

Newcomer Outreach and Integration Through Sports

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1. Foreword

This guide is based on two years of intense activity and interaction with new Canadians in Ottawa, during the implementation of the Soccer and Settlement Project under the Ontario Soccer Association (OSA). Those two years demonstrated the power of sports to assist in integrating new Canadians in their new environment.

This guide is a compilation of all the knowledge I acquired during the term (2011-2013) of this project. My goal is to share all the learning and to provide some tips and resource information for everyone.

As a newcomer myself, I understand there are other priorities in the settlement process, and sport may be viewed by many as a luxury, or at the bottom of their priorities. Participation in sports can lead to a healthy lifestyle, which can be a crucial element in adjusting to a new environment. With this guide I hope to facilitate the access of new Canadians to sports.

Assistance in navigating the structured sports system in Canada also allowed new Canadians to become familiar and become involved in that system. Resources in this guide include where to access a sports club or activity and an explanation of a participant's waiver form when registering in sports activities. The guide also contains a list of sports clubs and leagues operating in the Ottawa region.

Javier Clavelo Robinson

2. Overview of Immigrants in Ottawa

At least 70 languages, other than English and French, are the primary language of Ottawa residents. The city's immigrant population is composed of many sub-groups:

- Visible minorities: 75% of all new immigrants are visible minorities
- Refugees: Ottawa has the second largest refugee population in Canada
- Youth: 11% of children and youth in Ottawa were born outside Canada
- Seniors: 31% of seniors in Ottawa are immigrants
- Francophones: 16.3% of Francophones in Ottawa are immigrants

In 2009, 6300 permanent residents---including skilled workers, family class and government assisted refugees---settled in Ottawa.

“Ottawa has gone from a population of 87,000 in 1911, with visible minorities accounting for less than 2% of the total, to an estimated 920,000 persons in 2011, of which 22% are foreign born and 19% belong to a visible minority group.”

Ottawa Local Immigration Partnership (OLIP)

3. Where do we find Newcomers?

Most new Canadians in Ottawa gravitate towards immigrant serving organizations offering a wide range of settlement services. Some of them get involved in the Catholic Centre for Immigrants' annual Community Cup, a recreational multicultural soccer festival bringing new and mainstream Canadians together on the playing field. The ten providers of Language Instruction for Newcomers to Canada (LINC) are another valuable source. These are usually the first stop for many newcomers in their settlement process.

During regular presentations to new Canadians at many of the LINC centres, we fielded several questions on how to involve their children in organized sports activities, especially soccer. Adults also showed great interest in playing soccer. Those organized sports programs are usually run by the City of Ottawa and sports clubs. They are also offered by ethnocultural organizations.

The Ottawa Community Immigrant Services Organization's (OCISO's) Multicultural Liaison Officers (MLOs) proved to be of tremendous help in reaching out to children and youth in schools.

Throughout the two-year Soccer and Settlement Pilot Project, we maintained a constant outreach to find and engage newcomers to ensure they knew about and benefitted from the project. Attending and supporting ethnic community events such as the Nepalese soccer games, the Somali League and the Karen festivities, in the evenings and the weekends, helped to strengthen the project's reputation and built trust among clients.

The project not only connected New Canadians to soccer but also shared opportunities available but unknown to many newcomers. It also helped bridge some service gaps in the settlement sector in Ottawa, including information on sports and recreational opportunities in Ottawa, services for Francophone immigrants and more physical activities for immigrant youth and children. These included opportunities to seek financial support from Kidsport and Canadian Tire's Jump Start to enrol in organized sports programs, and access to Youth Futures, a free education, employment and training program run by the City of Ottawa for youth aged 16-21.

4. Building Trust

Building trust is a long-term process. A lot of patience is required, as offering a free program does not automatically guarantee a buy-in. Attending the community's celebrations and supporting their sports activities on the weekends allowed us to build trust with newcomers.

For example, I contacted the Nepalese Canadian Association of Ottawa (www.nepalese.ca) and I was invited to meet them during a soccer game on a Saturday afternoon 20 kilometres from my home. I went and met their sports coordinator and other members of their community. A few weeks later, I was asked to referee their final game of the season and it provided me with an opportunity to improve that important trust. Upon their request, I provided assistance to secure an indoor location during the winter for the community to play soccer and volleyball on Saturdays.

A similar experience occurred with Nepalese and Bhutanese youth in Ottawa south. After a number of meetings lending an ear to their needs and concerns, we secured access to an indoor gym once a week in their neighbourhood, to allow them to play sports consistently. Through sports, they learned of opportunities available to them such as the City of Ottawa's Youth Futures program.

5. Overcoming Challenges and Failure

Challenges are countless and they vary depending on the new Canadians' background, instruction level and language skills. During our two years of running a number of soccer programs in communities with a high population of newcomers, we learned that free programs do not necessarily guarantee automatic attendance and appreciation. In cases where a symbolic amount was charged, new Canadians showed more appreciation for the program offered and brought their children to the program more regularly.

6. Access to School Facilities

To play sports, participants need a facility, whether indoors or out. School gyms are not that difficult to find. Available after 6:00p.m. on weeknights and on Saturdays throughout the school year, the Community Use of Schools program offers around two dozen free gyms at schools after 6:00p.m. These gyms are located in Priority Schools.

To ensure fair and equitable access to District facilities, community groups seeking the use of school facilities must obtain a permit. Permits are issued on a first-come, first-served basis, dependent upon facility availability, custodial staff and/or other District approved personnel. Fees will apply according to the approved user fee schedule. Sunday bookings are also available.

