

**FIRST NATIONS PARTICIPATION IN
SPORT AND RECREATION**
research study

**Prepared for: ABORIGINAL SPORTS AND RECREATION
ASSOCIATION OF BRITISH COLUMBIA**

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FOREWORD:

Historically, sport and recreation has always been an integral part of the Aboriginal communities in British Columbia. The traditional lifestyle of Aboriginal peoples required many physical skills to ensure a prosperous life. A strong and healthy mind, body, and spirit, were concepts taught to Aboriginal children at a young age. For example, in some communities young boys were taught to rise early every morning to bathe in the nearby river or lake, even in the winter months. This ritual also involved the use of cedar bowes, traditional herbs to strengthen the body, and long distance running. The tradition was said to cleanse the spirit and strengthen the body in preparation for adulthood.

Many recreational activities for Aboriginal children provided skills essential to survival in everyday life. On the coast of British Columbia Aboriginal children took part in activities or games which taught canoeing and outdoor survival skills. Mastering these skills was of great importance since the main form of transportation was either via the ocean or rivers and hunting was essential to provide food, clothing or items for trading.

Today the same concepts of mental and physical well being are encouraged through sport and recreation activities. Such concepts are recognized by the Aboriginal community as essential elements in the holistic approach to developing healthy communities. The primary focus has been given to impacts on the individuals involved in sport and recreational activities, especially the youth.

Participation in sport and recreational activities provides meaningful and constructive use of leisure time, as well as a medium to address many areas of concern including:

- develop positive self esteem,
- enhance motor skills development and physical fitness,
- encourage the development of leadership qualities,
- meet the social needs of community members

The Aboriginal Sports and Recreational Association of British Columbia (ASRABC) is interested in identifying the specific needs and perceptions of sport and recreation in Aboriginal communities today. To accomplish this task, this province-wide research study of native participation in sports and recreational activities was implemented.

The information presented in this study is based on responses collected from 86 telephone surveys conducted in 43 Aboriginal communities, both on and off reserve, throughout British Columbia during the week of August 9th to 13th, 1993.

The information presented provides broad representations of the Aboriginal community's perceptions of sport and recreational needs and issues throughout British Columbia. The facts and comments compiled will identify needs and issues in general terms and substantiate the need for further research to determine the extent of development needed in the area of sport and recreation.

ACKNOWLEDGEMENTS:

The study team would like to acknowledge the efforts of all the individuals who have contributed time, resources, and energy throughout the various phases in the evolution of this project.

We would like to acknowledge members of the steering committee for providing direction and guidance in the development of the approach to complete the research study. Members of the steering committee included Alex Nelson, Executive Director, Aboriginal Sports and Recreation Association of British Columbia, and Dan Henry, Executive Director, Native Participation Committee, Common Wealth Games 1994.

In addition, acknowledgement is due to the various individuals who provided their resources to ensure the completion of this project. Karen Levin, Research Assistant, who completed the community consultation process and coordinated the telephone interview schedules; Rose Adams, Betty Wilson, Grace Wilson, and Marina Gallagher, Interviewers, for their efforts to complete the telephone surveys; and again to Marina Gallagher, Data Entry operator, for her efforts in inputting the raw data into the computer software program. Also, the study team wishes to acknowledge the staff of the ASRABC for their administrative support throughout the entire research study process.

Finally, acknowledgement is due to the Royal Commission on Aboriginal Peoples who have provided the financial resources to make this study possible.

ABOUT THE ASRABC:

Since incorporation of the non-profit society in 1989, the ASRABC has been identified by the provincial government of British Columbia as the "Umbrella Group", depicting the interests of the Aboriginal communities, individuals and organizations. The ASRABC is provincial in range. The Board of Directors is comprised of one aboriginal delegate, with one alternative from each of eight zones in the province.

The historic qualities of the ASRABC include several provincial conferences, leadership training programs, coaching workshops, as well as the development of an Aboriginal Athlete Role Model program and a Provincial Youth Sportfest. Finally, the ASRABC is currently involved with the 1994 Commonwealth Games.

The primary goals of the ASRABC are as follows:

1. To be a leader in providing local, provincial and national voice in sports and recreation for Aboriginal people.
2. To provide information to Aboriginal people on accessing sports and recreation resources programs, finances and services.
3. To build Aboriginal sports and recreation networks.
4. To act as liaison between Aboriginal and other provincial sports organizations, and governments.
5. To develop and encourage Aboriginal participation in athlete development, coaching, and officiating at local, national, and international levels.
6. To develop and implement standard rule and regulations for governing Aboriginal provincial championships.
7. To develop leadership programs through sports and recreation.
8. To develop programs which will reflect how sports and recreation acts as a countering instrument to alcohol drug abuse, and other addictive abuses.
9. To provide public forums which recognizes Aboriginal athlete accomplishments.

SURVEY METHODOLOGY:

Step 1 - Establishment of the Research Steering Committee:

A Research Steering Committee was established to oversee the entire research project. The function of the Research Steering Committee was to provide supervision and guidance of work to be completed.

The Research Steering Committee defined the objectives of the project and ensured the work of the coordinators was satisfactory and consistent with these objectives.

The Research Steering Committee members were individuals who were aware of the environment in which the work was completed, and understood the target group to be surveyed and time lines involved in the project implementation phase. As a result, objectives were set for the project that were as realistic as possible.

Step 2 - Community Consultation process:

An overall information package was prepared to inform all First Nations communities and organizations in B.C. of the project and its intentions. This package also included information about the sponsor agency, the ASRABC. This information package was distributed by fax and followed up by telephone in an attempt to ensure the First Nations communities and organizations were familiar with the project and the intentions of the sponsor agency in completing this research.

Step 3 - The Survey process:

The original survey sample consist of 40 different communities, both on and off reserve. An approach to identify the 40 communities was as follows:

- 24 Tribal Councils were identified from the total of 32 which exist in the province. The Tribal Councils selected represented a fair distribution of the various regions in the province, in addition to the various nations which are located in British Columbia. Each Tribal Council selected then identified individuals who would be most appropriate to participate in the research project.
- 16 Friendship Centres were identified from the total of 21 that exist in the province to participate in the project.

Each centre identified would then identify individuals who would be most appropriate to participate in the research project.

Friendship centres appeared to be the most appropriate organizations to represent the off reserve communities in the province for two reasons; First of all, they are mandated to provide services to meet the needs of Aboriginal peoples living off reserve in urban areas of the province, Secondly, they have an existing infrastructure to provide recreational programming, which includes being staffed with "program directors".

In each of the 40 communities included in the survey sample it was intended that 4 community members would be identified to complete interviews. It is important that these representatives provide a "grass roots" perspective of needs and concerns. These 4 members targeted included:

- a political representative, either a council member or a board member. This individual would provide a leadership perspective to the importance and priority of recreational programming in the community;
- an employee who works specifically in the area of recreational programming. This individual would provide a perspective of a professional working directly in the recreational field as well as insights of future development of recreational programming and existing needs;
- an employee who works in the area of social services, for example a social worker or drug and alcohol counsellor. An individual working in this area would provide insights as to the importance of recreational programming as a means of prevention programming or an alternative medium to address social issues; and
- a community member at large who is actively involved in recreation programming, either a volunteer or a participant. The community member would provide direct feedback as to the effectiveness of existing programming in the community and identify current community needs and aspirations in the field of recreation and sport;

Information gathering was conducted through telephone interviews. Each telephone interview lasted about 20 minutes in duration.

Step 4 - Staffing requirements:

Research Assistant:

The research assistant was required to complete the telephone follow-up in the community consultation process, identify the 4 participants from each community in the survey sample to participate in the interview process, and develop an interview schedule for the telephone interviews to be completed.

Interviewers:

To complete the interview process in a reasonable amount of time to meet the time lines allowed for the project and to ensure the interview process is conducted consistently and efficiently, 4 interviewers were hired.

Each interviewer was responsible for conducting up to a maximum of 40 telephone interview as set out in interview schedule provided by the research assistant. This task involved completing the questionnaire through input received over the telephone from the interviewee and submitting the completed questionnaires to the project coordinators.

Data Entry operator:

One data entry operator was required to enter the data collected in the interview process into a software program designed to manage the information.

Step 5 - Data analysis and development of final report:

The data collected in the interview process was entered into the Survey It! software package. With the use of this software the information establish a data base that was analyzed to identify the various trends concerning existing recreation programming, needs and concerns as set out in the objectives identified by the steering committee. In addition, the format of the final report will be established with input from the steering committee.

LIMITATIONS OF THE STUDY:

The most significant limitation to the research study was that the time line for completion of the project was short. The project was initiated in early June 1993 and was to be completed by September 1, 1993.

As a result, a sense of urgency surrounded the entire survey process. It was decided the research study would focus on collecting information from community members only and would not include the literature review as indicated in the initial proposal.

The short time line had a strong influence on the survey methodology adopted for the project as follows:

- The sample size was limited to 40 communities.
- Little time was available to a detailed community consultation process. This made it difficult to inform communities about the process and ensure they were prepared to participate in the study.
- Little time was available to test the survey tool. As a result, the effectiveness of the survey tool could not be determined until the actual interview process took place.
- The time allowed to coordinate the prearranged interview schedule and for the actual interview process was short. This made it difficult to identify community people for interviews as many were unavailable during the period of time allocated for these interviews.
- The time allowed to complete the final report after the data was collected was very short in order to meet the September 1st deadline. As a result, the information summary presented is reflective of a limited amount of data analysis and is therefore relatively general.

THE RESEARCH PROJECT:

The project provided Aboriginal people across British Columbia with the chance to present their views on a number of significant issues with regard to Aboriginal sports and recreation. The project intended to address Aboriginal peoples concerns related to social matters, cultural problems, and issues concerning Aboriginal youth.

