



Wellness through Sport

**SPORT, CULTURE AND RECREATION PROGRAMMING
FOR ABORIGINAL COMMUNITIES IN ONTARIO**

2016 Semi-Annual Report

Supported By:







The tremendous capacity, knowledge base and resources that the Aboriginal Sport and Wellness Council of Ontario (ASWCO) exemplifies today, is a result of hard work, community building, thoughtful consideration and planning, which has taken years to develop and implement.

On behalf of the Board of Directors, ASWCO is proud to present new projects and initiatives, that compliment and build on the success of existing programs. In keeping with our cultures and traditions, we will continue in our efforts to improve the lives of Aboriginal peoples through sport, health and wellness initiatives, and the promotion of positive lifestyles.

We respectfully acknowledge and thank those who have supported our vision and have provided guidance in our mission. The Truth and Reconciliation Commission's Calls to Action include a number of recommendations for reconciliation through sport. These recommendations mirror the values and strategic initiatives of ASWCO, and we will continue to work towards their reality. Our people deserve opportunities to succeed and ASWCO will continue to work to provide them.

Miigwetch,

Marc Laliberte
President, ASWCO



The Aboriginal Sport & Wellness Council of Ontario (ASWCO)

is the Provincial/Territorial Aboriginal Sport Body (P/TASB) for Ontario representing more than **130 Aboriginal communities** and **29 Friendship Centres**, in addition to those living in rural and urban settings, encompassing approximately 300,000 Aboriginal Peoples across the province.

ASWCO is the lead organization in the development of the “Sport Pathways for Ontario Aboriginal Wellness” initiative.

MISSION:

**Enhance the
PHYSICAL,
EMOTIONAL,
MENTAL,
SPIRITUAL,
CULTURAL AND
SOCIAL
well-being
of Aboriginal
peoples of Ontario
through PHYSICAL
ACTIVITY,
RECREATION AND
SPORTS
ACTIVITIES.**

VALUES:

- Promote and adhere to the seven sacred teachings in all of its activities: Love, Honour, Respect, Truth, Honesty, Courage, Humility.
- Promote inclusiveness across generations (children, youth, adults, elders), and of all Aboriginal peoples in Ontario – recognizing diversity across the province.
- Recognize the need for targeted strategies to address specific regions – such as the far north and urban centres.
- Recognize the importance of maintaining a sustainable, transparent and accountable Provincial/Territorial Aboriginal Sport Body (P/TASB).
- Develop programs that build leadership capacity and partnerships among Aboriginal peoples, while increasing opportunities to participate. Respecting traditional languages and the diversity of Aboriginal languages across Ontario.
- Respecting Aboriginal cultural and traditional practices and protocols, and encourage incorporating those when applicable.



During the summer of 2016, ASWCO in collaboration with numerous Aboriginal communities and organizations, hosted a series of Multi – Sport and Cultural Camps across Ontario. The camps were an opportunity for Aboriginal youth aged 12-15, to experience a range of multi-sport, health and wellness, and cultural programs.

The goals of the camps this year and next, is to increase physical activity, advance personal resiliency, and encourage Aboriginal youth to remain active for life. The camps also function as a catalyst, bringing communities together, while improving the event hosting capacity of ASWCO and its many community partners.



“This Camp brought our communities together.” Becca Jackson - Walpole Island

“It was a great weekend and a great experience! I’ll definitely be there for the next one. Jocelyn, you did a wonderful job in hosting the event and providing leadership.” Sara Wesley - Moose Factory

“The leaders, coaches and teachers showed us new techniques and fundamentals, that greatly improved my knowledge, ability and confidence!” Kailey Shawnoo- Kettle Point



675 YOUTH



12 LOCATIONS
across Ontario
(see map for locations)



Provided training and
access opportunities for

13 out of 14
NAIG SPORTS



Founding partner

Nike
N-7



Summer games



From July 19-21, 2016, ASWCO welcomed 220 youth aged 12-18 from across Ontario to the communities of Six Nations of the Grand River Territory and Brantford, to participate in recreational, competitive sport and cultural activities at the inaugural Ontario Aboriginal Summer Games. The Games represented an opportunity for all youth to try a minimum of three new sports, and receive coaching over a 2-day period, prior to competing in one chosen sport. Sports included athletics, lacrosse, swimming, rifle, archery, golf and canoe and kayak. Culture was celebrated through the opening ceremonies where traditional teachings, dancers and other activities took place to recognize the respective traditions of all Indigenous peoples.

“It was a great opportunity to try new sports, receive coaching, and then compete in a sport I wanted to compete in.”

“It was nice to meet other Indigenous youth from across Ontario, make new friends, and share our stories.”

