



# quality at Play

SPRING 2002 ✨ A PROGRAM OF PARKS & RECREATION ONTARIO

HIGH FIVE Introduces its

## NEW RESOURCE FOR SPORT!

## Tool Kit for Excellence In Children's Sport



**R**esearch has repeatedly shown that having fun is the number one reason why children choose to take part in sport. And yet, there are more and more examples of incidents

where adults – coaches, leaders and parents – have forgotten this key fact. Each section includes handouts that can be photocopied and given out at orientation meetings, in information kits or through newsletters. The *Sport Action Pack* also contains ready-to-use Codes of Conduct, simple checklists and lots of other resources to help time-strapped adults make sure that all the ingredients of a quality experience are present in their programs.

where adults – coaches, leaders and parents – have forgotten this key fact.

HIGH FIVE's Tool Kit for Excellence in Children's Sport is a new resource that helps coaches, officials, administrators and parents provide positive sport experiences for children.

The Tool Kit provides practical advice on how to put children first in sport. It contains two resources: The *Sport Action Pack* and *Coach Reflections*.

The *Sport Action Pack* contains handouts full of powerful messages based on the latest research in youth sport. The contents are arranged in sections for coaches, officials, adminis-

**“To address parent concerns around some of our sports programs we have found the *Sport Action Pack* to be very useful. We are planning to use the protocols in the resource as our new guidelines for sport organizations who want to use our facilities.”**

**Carol Gall, Town of Oakville**

**“*Coach Reflections* is a must have for every coach! It is inspirational, quick and easy to use for busy coaches. It gives you practical guidance and confidence that a healthy child approach to children's sport is the right approach.”**

**Vicki Bradley, Coach  
Burlington Gymnastics Club**

*Coach Reflections* is a perfect complement to other coaching resources. This interactive workbook helps coaches reflect on and evaluate their knowledge and skills in ten key areas. It includes easy-to-follow self-evaluation exercises, complete with score sheets. The score sheets can be wiped off, and the kit includes a special marker. This handy feature allows the sheets to be re-used and encourages on-going self-reflection. *Coach Reflections* also contains a variety of ready-to-use tools for coaches including a Coach Practice Planner;

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HIGH FIVE is a program of Parks and Recreation Ontario

# LETTERS TO THE EDITOR

Dear Ms. Larson:

I just received the Summer 2001 issue of *Quality at Play*. I enjoyed it and found some very helpful information. I found the spot on bullying to be very informative. I did feel I needed to comment on the photograph on page six, in the sport safety tips for parents. It shows three children jumping/bouncing on what appears to be a trampoline. It is my understanding that having more than one person on a trampoline at a time is very unsafe. I may be mistaken, and they may not in fact be on a trampoline. but that is certainly what it appears to be to me, others may see it the same way. Otherwise, I find your publication to be great, and High Five an excellent program. Keep up the good work.

Bruce Scott/The Lindsay Boys and Girls Club

## From the Editor:

Thanks very much for your thoughtful and considered letter, Bruce. HIGH FIVE is committed to supporting the safety of children in recreation and sport programs. Safety is one of the three HIGH FIVE Design Guidelines. While we make every effort to ensure that the images we use in *Quality at Play* reflect this commitment, this one slipped by us. We thought your letter raised some important issues, so we consulted Amy Zierler, Injury Prevention Information Specialist at Safe Kids Canada to get the full story on trampoline safety.

## Here's what she had to say:

"Mr. Scott is correct that having more than one person on a trampoline is a safety concern. According to emergency room data collected on injuries in Canada, injuries from trampoline use are more likely to occur when more than one person is jumping on the trampoline.

In fact, trampoline injuries are common enough that Safe Kids Canada recommends that trampolines not be used in home or recreational settings. More than two-thirds of the trampoline injuries seen at Canada's emergency rooms occur at home, and about one in ten injuries are serious enough to require hospital admission. Research indicates that most of the injuries occur when a child is jumping, rather than because of a fall off the trampoline. This suggests that improved supervision will not necessarily reduce the risk of injury. There is considerable debate in the medical and injury prevention community internationally as to whether the sale of trampolines should be restricted."

The experts at Safe Kids Canada know that trampolines are popular with many families. If parents choose to have a trampoline, Safe Kids Canada encourages them to be aware of the risks of injury and to take seriously the safety guidelines provided by the manufacturer. These should include:

- Only one person on the trampoline at a time.
- Never attempt flips or other stunts without training.
- Never allow children to play unsupervised on a trampoline.