Groups booking school facilities must have liability insurance. If they do not have it, they can purchase it from a third part insurance provider.

For more information on how to access school facilities, please refer to the following contact information:

Ottawa Carleton District School Board (OCDSB)

Community Use of Schools
116-1645 Woodroffe Avenue
Nepean, Ontario K2G 1W2

T: 613.596.8260

F: 613.596.8239

communityuse@ocdsb.ca

<http://www.ocdsb.ca/com/involvement/cuos/Pages/default.aspx>

Priority Schools

West

- Bayshore Public School (145 Woodridge Crescent)

- Carleton Heights Public School (1600 Prince of Wales Drive)
- Pinecrest Public School (1281 Pinecrest Road)
- Regina Street Public School (2599 Regina St)
- Connaught Public School (1149 Gladstone Ave)
- W.E Gowling Public School (250 Anna Ave)

East

- Hawthorne Public School (2158 St. Laurent Blvd.)
- Queen Mary Street Public School (557 Queen Mary St.)
- Rideau High School (815 St. Laurent Blvd.)
- Robert E. Wilson (373 McArthur Rd.)

Central

- York Street Public School (310 York St.)
- Viscount Alexander Public School (55 Mann Ave.)
- Cambridge Street Public School (250 Cambridge St.)

South

- Charles H. Hulse Public School (2605 Alta Vista Dr.)
- Ridgemont High School (2597 Alta Vista Dr.)

Ottawa Catholic School Board

Community Use of Schools

Tel: 613-224-4455

Fax: 613-224-1874

<http://www.ottawacatholicschools.ca/board/administration/departments/community-use-of-schools>

Priority Schools

West

- St. Rose of Lima (50 Bayshore Dr.)
- Dr. F. J. McDonald Catholic School (2860 Ahearn Ave.)
- St. Elizabeth School (1366 Coldrey Ave.)

East

- Assumption Catholic School (236 Lévis Ave.)
- St. Michael School (437 Donald St.)
- St. Brigid School (200 Springfield Rd.)
- John Paul II School (1500 Beaverpond Dr.)
- St. Luke School (2485 Dwight Cres.)

Central

- St. Anthony School (391 Booth St.)

South

- Prince of Peace School (1620 Heatherington Rd.)

Le Conseil des écoles catholiques du Centre-Est (Francophone Catholic Board)

Vickie Guindon Pharand

Tel: 613 744-2555 ext 3354
Fax: 613 746-3725
Email: guindv@ecolecatholique.ca
http://www.ecolecatholique.ca/en/Services-To-The-Community_22

Priority Schools

East

- École élémentaire catholique Horizon-Jeunesse (349, rue Olmstead, Vanier)
- Collège catholique Samuel-Genest (704, chemin Carson, Ottawa)

Central

- École élémentaire catholique Sainte-Anne (340, rue York, Ottawa)

Le Conseil des écoles publiques de l'Est de l'Ontario (Francophone Public Board)

Pierre Tétrault

Tel: 613.742.8960 ext 2100

<http://www.cepeo.on.ca/services/services-a-la-communaute/acces-aux-installations-scolaires>

Fields

Parks and fields are managed by the City of Ottawa. They usually open on Victoria Day weekend (late May) and close after Labour Day weekend (early September).
For more information on rental fees and bookings, contact the following:

City of Ottawa's City Wide Allocations

Tel: 613-580-2595

Email: sports@ottawa.ca.

http://ottawa.ca/en/residents/parks-and-recreation/recreation-facilities/rental-rates#P348_4634

7. Waiver Forms

When you register your child under 18 years of age or yourself for a sporting event or a program, you are required to fill out a waiver form. In the form, you acknowledge and accept in writing the risks of injury associated with sports, and release the program provider, the facility owner and the provincial sports association of any liability related to your or your child's injury.

If the program is offered by a member club of a provincial sports association, participants are usually covered for medical expenses associated with the treatment of the injury. You need to inquire with the club before or during registration. In most cases, registration is done online and participants sign waiver forms electronically.

Forms may vary from one sport to another. As a parent signing your child's form, there are key aspects to take into account:

- You have full legal responsibility for decisions regarding the participant.
- Your child is physically, emotionally and mentally able to participate in a sports program.
- You are aware of and accept the risks and hazards associated with or related to a sports activity, including the field and weather conditions, collisions, fatigue, etc.
- If something happens to you or your child, you release all parties (name of all organizations involved) and their directors, officers, members, employees, volunteers, officials, participants, clubs, agents, sponsors, owners/operators of facilities, and representatives of liability for any claims, demands, actions and costs which might arise out of your child's/ward's participation.

A sample of a participation agreement or waiver form is included as an appendix at the end of this guide.

8. Connecting Ethnic Communities to Sports

Participation in sports can be an excellent way to connect to your community. Many Canadian parents become involved in sports clubs and activities that their children are involved in, especially as coaches. Many clubs are volunteer-run and programs can be sustained with the parents' involvement. This could be a good opportunity to demonstrate your skills in a particular sport and perhaps register your children at a lower fee in exchange for your services.

The following two stories illustrate how new Canadians connected to their community through sport.

- 1) **Manuel Rodriguez** arrived in Canada in September 2011 and soon connected to soccer in Canada thanks to the Soccer and Settlement Project. "I found a flyer of the project at the YMCA's Newcomer Information Centre." Shortly after, in March 2012, he took a Learn to Train coaching course. "That was my first contact with Canadian soccer", said the Honduran, a research associate of Carleton Laboratory for Radiotherapy Physics at Carleton University in Ottawa. He went on to take four coaching courses under the OSA's Soccer and Settlement Project. With four years of experience as a coach for children in the United States, he soon connected to a club, both as a coach and a soccer father.