220

REGISTERED
PARTICIPANTS



35%

OF PARTICIPANTS came
from the NORTHERN
ONTARIO



4

BUSES from
Northern
Ontario brought
athletes to
compete





POWER PLAY

Power to Play is a grant program which gives Aboriginal communities and organizations the opportunity to receive up to \$5000 in equipment and/or \$1000 in leadership development funding. As a flagship ASWCO program, Power to Play has already gone through two cycles, with plans to continue moving forward in the future.

PROGRAM GOALS:

- Increase opportunities for all levels of sport and physical activity.
- Inspire children and youth to live active and healthy lifestyles.
- Remove existing barriers and increase equitable access to sport.
- Ensure sustainable delivery of sport and physical activity programs.



DELIVERED

\$162,481

to

52 ABORIGINAL
COMMUNITIES

and organizations
over the past two
cycles.



Even distribution of
funds across all

6 ASWCO regions



Community Engagement

BUILDING A CANOE PROGRAM

ASWCO funded the construction of a large canoe, by youth in Chippewa of the Thames First Nation. The goals of this program were to enhance dedication, team work, and self-confidence, while promoting a healthy lifestyle. In addition, the transfer and sharing of teachings about the importance of water and the canoe in First Nations culture, were an important aspect of the project and the build. The canoe is currently being used to introduce Chippewa of the Thames youth to the sport of canoe.

This was a pilot program with plans to expand into other communities in the future.



Championships

“Another championships week has come and gone in the blink of an eye. What a tremendous week it was for the on-ice competitions. The 2016 NAHC was a great event for our youth. I think the additional activities and experiences, such as the Blue Jays game and formal Banquet, created many life-long memories for the youth who attended. Thank you ASWCO for hosting such a wonderful event.”

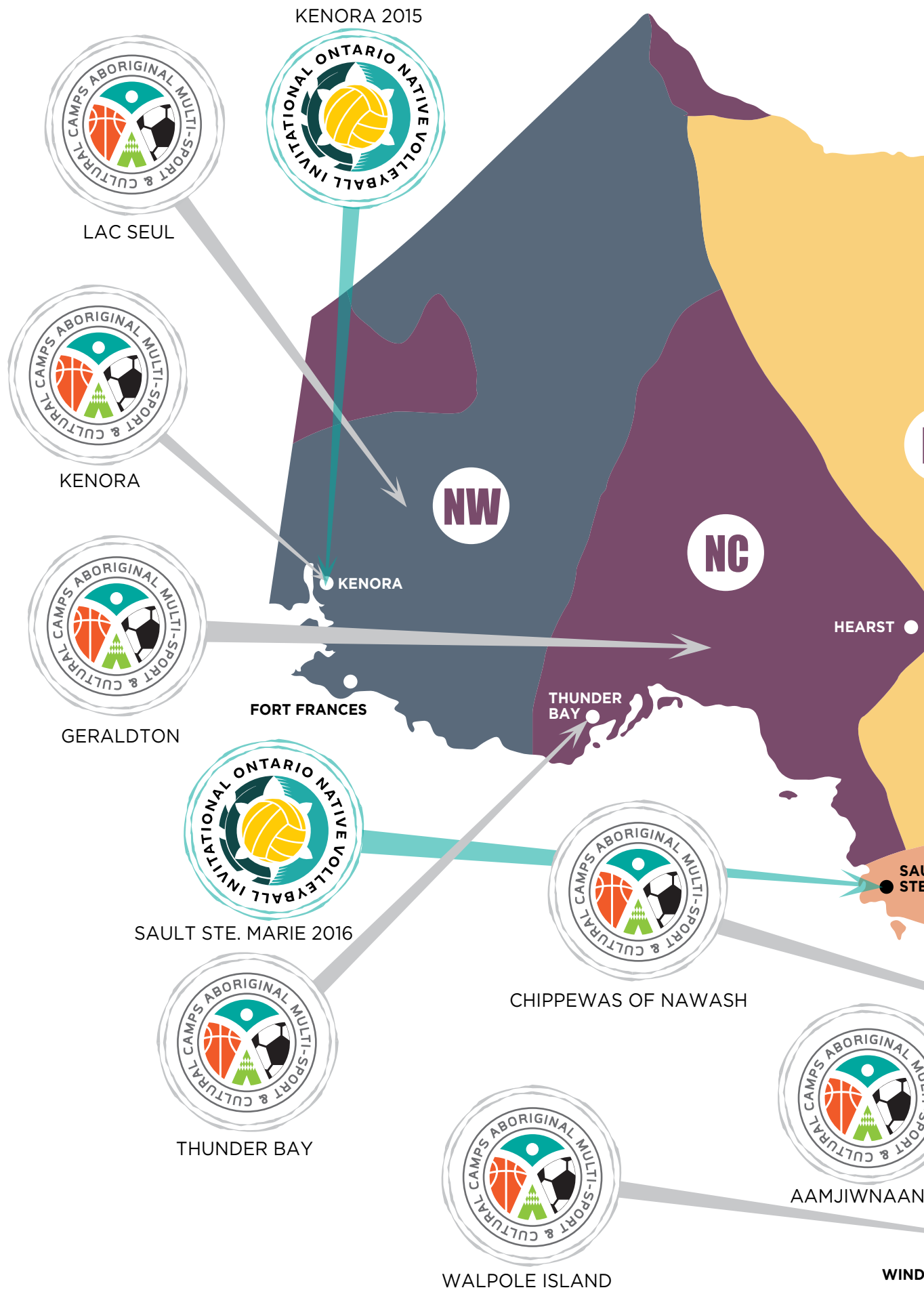
*Jeff Spencer
Chair ASCHC
National Aboriginal Hockey Program*