For more information about trampoline safety or other safety issues, call Safe Kids Canada at 1-888-SAFE-TIPS or visit [www.safekidscanada.ca](http://www.safekidscanada.ca). ✨



## LETTER FROM THE EDITOR

It seems that we can't turn around these days before there's another negative story on the news involving parents or coaches of young athletes.

The *National Post* recently cited a study from Arizona State University that found players whose coaches championed winning as the ultimate goal were willing to express hostility and intimidate their opponents in order to win. The same study found that players whose coaches emphasized personal improvement, not winning, were more conscious of others' needs and were interested only in playing ethically.

This study confirms the incredible impact coaches and leaders can have on young children. HIGH FIVE's 68 member organizations have taken a leadership role to make sure the impact their coaches and leaders have is a positive one. In this issue, you'll find articles about how parents, coaches and leaders can help ensure children have positive sport and recreation experiences, and learn about new resources from HIGH FIVE that can help put the focus of sport and recreation back where it belongs – on the kids.

Jennifer Larson  
([jl Larson@prontario.org](mailto:jl Larson@prontario.org))





Spring 2002 Vol.3, Issue 2

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Layout and Design – Kathy Hunt  
Communications

*Quality at Play* is published four times a year. The next issue is scheduled for Summer 2002. To submit information for consideration, forward your copy by mail, fax or email to the HIGH FIVE office by **May 13/02**.

Requests to reproduce material published in *Quality at Play* should be directed to the editor at [jl Larson@prontario.org](mailto:jl Larson@prontario.org).

#### HIGH FIVE MISSION

The HIGH FIVE program is committed to assisting children along the path of healthy child development by:

- Ensuring that recreation and sport practitioners develop a high level of knowledge and expertise in healthy child development;
- Helping parents make informed choices; and
- Providing practitioners with tools for enhancing and maintaining a high level of program quality.

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HIGH FIVE is a program of Parks and Recreation Ontario, and is supported by the Ministry of Tourism Culture and Recreation and the Ontario Trillium Foundation. ★

# Introducing...

**I**n our Fall 2001 issue, we profiled Clem Pelot, the Chair of HIGH FIVE's new **Strategic Advisory Council**. We would now like to introduce the first three members of the Council.



## Wendy Wynn

Senior Vice-President, Electronic Channels, RBC Royal Bank



Wendy brings a wealth of experience to the Council gained from over 28 years in the financial services sector. She has spent most of her career on projects involving use of technology for customers. In the past, Wendy has also volunteered her considerable skills to the Chamber of Commerce and the YWCA. She has two children, including a 16-year-old daughter who is an active badminton athlete. She likes to travel, but admits that a great deal of her "travel" currently revolves around badminton competitions!



## Claire Tucker-Reid

General Manager, Parks and Recreation Division, City of Toronto



As the General Manager of Parks and Recreation for the City of Toronto, Claire is responsible for over 1,500 full time staff, 10,000 part time staff and a budget of \$201 million in 2001.

Claire's past positions include Executive Director of the Toronto Transition Team. In 1997, this team led the merging of seven municipalities to form the current City of Toronto. She continued supporting the transition as the Director of Amalgamation for the new city, where she focused on organizational design and effectiveness.



## Linda Cottes

Vice President, Children's Services, YMCA of Greater Toronto



A passion for children and families has been the hallmark of Linda's 23 years with the YMCA. She began her career as an Early Childhood Education teacher and now, as the Vice-President of Children's Services, supervises 540 full time staff, 250 part time staff, 60 childcare centres, 120 before and after school programs, three summer camps, a residential camp and several early years centres. Her department is also responsible for the new YMCA Cedar Glen Outdoor Discovery Campus in Bolton. Linda is married with two daughters.

The HIGH FIVE Strategic Advisory Council advises the Parks and Recreation Ontario Board of Directors and staff on the development and strategic direction of HIGH FIVE. Members of the Council also play an advocacy and outreach role to assist in achieving the HIGH FIVE mission. ★

## PARTNERING FOR SUCCESS IN COLLINGWOOD

by Jeannette Hess, Good For Life, representing the Collingwood Public Library

**T**he principles of the HIGH FIVE program inspired the Good For Life committee in Simcoe County to form a partnership with the Town of Collingwood to offer HIGH FIVE training. Good For Life is a committee of local businesses and organizations that promote healthy living and an active lifestyle.

