

NAIG 2020 ATHLETE CHECKLIST



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PRE-TRYOUT

- Follow ISWO and Team Ontario on social media (i.e. Facebook, Instagram, Twitter) to get all the latest information.
- Subscribe to our mailing list to get updates on upcoming events, tryouts and all NAIG 2020 information directly to your inbox (remember to check your junk folder and change your permission settings).
- Read all Team Ontario and NAIG 2020 information posted on ISWO's website at iswo.ca. Frequently check our events calendar to find out when and where tryouts are taking place.
- Register for the tryout(s) for your desired sport(s).
- Pay the \$20 tryout fee applicable to each tryout you attend.
- Email Team.Ontario@iswo.ca no later than one (1) week before the tryout if you are unable to attend due to injury or a pre-existing competition, to receive information about the alternative tryout process.
- Scan, upload and email documentation detailing your indigenous heritage (status card, metis card, etc.) to Team.Ontario@iswo.ca.
- Scan and upload documentation proving that you have graduated from, or enrolled in high school or equivalent program (diploma, report card, etc.).
- Check your equipment to ensure it meets the requirements set out by each respective sport body (this information is available on our website at iswo.ca).
- Arrange transportation to and from the tryout.
- Ensure parent/guardian confirmation and approval is signed (or acknowledged on your registration form).
- Be mentally prepared as coaches will be looking for effort, focus, and coachability, in addition to athleticism and sport specific skills.



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TRYOUT DAY

Before leaving home, make sure you have:

- Your equipment;
- One (1) piece of ID showing your legal name and date of birth (status/metis card, driver's license, health card, etc.);
- Sport Appropriate Clothing;
- Refillable, reusable water bottle;
- Lunch (if one is not provided);
- Address, transit, and/or parking information for the tryout location.
- Registration fee of \$20 if not paid online prior to the tryout.
- Arrive at least 30 minutes before the stated tryout start time.

Register with ISWO staff in attendance who will ask for the following information:

- Name and Date of Birth (will be asked to present one piece of ID);
- Home Community/Communities You Represent;
- Permission to take an ID photo (which will be taken on-site, an important step for the selection process);
- Warm Up and introduce yourself to the coaches, managers, and other athletes.
- Coaches and ISWO Sport Staff will run athletes through a variety of drills and other evaluation metrics to assess sport specific skills, coachability, and team compatibility.
- Share your competition schedule with coaches and team managers.



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