"Upon arrival to Canada, my son did some research about soccer clubs in Ottawa because he wanted to play at a competitive level. He has been playing since he was five. He found the Ottawa International Soccer Club and did a try-out. He was then offered a position in the regional team for boys born in 1998," he recalled. "After he started his practices I decided to get involved myself as assistant coach for the team, provided that the team had a head coach already assigned. As an assistant coach, my first season (2012) was a great experience because I was working with an experienced head coach. Our team OISC U14B finished second in the league," he added.

Manuel appreciates how much sport has helped him in his settlement process. "Soccer has helped me make a lot of friends (other coaches, parents, etc.) which led me to participate with people in activities other than just soccer."

Manuel has a piece of advice to new Canadians: "Connect as much as you can with the community, and one way is through soccer involvement."

- 2) **Tino Musampa** arrived in Canada in March 2011 and soon connected to soccer in his new home, Ottawa. With professional experience at the 2010 World Cup in his native South Africa, Musampa soon did extensive research on Canadian soccer in his ambition to become a professional coach.

His first contact with Canadian soccer came in June 2011 when he volunteered for the Ottawa Fury as a Field Assistant Manager.

Under the Ontario Soccer Association's (OSA's) Soccer and Settlement Project, he attended his first coaching courses following the Canadian Soccer Association's Long Term Player Development (LTPD) mode. In January 2012 he met Edgar Musonda, who introduced him to the Ottawa Internationals club. With his soccer expertise from his native country and the LTPD qualifications, Tino took the position as coach for the club's U12 Boys Red Bulls in the local EODSA League.

"Coaching is far beyond a passion for me and being connected to these youngsters has given a greater purpose to stay a while longer," he stated. "My short term goals are to acquire the licenses needed to become an established coach in Canada within the next five years," added Tino, who completed a Sports Management degree at Algonquin College. In the long-term he aims to acquire the UEFA B and A licenses, "which may open the door for me to coach in Europe or the Middle East on a professional level."

9. Volunteering

Volunteering is a great way to connect new Canadians to their new society. Volunteering may also be considered as professional experience at times. There are numerous opportunities to volunteer for sports events and organizations as a way to network and integrate in a new society.

My top volunteer opportunities in sports in Ottawa are the Community Cup, the Ottawa Race Weekend and the Terry Fox Run. You can find countless volunteer opportunities on the Volunteer Ottawa website.

Volunteer Ottawa

<http://volunteerottawa.ca/vo-clean/index.php?/eng/>

Here is another useful link:

The Community Information Centre of Ottawa

http://www.cominfo-ottawa.org/main_eng.html

10. Resources

The following pages offer a wide range of sports and recreational opportunities available in Canada. They vary from free, to affordable, to more expensive programs. Apart from clubs, sports and recreation organizations and the City of Ottawa, community centers,

community health centers and the community housing corporation often offer sports and recreation programs, especially in the summer. During the school year, they are usually linked to homework clubs.

Boys and Girls Club of Ottawa

<http://www.bgcottawa.org/>

A place where children and youth can experience new opportunities, overcome barriers, build positive relationships and develop confidence and skills for life.

The Boys and Girls Club of Ottawa is a leader in after-school, weekend and summer programs for children aged 6-18 years of age. The Club provides programming for Junior (age 6-10), Intermediate (ages 11-13) and Senior (ages 14-18) members.

Clubhouse times are set specifically for each age group and open to senior members late into the evenings to provide positive alternatives. The Club's core programs include:

- Arts (Drama, Music, Visual Arts, Dance, Photography)
- Community Outreach
- Homework Club
- Leadership (Leaders-4-Life)
- Scholarship Program (over \$50,000/year)
- Special Needs Integration
- Sports and Recreation (ex. Police Athletic League)
- Youth Council
- Outdoor Education (Camp Smitty)
- Just Juniors (McCann & Britannia locations)
- Planting Seeds
- Police Athletic League
- Youth Opportunities Strategy

Locations

Police Youth Centre (PYC) Clubhouse

1463 Prince of Wales Drive, Ottawa ON K2C 1N7/ Tel: 613-727-5398

Tues–Thurs: 4:00pm - 8:00pm, Fri & Sat: 4:00pm - 9:00 pm

McCann Clubhouse

430 McArthur Avenue, Ottawa ON K1K 1G6/ Tel: 613-746-8517

Mon-Fri: 3:30pm- 8:00pm, Sat: 12:30pm - 5:00pm

Britannia Clubhouse

2825 Dumaaurier Avenue, Ottawa ON K2B 7W3/Tel: 613-828-0428

Mon-Wed: 3:30pm- 8:00pm, Thurs-Fri: 3:30pm-9:00pm, Sat: 5:00pm-10:00pm

Heatherington Clubhouse

1495 Heatherington Road, Ottawa ON K1V 8Z4/ Tel: 613-746-8517 ext 5

Accora Clubhouse (Bayshore)

98 Woodridge Crescent, Nepean ON K2B 7S9/ Tel: 613-726-1431

Mon-Fri: 3:30pm - 8:30pm

Satellite locations:

Rideau High School

815 St Laurent Boulevard, Ottawa, ON, K1K 3A7/ Tel: 613-746-8517 ext. 227

Mon & Wed: 3:30pm to 8:30pm

Ridgemont High School

2597 Alta Vista Drive, Ottawa, ON, K1V 7T3/ Tel: 613-266-4196

Tues & Thurs: 3:30pm to 8:30pm

Rochester Heights

250 Cambridge Street North, Ottawa, ON, K1R 7B2 / Tel: 613-746-8517

Mon-Fri: 3:30pm to 8:00pm (Adult HS), Thurs & Fri: 6:00pm to 10:00pm

City Of Ottawa

Recreation Guides:

http://ottawa.ca/en/rec_culture/class_activity/reg_mem/courses_available/rec_guide/index.html

Recreation centres:

http://www.ottawa.ca/en/rec_culture/park_facility/facilities/rec_centres/index.html

Financial Support

The City of Ottawa offers help with program fees so that all residents can take part in recreation and culture activities regardless of their ability to pay. If you are already a participant in a community or social service agency program, or if you are an individual or family with a low income, you may qualify for the Ottawa Hand in Hand Recreation and Culture Fee Support Program.

For more information on the Ottawa Hand in Hand, Recreation and Culture Fee Support, please go to http://ottawa.ca/en/rec_culture/class_activity/financial_support/index.html

I Love to Play programs

The City of Ottawa runs seasonal *I Love to Play* programs such as swimming, soccer, skating and ice hockey. Please contact your local City of Ottawa community/recreation centres for more details. The full list can be found here:

http://ottawa.ca/en/contact/blue_pages/#c

Kidsport™ Ottawa

KidSport™ Ottawa helps children & youth from low-income families participate in organized sport by providing grants for sport registration fees & equipment. KidSport™ Ottawa currently offers three types of grant programs:

- 1) Funding for sport registration fees and/or equipment
- 2) Donated sport team placements
- 3) Donated sport camp placements

KidSport Ottawa works in partnership with the City of Ottawa's City Wide Sports, to offer the UltraPlay Sport Development Programs after school in targeted neighbourhoods. Not at your school? Call City Wide Sports at 613-580-2854 and they will work with you to bring the UltraPlay Sport Development Program to your school. Visit www.kidsportottawa.ca/index.html or telephone 613-580-2854 for more information. Applications are available online.

Girls on the Move for Newcomers

The City of Ottawa's Girls 'n Women and Sport, in partnership with the Canadian Association for the Advancement of Women and Sport and Physical Activity and local Community Resource Centres, offers Girls On The Move for newcomer girls at no charge. This program is offered in partnership with the Hunt Club Riverside Community Resource Centre and the South Nepean Community Resource Centre. Call 613-580-2854 or the Hunt Club Riverside Community Resource Centre for more information.

Canadian Tire's Jumpstart

Canadian Tire Jumpstart is a national charitable program that helps financially disadvantaged kids aged 4-18 to participate in organized sport and recreation. They help cover registration, equipment and/or transportation costs. The program has an extensive national network of more than 310 local chapters. Potential Canadian Tire Jumpstart program recipients are selected through local chapters.

How to Apply

Applications for assistance can be submitted from January 15 to June 1 for spring/summer programs, and from July 1 to November 1 for fall/winter programs. Call 1-877-616-6600. Based on your postal code, a Call Centre representative will provide a contact number for the closest Canadian Tire Jumpstart Chapter. When calling your local Canadian Tire Jumpstart Chapter representative, be prepared to provide your contact information and the details of the sport or recreational activity your child would like to participate in. You may also be asked to provide financial information in order to prove eligibility for funding. Applicants will be notified by the local Canadian Tire Jumpstart Chapter representative if they are approved or if further information is required. All information received is kept confidential.

The National Capital Region's YMCA-YWCA Y Kids Academy

The National Capital Region's YMCA-YWCA is Ottawa's leading resource for health, fitness and recreation, child care, camping and outdoor education, and social services.

As part of the National Capital Region YMCA-YWCA's commitment to children and youth, and with growing concerns around inactivity and poor health, the Y launched the Y Kids Academy. This program represents a major step in increasing opportunities for, and reducing barriers to, physical activity for kids. The Y Kids Academy combines physical activity with healthy living lessons and is available at **no cost** to kids in the 6th grade.

Healthy Habits Start Early – Y Kids Academy: Grade 6 Initiative

The Academy's 12 hour program provides kids with instruction on strength training complimented by interactive healthy living lessons to highlight the benefits of being active and making positive, healthy choices. Once successfully completed, the grade six students will receive a complimentary membership to the Y for one year, so they can stay active and practice their newly learned skills.

Y Kids Academy graduates are eligible for 6 free training sessions with Bytown Storm Triathlon Club's Storm Troopers. For more details, please go to <http://www.ymcaywca.ca/Families/kidsacademy/>

YActive Assist: Fee Assistance Program

As a proud charitable organization, the National Capital Region YMCA-YWCA wants everyone to have the opportunity to take part in our many health, fitness and recreational activities. The Y Active Assist Program is designed to adjust membership fees to assist those who are unable to afford the full cost of participation. This ensures that no one is turned away because of financial difficulties.

<http://www.ymcaywca.ca/Adults/healthandfitness/yactive-assist/>

To check all programs and services offered by the YMCA-YWCA in Ottawa, go to <http://www.ymcaywca.ca/Program-Services/>

Gloucester Recreation Development Organization (GRDO)

The GRDO delivers affordable skill building programs for children and youth between ages 4 to 14 who have not had the benefit of participating in community recreation activities within the City of Ottawa due to any number of barriers, including financial, cultural, or social. Low-income communities are targeted, where the lack of money, community integration, equipment, and transportation may often be the reason why children cannot participate in recreation programs.

