

Video 11.2 When I look back at my time playing sport I think it taught me just to play, be a team player, and that things don't always go the right way. It brought me out of what was a very shy, introverted individual. I think it was the confidence that I achieved through that early success in sport which made me little bit more confident in the classroom. The values that I've picked up from sport they go right back to when I was nine years old and I didn't make that first team, and I was devastated. I decided okay well that's a setback but now it's time to do the things that I need to do to ensure that I make the next team and made the next team and I actually feel like that's guided me throughout my life. Kids have a lot of lessons to learn as they proceed through their life and sport can offer them a whole host of opportunities to gather up these life lessons. Lots of your friends are on the team so you can play with them and you learn how to work as a team for like at school if you're doing a work and you have to like doing like groups and stuff. You get a lot of exercise and it's fun. I come a lot to his hockey games, it's like watching a NHL game because you work so hard. We used to enjoy organizing games in our back lane. There was a garage that had some posts that had a looked like a goal so that was our kind of field in our back alley. We're so busy these days, it gives us time together, to talk, to hear what happened during the day. The way we play together shapes how we live together so if we offer a good quality sport experience then that strengthens our communities but when sport becomes about winning at all costs that is when bad sport can happen. When a bad sports experience happens we see a change of behavior in a child. They quit before they know it. It's easy to be influenced by unhealthy things. I think if we teach them good values, we can move forward and things will turn out good in the end. True Sport is a series of programs and initiatives and stories that help Canadians to instill a quality sport experience for their children. There's a lot of positive aspects that comes from sports, how to win, how to accept defeat, the challenges that they face on the field and off the field as well. For me, when I lost my arm, I felt disoriented and that I'd lost control of my body and was ashamed of my body. When I did sports, I slowly found myself again, my true self. I was able to show who I really am. I'd advise someone to put their kid in sport. I've gained a lot of friendships with it and leadership skills to try harder and push myself. It's really the moments of playing in a team, the experiences of being together that they remember that has made memories, special memories, and that's all because of sports. Use that energy that you have, that ability because you will never be sorry for the time that you spent being involved in sport.