Members of the Good for Life committee approached the Town of Collingwood to work together to provide HIGH FIVE training in the community. The Town agreed to match funds that Good for Life had set aside to support HIGH FIVE training. As a result, we are on our way to achieving our goal of offering HIGH FIVE training to members of our community free of charge!

*We're interested in your HIGH FIVE success story! Send your story to [jl Larson@prontario.org](mailto:jl Larson@prontario.org) by May 13th, 2002 to be considered for our Summer issue.*



photo: Health Canada

## Why isn't sports fun any more?

by Katherine Burgess

seems that every Atom hockey player is a future Wayne Gretzky – at least, according to the parents of these children. Notwithstanding the fact that some of them can barely stand on their own two skates, mom and dad insist that they should be on the ice all the time, and heaven help the coach if this doesn't happen.

Of course, hockey is not the only culprit. You see the same thing in the summer at softball or soccer games, or on the ski hill or at the swimming pool.

As well as screaming from the sidelines, parents often destroy an official's credibility away from the sport. If a child gets a penalty, it was likely deserved. A parent who commiserates should not say, "That ref was not being fair to you".

Of course, there are also those parents who scream at the child who gets a penalty. The result of this is that child will not want to play. The first reaction gives the child the idea that officials are always wrong, while the second makes the child feel as though it is all his fault.

It is better to refrain from comment altogether. If the child did get a penalty, then he usually knows why, and does not need hounding about it.

Some parents have the mistaken idea that their child is better than anyone else on the team, and that he or she should be moved up a level. This

should not happen, simply because this is how a child can be injured. If he is playing against older players, then he is likely smaller, and thus liable to injury. Unfortunately, when parents are living through their children, they cannot always see the harm that they are doing by too much negative involvement.

One of the surest ways to turn a child off from some activity is to make her feel that, somehow, her self-worth is tied into the way she performs on the playing field. Not all children are natural athletes, and those who are, will be recognized without parents pushing all the time.

Granted, there may be times when unfairness happens. In a case like that, there are procedures to be followed, officials to be contacted. If you have a genuine problem with a coach or a referee, you can be sure that you are not the only one. The adult associations of minor sports keep track of these complaints.

Minor sports are important for children. But the emphasis should be on having fun, not on winning. At a very early age, this type of competition actually damages children. The child who is not a natural athlete soon starts to feel that he is worthless. The child who is on a losing team will go home and cry. Where is the fun in that? Good coaches will stress the idea of having a good game, rather than winning all the time.

Sensible parents will also do this. ✨

Katherine Burgess is a teacher in Newfoundland and Labrador. Reprinted from the *Western Star* with permission of the author.

**M**ost of us have been involved in minor sports at some point in our lives. We played or coached or refereed hockey or softball or soccer. For most of us, this was a positive experience, and we would like our children to have the same positive experience. However, sometimes involvement in minor sports can turn into a nightmare for all involved. It has reached a point where associations are finding it difficult to get adults to commit to helping out.

What is the problem? Is it that the adults are not interested? Or is it that SOME adults are too interested?

Go to any arena during a minor hockey practice or game, and you will hear parents screaming from the stands. Some of them are cheering the young players on, but others, unfortunately, are berating either the officials or the members of the other team.

Whatever happened to the idea that sports were supposed to be fun? It



# WHAT'S NEW

## New Resource Helps Parents Be Good Sports

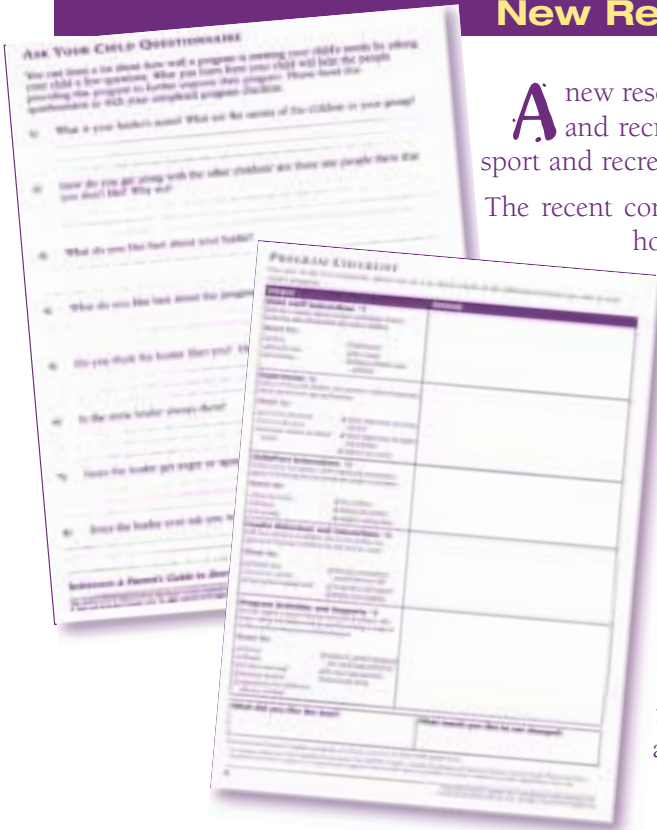
A new resource from HIGH FIVE could be the first step in putting the focus of sport and recreation programs for kids back where it belongs — on providing positive sport and recreation experiences for children.