16 teams from across Canada, representing **400** elite Indigenous male and female athletes participated in this national championship.

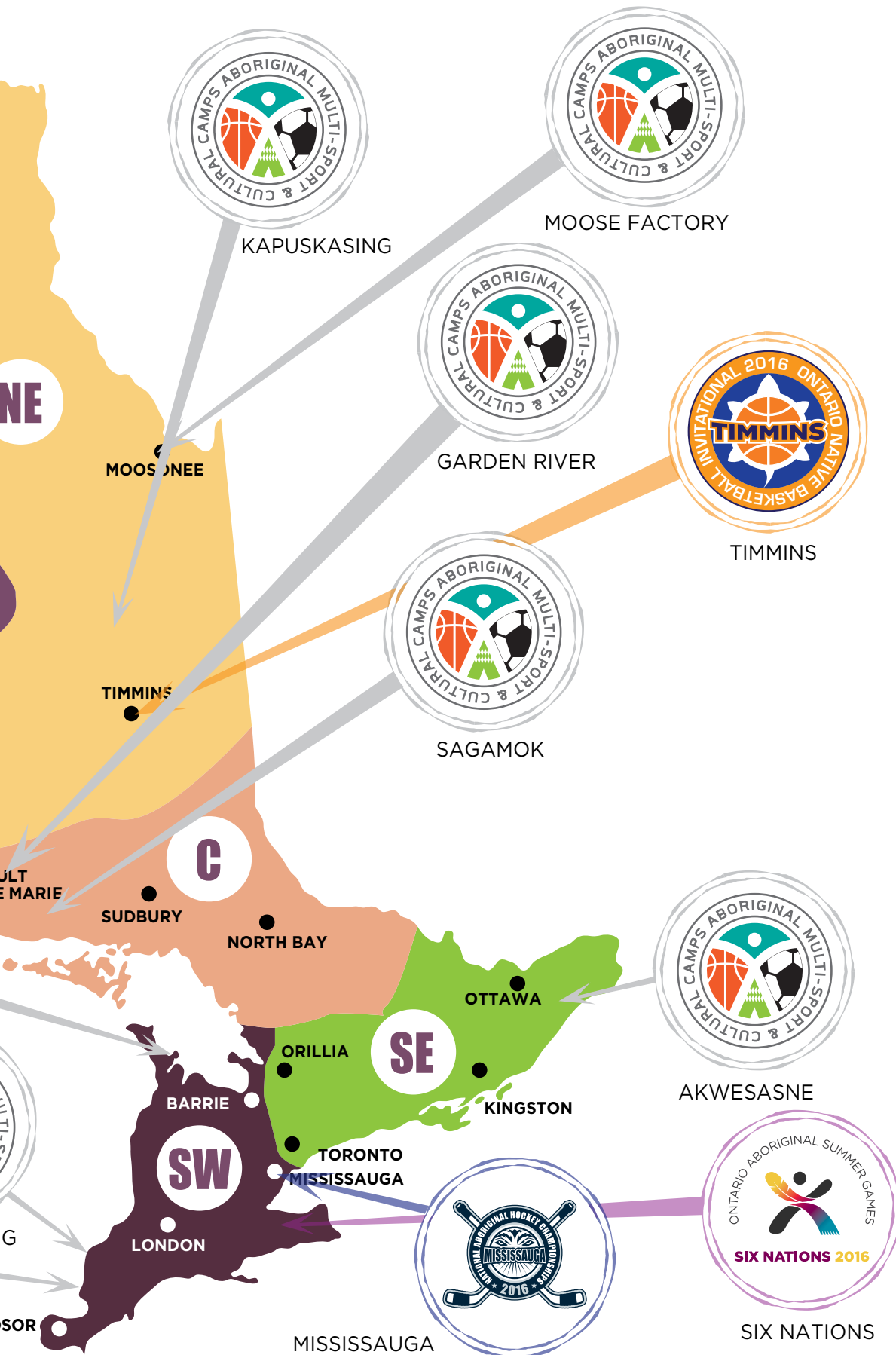
In addition to the on-ice competition, all athletes and team officials enjoyed attending the event's opening ceremonies held at the Hockey Hall of Fame, in addition to social activities including a Blue Jay's game and a formal banquet.

