the website and visit our [FAQ page](#), or feel free to reach out to AntigonishAdmin@mysporthub.ca.

The Hub is always growing and changing so please check [our website](#) for a full list of current [partner organizations](#) and, of course, to manage your family's program registrations and more!

How to Sport Hub – Using the Online System

Introduction

Welcome to the Sport Hub Antigonish website! The first time you use the Sport Hub site, there are some additional steps required for set up. See below. Once these steps are complete, future registrations will be quick and easy!

Sport Hub is much more than the registration portal, it is a community wide, collaborative initiative with many long-term goals to improve community sport. As part of Sport Hub, the website is locally developed and constantly evolving. We are always interested in your feedback. Email us at AntigonishAdmin@MySportHub.ca with any ideas or questions!

Creating an Account

1. Go to <https://mysporthub.ca/>
 - ☞ You may wish to “bookmark” this page on your browser for quick future access
2. On the top right corner of the page, on the menu bar, click “Create an Account”
3. Fill out your details, create a password, and save your information
4. Once successful, you will now be able to log in. Click “Log In” on the menu bar (top right)
5. Fill in your User Name (Email Address) and Password, click “Log In”

Setting up your Family

1. On the top menu bar to the right, you will now see your “Hub” in yellow (ex. “**John Doe’s Hub ▾**”).
 - ☞ Click this to reveal a dropdown menu of options
2. Under this drop-down menu, select “Family Profile”
3. Click the black button labelled “Edit Family Info”, fill out your information here and submit

Adding Family Members

1. You will first need to add yourself as the “primary adult”. A flashing warning will be visible and you will not be able to take other actions until this step is complete – warning will disappear once you have added yourself to the family
2. Another flashing warning will let you know you have required reading. Click the black “Required Reading” button to review the Safe Sport information. Confirm you have seen this page by submitting through the button at the bottom of the page. Flashing warning will disappear once you have viewed the required reading
3. Add family members by clicking “Add Family Member” and filling out their profile

Registration

1. Once you have added the registrant as part of your family and completed their profile, you will now see “Waiver” buttons beside their name. Click these, review the waivers, and confirm that you have read and understand the waivers by clicking the confirmation button at the bottom of the page
2. Return to your family profile page. Now you will see a “Registration” button by their name in place of the waiver buttons. Click this to reveal a personalized list of programs based on the participant’s profile. For more info on a program, you can click the title to reveal additional details
3. Select the program(s) you wish to register for using the checkboxes, hit “Submit” to request registration. Now your registration request is in
4. While your status is still “pending” you can unregister as well using the same process. Once the registration status is confirmed, you would have to contact the organization directly to unregister
5. Follow payment prompts ONLY once your registration status is CONFIRMED by the organization
6. Wait for further communications from the organization about participation! Have fun!

Profile Options and Features

When you are logged into your account, you will see your name in yellow at the top right of the screen. Clicking this will reveal a drop-down menu of options for you to choose from. This is how you navigate to your family profile, view your family schedule, access family news, and manage account settings like password and newsletter subscription.

Family Profile takes you to the page where you manage your family. This is where you go to update family information, add or edit family member information, register for programs, monitor registration status, find out about payment processes, etc. This is your main account page.

Family Schedule will direct you to a page that lists all of your family's activities in chronological order. This list is populated by the schedules that the community sport organizations set when they create the program on the back end.

Family Calendar contains the same information as the Schedule, but displays in a calendar view instead of the list view.

Family News is a repository of news items posted by organizations that your family is enrolled with. Whether it is about cancellations, event results, awards, whatever! This is great way for the organization to communicate with your family. When an organization posts a news item to a program, the news item lands on your family news page and can optionally go out as an email as well.

Communities is where you go to manually "opt-in" to additional communities.

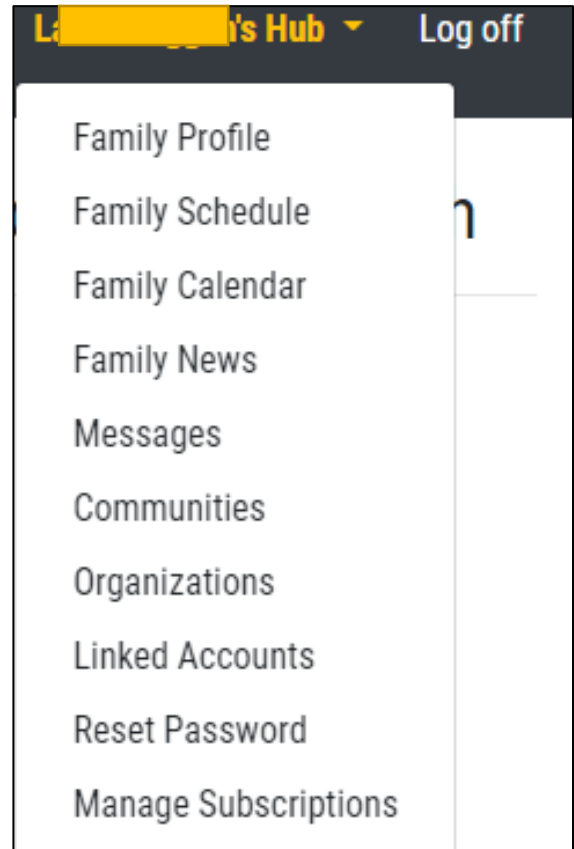
Organizations is where you can manually "opt-in" to certain community organizations. In order to see options here, the family must be members of the community the organization is in.

