



SEVENTH
GENERATION

Sports Day is on Friday, May 28 and it's just one of the days to get active! Did you know that Canadian doctors recommend 60 minutes a day of moderate to vigorous exercise for youth? That is why your teachers and mentors probably remind you to get moving and get active.

Exercising can be done indoors or outdoors. Here are some examples of fun individual activities you can do for your daily dose of exercise:

1. Walking to the store
2. Running up a set of stairs
3. Traditional dancing
4. Biking to the park
5. Online dance, yoga, and fitness routines
6. Canoeing and kayaking

What are your favourite activities?

Award-Winning Young Athletes

Meet amazing athletes who've won Provincial Premier's Awards in a video series by the Indigenous Sport, Physical Activity & Recreation Council (ISPARC).

Find the videos on ISPARC Indigenous Sports BC's YouTube channel

Jaiden Terry from Tsal'alh First Nation started playing lacrosse at age 4 and made Team BC at age 13. He attended the North American Indigenous Games (NAIG) and would have attended this year's NAIG but the COVID-19 pandemic interfered with those plans. He is often chosen to be a team captain because he lifts his teammates up around him. Jaiden feels a deep connection with his culture when he plays the traditional sport and is proud of his roots.

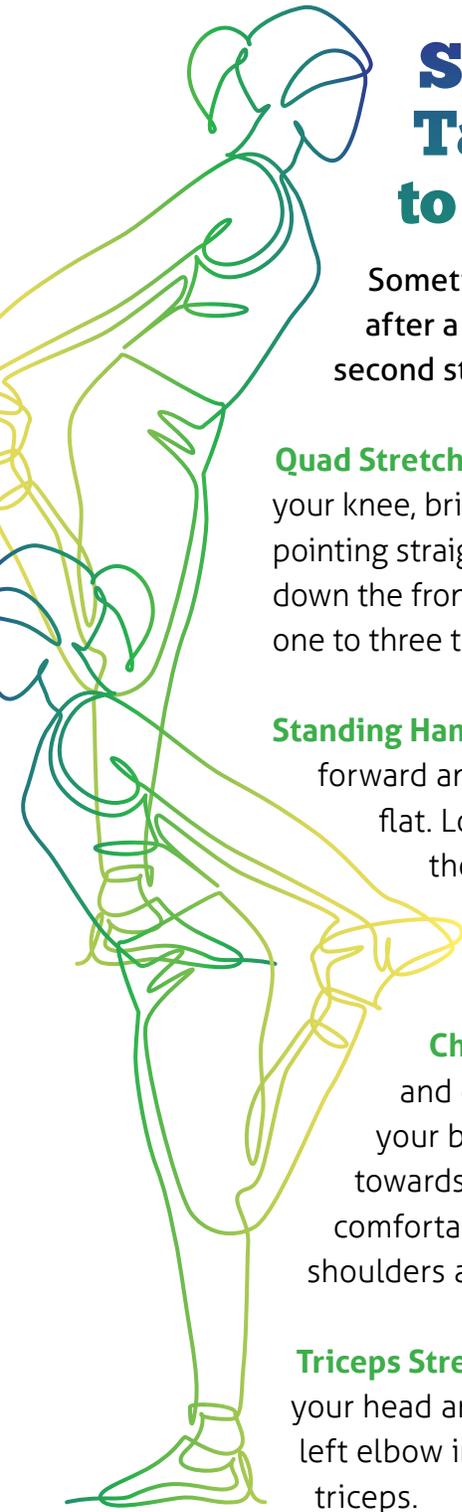
Volleyball player **Emoni Bush** from Wei Wai Kum First Nation earned a silver medal at a Provincial Championship and a spot on Team Canada where her team placed 4th in the world and Emoni was awarded the top score. She has attended the North American Indigenous Games (NAIG) and she was going to attend the 2020 NAIG in Halifax as well before the pandemic. Seventh Generation would like to congratulate Emoni on being offered scholarships from Division 1 Volleyball in the United States!

SPRING 2021

Focus on Sports :

- Award-Winning Athletes
- Canucks
- Stretching
- Walking
- Coaching Careers
- Sports Day
- Mental Health
- Sports Unscrambler





Stretch it Out! Take a Study Break to Stretch!

Sometimes muscles become stiff and tense after a long day of studying. Four 15- to 30-second stretches we recommend are:

Quad Stretch – Grab the top of the left foot and bend your knee, bringing the foot towards the glutes, knee pointing straight at the floor. You should feel a stretch down the front of your leg (switch sides, repeating one to three times per leg).

Standing Hamstring Stretch – Take your left foot forward and tip from the hips, keeping the back flat. Lower down until you feel a stretch in the back of the leg. Rest the hands on the upper thighs to give your back some support.

Chest and Shoulder Stretch – Sit or stand and clasp your hands together behind your back, arms straight. Lift your hands towards the ceiling, going only as high as is comfortable. You should feel a stretch in your shoulders and chest.