More than **1,000 spectators** attended the championships with thousands more viewing the event through live streaming.





REGIONAL MAP



Championships



The Ontario Native Volleyball Invitational (ONVI) is an annual tournament that brings the best volleyball teams from across the province together to compete. The initial tournament took place in 2015 in Kenora, which attracted over **120 youth** from across the North. In 2016, the ONVI was hosted in Sault Ste. Marie and attracted over

170 athletes from across all of Ontario.



Championships



The Ontario Native Basketball Invitational is the premiere event for Indigenous basketball players in Ontario each year. The 2016 tournament was successfully hosted by the municipality of Timmins from February 27–28.

120 **YOUTH**
participated
in the
tournament



NAIG 2017



With more than 5000 athletes, 2000 volunteers, 14 sports, 2 week-long cultural festivals and countless spectators, the Toronto 2017 North American Indigenous Games, represent the largest sport and cultural gathering of Indigenous peoples in North America.

On May 17, 2015 ASWCO submitted a formal bid to the NAIG council to host the 2017 NAIG. ASWCO was formally awarded the right to host the 2017 NAIG on June 26, 2015 in a unanimous vote by the NAIG Council.

AWARDED \$7.4 million

in funding from federal, provincial and municipal governments



ASWCO functioned as an interim leadership body until it was able to establish a non-profit organization (the Toronto 2017 NAIG Host Society) tasked with the responsibility to deliver the Games.



Future

Health and Wellness



Over the past year, ASWCO established a Health & Wellness Committee, to explore the potential role and scope of the organization in Aboriginal health and wellness programming.

Through comprehensive research, analysis, and dialogue, ASWCO was able to determine that it could play a major role in this area, by building on its existing knowledge base and programs, moving forward.



In October of 2016 ASWCO will be announcing the first phase of its Health & Wellness Strategy.

PROGRAMS AND PARTNERS:

- FitNation
- Southern Ontario Aboriginal Diabetes Initiative
- Community Aboriginal Recreation Activator
- High Five
- Canadian Mental Health Association* (tentative)
- Heart and Stroke Foundation
- Jensen Group

Did you know?

The rate of heart disease, is on average, 50% higher for Indigenous people than that of the general Canadian population.



The death rate from incidents of stroke is twice as high in Indigenous people and communities, compared to the general population.



One in five First Nations people is diabetic – three to five times the national average.

MASTERS ABORIGINAL GAMES

Currently in the development phase for a summer of 2018 launch, the Masters Aboriginal Games will be a combination of sport, culture and social activities for Indigenous people of all ages. The inaugural Games will be held at Downsview Park in Toronto, Ontario and offer sporting competition for ages 20 and over.



NORTH AMERICAN
**INDIGENOUS
GAMES 2017**
TORONTO • ONTARIO

NAIG LEGACY

ASWCO is working with the Toronto 2017 NAIG Host Society to develop a sustainable and high-impact legacy plan, that will work to increase sport opportunity, at every level, for Indigenous youth and communities across Ontario and North America. ASWCO will be in charge of carrying the legacy plan forward, beyond the 2017 NAIG.



GIRLS & WOMEN'S INITIATIVE

A strategic priority, ASWCO is undertaking research to better identify the challenges faced by Indigenous women and girls, in order to improve the quantity and quality of programs across Ontario available for them.

NORTHERN STRATEGY

ASWCO's Regional Coordinators in Northern Ontario are developing an extensive plan, to identify barriers and as well, solutions in engaging communities in the Far North with the aim of delivering sustainable and meaningful programming and resources.

SUSTAINABILITY

ASWCO is exploring a variety of funding and revenue options in order to be a financially viable organization that does not rely solely on one source of funding.



2425 Matheson Blvd E.,
7th Floor
Mississauga, ON
L4W 5K4

T: 416-479-0928
F: 905-412-0325

info@aswco.ca
www.aswco.ca