Linked Accounts allows you to link another member account to your family using their account username. This allows another person access to view manage the family. Head here to unlink accounts as needed as well.

Reset Password is where you go if you would like to change your password at any time.

Manage Subscriptions is a page used to turn on and off your subscription to our newsletter.

Beside the yellow drop-down menu, you will see the option to "**Log Off**". If you are using a personal/home computer, you don't need to worry about this. However, if you ever log into your account on a public computer you want to make sure you sign out of the system. There is personal information about your family stored in your profile so try to keep that safe!



Quality Sport

Physical literacy

Physical literacy is developing fundamental skills, motivation, confidence, attitudes and knowledge to be physically active for life. Physical literacy is the foundation for achievement in sport as well as promoting active, healthy lifestyles. The multi-sport approach is best for developing physical literacy in youth, athletes should not specialize until they are well into their adolescence with few exceptions.



Long Term Development

The LTAD follows the basic stages of athlete development and is designed to ensure athletes are doing the right things at the right time during each stage of their development. The goal of the LTAD is to have athletes develop top-level skills, reach their full potential and grow to love their sport. Participating in multiple sports allows the greatest opportunity for athletes to grow, develop and reach their full potential.

Multisport advantage

Multisport athletes reduce the risk of burnout and help prevent overuse injuries by participating in multiple sports, practice in different sports improves ability in other activities. This is why the Antigonish Sport Community spearheaded the Antigonish Multisport Program. Click the logo for more information →



Inclusion and Accessibility

Sport Hub Antigonish is committed to enhancing inclusion and increasing meaningful participation for ALL in sport, recreation, and physical activity. Through community wide collaboration, we strive to support all our local sport organizations in their efforts to align with provincial [Accessibility Legislation](#), as well as best practices and principles from [True Sport](#), [TRC Calls to Action](#), [Canadian accessibility standards](#), [Canadian Women in Sport](#), [Aboriginal Sport principles](#), [Sport for Life Newcomers guide](#), and other key guiding documents for underrepresented groups in sport.



“Let’s ALL Play!”

Behaviour Guidelines for Parents and Guardians – Code of Conduct

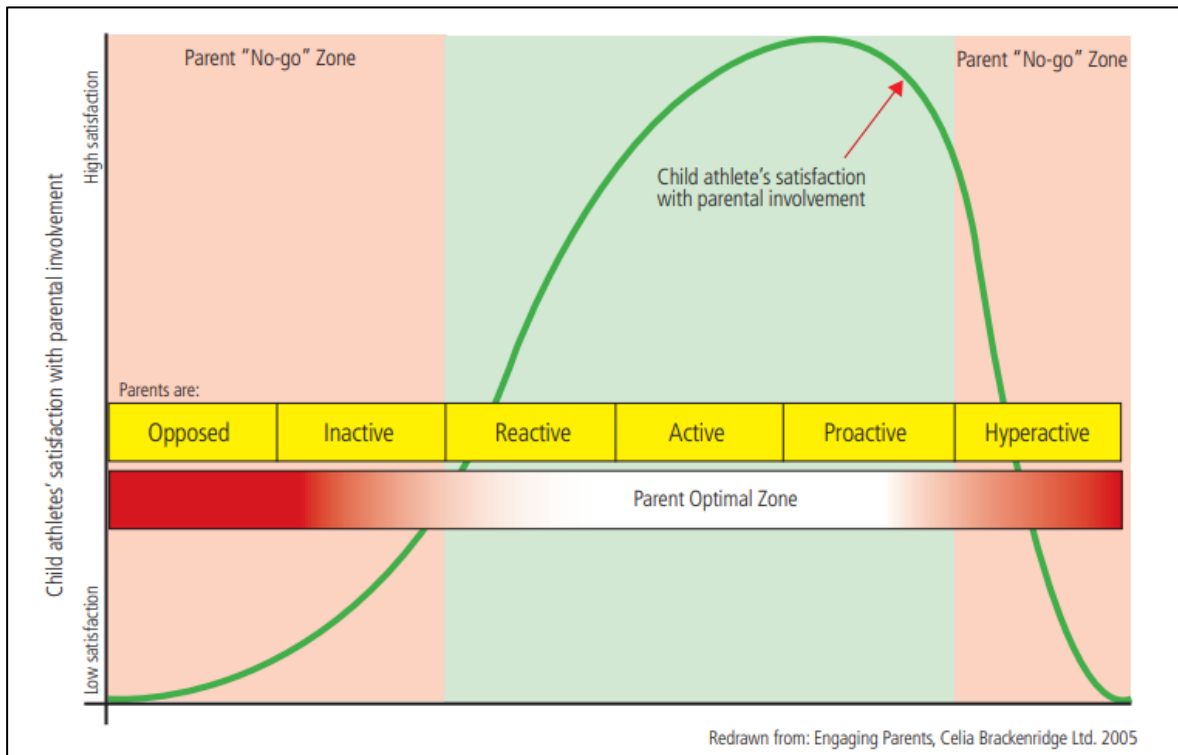
If children are to grow and develop in their sport or physical activity, an environment of positive communication and respect must exist. Parents should observe the following Code of Conduct with their child athletes. The following code is taken from a resource manual developed for community coaches by the Canadian Centre for Ethics in Sport (CCES).