1640 Fine Crescent
Ottawa, ON
Tel: (613) 203-7554
Email: info@grdo.ca

<http://www.grdo.ca>

Facebook: <http://www.facebook.com/myGRDO>

11. Directory per Sport

BASKETBALL

Somali-Youth-Basketball-League

<https://www.facebook.com/pages/SYBL-Somali-Youth-Basketball-League/131107853623846>

There are over a dozen clubs in the Ottawa area. The full list can be found below and on the following link:

<http://www.basketball.on.ca/site/index.cfm?DSP=Section&ID=184&ACT=List>

Basketball Clubs

<p>Capital Basketball Xelles Phone: 613-897-7020 Email: ian@faris.ca www.capitalxelles.com</p>	<p>Gloucester Cumberland Basketball Assn. Contact: Janet Capern Phone: (613) 834-2178 Email: g_cbasketball@yahoo.ca http://www.gcba.ca</p>
<p>Nepean Blue Devils Basketball Assn. Contact: Deb Morris Phone: (613) 692-1432 Email: debbie.morris@nepeanbluedevils.ca www.nepeanbluedevils.ca</p>	<p>Goulbourn Basketball Assn. (Stittsville) Contact: David Byck Phone: 613-831-2720 Email: gba-president@rogers.com www.gbahornets.com</p>
<p>Ottawa Celtics Basketball Club Contact: Barry Bregman Phone: (613) 526-2492 Email: barrybregman@rogers.com http://www.ottawaceltics.com</p>	<p>KYBA (Kanata) Contact: David DeAveiro Phone: (613) 270-9884 Email: david.deaveiro@mcgill.ca http://www.KanataBasketball.ca</p>
<p>Ottawa Guardsmen Basketball Club Phone: 613-520-2600 ext 1130 Email: guardsmenbasketball@hotmail.ca</p>	<p>Ottawa Next Level Basketball Academy Contact: Cathy Farish Phone: 613-407-2135 Email: ottawanextlevelbasketball@gmail.com http://ottawanextlevelbball.com</p>
<p>Ottawa Shooting Stars Basketball Club Contact: Jack Aubry Phone: 613-232-4656 Email: info@ottawashootingstars.com http://www.ottawashootingstars.com</p>	<p>Ottawa Thunderbolts Basketball Assn. (OTBA) Contact: Stephen Gene Tierney Phone: (613) 862-8804 Email: setierney17@yahoo.ca www.ottawathunderbolts1.com</p>
<p>Ottawa South Basketball Assn. (Greely) Contact: Bruce Thomas Phone: 613-821-9975 Email: osbapresident@hotmail.com http://www.bedrockbasketball.com</p>	

BASEBALL

The Ottawa Royals and Ottawa Knights Baseball Club

info@ottawaroyalsbaseball.com

<http://www.ottawaroyalsbaseballclub.pointstreaksites.com/view/ottawaroyalsbaseballclub#.UYv1HLW87Zc>

The East Nepean Baseball Association

PO Box 65065

Nepean, ON

Tel: 613 447 2255

<http://eastnepeanbaseball.on.ca/about>

Ottawa Nepean Canadians Baseball Club

9 Cimarron Crescent, Nepean, ON K2G 6C9

Contact: Don Campbell

Phone: 613-282-9624

<http://www.oncbaseball.com/about.htm>

CRICKET

Ottawa Valley Cricket Council

Rideau Hall Pavilion

Phone: (613) 746 3192

Email: webmaster@ottawacricket.org

www.ottawacricket.org

New Edinburgh Cricket Club Ottawa - Rideau Hall

126 Mackay St, Vanier Ottawa, ON K1M, Canada

<http://www.burghscricket.com>

CYCLING

Ottawa has a great network of bicycle paths. You can pick up a used bike on www.kijiji.com. Sometimes you can get a free bike from someone who no longer rides their bike.

Cycle Salvation

affordable refurbished bikes (from \$40-\$70 for used bikes)

Location: 473 Bronson Avenue (near Gladstone).

Website: www.cyclesalvation.ca

Ottawa Bicycle Club

170a Booth Street (at Albert)

Ottawa, ON

Tel: 613 230 1064

<http://www.ottawabicycleclub.ca/contact/cluboffice>

GYMNASTICS

Tumblers Gymnastics Centre

330 Vantage Drive Orleans, ON K4A 3W1

613.834.4334

Email: tumblers@tumblers.on.ca

<http://tumblers.ca/>

Ottawa Gymnastics Centre

294 Elmgrove Ave.

Ottawa, Ontario

phone: 613-722-8698

Email: ogc@rogers.com

<http://ottawagymnasticscentre.ca/contact>

Star Gymnastics

info@starrgymnastics.com

<http://www.starrgymnastics.com/>

Star Gymnastics has three Locations:

1140 Morrison Drive Ottawa, Ontario Tel: (613) 721-4868	2766 Lancaster Road Ottawa, Ontario Tel: (613) 721-4868	520 Lacolle Way Orléans, Ontario Tel: (613) 721-4868
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HOCKEY

Run by the Ollson Sports Group, the Share the Puck Program focuses on creating participation opportunities for youth between the ages of 7-12. One in three children cannot afford to play organized sports and expenses for hockey players are among the highest of organized team sports.

