



# Sport, Physical Activity and Recreation Branch – SPAR –

January 2025 Newsletter

## Winter Walk Day – February 5, 2025

February is almost here and that means [Winter Walk Day](#) is quickly approaching. Winter Walk Day is a great opportunity to be active and have fun with your family, friends, and colleagues. All Albertans can embrace the Winter Walk Day spirit by putting on their walking boots and enjoy a 15-minute walk, or other outdoor activity on Wednesday, February 5.

Remember, you do not have to wait for Winter Walk Day to be active. You just have to put on your best boots and get your body moving. Staying active during the winter, a time mostly spent inside, is important to maintaining a healthy lifestyle. In fact, research shows that spending some time outdoors and being active greatly benefits both your body and mind.

Outdoor physical activity is also a social opportunity, so join a group of friends, co-workers, or students and register your walkers with [Safe Healthy Active People Everywhere \(SHAPE\)](#).

Let's strive to get outside and enjoy the fresh air. Celebrate your mental and physical well-being by taking time for an enjoyable winter walk!

## National Coaching Certification Program (NCCP) Updates

Happy New Year! The February and March NCCP multi-sport schedule has been posted on the [NCCP multi-sport calendar](#). Register early as these modules will fill up quickly.

The NCCP Advanced Coaching Diploma (ACD) offered through the Canadian Sport Institute (CSI) network helps Competition Development Certified or Trained coaches prepare for podium success at the Provincial, National and International Level. This one-year program allows coaches to connect and learn from experienced mentors, content experts, fellow coaches, and respected sport partners across Canada. The application deadline for the CSI – Alberta cohort is January 31, 2025.

For more information on the Advanced Coaching Diploma, contact CSI – Alberta or register through [The Locker](#)

## 2024 Alberta Sport Recognition Awards: Nomination Deadline January 15, 2025

Have you nominated a deserving athlete, team, coach, or technical official for an Alberta Sport Award yet? The deadline is right around the corner – January 15, 2025!

Since 2002, the Alberta Sport Recognition Awards have been presented to honor the extraordinary athletic accomplishments of our high-performance Alberta athletes, teams, coaches, and officials.

Please go to the [Alberta Sport Recognition Award webpage](#) for a list of awards and nomination guidelines.

## **Sport Major Sport Events Grant Program (MSE) Applications open February 12, 2025**

The Major Sport Events grant program builds on Alberta's reputation as an attractive destination with proven capacity for hosting a wide range of national and international caliber sport events. It recognizes the network of strong sport organizations who demonstrates the ability to collaborate and deliver high quality events.

The program provides an opportunity to build on Alberta's strengths that include diverse natural landscapes; existing sport and tourism-related facilities; and vibrant communities with quality services and amenities.

Applications for the 2025 Intake 1 open February 12, 2025. For grant guidelines and application information please go to the [SPAR Website](#).

## **Shaping the Future 2025 Conference – January 30 – February 1, 2025**

Shaping the Future is an annual conference bringing together educators, health and wellness professionals, and researchers to explore aspects of comprehensive school health through a variety of interactive learning formats. The 16<sup>th</sup> annual conference will take place at the Chateau Lake Louise on January 30 - February 1, 2025.

Registration includes access to three keynote presentations, over 35 concurrent sessions and 14 interactive workshops to choose from. Individual tickets are 98 per cent sold, and group rate tickets are sold out! Register now to secure your spot.

Go to the [Ever Active Schools website](#) to register today.

## **Alberta Healthy Communities Symposium – Save the Date: March 26-28, 2025**

The Alberta Healthy Communities Symposium (AHCS) is back for 2025. This year's symposium will take place in Calgary at the Vivo for Healthier Generations.

The Alberta Healthy Communities Symposium is an opportunity for wellness champions to come together to network and build upon current community resources and programs which will allow them to build on the roots of health and wellness. With this fundamental and holistic focus on wellness, participants will be inspired to begin, deepen, or evolve Healthy Eating, and Active Living (HEAL) initiatives in our communities.

Go to the [Communities ChooseWell Website](#) for more information.

## **Alberta Association of Recreation Facility Personnel Conference: April 13-16, 2025, Canmore, Alberta**

The Alberta Association of Recreation Facility Personnel (AARFP) 46<sup>th</sup> annual conference and tradeshow will take place in the spring in Canmore. The theme for this year's conference is "Recreation at its Peak".

The event is designed for all recreation managers, directors, operators, coordinators, supervisors, administrative assistants, and all professionals who want to strengthen our recreation community.

Please go to the [conference web page](#) for more details.

## **Non-Profit Webinars**

The Government of Alberta's Community Development Unit (CDU) is offering free webinars in 2025. There is a line-up of 16 live and interactive webinars that will start in January 2025 to support your funding, board governance and nonprofit organization needs. All webinars are hosted on Zoom and are free to attend.

There is a variety of topics that will be covered.

- Building Consensus
- Board Development Program
- Building Strong Teams and Effective Relationships
- Nonprofit Board Governance
- Role of Board Executives
- Grant Writing 101

For general information about the webinars, please visit the [website](#) for a complete list of available webinars.

## Sport Events Congress 2025 (SEC 25) March 18-20, 2025

The 2025 Sport Events Congress (SEC) is taking place in Calgary March 18-20. This is Canada's largest gathering of organizations connected to the \$7.4 billion+ sport tourism industry in Canada.

The SEC25 program is interactive, educational, offers opportunities for business-to-business networking, and evening social events.

Register today for this exciting event where all of Canada's sport tourism stakeholders will gather to learn, network, and develop new business partnerships.

Please go to the [conference website](#) for more information.

## Concussion Awareness

The #Headstrong Canada campaign is based on the Government of Canada's Concussion Framework and the



[Concussion Awareness toolkit](#), is designed to give every sport organization the resources they need to show they are concussion smart and to learn the key points in Concussion Awareness



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