

NAIG 2023 ATHLETE CHECKLIST



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 2023 information directly to your inbox (remember to check your junk folder and change your permission settings).
- Read all Team Ontario and NAIG 2023 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 tryout fee applicable to each tryout you attend.
- Email Team.Ontario@iswo.ca no later than five (5) business days 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, Métis 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 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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