The specific objectives of the study were as follows:

- to inspect the level and type of participation in assorted sports and recreational activities, both modern and traditional, among British Columbia's Aboriginal population;
- to distinguish preferences for activities and sports;
- to recognize barriers to increased participation;
- to evaluate the adequacy and accessibility of present sports and recreational facilities in Aboriginal communities;
- to analyze the social, cultural and economic impact of Aboriginal sport and recreational events on local communities;
- to identify feasible uses and linkages of sports and recreation with other social services.

The project is solution-oriented. It is designed to provide a factual data base the ASRABC can easily utilize in its efforts:

- to enhance connections between Aboriginal and non-Aboriginal sports organizations;
- to cultivate appreciation and contribute to the revitalization of customary Aboriginal sport and games;
- to provide the knowledge that will permit the constructive use of sports and recreational activities as a component of Aboriginal social services;
- to generate effective leadership and individual advancement within Aboriginal sports and recreation programs.

In addition, a copy of the final report will be forwarded to the Royal Commission to provide the foundation for the future design of Aboriginal sports and recreational policies and programs.

SUMMARY OF RESULTS:

The information presented includes a selection of significant questions asked in the survey tool, the actual results gathered through the telephone survey process, and comments summarizing the information presented and identifying additional findings of interest.

Note: percentages provided indicate the percentage of those who actually responded to the specific question.

SECTION 1: DEMOGRAPHIC INFORMATION

This section collects demographic information concerning the communities who participated in the research study.

"Do you live on reserve or off reserve?"

34 respondents live on reserve
49 respondents live Off reserve

"Do you live in a urban or rural environment?"

For those off reserve respondents:

79.6% or 39 live in an urban environment
20.4% or 10 live in a rural environment

For those on reserve respondents:

23.5% or 8 live in an urban environment
76.5% or 26 live in a rural environment

"Where do most of the recreational activities in your community takes place? On or off reserve?"

79.2% of the off reserve respondents indicated that most of the recreational activities take place "off reserve" and 20.4% indicated "on reserve".

61.8% of the on reserve respondents indicated that most of the recreational activities take place "on reserve" and 38.2% indicated "off reserve".

"How large is the aboriginal community in your area?"

Responses for off reserve respondents were:

less than 300 people - 8.5%
300 - 600 people - 14.9%
600 - 900 people - 4.3%
900 - 1200 people - 6.4%
greater than 1200 people - 66%

Responses for on reserve respondents were:

less than 300 people - 29.4%
300 - 600 people - 26.5%
600 - 900 people - 14.7%
900 - 1200 people - 8.8%
greater than 1200 people - 20.6%

"What age group would you say the majority of the community population was in?"

For all respondents 77.8% indicated the majority of the community population is "under the age of 30" and 22.2% indicated "30 to 50 yrs of age".

SECTION 2: COMMUNITY RECREATION AND SPORT

This section takes a brief look at the overall recreation and sport opportunities in the Aboriginal community including such elements as activities, frequency of participation, facilities needs, leadership issues, integrated sport opportunities, and impact of sport and recreation activities.

Sub-Section a - Recreation and Sport Programming

"Would you describe the sport and recreation opportunities in the community you live in as organized or informal?"

49.4% of all respondents indicated activities were mainly "organized", the remaining 50.6% indicated activities were mainly "informal".

There were no significant differences between responses from those respondents on reserve and off reserve.

"Are you satisfied with the amount and types of recreational activities available for you to participate in?"

Only 28.6% of all respondents indicated they were satisfied. The remaining 71.4% indicated "no".

There were no significant differences between responses from those respondents on reserve and off reserve.

The following comments were provided from those who indicated they were not satisfied with the amount and types of recreation activities available:

- "Could be more activities"
- "No funding"
- "Fees are too expensive for anyone to participate"
- "Lack of facilities"

"Are there sports or activities which people in your community participate in that are traditional to your area?"

Note: traditional sports are defined as activities originating from or is considered an important part of the aboriginal culture in the area.

42.2% of all respondents indicated "yes" and 57.8% indicated "no".

There were no significant differences between responses from those respondents on reserve and off reserve.

Some of the activities individual listed as traditional in their area included the following:

- | | |
|---------------------|---------------------|
| Canoe pulling | Lacrosse |
| Bone games(lahal) | Traditional Dancing |
| Traditional singing | Soccer |
| Stick games | Basket weaving |
| Carving | Basketball |

"How do you think you can encourage greater interest in traditional sport and recreation activities in your area?"

Some of the most common responses to this question included the following:

"Through interest, programs, leadership; knowledge of elders"
"Demonstrations of the traditional games; Seminars"
"Educate all members of the Community"
"Introduction at all school levels; traditional teachings throughout education school system"
"Require more knowledge about traditional sports/activities"
"More funding"
"Need more people to help"
"By asking elders to participate more"

From the comments provided it appears most respondents feel that greater interest in traditional sport activities should be generated through a community driven process that involves research, education and resources.

RECOMMENDATION 1: SUPPORT SHOULD BE PROVIDED TO IMPLEMENT COMMUNITY RECREATIONAL PROGRAMS DESIGNED TO REVIVE TRADITIONAL SPORT ACTIVITIES. SUCH PROGRAMS SHOULD BE COMMUNITY DRIVEN AND CONSIST OF THE NECESSARY RESEARCH COMPONENT AND EDUCATIONAL PROCESS TO ENCOURAGE INTEREST IN TRADITIONAL SPORT ACTIVITIES.

"Which types of Team sports or activities are the most popular to people in your community?"

For respondents on reserve the most popular responses were as follows:

Basketball - 55.9%
Ice hockey - 55.9%
Soccer - 50%

For respondents off reserve the most popular responses were as follows:

Slow Pitch - 63.3%
Basketball - 42.9%
Ice hockey - 42.9%

Other activities of interest that have been identified by both on and off reserve respondents include fastball, floor hockey, volleyball, canoe pulling, and baseball.

"What type of individual sports or activities do people in your community participate in?"

For respondents on reserve the most popular responses were as follows:

Swimming - 41.4%
Jogging/Running - 37.9%

For respondents off reserve the most popular responses were as follows:

Jogging/Running - 55.3%
Swimming - 46.8%

Other activities of interest that have been identified by both on and off reserve respondents include weight training, canoeing, hunting, golf, tennis, bowling, rodeo, kick boxing, biking and skiing.

As a result of responses from all respondents it is determined that people generally participate in both team and individual activities two or three times a week (50.6%).

There were significant differences as to the main reasons why those involved in sport activities participate in those activities for on and off reserve respondents:

For off reserve respondents the main reasons for participation include:

for the social benefits - 70.8%
for exercise/physical fitness - 62.5%
for competition - 43.8%

For on reserve respondents the main reasons for participation include:

for the social benefits - 44.1%
for competition - 44.1%
for personal growth - 38.2%

It appears the off reserve respondents were able to clearly identify or define the reasons why they participate in sport and recreation activities. The most frequently selected response in the survey was for social benefits.

"Are there sub-groups in your community which are under represented in participating in sport and recreational activities."

There was a significant finding in that 43.9% of all off reserve respondents indicated that women are under represented as compared to only 18.8% of on reserve respondents who indicated the same fact.

RECOMMENDATION 2: SUPPORT SHOULD BE PROVIDED TO INVESTIGATE THE DISPARITY IN THE PARTICIPATION OF WOMEN IN OFF RESERVE AND ON RESERVE ABORIGINAL COMMUNITIES.

For all respondents it was felt that elders (55.4%) and youth (45.9%) were generally under represented in participating in sport and recreational activities.

It appears there is a need to increase the level of recreation programming in Aboriginal communities to ensure opportunities are available to all age groups.

"Are there other sport and recreation opportunities which your community would like to participate in but is not able?"

80.6% of the on reserve respondents answered "yes" to this question in comparison to 66.7% of off reserve respondents.

In addition, when asked "What is the reason your community is not able to participate in other sport and recreation activities?" the most frequent responses from all respondents was:

No funds available to support activity - 72.6%
No facility - 64.5%

Finally, a significant number of respondents selected "Other" (29%). A review of the comments for this selection indicated transportation as the most frequent "other" reason why communities were not able to participate in other sport and recreational activities.

"What sport or recreational facilities are located in your community for your use?"

The responses from the off reserve respondents indicated a greater frequency or likelihood of facilities being located in their community than for the on reserve respondents. An example of the results is as follows:

For the off reserve respondents the most frequent responses were:

Swimming pool/recreation centre - 61%
Gymnasium - 55.1%
Softball/Baseball diamond - 44.9%
Playing fields - 40.8%

For the on reserve respondents the most frequent responses were:

Gymnasium - 46.9%
Softball/baseball diamond - 37.5%
Playing fields - 37.5%
Swimming pool/recreation centre - 25%

There was also a significant number of respondents who selected other. When the comments of this choice were reviewed it was found that many respondents indicated they had a ice rink or a community hall in their community.

Also, a small number of respondents indicated their community had "not very much" or "no" facilities at all.

"Do you feel these facilities are suitable to meet the needs of your community?"

Of the off reserve respondents who answered this question, 53.1% of them indicated "yes", in comparison to only 35.3% of on reserve respondents.

A sample of comments provided from those who indicated the facilities are not suitable to meet the needs of the community are as follows:

Off reserve respondents:

"Cost of travelling, facilities are 50 km away"
"Overcrowded; some can not afford to participate in recreational activities"
"Expensive fees; integration problems"
"Aboriginal children are not comfortable in large facility; require facility on reserve"

On reserve respondents:

- "Fields are in poor shape"
- "There are no facilities at all; elementary school doesn't even have a gymnasium"
- "Require more facilities"
- "Require indoor arena"
- "Hall is used for Bingos only"

"Do community members make use of the facilities as much as they could?"

46.9% of the off reserve respondents indicated "no", in comparison to 64.7% of on reserve respondents who responded "no" to the above question.

