

Video 13.3 I just love being able to push myself. It's 100% mental and once you finish you're like wow like I am so tough mentally that it's so surprising. It gives you like a sense of confidence and strength in yourself. I've played hockey all my life, I looked up to my brother who played high level hockey, and you have to have such a strong work ethic to overcome so many challenges. We talk a lot about what's good sport and what does good sport look like? For me, true sport and some of the ways that I've used true sport in the coaching that I've done is trying to build an atmosphere that's very supportive. There's a lot of great skillsets a coach can impact with the young athlete, developing very positive self-esteem, developing confidence, being supportive of your teammates, those are the kinds of skills that will transfer into life as it's not always winning the Stanley Cup or winning a gold medal, sometimes there's very challenging periods. The aspects of true sport that are the most attractive are the idea of being inclusive and teaching kids that sport can be a way of life, it's something that they can participate in now and continue to participate in as they grow older. Competitiveness is nice but only if it's done in a way that doesn't put anybody else down. Many times in sport, kids around the age of 15 leave sport due to a bad experience. I know one of the biggest things even for me this year was when things aren't going well for example unfairness and you can drop out. We went into a game and there was parents, parents like grown people booing us, it makes you as an athlete feel terrible. Sometimes the competitive environment changes the way people behave and I think it's really invaluable that true sport can be used as a tool to help remind people this is supposed to be a really positive environment. There needs to be a competitive portion in sport but we're working hard at limiting the impact that competitiveness has on our athletes. If you have respect and people are treated as equals and have the same opportunities to be successful... I know that true sport has been spreading in Manitoba because I've seen friendlier crowds. I think sport should always be fun. I've definitely seen true sport grow here in Winnipeg and I definitely think it could have an amazing impact on sport here in Manitoba. If you're a coach of a program or you're parents that's involved in sport in your community, you owe it to yourself to visit [truesport.ca](http://truesport.ca) and look at the opportunity you have to make a bigger difference in your community. Join us!