



True Sport Principles

Tâpwê Mêtawêwini Masinahikan*

** Swampy Cree translation by Margaret Osborne*

1. Go for it. **Mâsca nawatina.**

Always strive for excellence and rise to the challenge but never at the expense of others.

Kapê kakwê mino ayawi isi ayaya êkwa kwayask mawinêskikê,
kawina mâka wina nîhtapam ininiw.

Discover how good you are. **Miskâsiw inikohk kwayask êsi ayâyan.**

2. Play fair. **Kwayask mêtawêk.**

Play honestly and obey the rules, in letter and spirit.

Tâpwêwinihk isi mêtawêk êkwa pimitisahamok itascikêwina, masinahikanik
êkwa ascahkohk isi.

Winning is only meaningful when competition is fair.

Paskinâkêwin minwasin kisâspin kwayask êmêtawaniwahk.

3. Respect others. **Kistenimik kahkinow ininowak.**

Show respect for everyone involved in creating a sporting experience, both on the field and off.

Wâpahtinawê kistênihtamowin tânitê poko ita êsi ayâyan

Win with dignity and lose with grace.

Minotêhêwinihk isi paskinâkê êkwa tapahtênimowinihk isi waniscikê.

4. Keep it fun. **Kwayask mino mêtawêk.**

Find the joy of sport and have a good time.

Kwayask isi kanawâpahtamok mêtawêwin mîna minwêtamok êmêtowiyêk.

Keep a positive attitude and look to make a positive difference, on the field and in your community.

Kwayask kapê isi mâmitonênihtamok êkwa itâpik kita isi minotôcikatêk kahkinaw kêkwan ka isi mêtawaniwahk mîna kitaskîwahk.

5. Stay Healthy. Kanawênihtamok mino ayawin.

Place physical and mental health above all other considerations and avoid unsafe activities.

Kanawênihtamok miyawî mino ayawin êkwa kwayask mamitonênihcikan wêka kêkwan kita pahtakonikoyêk êkwa kawina macî itahkamikisik.

Respect your body and keep in shape. Kistênihtamok kiyowaw êkwa kapê kakwêcîk.

6. Include everyone. Kakinaw ininowak mômowinihkok.

Share sport with others, regardless of creed, ethnicity, gender, sexual orientation or ability.

Mîtakwênamowik kotakiyak ininiwak. Kiyam pokotowahk ininiw, mîna tânitê ka oscît, mîna iskwêw mîna nâpêw, mîna ka nîso ascahwêt, êkwa mîna ka isi kaskihtât ê isi kakwêciht.

Invite everyone into sport to make it more meaningful for the whole community.

Nâtomihkok kakinaw ininiwak kimêtawinowahk isi...kita ohpinamêk kwayask mêtawêwin kitaskîwahk.

7. Give back. Kîwê pakitinâso

Always remember the community that supports your sport and helps make it possible.

Kapê kiskisik kitaskîwaw êsîtonikawiyêk êkwa mîna êwêcihikoyêk kwayask kita minopanik kimêtawêwinowâwa.

Find ways to show your appreciation and help others to get the most out of sport.

Nanâtonamok kita isi wâpahtinowiyêk kinanâskomowinowâwa. Wîcihik ininiwak wêka kita pakicîcik mîna kwayask kita pimâtisicik.