Triceps Stretch – Bend your right elbow behind your head and use the right hand to gently pull the left elbow in further until you feel a stretch in your triceps.



These Shoes Are Made for Walking...

Regular walking can make you feel energized, help you sleep and be a great stress buster. Even short 3- to 10-minute walks will help your well being!

Looking for ways to fit a little more walking into your day? Here are just a few...

- Walking to school
- Going on a hike
- Meeting a friend for a walk
- Walking a dog
- Taking a study break to move around

Photo: courtesy ISPARC. Grade 6/7 class from Royal Heights Elementary, Surrey, BC hiking in Burns Bog, Delta BC



Shout Out to the Canucks

We are proud of our club supporters, the Vancouver Canucks! COVID-19 changed the face of hockey all across North America and it hasn't been an easy year for athletes or sports fans. Canucks, we are cheering you on!



SPOTLIGHT ON Coaching Careers

Have you ever dreamt of a coaching career? The Seventh Generation Club asked two respected coaches to tell us about themselves and their careers, and they shared some handy tips.

Ron Ostermeier is an archery coach who has coached Team BC to compete in the North America Indigenous Games and the Canada Winter Games. He has run archery camps and coaching camps with Indigenous people across BC and beyond. Besides developing his own archery



“Love what you are doing.”

skills, Ron worked to become certified by National Coaching Certification Program (NCCP) as a coach.

He loves his work: “I found out that I enjoyed working with youth as well as with adults,” he said, “Seeing their success gives me a sense of satisfaction.”

The secret to being a great coach? “Most importantly love what you are doing,” says Ron, “Love the sport first and be willing to keep current with new ideas.”

He also has practical advice: “If you are expecting to make a living from coaching you need to pick a sport that has paid professional coaching; Archery is very limited for professional paid coaches at this time.”

Shannon Morrow is a basketball coach and a Physical Education Teacher and Athletic Director at Stein Valley Nlakapamux School. Her coaching career began with obtaining her National Coaching Certification in basketball.



“Being on a team is like being in a family”

By attending as many coaching clinics as she could over the years, she learned a lot about coaching that she couldn’t have learned on her own.

Shannon is passionate about her work. “Being on a team is like being in a family,” she said. “It is very fulfilling to spend time coaching the kids and watching them learn and grow. Winning and losing together as a team also provides many important lessons and values.”

For anyone thinking of a coaching career, Shannon has the following advice: “Begin attending clinics and network with all of the other coaches you meet.”



Sports Day is Coming!

Get your running shoes on and get moving! Seventh Generation Club Sports Day is Friday, May 28, 2021.





Bad Days Happen, On and Off the Court

Top athletes know that taking care of their mental health is at least as important as taking care of their physical health.

Be a coach and friend to others who are struggling with anxiety or other negative feelings:

1. Don't be afraid to bring it up! Ask them about how they are feeling to show you care!
2. Listen, this way they know you have their undivided attention.
3. Don't blame them but try to understand their feelings.
4. Be patient.
5. Look after yourself: you may have trouble helping others if you are having a bad day yourself.
6. Encourage them to seek help! See the supports included here.

For problems that are too big to solve alone, talk to a trusted adult and keep in mind the resources here.

Mental Health Resources

KUU-US CRISIS RESPONSE SERVICES
1-800-KUU-US17 | 1-800-588-8717

KUU-US CRISIS LINE SOCIETY
operates a 24-hour provincial Indigenous crisis line for
Adults/Elders..... 250-723-4050
Child/Youth..... 250-723-2040
Toll-free Line .1-800-588-8717

Kids Help Phone

KIDS HELP PHONE

1-800-668-6868 is a national support service, offering professional counselling, information, referrals, and volunteer-led, text-based support to young people.

FOUNDRY offers young people ages 12-24 health and wellness resources, services and supports <https://foundrybc.ca/>



Sports Heroes Unscrambler

1. Carey Price of the Ulkatcho First Nation is considered to be one of the greatest **esagoli** _____ in the history of the Montreal Canadiens.
2. Wrestler "Delta" Dawn Murphy from the Lake Babine First Nation was inducted into the BC Sports Hall of **eamF** _____ in September 2018.

Answers: 1. goalies, 2. Fame

The Seventh Generation Club is coordinated by the First Nations Education Steering Committee and First Nations Schools Association, in partnership with the First Nations Health Authority and the Vancouver Canucks.



The Seventh Generation Club Office is located at: Suite 113, 100 Park Royal South, West Vancouver, BC V7T 1A2.
Phone: (604) 925-6087 **Fax:** (604) 925-6097 **Website:** www.seventhgenerationclub.com

If you have any questions, or would like to see something included in upcoming newsletters, write to the Editor at the address above, or send an e-mail to: seventhgen@fnesc.ca