

What is True Sport?

True Sport is a series of programs and initiatives designed to help people, communities and organizations ensure that the sport we have in Canada is the kind we want. We know that a wealth of benefits can be achieved through sport – but only if it’s done right. We call this kind of sport True Sport.

Through conversations with Canadians we have been told that they want their sport experience based on are: ***Fairness, Excellence, Inclusion and Fun*** and guided by the seven True Sport Principles.

- Go For It**
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- Play Fair**
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- Respect Others**
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- Keep It Fun**
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- Stay Healthy**
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- Include Everyone**
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- Give Back**

Who is Involved?

True Sport is powered by people like **you** – athletes, coaches, officials, students, organizations, parents, teachers and community leaders; people who believe in the power of good sport, and people who care about the positive values that good sport can teach. To date, over 2900 member groups- representing millions of Canadians have joined the True Sport Movement.



Bridlewood Community Association supports the True Sport values and principles and we want you to do the same!

Visit www.truesport.ca to find out more.

True Sport is dedicated to the notion that good sport can make a great difference.



***What difference will you make?
Become a volunteer coach in our
Spring Sports programme and help
spread the values of True Sport.***