Those who answered "no" provided the comments and reasons as follows:

Off reserve comments:

- "Lack of money, Intimidation"
- "Low incomes; can't afford to"
- "Natives are not in a comfortable environment; Expensive to participate"
- "Difficult to access facilities"
- "No transportation; fees expensive"

On reserve comments:

- "Too expensive"
- "Only youth"
- "Lack of interest"
- "Used by adults only"

In addition, it was found that in the off reserve setting, the Municipality (64.6%) was the most frequent response to the question "Who is responsible for maintaining these facilities?" In comparison, in the on reserve situation, the Band administration (75%) was the most common response.

Also, when asked "What sport or recreational facilities would you like to see in your community?" the most frequent response from all respondents was for a gymnasium and recreation centre.

In both the off and on reserve settings it appears that Aboriginal people usually have to make use of facilities which belong to the non-aboriginal community. As a result, issues of location, costs and environment become potential barriers to the Aboriginal user.

In addition, on reserve communities generally have few recreation facilities located within the community itself, and those facilities usually are in poor condition.

RECOMMENDATION 3: SUPPORT BE PROVIDED TO INITIATE THE DEVELOPMENT OF RECREATION FACILITIES IN ISOLATED ABORIGINAL COMMUNITIES WHO DO NOT HAVE ACCESS TO OTHER RECREATIONAL FACILITIES.

RECOMMENDATION 4: DEVELOP STRATEGIES TO CREATE A COOPERATIVE ENVIRONMENT TO ENSURE THAT EXISTING RECREATION FACILITIES BECOME MORE SENSITIVE TO THE NEEDS OF ABORIGINAL USERS.

RECOMMENDATION 5: TRAINING SHOULD BE PROVIDED TO ENSURE COMMUNITY MEMBERS RESPONSIBLE FOR MANAGING AND MAINTAINING RECREATION FACILITIES HAVE THE SKILLS NEEDED TO MAKE OPTIMAL USE OF THE FACILITY.

In general, sport and recreation opportunities for Aboriginal people appears to be quite limited. Communities require increased levels of programming to meet the needs that exist. The main problem areas identified include lack of funding for programming, isolation from existing opportunities, cost of participating, and lack of facilities.

Sub-Section b - Leadership

Findings of the survey indicate that in both on and off reserve communities "recreation fund raising" (73.4%) is the main method of funding community recreation programs.

In the off reserve communities, "Friendship Centres" (35.6%) were identified as the next most frequent source of funds for recreation programming.

In the on reserve communities, "Band funds" (27.8%) were the next most frequent source of funds for recreational programming.

For both on and off reserve communities, 52.6% of respondents indicated they do not have an organizing body to oversee recreational programming.

"Who implements the recreation activities in your community?"

For the off reserve respondents 60.4% indicated that volunteers implemented recreation programs. In addition, 43.8% indicated that a paid recreation worker implemented recreational programs.

The on reserve respondents provided similar numbers with 67.6% indicating that volunteers implemented recreation programs and only 35.3% indicated the work being done by a paid recreation worker.

"Do you feel those who organize activities have the skills necessary to do a good job?"

For off reserve respondents, 68.1% indicated "yes".

For on reserve respondents, 50% indicated "yes".

"If no, what additional skills do you think they should have?"

For off reserve communities the responses were as follows:

Coaching Skills - 77.8%
Program Planning Skills - 66.7%

For on reserve communities the responses were as follows:

Program Planning skills - 80%
Coaching skills - 75%

In addition a significant number of both on and off reserve respondents selected "other", in which the most frequent response provided was "leadership skills".

Generally, Aboriginal community recreation programming is implemented by volunteers and is funded through fund raising activities. Although some communities have paid recreation worker, very little infrastructure exists to support community recreation. For programming to develop in this area, it will require the establishment of formal support networks through community leadership to provide a sound basis for growth. Also, professional

development is needed to ensure those working in the area are effective planners to make the best use of the resources available. Community members have identified training needs in the area of program planning, coaches clinics and leadership skills.

RECOMMENDATION 6: TO DEVELOP CULTURALLY APPROPRIATE AND AFFORDABLE TRAINING PACKAGES IN THE AREAS OF PROGRAM PLANNING, COACHING, AND LEADERSHIP FOR COMMUNITY RECREATION WORKERS TO INCREASE THEIR EFFECTIVENESS.

RECOMMENDATION 7: INITIATIVES SHOULD BE DEVELOPED TO ENCOURAGE THE ESTABLISHMENT OF FORMAL SUPPORT FOR RECREATION PROGRAMMING AT THE COMMUNITY LEVEL.

Sub-Section c - Integrated Sport Opportunities

"When involved in sport and recreation activities, do people in your community participate or compete with people from outside the aboriginal community?"

For all respondents, 90.2% indicated "yes".

"Are people in your community aware of how to become eligible to participate in the B.C. summer/winter games?"

For all respondents, 63.8% indicated "no".

"Have teams or athletes from your community ever competed in the B.C. summer/winter games?"

For all respondents, only 43.8% indicated "yes".

"Do you feel your community has young athletes with the potential to become elite athletes?"

For off reserve respondents, 95.7% indicated "yes".

For on reserve respondents, 100% indicated "yes".

"If yes, what is the biggest obstacle they will have to overcome to reach their full potential?"

For the off reserve communities the most frequent responses were:

Financial Situation - 76.1%
Access to the elite sport opportunity - 41.3%
Coaching - 37%
Maintaining involvement away from home - 34.8%

For the on reserve communities the most frequent responses were:

Financial Situation - 55.9%
Access to the elite sport opportunity - 44.1%

In addition, many on reserve respondents selected "other" (44.1%). The responses provided with this selection included:

"Parent involvement"
"Transportation"
"Commitment on athlete's part"
"Maintaining identity, interest, and focus in mainstream"
"Self esteem is not strong"
"Family support"
"Home sick"

"Has your community had athletes in the past that could have become elite athletes in their sport but didn't reach their goal?"

For off reserve respondents 90.9% indicated "yes".

For on reserve respondents 96.9% indicated "yes".

"What has prevented them from becoming elite athletes?"

For off reserve communities the most frequent response was "Lack of financial support" (73.2%) with the next most frequent responses being "Lack of opportunity to participate in the elite system" and "Individual lacks access to coaching necessary to compete" (both with 36.6%).

For on reserve communities the most frequent responses were "Lack of financial support" and "Other" (both with 50%). The comments provided under "Other" include:

"Home sickness"
"Lack of confidence"
"Parents; Drugs and Alcohol"
"Afraid to try for fear of failing"

"No support system; self esteem"
"No family support; no confidence"

"Have any athletes in your community gone on to compete in any sport at a highly competitive level such as provincial or national competitions?"

For all respondents, 76.9% indicated "yes".

In most situations community recreation programs provide an opportunity for those involved to participate in activities with others from outside the community. It appears that these opportunities are fairly limited since there is little awareness as to how to become involved in high level recreation opportunities such as the B.C. summer/winter games. This is of particular interest because the aboriginal community feels very strongly that it has many young athletes with the potential to compete at an elite level. However, there are many barriers which must be crossed for the young Aboriginal athlete to reach this potential including financial limitations, access to the elite sport opportunity and personal issues relating to self esteem and confidence to leave home to compete at the elite level.

RECOMMENDATION 8: SUPPORT SHOULD BE PROVIDED TO CREATE AN AWARENESS OF ELITE SPORT OPPORTUNITIES TO THE ABORIGINAL COMMUNITY AND TO ADDRESS THE BARRIERS WHICH FACE THE YOUNG ATHLETES IN THEIR EFFORTS TO ACCESS THE OPPORTUNITIES.

Sub-Section d - Impacts of Recreation and Sport Events

"Does your community host large sporting events such as tournaments or sports days?"

For all respondents, 82.9% indicated "yes".

"What is the main reason to host such events?"

For off reserve communities the most frequent responses are as follows:

For social benefits - 73.7%
For competition - 63.2%
For cultural benefits - 39.5%

For on reserve communities the most frequent responses

are as follows:

For competition - 86.2%
For social benefits - 58.6%

"Are there cultural activities that take place along side the sporting event?"

70% of off reserve respondents answered "yes", in comparison to only 43.3% of on reserve respondents.

"Do you feel there are any economic benefits to First Nations people or businesses when these events take place?"

For all respondents, 84.1% indicated "yes".

"Do teams or athletes from your community travel to other communities to compete in tournaments or sporting events?"

For all respondents, 96.4 indicated "yes".

"What is the main reason they travel to such events?"

For off reserve respondents the most frequent responses are:

For competition - 93.5%
For the social benefits - 60.9%

For on reserve respondents the most frequent responses are:

For competition - 96.9%
For social benefits - 53.1%

Participating in large sporting events appears to be a significant component to Aboriginal sport and recreation. Most Aboriginal communities are involved in hosting or travelling to participate in large sporting events such as tournaments. The reasons for involvement in such activities differs between on and off reserve communities. On reserve communities host sporting events for mainly competitive reasons, while off reserve communities are concerned with the social benefits involved. Both on and off reserve communities travel to participate in sporting events for primarily competitive reasons with social benefits secondary.

It appears that cultural benefits are also a significant reason of

participating in large sporting events. In most cases the off reserve respondents indicated that cultural events took place at the same time as the sporting event.

Finally, there is a strong indication that the Aboriginal community is aware that economic benefits are a result of staging large sporting events, but it is unclear if the Aboriginal community is the main recipient of these benefits.

RECOMMENDATION 9: *SUPPORT SHOULD BE PROVIDED TO CONTINUE AND ENHANCE ABORIGINAL PEOPLES PARTICIPATION IN HOSTING OR ATTENDING LARGE SPORTING EVENTS AND TO ENSURE SOCIAL, CULTURAL AND ECONOMIC BENEFITS OF SUCH ACTIVITIES ARE FULLY REALIZED.*

SECTION 3: YOUTH RECREATION AND SPORT

This section is involved with programming designed specifically for youth that may be delivered in Aboriginal communities. It will look at areas such as sponsorship of such programs, quality of programming and importance of such programs.

"Does your community have organized sport and recreation activities specifically for youth?"