Share the Puck

c/o OSG Sports

PO Box 34005

3781 Strandherd Drive

Nepean, ON, K2J 5B1

Phone: (613) 692-6700

<http://sunsetbaytechnologies.com/sharethepuck/about-us/>

RUNNING

Ottawa Running Club

<http://www.ottawarunningclub.com/>

Run Ottawa Club

<http://www.runottawaclub.ca>

Terry Fox Run

A Canadian hero, Terry Fox ran over 5,300km in 143 days with an artificial leg in aid of cancer research in April to September 1980, three years after being diagnosed with bone cancer. Terry was forced to stop running outside of Thunder Bay, Ontario because cancer had appeared in his lungs. He passed away on June 28, 1981 at the age 22. The annual Terry Fox Run is held all across Canada and the world. Over \$600 million has been raised worldwide for cancer research in Terry's name.

The annual Terry Fox Run is held in mid-September. There is no registration fee or minimum donation requirement. You can run as an individual or join the Catholic Centre for Immigrants' Community Cup team. If you are not running, it is a great opportunity to volunteer. For more information, go to <http://www.terryfox.org/>

Running and Triathlon Event Listings

<http://somersault.ca/runningevents.htm>

<http://www2.eventsonline.ca/site/events>

SKATING

City arenas offer public skating, family skating sessions, adult skating sessions, 50+ skating sessions and pick-up hockey for adults.

Schedules vary by arena. All arenas offer skating from October 1 to March 31; some arenas offer skating year-round. See the website for details. Check individual arena listings prior to going, as schedules are subject to change. Public skating fees at time of writing are \$6.75/family (2 adults, 2 children).

For more information, go to www.ottawa.ca/skating

SOCGER

As the most popular sport by far among new Canadians, soccer is given special attention in this guide.

Sanctioned soccer in Ottawa is governed by the Eastern Ontario District Soccer Association (EODSA), one of the 21 regional districts of the Ontario Soccer Association (OSA). More than 50,000 players are affiliated to the EODSA's 60 members (clubs and leagues).

In order to participate in leagues sanctioned by the EODSA, players have to be affiliated to EODSA member clubs. In the case of futsal (indoor soccer) in the fall and winter, you can register as an individual or with your own team.

For more information, contact:

EODSA

1150 Morrison Drive, Suite 303

Ottawa, ON. K2H 8S9

Tel: (613) 233-6561

Fax: (613) 317-1844

Email: admin@eodsa.ca

www.eodsa.ca**Clubs offering youth programs:****East**

Cumberland United SC (613)-837-9282 www.cumberlandsoccer.com	FC Capital United (613)-695-2832 Email: info@fccapitalunited.com www.fccapitalunited.com
Ottawa Bolides (Francophone) Phone: (613) 748-1910 Email: sports@ottawabolides.com www.ottawabolides.com	
Gloucester S.A. Competitive Phone: (613) 837-7015 Email: hornets@magma.ca www.gloucesterhornets.ca	Gloucester S.A. Recreational Phone: (613) 749-4029 Email: info@dragonsoccer.ca www.dragonsoccer.ca

Central

Latin American Community Association Soccer Club Phone 613.513.5381/613.697.6794 Email: latinosoccerschool@gmail.com http://www.lacaeo.org	Ottawa Internationals S.C. Phone: (613) 745-7400 Email: headcoach@ottawasoccer.com www.ottawasoccer.com
Ottawa Royals Phone: (613) 277-4946 Email: ottawaroyals@gmail.com www.ottawaroyals.ca	Rockers United S.C. Phone: (613) 769-5141 Email: oymcc@hotmail.com www.rockersusc.com
St. Anthony Italia S.C Phone: (613)-567-9681 Email: registration@ottawastanthy.com www.ottawastanthy.com	

West

Nepean City S.C. Phone: (613) 828-8047 Email: admin@nepeansoccer.ca www.nepeansoccer.ca	Nepean Hotspurs S.C. Phone: (613)-723-5762 Email: info@hotspurs.on.ca www.hotspurs.on.ca
West Ottawa Soccer Phone: (613)-831-1135 Email: admin@wosc.com www.wosc.com	

South

Ottawa South United

Phone: (613)-692-4179
Email: osusoccer@osu.ca
www.osu.ca

Academy

Ottawa Fury S.C.

Phone (613)-235-3879
Email: info@ottawafury.com
www.ottawafury.com

For the full list of clubs and leagues, please click on

<http://www.eodsa.ca/DisplayPage.aspx?ID=2073&TopID=333>

Useful websites

www.canadasoccer.ca
www.ontariosoccer.net
www.ocslonline.ca
www.ersl.ca
www.futsalottawa.ca
www.eodsaleague.com

Community Cup

The Community Cup event started in Ottawa in 2005 as a small soccer tournament for new immigrants, organized by the Catholic Centre for Immigrants. The objective was to connect newcomers to non-newcomers, create friendships, and to celebrate Ottawa's welcoming community. Over the years it has developed into a full blown community festival with over 2,000 visitors. It is a recreational co-ed soccer tournament, bridging and connecting cultures, ethnicities, and generations. More info: www.communitycup.ca

Sports and recreation activities organized by the Catholic Centre for Immigrants' Community Connections Team

Contact: Anneke van Nooten on the 5th floor, 219 Argyle Ave, Ottawa. K2P 2H4

Tel: (613) 232-9634 ext. 312/ Email: anneke@cic.ca,
website: www.cciottawa.ca

Francophone Soccer Initiation Program May-July

Contact person: Johanne Cayouette, Youth Program Coordinator at
Vanier Community Service Centre
290, rue Dupuis, Ottawa, ON K1L 1A2 Tel: 613-744-2892 poste 1010
www.cscvanier.com

Community House Summer Soccer Program July-August

Program designed for Community House tenants
Contact: Paul Howes, Email: p.howes@pqchc.com Tel: 613-596-6229

Somali League

Run in the Summer, by the Somali Centre for Family Services
1719 Bank Street Suite 200
Ottawa, ON K1V7Z4
Contact: Mahamoud Hassan
Phone: 613-526-2075 ex 225-226
Email: m.hassan@scfsottawa.org
www.scfsottawa.org

Other soccer opportunities for adults:

Seven-a-side soccer: <http://www.ottawafootysevens.com/soccer/login.seam>

Ottawa World Cup: <http://www.ottawaworldcup.com>

Soccer Multiculturel Pour Jeunes Canadiens (SMJC)- Summer and winter leagues

Contact Jules Bongombe
Email: julesbongombe@yahoo.fr
Tel: 613-808-5013

Pick-up soccer

There are numerous pick-up games throughout the city during the summer. Here is a sample. Please note that this information may change without prior notice.

