

The Niagara Sport Commission (NSC) in partnership with True Sport and DSBN Academy are proud to host Niagara Sports for Kids for the DSBN Academy program entitled Encore. Every academic year, from September to June, the NSC is privileged to teach and inspire youth from grades 6-8 to be healthy, active and follow the seven True Sport initiatives listed below. We encourage our participants to use and teach these principles in everyday life. As an organization and community partner, we hope to continue our success in enriching youth and continue to grow Encore of the DSBN Academy for many years to come. For any further questions about Niagara Sport Commission, True Sport initiatives or Niagara Sports, please call 289-362-2215 or email admin@niagarasportscommission.com

**TRUE
SPORT**

True Sport Principles

Go For It

Rise to the challenge - always strive for excellence.
Discover how good you can be.

Play Fair

Play honestly - obey both the letter and spirit of the rules.
Winning is only meaningful when competition is fair.

Respect Others

Show respect for everyone involved in creating
your sporting experience, both on and off the field.
Win with dignity and lose with grace.

Keep It Fun

Find the joy of sport.
Keep a positive attitude both on and off the field.

Stay Healthy

Place physical and mental health above all other
considerations - avoid unsafe activities.
Respect your body and keep in shape.

Include Everyone

Share sport with others.
Ensure everyone has a place to play.

Give Back

Find ways to show your appreciation for the community
that supports your sport and helps make it possible.

truesport.ca