For all respondents, 67.5% indicated "yes".

In off reserve communities the main source of funds to support these activities include "community members - user fees" (51.6%) and "other" (51.6%) which included Bingo funds, Friendship centres, and Fund raising.

In on reserve communities the main source of funds to support these activities include "Other" (66.7%) which includes Bingo funds and Fund raising, and "Band Administrations" (41.7%).

"Does your community have paid staff (a recreation coordinator) to provide programs specifically for youth?"

81.3% of off reserve respondents indicated "yes", compared to only 50% of on reserve respondents.

"Do many community members or parents volunteer time to help with recreational programming for youth?"

81.3% of off reserve respondents indicated "yes",

compared to 65.4% of on reserve respondents.

"Does the youth programming make use of or help develop positive role models in your community?"

For all respondents 91.2% indicated "yes".

"How important do you feel role models are to youth programming?"

Responses for off reserve respondents were as follows:

Very important - 90%

Important - 10%

Responses for on reserve respondents were as follows:

Very important - 96.2%

Important - 3.8%

"Do you think that organized sport and recreation activities for youth is important in your community?"

For all respondents, 100% indicated "yes".

"If yes, Why is it important?"

Most frequent responses for off reserve communities were:

To teach constructive use of spare time - 71%

As preventative measures to drug and/or alcohol abuse - 67.7%

Build self esteem - 58%

Most frequent responses for on reserve communities were:

To teach constructive use of spare time - 65.4%

Build self esteem - 57.7%

To provide an opportunity for social interaction - 46.2%

As preventative measures to drug and/or alcohol abuse - 38.5%

In addition, comments that were recorded as respondents answered this question included:

"Interracial barriers must be broken"

"Keep them out of trouble"

"Prevent crime"

"Suicide rate is high"
"Interact with elders"

"Can the programming for youth in your community be improved?"

For all respondents, 97.5% indicated "yes".

Comments provided by off reserve respondents include:

"More family support; not a baby sitting service"
"More organized, more facilities, more trained staff"
"Better access to facilities; Funding"
"Funding; Having a place to gather where costs are low"
"More native/traditional sports funding"
"Require facilities and proper organization; Parents and Volunteers need to get more involved"

Comments provided by on reserve respondents include:

"Involvement from parents & community; more funding"
"More funding, Recreation worker required"
"Funding; Transportation out of the community is expensive"
"Better organizational skills"
"Networking with bands in other areas in a particular sport"
"Need a person to run programs, clinics; Need a committee"

There was an unanimous response from the Aboriginal community that organized sport and recreation programming for youth is important. Benefits of youth programming were listed as a means to teach constructive use of spare time, preventative measures to drug and/or alcohol abuse, to build self esteem, and to provide an opportunity for social interaction. However, only 67.5% of all respondents indicated that their community has organized sport and recreation programming for youth.

In addition, 100% of the respondents indicated that it is important or very important to involve role models in youth programming.

There was also a strong consensus that youth sport and recreation programming could be improved through areas such as increased funding, parental and volunteer involvement, and improved organization.

RECOMMENDATION 10: SUPPORT BE PROVIDED TO INCREASE THE LEVEL OF YOUTH SPORT AND RECREATION PROGRAMMING IN ABORIGINAL COMMUNITIES ACROSS THE PROVINCE.

RECOMMENDATION 11: SUPPORT BE PROVIDED TO IMPROVE THE QUALITY OF YOUTH SPORT AND RECREATIONAL PROGRAMMING IN ABORIGINAL COMMUNITIES ACROSS THE PROVINCE.

RECOMMENDATION 12: PROMOTE INITIATIVES TO ENCOURAGE THE USE OF ROLE MODELS IN YOUTH SPORT AND RECREATION PROGRAMMING AND PROVIDE SUPPORT FOR THE DEVELOPMENT OF ROLE MODELS AT THE "GRASS ROOTS" LEVEL.

REPORT HIGHLIGHTS:

The following section contains the significant findings of the study and the recommendations provided as a result of the findings.

Traditional Sport Activities:

- From the comments provided in the interview process it appears most respondents feel that greater interest in traditional sport activities could be generated through a community driven process that involves research, education and resources.

RECOMMENDATION 1: SUPPORT SHOULD BE PROVIDED TO IMPLEMENT COMMUNITY RECREATIONAL PROGRAMS DESIGNED TO REVIVE TRADITIONAL SPORT ACTIVITIES. SUCH PROGRAMS SHOULD BE COMMUNITY DRIVEN AND CONSIST OF THE NECESSARY RESEARCH COMPONENT AND EDUCATIONAL PROCESS TO ENCOURAGE INTEREST IN TRADITIONAL SPORT ACTIVITIES.

Participation in Sport and Recreation Opportunities:

- Aboriginal people currently participate in a limited range of team and individual activities generally two or three times a week depending on the opportunities they have access to.
- Aboriginal people participate in sport and recreation for a variety of reasons including social benefits, competition, exercise, and personal growth.
- Aboriginal community recreation programming is currently implemented by volunteers and is funded through fund raising activities. Very little infrastructure exists to support community recreation. As a result, sport and recreation opportunities for Aboriginal people appears to be quite limited.
- Communities require increased levels of programming to meet the needs that exist. Groups that have been identified as under represented in sport and recreation opportunities include elders, youth and women. The main problem areas identified include lack of funding for programming, isolation from existing opportunities, cost of participating, and lack of facilities.
- Sport and recreation program development will require the

establishment of formal support networks through community leadership to provide a sound basis for growth. Professional development is needed to ensure planners are effective and make the best use of the resources available. Community members have identified training needs in the area of program planning, coaches clinics and leadership skills.

- In both the off and on reserve settings it appears that Aboriginal people usually have to make use of facilities which belong to the non-aboriginal community. As a result, issues of location, costs and environment become potential barriers to the Aboriginal user.
- In addition, on reserve communities generally have few recreation facilities located within the community itself, and those facilities usually are in poor condition.

RECOMMENDATION 2: SUPPORT SHOULD BE PROVIDED TO INVESTIGATE THE DISPARITY IN THE PARTICIPATION OF WOMEN IN OFF RESERVE AND ON RESERVE ABORIGINAL COMMUNITIES.

RECOMMENDATION 3: SUPPORT BE PROVIDED TO INITIATE THE DEVELOPMENT OF RECREATION FACILITIES IN ISOLATED ABORIGINAL COMMUNITIES WHO DO NOT HAVE ACCESS TO OTHER RECREATIONAL FACILITIES.

RECOMMENDATION 4: DEVELOP STRATEGIES TO CREATE A COOPERATIVE ENVIRONMENT TO ENSURE THAT EXISTING RECREATION FACILITIES BECOME MORE SENSITIVE TO THE NEEDS OF ABORIGINAL USERS.

RECOMMENDATION 5: TRAINING SHOULD BE PROVIDED TO ENSURE COMMUNITY MEMBERS RESPONSIBLE FOR MANAGING AND MAINTAINING RECREATION FACILITIES HAVE THE SKILLS NEEDED TO MAKE OPTIMAL USE OF THE FACILITY.

RECOMMENDATION 6: TO DEVELOP CULTURALLY APPROPRIATE AND AFFORDABLE TRAINING PACKAGES IN THE AREAS OF PROGRAM PLANNING, COACHING, AND LEADERSHIP FOR COMMUNITY RECREATION WORKERS TO INCREASE THEIR EFFECTIVENESS.

RECOMMENDATION 7: INITIATIVES SHOULD BE DEVELOPED TO ENCOURAGE THE ESTABLISHMENT OF FORMAL SUPPORT FOR RECREATION PROGRAMMING AT THE COMMUNITY LEVEL.

Integrated Sport and Recreation Opportunities:

- In most situations community recreation programs provide an opportunity for those involved to participate in activities with others from outside the community. It appears that these opportunities are fairly limited since there is little awareness as to how to become involved in high level opportunities such as the B.C. summer/winter games.
- The aboriginal community feels very strongly that it has many young athletes with the potential to compete at an elite level. However, there are many barriers which must be crossed for the young Aboriginal athlete reach this potential including financial limitations, access to the elite sport opportunity and personal issues relating to self esteem and confidence to leave home to compete at the elite level.

RECOMMENDATION 8: SUPPORT SHOULD BE PROVIDED TO CREATE AN AWARENESS OF ELITE SPORT OPPORTUNITIES TO THE ABORIGINAL COMMUNITY AND TO ADDRESS THE BARRIERS WHICH FACE THE YOUNG ATHLETES IN THEIR EFFORTS TO ACCESS THE OPPORTUNITIES.

Impacts of Sport and Recreation activities:

- Participating in large sporting events appears to be a significant component to Aboriginal sport and recreation. Most Aboriginal communities are involved in hosting or travelling to participate in large sporting events such as tournaments. The reasons for this involvement differs between on and off reserve communities. On reserve communities host sporting events for mainly competitive reasons, while off reserve communities are concerned with the social benefits of hosting such events. Both on and off reserve communities travel to participate in sporting events for primarily competitive reasons with social benefits secondary.
- It appears that cultural benefits are also a significant reason of participating in large sporting events. In most cases the off reserve respondents indicated that cultural events took place at the same time as the sporting event.
- Finally, there is a strong indication that the Aboriginal community is aware that economic benefits are a result of staging large sporting events, but it is unclear if the Aboriginal community is the main recipient of these benefits.

RECOMMENDATION 9: SUPPORT SHOULD BE PROVIDED TO CONTINUE AND ENHANCE ABORIGINAL PEOPLES PARTICIPATION IN HOSTING OR ATTENDING LARGE SPORTING EVENTS AND TO ENSURE SOCIAL, CULTURAL AND ECONOMIC BENEFITS OF SUCH ACTIVITIES ARE FULLY REALIZED.