The recent conviction of a Massachusetts “hockey dad” for killing another parent at a hockey game is a horrific example of the serious problems in children’s sport and recreation across North America. Incidents like this demonstrate the need to re-evaluate who these sport programs are for and what purpose they serve. That this incident happened at a recreational, pick-up game, only illustrates that the problem is not restricted to competitive sports. And hockey does not own the problem either. There are lots of examples across sport that illustrate far too many adults have lost perspective and they possess misguided ideas around how to best develop young athletes.

The new resource, called *Reviewing Programs Together*, was released on January 17, 2002.

*Reviewing Programs Together* is a great resource for parents or guardians. It contains an easy to use checklist and questionnaire to help parents provide meaningful feedback on their child’s sport or recreation program while avoiding conflict. The program checklist helps them find out if the program

— continued page 8



## “Drawing the Line”

by Heather Savage, Niagara Sports Initiative Committee

Community sports last a lifetime and for the health and social benefits, let’s all make sure no one crosses the line!

Participation in community sports is integral to our way of life. Community sports activities provide an outlet for all ages to build lasting friendships and to grow both physically and socially, and prepare people for everyday life.

Unfortunately, our community sports leagues are being threatened by negative, destructive behavior by some parents, coaches, officials, participants and spectators.

On October 14, 1999, the Niagara Region Sports Initiative Committee hosted a forum to address the issue: *Is Inappropriate Behaviour Threatening Our Sports?* The keynote speaker, Jim

Van Horne of TSN Sports, along with a panel representing the views of a cross-section of people involved in community sports discussed a number of issues including:

- What is the relationship between behaviour in sport and performance in sport?
- Who is responsible for ensuring high standards in sports behaviour?
- What are the things that a child needs most from parents and coaches when involved in sports?
- What are lasting negative impacts of unrealistic demands or expectations parents place on their children in sports?
- What can be done about the bullies, at all levels in sports and to eliminate poor role models?



The Niagara Sports Initiative Committee partnered with Niagara College and produced a video resource based on the events of the forum. It is a great tool for sport practitioners to use to convey the message of unacceptable, inappropriate behavior in all levels of sport. The video comes with a booklet that explains how one would use the video and in what type of situations. As well, the booklet outlines suggestions for discussion questions.

A copy of the video and a booklet cost \$10.00 and can be obtained by calling Bob Bolibruck at 905-356-7521. ★

# SAFE KIDS WEEK 2002

## Targeting Kids on Wheels

Now that spring is here, children are out in full force on their bicycles, skateboards, scooters, and in-line skates. Unfortunately, many children will be injured this summer because they have not learned how to control their equipment. Some will suffer head injuries that could have been prevented by a properly fitting helmet.

To help reduce injuries this year, Safe Kids Canada has made kids on wheels the focus of Safe Kids Week 2002, a national public awareness and education campaign sponsored by Johnson and Johnson. The 2002 campaign runs from June 3rd -9th and will focus on preventing sports and recreation injuries by looking at kids on wheels (bicycles, skateboards, scooters, in-line skates) and helmet use.

Every year during Safe Kids Week, hundreds of community organizations across Canada join Safe Kids Canada to focus public attention on preventing injuries in children. The goal of the 2002 campaign is to help reduce the injuries children receive during play, as 1 in 5 children who visit emergency rooms in Canada do so because of this type of injury.

This year, Johnson and Johnson have generously donated 10,000 helmets to the campaign, which will be distributed to kids across Canada.

Community organizations are invited to participate in Safe Kids Week as a Community Partner. Last year, 348 communities across Canada participated in Safe Kids Week.