- I will remember that my child plays sport for their enjoyment, not for mine.
- I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility/violence.
- I will teach my child that doing one's best is as important as winning, so that my child will never feel defeated by the outcome of a game/event.
- I will make my child feel like a winner every time by offering praise for competing fairly and trying hard.
- I will never ridicule or yell at my child for making a mistake or losing a competition.
- I will remember that children learn best by example. I will applaud good players' performances by both my child's team and their opponents.
- I will not force my child to participate in sports.
- I will never question the official's judgement or honesty in public.
- I will support all efforts to remove verbal and physical abuse from children's sporting activities.
- I will respect and show appreciation for the trained volunteer coaches who give their time to provide sport activities for my child, understanding that I have a responsibility to be a part of my child's development.

“I Love to Watch You Play”

For additional information on being a “Sport Parent”, check out the Sport 4 Life Parent Guide here:

<http://sportforlife.ca/wp-content/uploads/2016/06/A-Sport-Parents-Guide.pdf>



Long Term Athlete Development Stages

STAGE	~AGE	DETAILS
Active Start	Males & Females 0-6 years old	This stage is all about starting children off right. Making physical activity a fun part of daily life creates the right setting for your child to learn, particularly in free-play environments.
FUNDamentals	Males 6-9 Females 6-8	This stage focuses on learning fundamental movement skills and building overall motor skills. Fundamental movement skills are the building blocks of success in sport and life-long enjoyment of physical activity, and children who develop them are more likely to engage in activity both as children, and later as adults. This stage is a time when children are probably involved in a minor sport program and have their first coach. Unstructured play should still be encouraged.
Learn to Train	Males 9-12 Females 8-11	During this stage, children are ready to learn and refine the general sports skills they need for athletic development and participation in sport for health. Pre growth-spurt.
Train to Train	Males 12-16 Females 11-15	Athletes start to specialize in the sport of their choice in this stage. While children start competing more seriously, the major focus during competition is on applying what they've learned in training - not on winning at all costs.
Train to Compete	Males 16-23 +/- Females 15-21 +/-	This stage is about the development of athletes as young adults. By this stage, they are specializing in one sport and working on event or position specific skills and physical demands. They're soccer goalkeeper, not soccer players, middle distance runners, not track and field athletes. Everything in this stage is about optimizing physical preparation.
Train to Win	Males 19 +/- Females 18 +/-	This stage is about training to win at the highest levels of sport: international competition. Only the very best and most dedicated reach this stage. Those who succeed in this stage almost always work with highly trained and qualified coaches.
Active for Life	Enter at any Age	This stage is all about a smooth transition from a competitive career to lifelong physical activity and participation in sports. The goal is to make the transition from competitive sport positive and to keep everyone active for life. While this transition can occur at any age or stage, it usually occurs after the Learn to Train stage.

For more information on long term athlete development visit:

<https://sportforlife.ca/wp-content/uploads/2016/06/CAC-LTAD-for-Parents.pdf>

For more information on sport-specific long term athlete development visit:

<https://sportforlife.ca/quality-sport-programs/>











Safe Sport

Everyone in Nova Scotia deserves a sport environment that is free from maltreatment.

We place the highest value on the safety and well-being of all participants in sport and recreation. We are continuously working with our partners and communities to keep sport safe, fun, welcoming and inclusive by supporting the values and action of Safe Sport participation.