MacDonald Garden Park (Wurtemberg & Heney St), Mon-Wed, Fri, 6:00pm to 8:00pm
NRC (Montreal Rd. and Blair Rd.), Sun, from 1:00pm to 3:00pm
Chamberlain Park (Chamberlain Ave. and Lyon St.), Sun 1:00pm to 3pm
NRC (Montreal Rd. and Blair Rd.), Tues-Thur, 12:30pm to 2:00pm
Brewer Park (Bronson Ave. and Brewer Way), Fri, 6:00pm to 8:00pm
Ottawa U Sports Complex (Templeton St.), Sat, 11:00am to 1:00pm

SWIMMING

The City of Ottawa offers Standard category public swims at indoor facilities, year-round. Family admission (maximum 2 adults) \$1.90 per person (children 2 and under get in for free).

The City of Ottawa also offers Leisure category public swimming year-round. For full details, go to

<http://ottawa.ca/en/residents/parks-and-recreation/public-swimming>

Kingfish Club

University of Ottawa

Montpetit Hall

Phone: 613-562-5800 ext 2626

E-mail: info@gokingfish.ca

www.gokingfish.ca

VOLLEYBALL

Clubs in the Ottawa area

Maverick Volleyball Club Lorie O'Reilly Email: lorie.oreilly@maverickvolleyball.ca Phone: 613-749-0271 www.maverickvolleyball.ca	Ottawa Fusion Volleyball Club Wendy Norton Email: wendynorton24@sympatico.ca Phone: 613-831-3434
Phoenix VC Martin Lortie Email: martlortie@hotmail.com Phone: 613-422-7261	

H.O.P.E. Festival

HOPE is a volunteer-driven, not-for-profit events management organization that raises funds for community-based charities. Inspired by Terry Fox's run across Canada, in 1981 a group of friends in Ottawa founded HOPE to make a difference in their community.

HOPE's flagship Volleyball SummerFest event combines recreational volleyball with live rock entertainment. Each year, more than 25,000 players and spectators flock to Mooney's Bay Beach in Ottawa for the greatest summer party in the region. These participants have helped HOPE donate over \$3.5 million in support of more than 110 local charities. Not bad for a group of friends that wanted to make a difference.

<http://www.hopehelps.com/about/overview/>

TENNIS

There are over 100 free tennis courts in Ottawa. You can obtain an affordable second-hand tennis racket through www.kijiji.ca, garage sales or second hand sports stores.

Location of public courts: http://ottawa.ca/en/rec_culture/park_facility/parks/tennis/

Tennis clubs in Ottawa

<p>Craig Henry Tennis Club 135 Craig Henry Drive Phone: 613-829-8303 www.craighenrytennis.com</p>	<p>Elmdale Tennis Club 184 Holland Avenue Ottawa, ON Phone: 613-729-3644 Email: tennis@elmdale.ca www.elmdale.ca</p>
<p>Lynwood Park Tennis Club Bells Corners, Ottawa Phone: 613-820-6852 www.lynwoodparktennisclub.ca</p>	<p>National Tennis School Tel: 613-723-1101 www.nationaltennisschool.com</p>
<p>Ottawa New Edinburgh Club 504 Rockcliffe Driveway Phone: 613-746-8540 https://sites.google.com/a/onec.ca/main/</p>	<p>Ottawa Total Tennis Club Phone: (613) 808-3729 / (613) 894-9224. Email: OttawaTotalTennis@gmail.com http://www.ottawatotaltennis.ca/index.html</p>
<p>Rideau Tennis Club 1 Donald St, Ottawa Phone: 613-749-6126 Email: rtc@rideautennisclub.com www.racentre.com/rideautennisclub/eng/</p>	<p>St. James Tennis Club P.O. Box 4701, Station A Ottawa, Ontario Phone: 613-237-5469 www.stjamestennis.ca</p>
<p>Tennis Centre West Ottawa 120 Greenview Avenue Ottawa, Ontario Phone: (613) 828-7622 Email: tcwo@bellnet.ca www.tcwo.ca</p>	<p>The Ottawa Tennis & Lawn Bowling Club Contact: Claire Brodie 176 Cameron Avenue Ottawa, ON K1S 0X5 Phone: 613-730-7207 Email: info@otlbc.com www.otlbc.com</p>

WALKING

Walking is a great activity. You can do it alone or in a group, and all you need is a reasonable pair of shoes.

