



Sport Nova Scotia MultiSport programs are collaborative projects between community sport organizations and municipal recreation departments, with the support of numerous community sport stakeholders (locally, provincially and nationally).

**Vision**

- To grow children through sport by providing opportunities to develop the skills and confidence to enjoy the positive benefits of a quality, first experience.

**Goals**

- Provide the opportunity for children to participate in a quality multisport experience with a physical literacy focus.
- Strengthen the mandate of community sport organizations in alignment with Canadian Sport for Life.
- Reduce barriers of participation in a quality sport program.
- Educate the community on the importance of physical literacy and long term athlete development.
- Collectively build healthier communities through sport, with a focus on being Active for Life.
- Create a measurable impact through evaluation and assessment.

**ANTIGONISH MultiSport ACTIVE START**

**11 SPORTS, 9 MONTHS, 1 LOCATION, 1 REGISTRATION**

We want to help kids reach their potential through sport!

Multisport participation leads to:

- Better overall skills and ability;
- Smarter and more creative players;
- Less burnout and overuse injuries;
- More lifelong enjoyment in sport; and
- Most importantly, ITS MORE FUN!

All sessions will be facilitated by recreation program coordinators and delivered by community sport organizations. Each lesson focuses on developing physical literacy through skill development and fun, setting the ground work for a love of sport and an I can play anything! attitude.

**Starting September 2017 to May 2018**

\$325 with payment options available  
JUMPSTART / KidSport Assistance available  
For more information:  
www.highlandconnect.ca/sport/antigonishmulti sport  
902-863-1141 or 902-867-5596  
antigonishmulti sport@gmail.com  
Antigonish MultiSport

Children must be in primary or grade one  
Maximum of 60 Participants.

Partners: NOVA SCOTIA, Sport for Life, sport nova scotia, ACTIVE FOR LIFE, ANTIGONISH, Canada, ANTIGONISH, PROGRESSIVE TENNIS, SPALDING, BASKETBALL, SOCCER, HOCKEY, GYMNASIUM, SPALDING.

**ANTIGONISH MultiSport ACTIVE START**

**2017-18 Program Calendar**

Legend:  
Basketball  
Badminton & Tennis  
Hockey  
Swimming  
Taekwondo  
Baseball & Softball  
Gymnastics  
Athletics  
Soccer  
Kick off and wrap up days

**TIMES AND LOCATIONS**

**SATURDAY SEPTEMBER 9TH**  
Program Kick Off for Kids and Parents  
9:00am - 10:30am - Room Blue  
10:30am - 11:30am - Room White  
LOCATION: SFX Main Gym

**HOCKEY - SUNDAYS:**  
5:00am - 5:30pm - Room Blue  
6:00am - 6:30pm - Room White  
LOCATION: SFX KMC Main Rink  
HOCKEY - THURSDAYS:  
7:00am - 8:30pm - Room Blue  
LOCATION: SFX KMC Aux Rink

**SWIMMING - SUNDAYS:**  
2:00pm - 2:45pm - Room Blue  
4:00pm - 4:45pm - Room White  
SWIMMING - WEDNESDAYS:  
5:00pm - 5:45pm - Room Blue  
6:00pm - 6:30pm - Room White  
LOCATION: SFX KMC

**ALL OTHER SPORTS - SUNDAYS:**  
5:00pm - 5:45pm - Room Blue  
6:00pm - 6:30pm - Room White  
LOCATION: SFX Main Gym

**ALL OTHER SPORTS - TUESDAYS:**  
5:00pm - 5:45pm - Room Blue  
6:00pm - 6:30pm - Room White  
LOCATION: SFX Aux Gym

**MAY 12TH - Wrap Up Day**  
9:00am - 10:30am - Room Blue  
10:30am - 11:30am - Room White  
LOCATION: SFX Main Gym

**CONTACT**  
www.highlandconnect.ca/sport/antigonishmulti sport  
902-863-1141 or 902-867-5596  
antigonishmulti sport@gmail.com  
Antigonish Multi Sport

**Courtney Nicholson**  
Regional Sport Consultant  
Sport Nova Scotia – Fundy  
902-896-4813  
cnicholson@sportnovascotia.ca

**Stephanie Spencer**  
Regional Sport Consultant  
Sport Nova Scotia – Highland  
902-863-7395  
sspencer@sportnovascotia.ca

# Multisport in your Community...

Thoughts to consider before looking to start a collaborative Multisport community approach...

- Are you at a state of readiness for a collaborative community approach to Multisport delivery?
  - What is needed for readiness? What pre-work supports the process?
  - What relationships already exist and what needs to be strengthened?
- What partners would you engage?
  - Who has energy and capacity to do something different in community sport delivery?
  - Who are community sport decision makers?
  - Who are our traditional community sport stakeholders and who else should be included (think outside of the box).
- What is the best avenue to bring people together to start the conversation? What follow up is needed?
- Who will provide the backbone support? What does this look like and how is it communicated?
- What will be the roles and responsibilities of each partner? How are each accountable to one another?
- What are your community's goals and vision for Multisport delivery?
  - What program format and target age group fit best with the community's needs, resources, energy and direction?
  - What facilities and environments would be ideal?
    - What are their capacities?
    - Do opportunities for consistent scheduling exist?
  - What does quality leadership look like? What standards do you want to set?
  - What are the curriculum and age-stage appropriate equipment needs?
  - What logistics are needed?
    - Think in terms of insurance, registration, sustainability, inclusion/para, communication, parent engagement, etc.
  - How do you know if you are successful?
    - What are you going to measure and how are you going to measure it?
    - Think in terms of program evaluation/surveys, physical assessment, parent knowledge, data collection & sharing.



Get More From Sport is an education campaign developed by Hockey Nova Scotia and Soccer Nova Scotia, with support from Sport Nova Scotia, to promote multi-sport play. The goal of the campaign is for every parent of an athlete aged 12 or under to visit this site, as you now have. See the evidence and read the facts. Take the test. Hear from sporting greats. See the movement. From there, parents will have the information to make the best decisions for their growing athletes.