- There was an unanimous response from the Aboriginal community that organized sport and recreation programming for youth is important. Benefits of youth programming were listed as a means to teach constructive use of spare time, preventative measures to drug and/or alcohol abuse, provide an opportunity for social interaction, and to build self esteem. However, only 67.5% of all respondents indicated that their community has organized sport and recreation programming for youth.
- In addition, 100% of the respondents indicated that it is important or very important to involve role models in youth programming.
- There was also a strong consensus that youth sport and recreation programming could be improved through areas such as increased funding, parental and volunteer involvement, and improved organization.

RECOMMENDATION 10: SUPPORT BE PROVIDED TO INCREASE THE LEVEL OF YOUTH SPORT AND RECREATION PROGRAMMING IN ABORIGINAL COMMUNITIES ACROSS THE PROVINCE.

RECOMMENDATION 11: SUPPORT BE PROVIDED TO IMPROVE THE QUALITY OF YOUTH SPORT AND RECREATIONAL PROGRAMMING IN ABORIGINAL COMMUNITIES ACROSS THE PROVINCE.

RECOMMENDATION 12: PROMOTE INITIATIVES TO ENCOURAGE THE USE OF ROLE MODELS IN YOUTH SPORT AND RECREATION PROGRAMMING AND PROVIDE SUPPORT FOR THE DEVELOPMENT OF ROLE MODELS AT THE "GRASS ROOTS" LEVEL.

APPENDIX 1

BANDS	TRIBAL COUNCILS (T.C.)	FRIENDSHIP CENTRES
Gitwinksihlkw Band	Sto:lo T.C.	Prince George
St. Mary's Band	North Coast T.C.	Quesnell Tillicum Society
Nimpkish Band	Tsimshiam T.C.	Tansi F.C.
Penticton Band	Ktunaxa/Kinbasket T.C.	Okanagan F.C.
Cowichan Band	Nicola Valley T.C.	Victoria F.C.
Nak'azdli Band	Cariboo T.C.	Vernon F.C.
Blueberry Band	Haida T.C.	Keeginaw F.C.
Lillooet Band	Dax Ka T.C.	Vancouver F.C.
Fort Nelson Band	Nlaka'pamux T.C.	Dze l K'ant F.C.
Liard Band	Oweekeno T.C.	Interior Indian F.C.
Soda Creek Band	Haisla T.C.	Valley Native F.C.
Seton Lake Band		Port Alberni F.C.
Gitanmaax Band		Tillicum Haus F.C.
Nuxalk Band		Nawican F.C.
Hartley Bay Band		
Tseshaht Band		
Tahltan Band		
Skidegate Band		

Aboriginal Organizations which participated in study

APPENDIX 2

Recreation and Sport Research Study

Questionnaire

Section 1 - Community Recreation and Sport

Sub-Section a - Recreation and Sport Programming

Sub-Section b - Leadership

Sub-Section c - Integrated Sport Opportunities

Sub-Section d - Impacts of Recreation and Sport Events

Section 2 - Youth Recreation and Sport

Section 3 - Demographic information

Survey Introduction:

Hello, my name is _____. I'm calling to follow up on a pre-arranged interview time set up with you by Karen Levine. I have been asked by the Aboriginal Sport and Recreation Association of B.C. to conduct a brief survey to help identify sports and recreation issues of importance to Aboriginal communities across the Province.

Please be advised that the information collected will be handled with extreme confidentiality and that you are not obligated to answer any questions you don't want to.

This interview should last approximately 20 minutes.

SECTION 1: COMMUNITY RECREATION AND SPORT

This section takes a brief look at the overall recreation and sport opportunities in the aboriginal community including such elements as activities, frequency of participation, facilities needs, leadership issues, integrated sport opportunities, and impact of sport and recreation activities.

Sub-Section a - Recreation and Sport Programming

1 Would you describe the sport and recreation opportunities in the community you live in as organized or informal?

- 1. Organized
- 2. Informal

2 Are you satisfied with the amount and types of recreational activities available for you to participate in?

- 1. Yes
- 2. No

Comments: _____

3 Are there sports or activities which people in your community participate in that are traditional to your area?

Note: traditional sports are defined as activities originating from, ^{as} is considered an important part of the aboriginal culture in the area.

- 1. Yes
- 2. No

if yes, please list: _____

4 How do you think you can encourage greater interest in traditional sport and recreation activities in your area?

5 Which types of Team sports or activities are the most popular to people in your community?

1. Soccer
2. Basketball
3. Slow pitch
4. Fastball
5. Ice hockey
6. Floor Hockey
7. Other _____

6 What type of individual sports or activities do people in your community participate in?

1. Jogging/Running
2. Swimming
3. Weight training
4. canoeing/kayak
5. Hiking/camping
6. Craft work
7. Other _____

7 How often do people generally participate in these activities?

1. Daily
2. Two or three times a week
3. Weekly
4. Every other week
5. Other _____

8 Why do you feel those involved in sport activities participate in those activities?

1. for competition
2. for exercise/physical fitness
3. for the social benefits
4. for cultural benefits
5. for personal growth
6. other _____

9 Are there sub-groups in your community which are under represented in participating in sport and recreational activities.

1. Elders
2. Youth
3. Women
4. Men
5. Other _____

10 What sport or recreational facilities are located in your community for your use?

1. Gymnasium
2. Swimming pool/recreation centre
3. Playing fields
4. Softball/Baseball diamond
5. Other _____

11 Do you feel these facilities are suitable to meet the needs of your community?

1. Yes
2. No

Comments: _____

12 Do community members make use of the facilities as much as they could?

1. Yes
2. No

Comments: _____

13 Who is responsible for maintaining these facilities?

1. Municipality
2. Band Administration
3. Private club
4. Recreation organization
5. Other _____

14 What sport or recreational facilities would you like to see in your community?

1. Gymnasium
2. Swimming pool/recreation centre
3. Playing fields
4. Softball/Baseball diamond
5. Other _____

15 Are there other sport and recreation opportunities which your community would like to participate in but is not able?

1. Yes
2. No (go to 17)

If yes, please specify _____

16 What is the reason your community is not able to participate in other sport and recreation activities?

1. No facility
2. No coaching for activity
3. No funds available to support activity
4. Not enough interest by community members
5. No organized leagues to compete in
6. Other _____

Sub-Section b - Leadership

17 How are community recreation programs funded in your community?

1. Band funds
2. Friendship Centre funds
3. Participant contributions
4. Recreation fund raising
5. Other _____

18 Does your community have an organizing body, such as a committee, to oversee the recreation programming in your community?

1. Yes
2. No

Comments: _____

19 Who implements the recreation activities in your community?

1. A paid recreation worker
2. Other staff
3. Volunteers
4. Parents
4. Other _____

20 Do you feel those who organize activities have the skills necessary to do a good job?

1. Yes (go to 22)
2. No

21 If no, what additional skills do you think they should have?

1. Program Planning skills
2. Outdoor leadership skills
3. Coaching skills
4. First Aid certification
5. Financial management skills
6. Fund raising skills
7. Other _____

Sub-Section c - Integrated Sport Opportunities

22 When involved in sport and recreation activities, do people in your community participate or compete with people from outside the aboriginal community?

1. Yes
 2. No
- _____
- _____

23 Are people in your community aware of how to become eligible to participate in the B.C. summer/winter games?

1. Yes
2. No

24 Have teams or athletes from your community ever competed in the B.C. summer/winter games?

1. Yes
2. No

If yes, what sport? _____

How many athletes? _____

25 Do you feel your community has young athletes with the potential to become elite athletes?

1. Yes
2. No (go to 27)

26 If yes, what is the biggest obstacle they will have to overcome to reach their full potential?

1. Personal situation
 2. Financial situation
 3. Access to the elite sport opportunity
 4. Maintained involvement away from home
 5. Coaching
 6. Other _____
- _____

39 Who provides funding for these activities?

1. Community members - user fees
2. Band administrations
3. Provincial government
4. Municipal government
5. Federal government
6. Other _____

40 Does your community have paid staff (a recreation coordinator) to provide programs specifically for youth?

1. Yes
 2. No
-

41 Do many community members or parents volunteer time to help with recreational programming for youth?

1. Yes
2. No

42 Does the youth programming make use of or help develop positive role models in your community?

1. Yes
2. No

43 How important do you feel role models are to youth programming?

1. Very important
 2. Important
 3. not important
-
-

44 Do you think that organized sport and recreation activities for youth is important in your community?

1. Yes
2. No

45 If yes, Why is it important?

1. As preventative measures to drug and/or alcohol abuse
 2. To encourage physical well being/fitness
 3. To provide an opportunity for social interaction
 4. To teach constructive use of spare time
 5. Build self-esteem
 6. Other _____
-

46 What type of recreation or sport opportunities for youth exist in your community?

1. Organized team sports _____
2. Organized individual activities _____
3. Informal team sports _____
4. Informal individual activities _____
5. Outdoor leadership activities _____
6. Other _____

47 Does the recreation programming in your community provide young people with the opportunity to participate outside your community with other athletes in their sport?