Safe Kids Canada provides each Community Partner with the Safe Kids Week Partner Guide, which is packed full of



photo: Health Canada

ideas for launching and promoting Safe Kids Week activities in your community. They've done the background work to provide you with information about sports and recreation injuries and how to avoid them, as well as sample newspaper articles and media advisories. Many communities use their participation in the Safe Kids Week campaign to attract local media attention for both the organization as well as the campaign. Free helmet samples, promotional material and grants of \$250 or \$500 are available help assist you to conduct your community event/activity.

If you have any questions about Safe Kids Week or would like to be a Community Partner, contact Pamela Fuselli by phone at 416-813-7287 or by e-mail at [pamela.fuselli@sickkids.ca](mailto:pamela.fuselli@sickkids.ca).

Safe Kids Canada is the national injury prevention program of the Hospital for Sick Children. ✨



### PLAYGROUND PARTNERS WANTED!

Home Depot is interested in helping Ontario's Promise agencies build their own playgrounds. Home Depot partners with KaBoom!, a national non-profit organization that inspires individuals, organizations and businesses to join together to build much needed,

safe and accessible playgrounds. Through this team effort, communities create a model of partnerships that achieve positive and sustainable changes in neighbourhoods nationwide.

Home Depot will provide the supplies and volunteers, while agencies are asked

to fundraise a portion of the playground cost and provide a group of volunteers who would work with a team from Home Depot to erect the playground. For more information about this Ontario's Promise partnership, please call Stuart Kipp at (416) 212-0963.

*HIGH FIVE is an agency of Ontario's Promise.*

# WHAT'S NEW

## On the Move Handbook NOW AVAILABLE

A key component of the initiative to increase opportunities for girls and young women to participate in recreational sport and physical activity across Canada has been reprinted and is now available from CAAWS, the Canadian Association for the Advancement of Women and Sport and Physical Activity.

*On the Move* is a national initiative designed to increase opportunities for non-active girls and young women

(ages 9-18) to participate in fun-filled, supportive, female-only, recreational sport and physical activity. The *On the Move* Handbook is a user-friendly resource designed as a practical guide for programmers, teachers, coaches, volunteers, and parents or guardians interested in creating a female-only program or in need of information about how to create positive and inclusive environments. Since 1994 the Handbook has



been a valuable resource for individuals and organizations concerned with increasing girls' and women's participation, containing information about the importance of meeting the needs and interests of girls and women in your community, and achieving gender equity.

Included in the *On the Move*:

- Success stories from across the country;
- Discussion about the social and systemic barriers to participation girls and women face;
- "Stats & Facts" about the importance of sport and physical activity to the health and well-being of girls and women;
- Programming tips and suggestions based on 10 years of *On the Move* experience; and
- Lists of supportive *On the Move* Network contacts, organizations, resources, and research.

CAAWS encourages girls and women to get out of the bleachers, off the sidelines, and onto the fields and rinks, into the pools, locker rooms and board rooms of Canada. CAAWS works in partnership with Sport Canada and with Canada's sport and active living communities to achieve gender equity in the sport community.

To order your copy of the *On the Move* Handbook (\$10.00 plus shipping), contact Sydney Millar at (604) 738-2468 or by email at [jwsporta@istar.ca](mailto:jwsporta@istar.ca). For more information about CAAWS or *On the Move* check out the link at [www.highfive.org](http://www.highfive.org).

## NEW MEMBER PROFILE

### City of Peterborough



*In this new regular feature, we will be profiling new members of the HIGH FIVE Quality Assurance Process.*

Over 75, 000 people live in the scenic City of Peterborough. The City of Peterborough provides a wide variety of recreation programs for its' citizens.

Programs offered for children include aquatics, a junior park program, summer day camp and public swimming. The City also runs sports programs and camps including soccer, baseball camp and basketball camp. There is also a football camp sponsored by the Kinsmen club. Programs are operated at the City's community centre or in local school fields and arenas.

Recently, the City began a youth leadership program. Through this program, youth leaders aged 16-17 are trained to work with children in the junior park program. Youth leaders are assigned their own park and are responsible for running activities and games at the park. The junior parks program is a free program that makes use of Peterborough's many green spaces in the summer.

Ellen Stewart is a Youth Recreationist with the City of Peterborough and a HIGH FIVE trainer. Stewart became committed to bringing HIGH FIVE to Peterborough after taking a HIGH FIVE training session. She feels that being a member of the Quality Assurance Process will help the City deliver better children's programs. The City has already begun to train junior park program staff and Stewart expects summer day camp staff will be trained by the end of this summer.