For further education on Safe Sport including a multitude of digital resources and contacts, please visit our Sport Hub “Safe Sport” Page.

Safe Sport is...

A Safe Environment		Safe sport supports the prevention of maltreatment in sport.
Everyone's Responsibility		Safe sport is a shared responsibility – athletes, parents, coaches, officials, spectators, organizers, administrators and decision makers – to create a culture where everyone can thrive.
Protective of All		Safe sport is building a safe environment together that protects all participants.
Making Decisions with Best Interest of Participants in Mind		Safe sport is important because maltreatment can harm participants physically, emotionally and mentally.
Positive Engagement		Safe sport is engaging in behaviors and practices that are ethical and developmentally appropriate, supporting the physical, psychological, social and emotional welfare of participants.
Inclusive of All Individuals		Safe sport is advocating for meaningful inclusion for everyone.
Awareness of your Environment		Safe sport is being aware of the various types of maltreatment, the conditions that enable them and the signs it may be happening.
Empowerment to Take Action		Safe sport is knowing how to act if you suspect maltreatment is happening.
Continuous Learning		Safe sport is seeking out and participating in on-going education, improving knowledge and abilities, positively influencing and advocating for safe sport environments for all.
FUN!		Safe sport is making decisions that promote physical and mental wellbeing by empowering sport organizations to foster a culture that contributes to success.

Funding Opportunities

Sport Hub Antigonish was developed to reduce as many barriers as we can to making sport accessible for all. We want all kids to have the opportunity to participate in our programs however we understand financial constraints may be a barrier for some families.



There are a number of programs available which help cover some of the costs associated with participating in a variety of recreation programs and sporting activities. For more information on guidelines and how to apply please use the following links:

Kidsport: <https://www.kidsportcanada.ca/nova-scotia/apply-for-assistance/>

- Notice of Assessment is required. This is an endorsement from the Department of Community Services or an endorsement from Indigenous Social Development to determine financial eligibility for grants provided through the Provincial Fund.
- Kidsport also accepts donations if your family is in a position to help others participate.

Canadian Tire Jumpstart: <https://jumpstart.canadiantire.ca/pages/individual-child-grants>

- Various programs and initiatives are available
- Jumpstart also accepts donations if your family is in a position to help others participate.

Bonvie-MacDonald Minor Hockey Funding: <https://www.bonmacr2l.ca/minor-hockey-funding-application/>

- This funding is for Hockey only at the individual level
- They also provide a community grant open to local organizations

JaxMac Foundation <https://www.jaxmacfoundation.com/>

- Started to honor the memory of Jaxon MacDonald. Grants have been created to further Jaxon's legacy by helping young ambitious individuals gain valuable experience and opportunities through his passion in sports, entrepreneurship, and travel.
- For more info, [view the website](#). Click [here to Apply](#) or click [here to Donate](#).



About Sport Nova Scotia

Sport Nova Scotia was incorporated in 1971. We are the voice for amateur sport in Nova Scotia that promotes the benefits of health, personal development and achievement of all participants.

Sport Nova Scotia is a non-profit, non-government federated organization. Our membership is made up of over 50 sport governing bodies, ("Provincial Sport Organizations" or "PSOs"), as well as multisport organizations and other groups and individuals that share a mutual interest. Collectively we are a voice for more than 160,000 member Nova Scotians.

We operate in 5 main areas: [Sport Development](#), [Marketing and Events](#), [Coaching](#), [Public Relations and Communications](#) and [Finance and Administration](#). In each of these areas, programs and services are available to our membership, including consultation services.

Our members operate the majority of sport programming. We operate programs that support the membership. Programs such as Support4Sport, Sport Fund, SportSweep, KidSport, Sport Makes a Difference, Support4Sport Awards, Cleves Athlete of the Month, Parasport, Subway Series, Milk Sport Fair, coaching conferences and many more.

Vision – Every single Nova Scotian has lifelong opportunities to experience the positive benefits of sport.

Mission – We unite innovative leadership and drive collaboration to build a robust sport community.

Values – We believe in the following values to guide our work:

Inclusion/Accessibility	We work to make sport available to ALL Nova Scotians no matter their ability, background, age, gender, circumstance, etc.
Safety	We foster a safe and welcoming environment for all.
Health and Wellness	We promote participation in sport because it provides physical, social, and emotional health benefits.
Excellence	We strive for a high(er) standard within our organization and throughout the sector.
Accountability	We are stewards for our stakeholders, manage our resources, and take responsibility for our actions.
Communications	We connect the sector and are the advocate for sport.
Social Impact	We will employ sport to intentionally address societal issues.