1. Yes
2. No

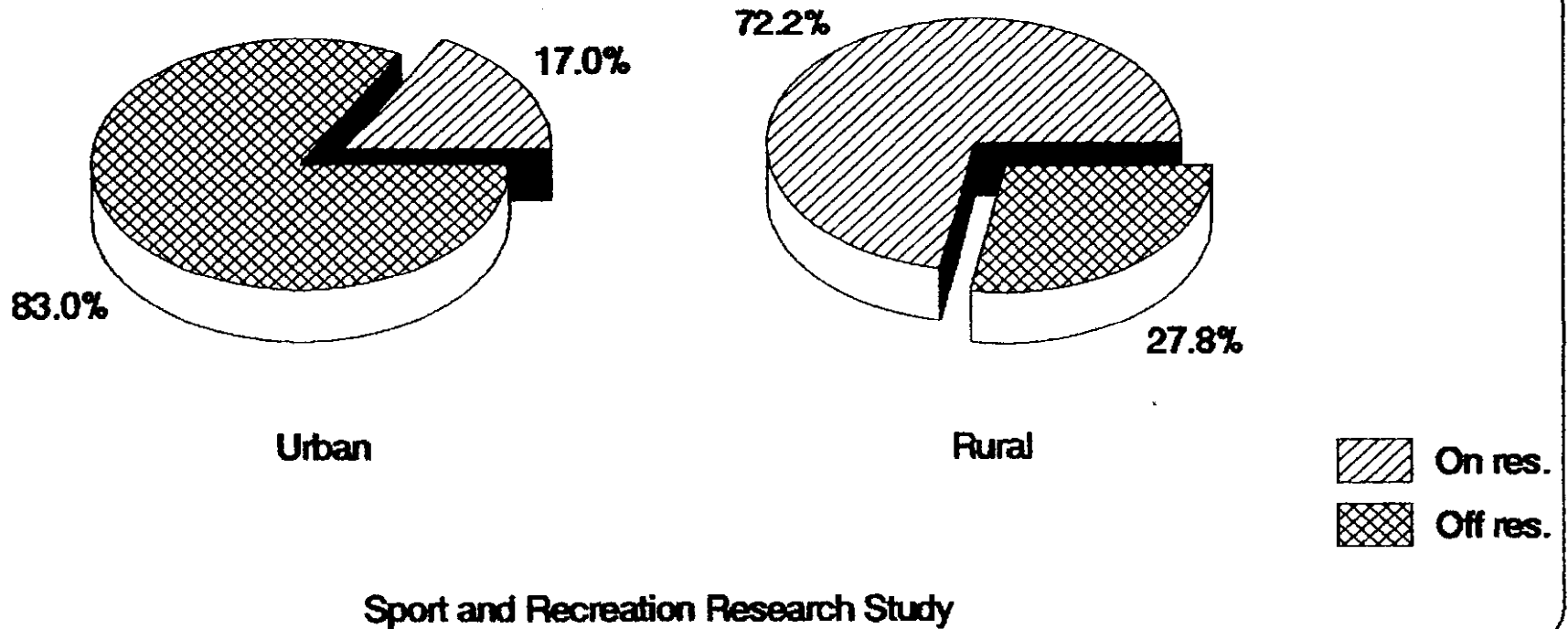
48 Can the programming for youth in your community be improved?