For more information about the City of Peterborough, check out the link at [www.highfive.org](http://www.highfive.org)! ✨

*Watch for more new member profiles in upcoming issues of Quality at Play!*

# COMING ATTRACTIONS

April 14-16  
**2002 PRO Forum**  
Hamilton, Ontario  
[www.prontario.org](http://www.prontario.org)

April 22-28  
**TV Turnoff Week**  
[www.tvturnoff.org](http://www.tvturnoff.org)

May 2-3  
**Health Promotion Ontario Spring Training Camp \***  
Barrie, Ontario  
Carolyn.warren@region.peel.on.ca  
\* Includes a HIGH FIVE session

May 12-15  
**6th World Conference on Injury Prevention and Control**, Montreal, Quebec  
mmackay@cheo.on.ca

May 15-18  
**Child and Youth Friendly Communities: Challenges and Achievements**  
University of British Columbia  
Vancouver, B.C.  
[www.scyofbc.org](http://www.scyofbc.org)  
Society for Children and Youth of British Columbia (604) 433-4180

May 16-19  
**World Conference on Women in Sport**  
Montreal, PQ  
[www.iwg-gti.org/](http://www.iwg-gti.org/)

May 22-25  
**10th Canadian Congress on Leisure Research**  
Edmonton, Alberta  
Ed.Jackson@UAlberta.ca

May 26-29  
**Northeastern Ontario Recreation Association (NeORA) Conference**  
Elliot Lake, Ontario  
Terry Abraham (705) 461-7221

May 30-31  
**2002 Canadian Therapeutic Recreation Association Conference**  
Calgary, Alberta  
[www.canadiantr.org/home.htm](http://www.canadiantr.org/home.htm)

June 2-8 • **Environment Week**  
[www.ec.gc.ca/eco/eweek\\_e.htm](http://www.ec.gc.ca/eco/eweek_e.htm)

June 3-9 • **Safe Kids Week**  
1-888-SAFE TIPS (723-4986)  
[www.sickkids.on.ca/safekids/english/home.html](http://www.sickkids.on.ca/safekids/english/home.html)

June 26- 29  
**International Council for Health Physical Education Recreation Sport and Dance World Congress**, Taipei, Taiwan  
jfmeier@indiana.edu

July 22 – August 2  
**2002 Olympic Academy of Canada**, Hamilton, Ontario  
Laura Marziali (416) 324-4125  
[www.coa.ca](http://www.coa.ca) \* Includes a HIGH FIVE session

September 18-21  
**Canada's 2002 National Parks and Recreation Conference and Trade Show**, Winnipeg, MB [www.cpra.ca](http://www.cpra.ca)

November 21-23  
**Ontario Healthy Communities Coalition 2002 Conference**, Toronto  
[www.healthycommunities.on.ca](http://www.healthycommunities.on.ca)

November 28 – December 1  
**National Conference on Women, Sport and Physical Activity**, Hamilton, Ontario  
[www.caaws.ca/conference/](http://www.caaws.ca/conference/)

**HIGH FIVE Stakeholders Institute 2003 • TBA**  
Nathalie Marleau (416) 426-7286

## Tool Kit for Excellence

(continued from cover)

Coach Journal; Communications Log; Athlete Goal Setting Exercise and Certificates of Achievement.

*Coach Reflections* can help any coach at any level develop happy, confident and skilled athletes who are more likely to stay involved in sport into their teens.

The HIGH FIVE Tool Kit for Excellence in Children's Sport is available to non-members for \$93.90 and to members at \$79.90. It can be purchased in bulk at \$66.90 for orders of 25 or more. To order the Tool Kit, please visit our web site at [www.highfive.org](http://www.highfive.org) or call (416) 426-7286. ★

## New Resource continued from page 5

supports healthy child development, while the questionnaire contains starter questions to help get parents and children talking about the child's experiences.

"It's unfortunate that it takes a situation like this to focus attention on the state of sport and recreation for children today," says Clem Pelot, HIGH FIVE Strategic Advisory Council Chair. "However, it's also an opportunity to assess the problems, and find solutions. Part of the solution is helping parents understand what a quality program should look like, and opening a dialogue between parents, children, coaches and leaders. *Reviewing Programs Together* is a good start."

*Reviewing Programs Together* can be downloaded free from [www.highfive.org](http://www.highfive.org). ★

## DID YOU KNOW?

**Sports can be fun for every child if: children participate at levels that are challenging to them but not beyond their capabilities.**

Guy, Kathleen A. ed. (1997) *Our Promise to Children*, Canadian Institute of Child Health



For more information about HIGH FIVE, or to be added to our mailing list, drop us a line.

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