Here is a list of walking clubs and groups in Ottawa:

<p>Centretown CHC Outdoor Walking Group Cooper Street (613-233-4443) Fri, 1:00pm to 2:30pm</p>	<p>Dempsey Community Centre Indoor Walking Club (613-247-4846) Mon, Wed, Fri, 10:30am to noon</p>
<p>Heron Seniors Indoor Walking Club (613-247-4802) Mon to Fri, 10:30am to noon</p>	<p>Hintonburg Walking Indoor Walking Club (613-798-8874) Mon to Fri, 9:00am to 10:00am</p>
<p>Merivale High School, Get W.I.T.H. It (613-727-7070) Nov to May,</p>	<p>Nepean Nomads (613-828-3216)</p>

Tues & Thurs, 6:00pm to 8:00pm	Special walk outings weekly
Ottawa-Carleton Volkssporting Association (613-824-1583) Special walk outings weekly	Ottawa Voyageurs d'Ottawa Walking Club (613-824-7332) Special walk outings weekly
Richelieu-Vanier Walking Club (613-580-2424 ext. 3605) Tues & Thurs, 9:00am to 10:00am	<u>Rideau Trail Association</u> (Ottawa Club) (613-825-2225) various (Membership \$25/yr)
Superdome Bearbrook Road Indoor Walking (613-590-1660) Mon, Wed, Fri, 8:00am to 10:00am Tues, Thur, 2:00pm to 4:00pm	Superdome at Ben Franklin Park Indoor Walking (613-829-3663) Mon, Wed, Fri, 8:00am to 10:00am Tues, Thurs, 2:00pm to 4:00pm
Sweet Beat Walking Group McNeil Pharmacy, Carling Ave. (613-722-7679) Fri, noon to 1:00pm	Sweet Beat Walking Group White Cross Dispensary, Elgin St. (613-233-4029) Tues, noon to 1:00pm

Mall Walking

Bayshore Shopping Centre - Heart Walk , (613-829-7491) Every day 7:00am to 9:00am	Billings Bridge Shopping Centre – Pacesetters , (613-521-6740) Mon to Fri, 7:30am to 10:00am
Carlingwood Shopping Centre - Walk a Mall , (613-725-1551 ext. 231) Every day 6:30am to 9:30am	Lincoln Fields Shopping Centre Walking Club , (613-828-3783) Please call
Merivale Mall – Trekkers Walking Club , (613-226-1290) Mon-Sat, 7:00am to 9:00am, Sun, 11:00am to noon	Hazeldean Mall Walking Club - In Club Mall Walkers , (613-591-1294) Mon- Fri, 7:30am to 10:30am
Place d'Orléans - Mall Walking Club , (613-824-9050) Oct- May Tues, Thur, 8:30am to 10:30am,	St. Laurent Centre - Wild About Walking Program , (613-580-6744 ext. 26189) Mon, Wed, Fri mornings - Year round
Westgate Shopping Centre Walking Club , (613-722-3433)	

12. Appendix

SAMPLE OF PARTICIPATION AGREEMENT/WAIVER FORM

By signing this document you will waive certain legal rights, PLEASE READ CAREFULLY before signing.

EVERYONE must sign this document before participating in our program (name)

Name of Participant: _____

Date of Birth _____

1. I am the participant or parent/guardian of the above named participant having full legal responsibility for decisions regarding the above named participant.
2. I believe that I am or my child/ward is physically, emotionally and mentally able to participate in the Ontario Soccer Association's Soccer and Settlement programs.
3. I hereby acknowledge that I am aware of the risks and hazards associated with or related to soccer. The risks and hazards include, but are not limited to injuries from:
 - a. Grass, turf and other surfaces including bacterial infections and rashes;
 - b. Falls to the ground due to uneven or irregular terrain or surfaces;
 - c. Collisions with walls and soccer equipment;
 - d. Failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
 - e. Extreme weather conditions which may result in heatstroke, sunstroke or hypothermia;
 - f. Contact, colliding or being struck by other participants, spectators, equipment or vehicles;
 - g. Vigorous physical exertion and strenuous cardiovascular play.
4. Furthermore, I am aware that I or my child/ward may:
 - a. Sustain injuries in soccer that can be severe, cause spinal cord injuries and even be fatal;
 - b. Experience anxiety while challenging himself/herself during the activities, events and programs;
 - c. Come into close contact with other participants, including the possibility of accidental and unexpected contact;
 - d. Risk of injury is reduced if he/she follows all rules established for participation; and risk of injury increases as he/she become fatigued.

I UNDERSTAND AND AGREE, on behalf of myself, my heirs, assigns, personal representatives and next of kin that my signing of this document constitutes:

- I. **THIS IS A PROGRAM NOT RUN BY SEVERN AVENUE PUBLIC SCHOOL STAFF**
- II. I am registering myself or my child/ward willingly and I or my child/ward is participating voluntarily in these activities, events and programs.
- III. I agree that there are risks in soccer as described above and I or my child/ward will be exposed to these risks and hazards.

- IV. I agree to accept all these risks and hazards and be responsible for any injury or other loss which I or my minor child/ward might receive while participating in these events, activities and programs.
- V. If something happens to me or my child/ward, I release all parties (name of all organizations involved) and their directors, officers, members, employees, volunteers, officials, participants, clubs, agents, sponsors, owners/operators of facilities, and representatives of liability for any claims, demands, actions and costs which might arise out of my child/ward's participation.

Accident Insurance

Executing this agreement will not preclude you from accident insurance coverage, subject to the terms and conditions of The Ontario Soccer Association's insurance policy.

I ACKNOWLEDGE MAKING THIS AGREEMENT

By signing and dating below, you agree that you are 1) The parent or legal guardian of the player being registered 2) That you are the player being registered and to be bound by this Legal Agreement even if you have not read this agreement.

Printed Name of Parent/ Guardian or Participant

Signature of Parent/Guardian or Participant

Date_____