1. Yes
2. No

If yes, How? _____

APPENDIX 3

TABLE 1
Residence of Participants



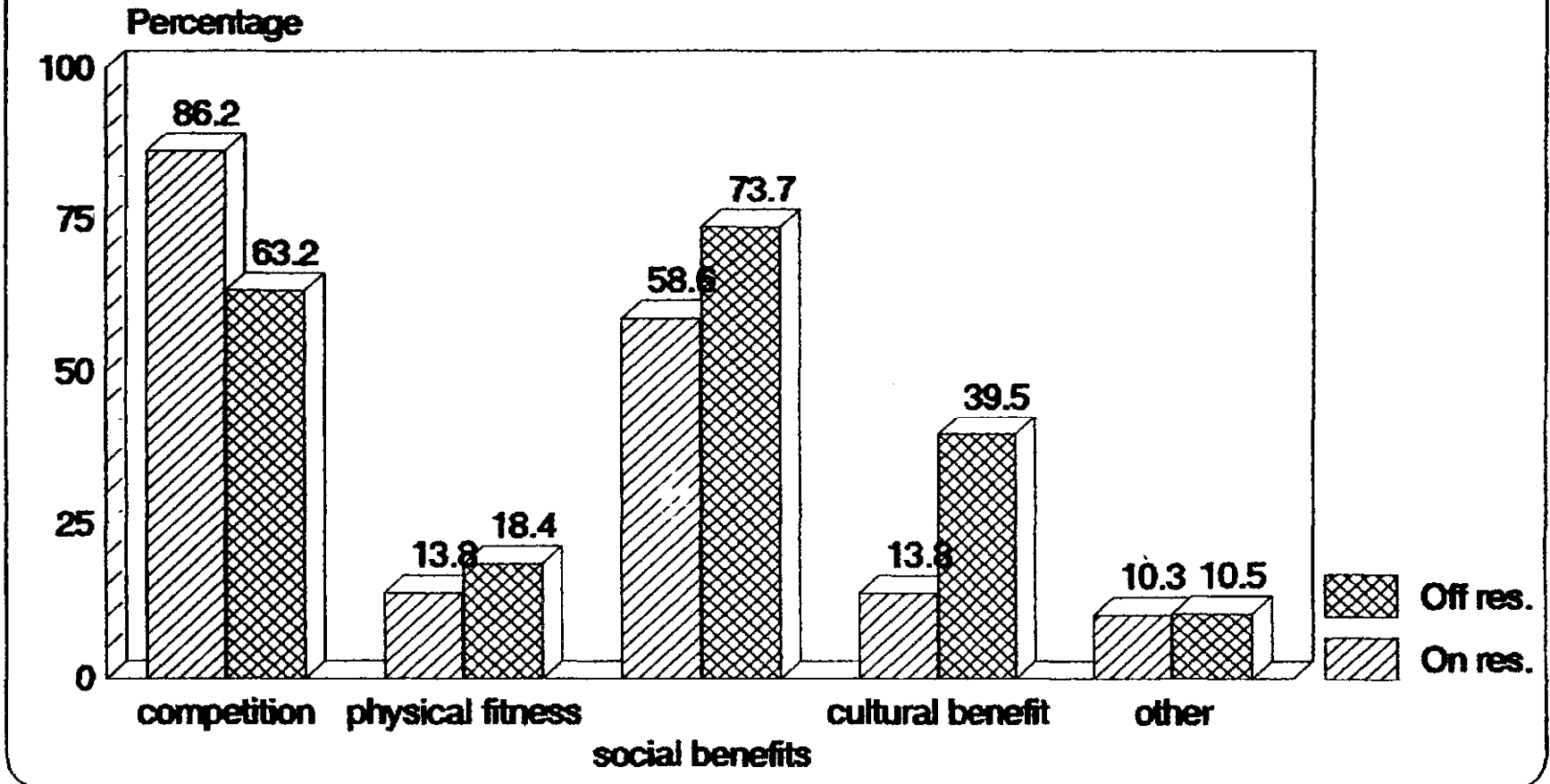
Sport and Recreation Research Study

Graph-in-the-Box EXECUTIVE

PART_RESIDENCE

TABLE 2

Reasons why communities host sporting events

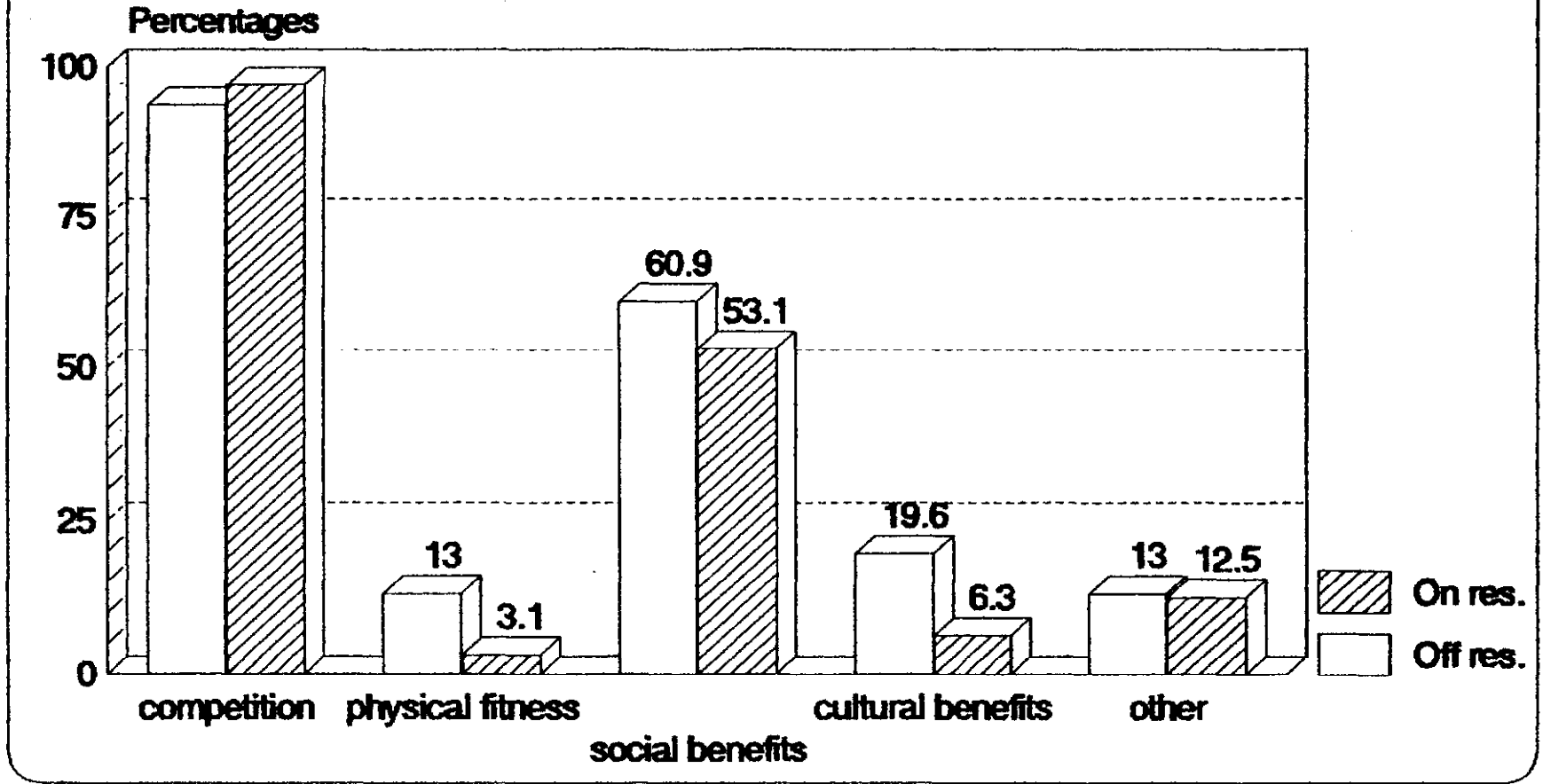


Graph-in-the-Box EXECUTIVE

HOST_EVENTS

TABLE 3

Reasons why communities travel to participate in sporting events

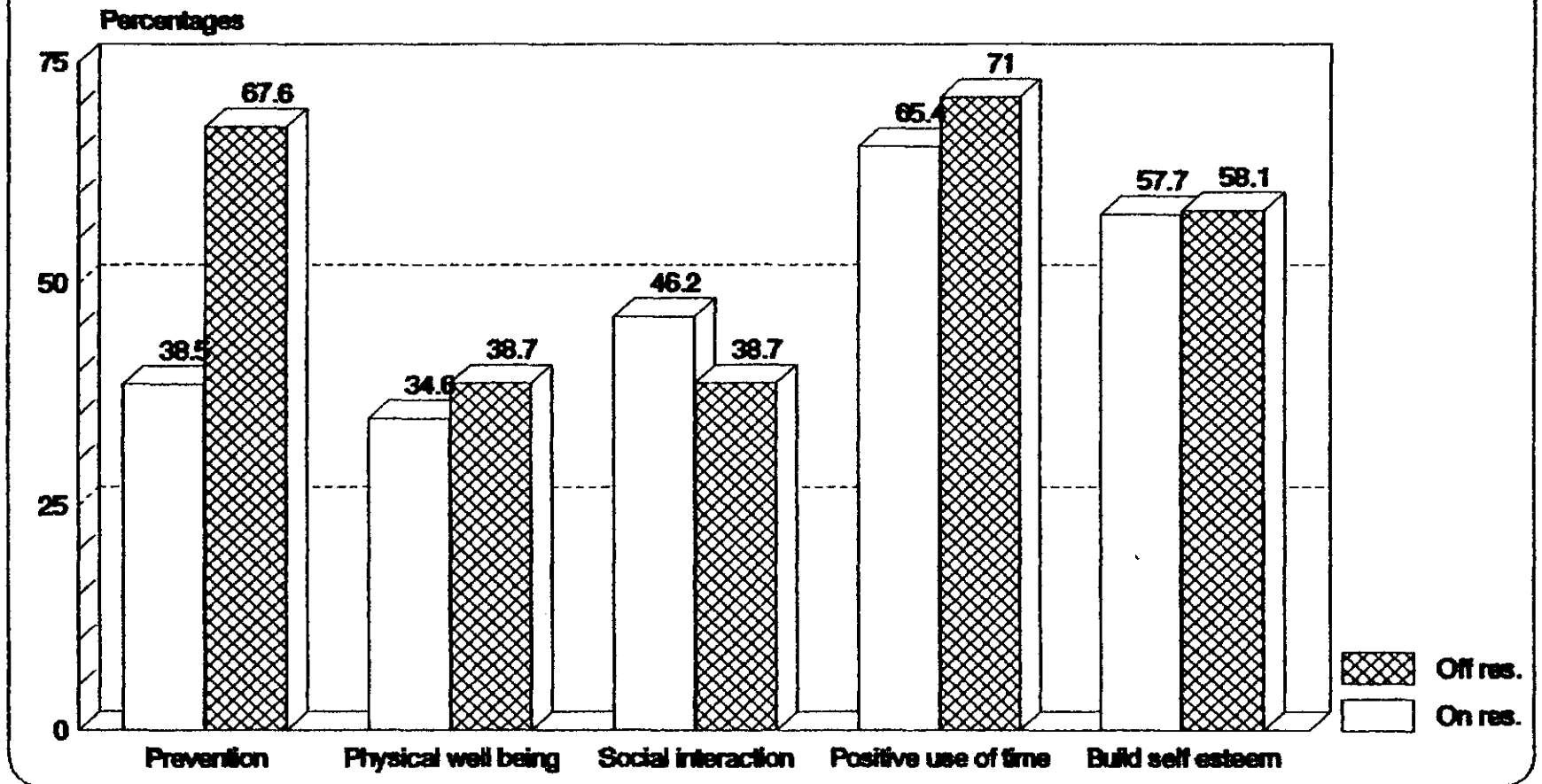


Graph in the Box EXECUTIVE

TRAVEL_PART

TABLE 4

Reasons why youth recreation and sport programming is important

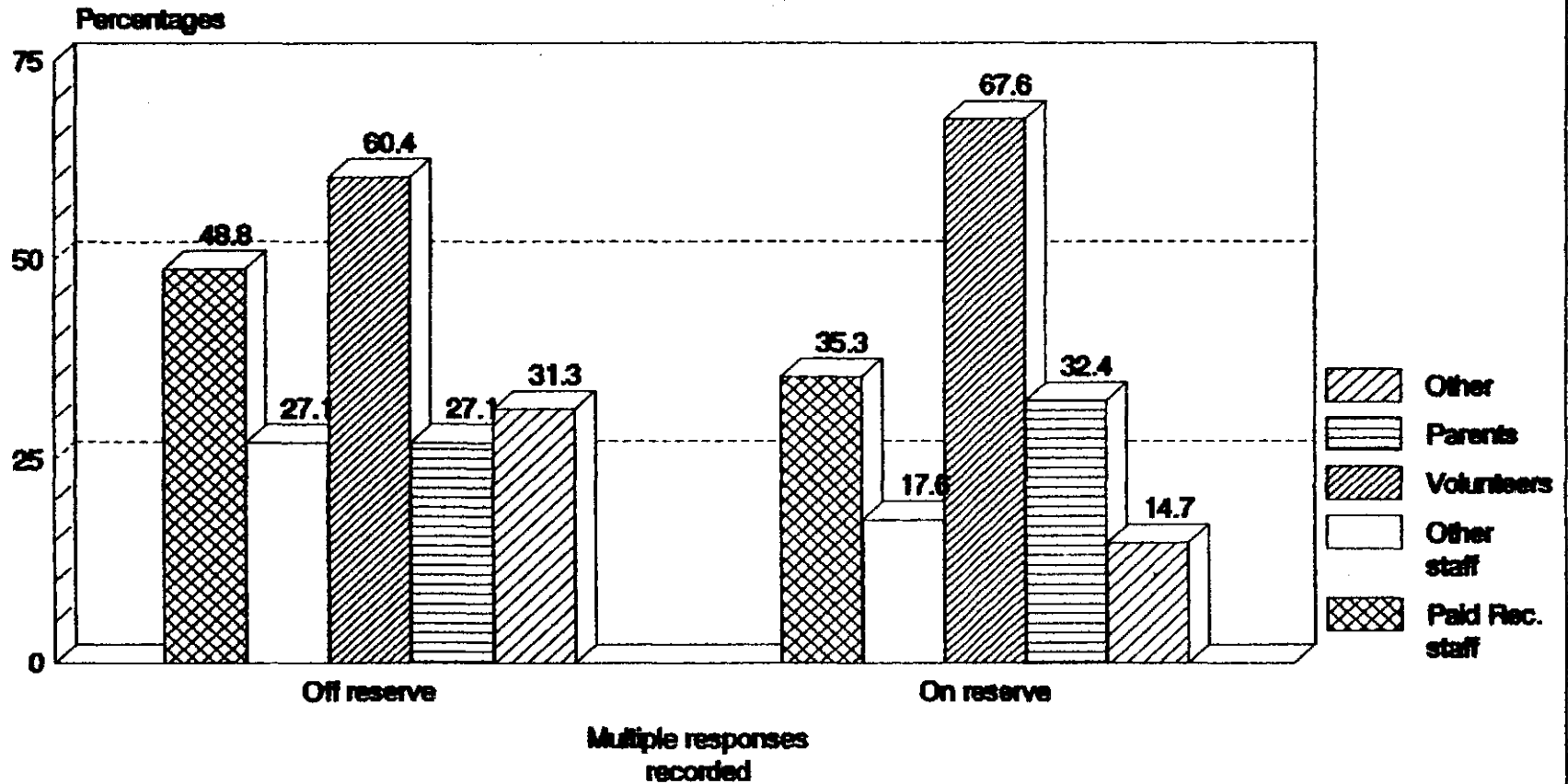


