



# Quality Sport for Newcomers: Settlement to Integration

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## Winnipeg Newcomer Sport Initiative Introduction: Carolyn Trono

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## MISSION:

Winnipeg Newcomer Sport Academy provides low income, refugee newcomer youth and their families with quality multi-sport programming consistent with Long Term Development and True Sport Principles as a way to contribute to their positive integration in their new community.



# OBJECTIVES:

- To provide quality multi-sport programming for newcomer children & youth to improve health, sport skills, fitness and overall well-being.
- To ensure quality multi-sport programming is developmentally and culturally appropriate based on research related to growth & development including life skills.
- To include and inform newcomer families of the program and its purpose in the sport community
- To provide opportunities for civic engagement and leadership opportunities within the program and with supportive external organizations.
- To coordinate and provide older youth with leadership development for coaching and officiating including credentials to help with future employment.
- To work in collaboration with other newcomer serving agencies to combat racism, systemic racism and discrimination including system barriers for newcomers and other minority groups.
- Through sport, families are introduced to Canadian culture together in a safe environment





# A little about me

- Syrian refugee, came to Canada in 2016
- Never attended school prior to coming to Canada
- Introduced to the program later in 2016



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-How the program made me a better athlete & helped me get more successful





# Supportive Community

- Getting to the program after moving
- Great man named Piere



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# My Story as a Newcomer to Canada

- Arrived to Canada summer 2015
- Challenges I faced as a black women, and newcomer
- What kept me going and gave me hope
- My sport life
- What I love to do







## The advantage of newcomer children and youth engaging in sport

- Relief stress and engage them with people that faced the same challenges as them in the past and maybe in the present
- We create a safe space for children and youth and that is our role

# How every newcomers face challenges and have their story to tell

- Language barrier
- Hard to make friends
- Less self confident
- Solving their own problem without asking help, even if there are people around to help them



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The connection between one newcomer to another, through stories, language,... Etc

- My story as a newcomer connects me with another newcomer
- Getting comfortable and expressing feelings around people that have a same background
- Feels good to connect with people that have been through the same challenges

# Opportunities newcomers get by attending our program

- Stay active
- Good for mental and physical health
- Opportunities to try different activities
- It is just more than a sport... laughing together, caring for one another, self discipline
- We push them to be a role model to one another so they can learn from each other
- leading them to the right pass as a leader



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# Own Story as a Newcomer and The Advantage of Sport

- How the program would have benefited if it was offered 20 years ago.
- Making Friends, learning the language, and understanding the Canadian culture.
- Sport can make newcomers connected to their new home and old home (common sport).



# WNSA Eliminate Racism and Discrimination

- Bringing the Newcomer community together through sport so they find a sense of belonging in their new community
- Eliminating barriers such as language, being racialized, gender, religious, disability, cost of registration and equipment
- Understanding the lack of diversity in sport and tackling the issue by introducing and educating the system.





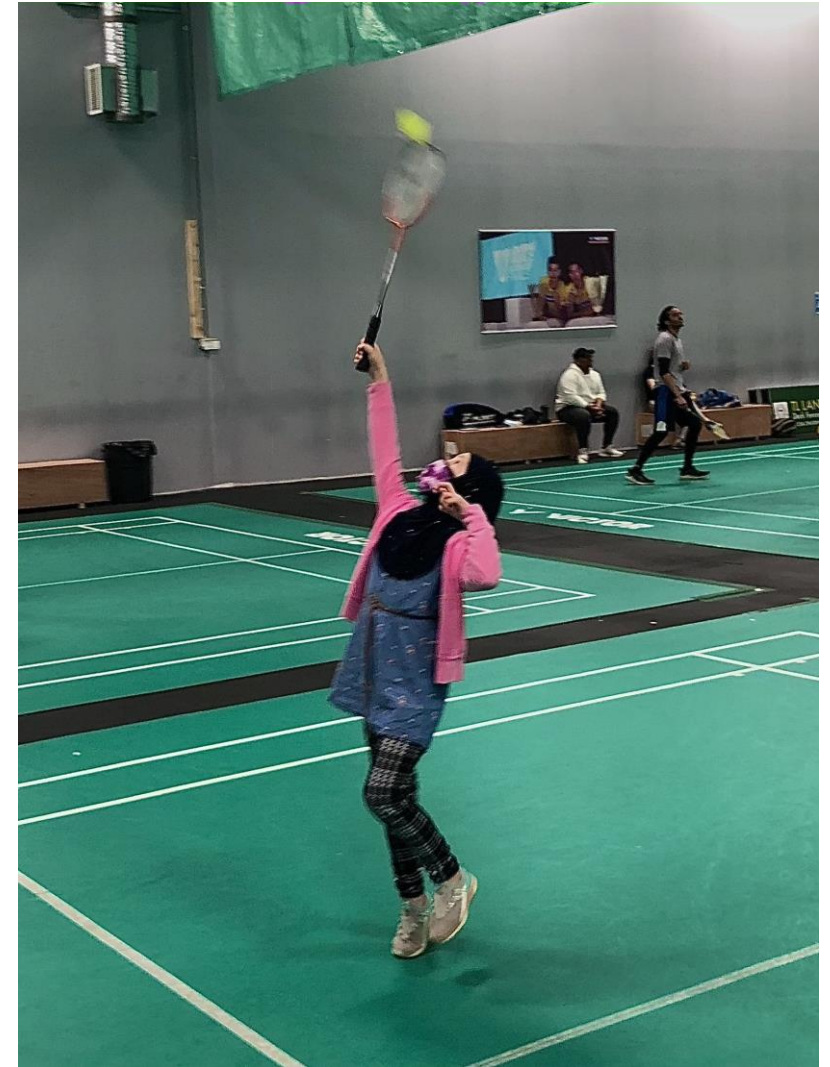
# Male vs Female Participation

- Less women participate in sport related activities due to
- **Discrimination:** male dominated, media, family, culture, community.
- **Low Self-esteem:** embarrassment, lack of confidence, unsure of ability, awareness of image.
- **Lack of role models:** Women's sport is under-represented. Minority sports are under-represented. Disability sport is under-represented.
- **Lack of encouragement:** other peers not participating, devalue activity, lack of opportunity, few activities for only women, childcare issues/family commitments - looking after young children



# Amazing Athletes, Amazing Stories

- I have met many talented athletes, who are just looking for a chance to compete.
- They have taught me so much about strength and perseverance.
- Coming from traditional Canadian sport spaces, It has shown me how much still needs to be done to make sport accessible to everyone.





# The Importance of Quality Programming

- When the kids first arrive, despite usually being fit, their mechanics were flawed.
  - Ex. Kids could not skip when they first arrived
- We offer a multi-sport experience, tailor to expose the athletes to a number of movement patterns.
- Confidence, Competence, Motivation





# Systematic Shortcomings and Solutions

- The traditional barriers to sport are increased exponentially for new-Canadians
- Partnerships and grants make getting equipment easier
- Transportation has been one of the biggest issues we have encountered
- Facility space can be difficult to secure



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