Graph-in-the-Box EXECUTIVE

YOUTH_IMPORT

TABLE 5

Individuals involved in implementing community sport and recreation programs

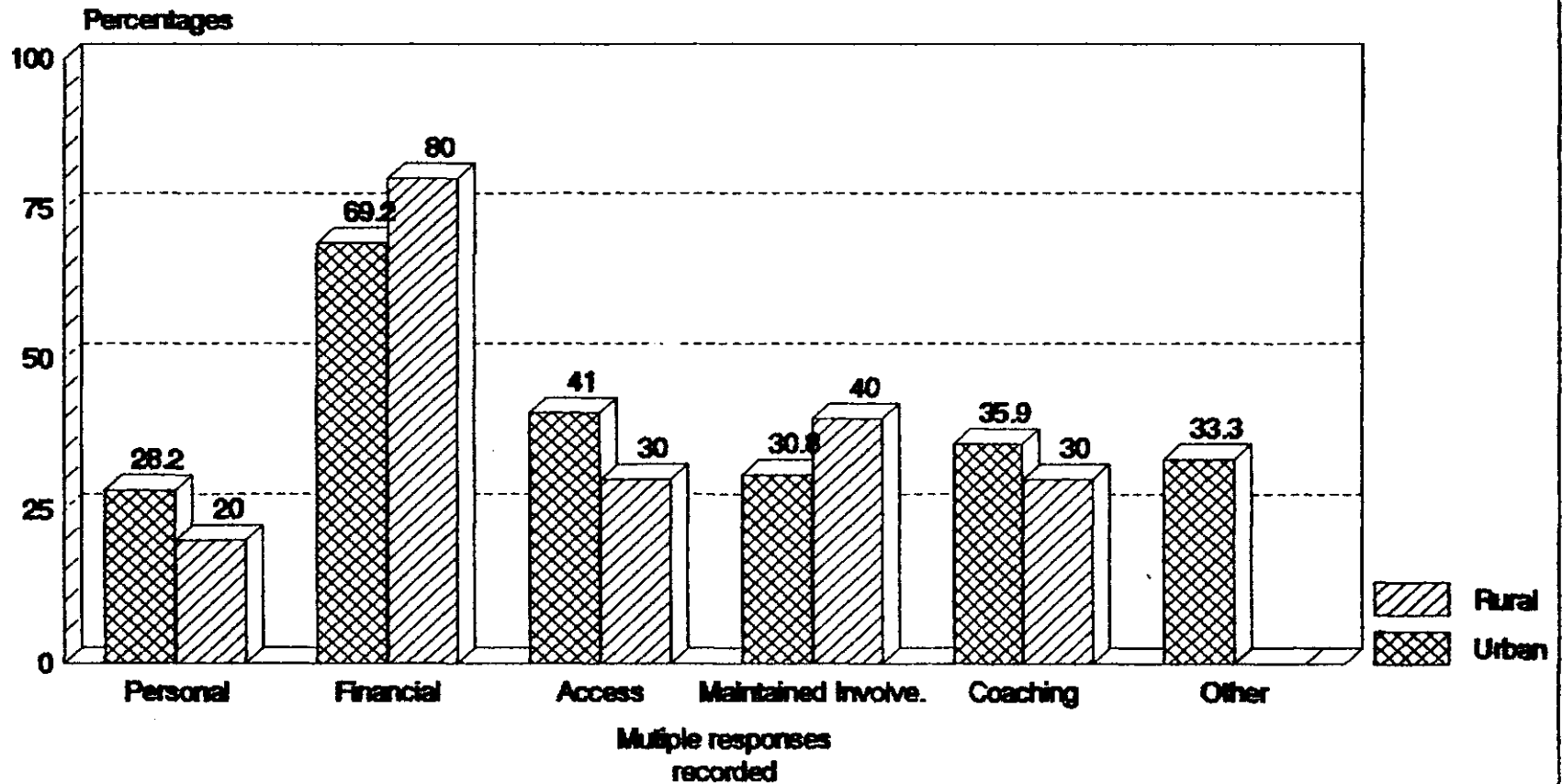


Graph-in-the-Box EXECUTIVE

IMPLEMENT_REC

TABLE 6

Obstacles for young athletes to reach elite athlete level - off reserve only

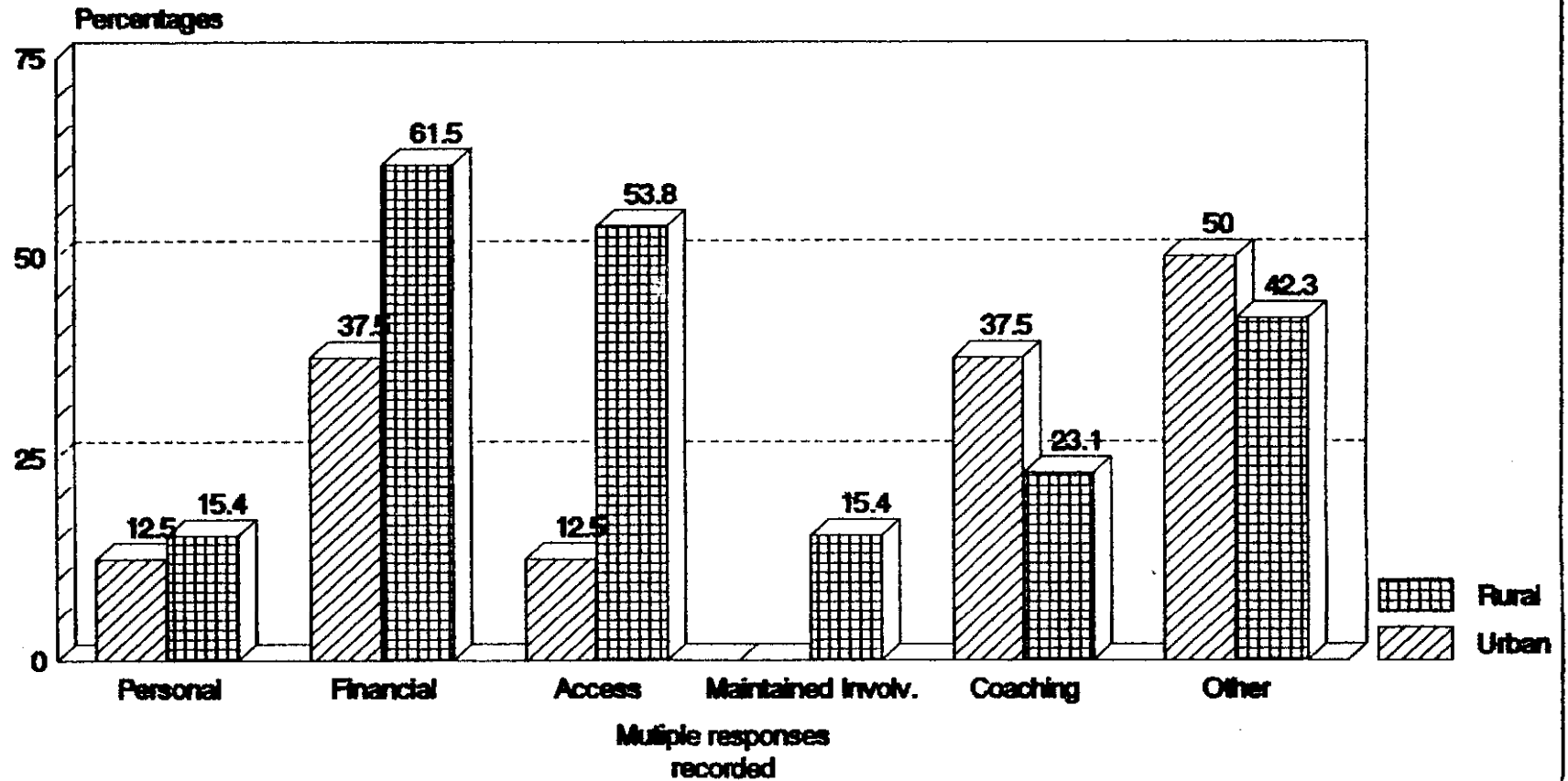


Graph-in-the-Box EXECUTIVE

OBSTACLES_OFF

TABLE 7

Obstacles for young athletes to reach elite athlete level - on reserve only

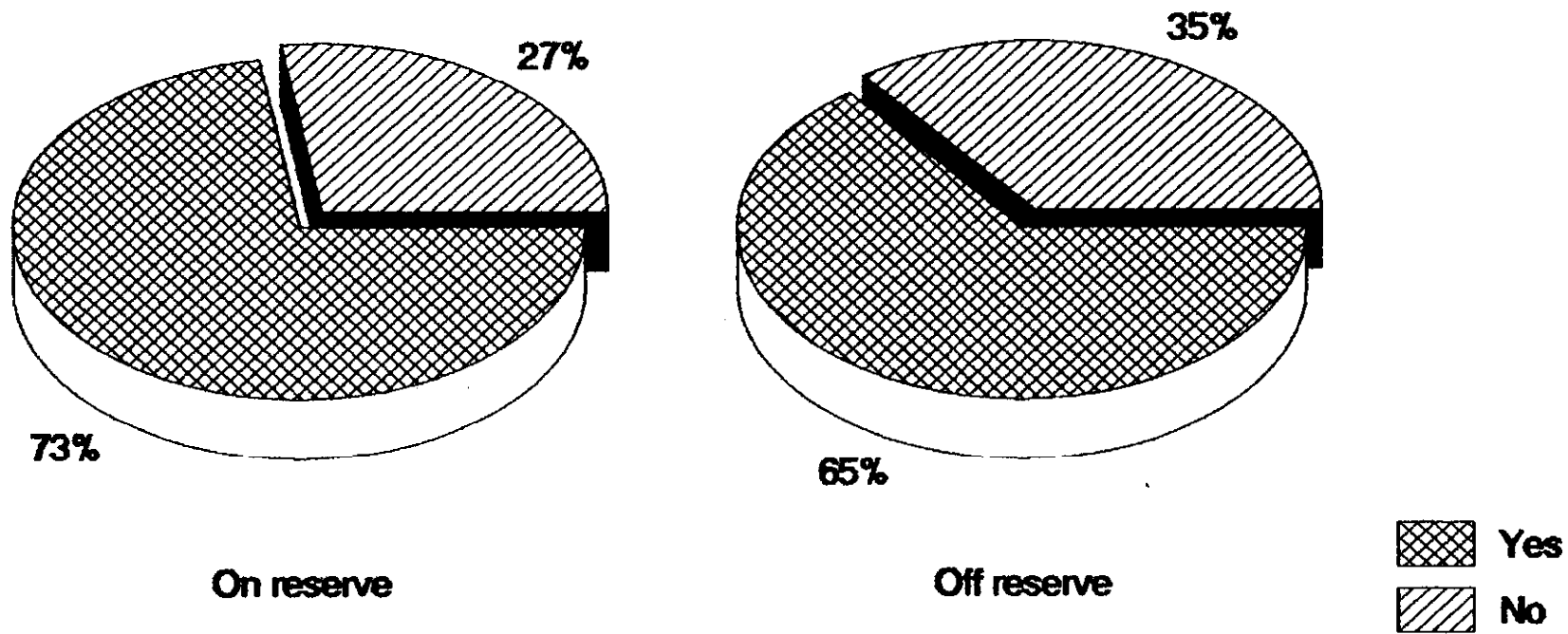


Graph-in-the-Box EXECUTIVE

ON_OBSTACLE

TABLE 8

Organized Youth Recreation Programs



Sport and Recreation Research Study