



The GymCan Gymnastics for All Council presents: “**Canadian Gymnastics Week**”, **October 2-8, 2022**. This Canada-wide activity will use social media to unite our gymnastics community from across the country in celebration of our sport and the True Sport Principles.

#CDNGYMWEEK #TRUESPORT

OBJECTIVES

The objectives of this initiative are to unify the community, show support for the clubs and individual members, and share the love of gymnastics across Canada. Utilizing the week to help educate our community and beyond about the benefits of gymnastics and how to embrace True Sport.

THIS DOCUMENT OUTLINES:

- [Format](#)
- [Schedule](#)
- [Merchandise](#)
- [Giveaway](#)
- [True Sport Principles](#)

FORMAT

Featuring a different [True Sport Principle](#), clubs and individual members are invited to take part in this online celebration by sharing a photo or video of how they can demonstrate and/or perform the principle of the day. Over the span of seven days, we will come together virtually to showcase the creativity, commitment, passion, and pride of our Canadian gymnastics community!

Participation is simple; clubs and individuals share their posts on their social media channel of choice (Instagram, Facebook, TikTok, Twitter, etc.) on the day of their choice – or every day, because, why not?! Use **#cdngymweek** and **#truesport** to join the conversation! We’ve also listed the official hashtags for each of the featured principles – let’s showcase creativity within our community and the different ways we can bring the True Sport Principles to life within our sport!

Individuals – Post a photo or video on Instagram that highlights the featured principle of the day, and tag @gymcan1, your provincial/territorial gymnastics organization, and @truesportpur in your post along with the appropriate daily hashtag!

Clubs – You can do the same and/or make the principle of the day the theme for your club’s programs, spotlight your members participating on social media, and tag @gymcan1 and @truesportpur along with the appropriate daily hashtag! We want this to be an opportunity to promote our sport to the public so let’s show everyone the exciting ways all participants can enjoy our sport!

We would love to share your stories on our GymCan and provincial/territorial social media channels so please tag us in your posts (this is especially important if you’re posting Instagram stories as we can only share them if we’re tagged in them).

- Gymnastics Canada: @gymcan1
- True Sport: @truesportpur
- Gym BC: @gymnasticsBC
- BC Rhythmic: @bc_rhythmics_bcrsgf
- Alberta Gymnastics: @albertagymnastics
- Alberta Rhythmic Gymnastics: @rhythmicgymab
- Gymnastics Saskatchewan: @gymsask
- Manitoba Gymnastics: @manitobagymnastics
- RG Manitoba: @rgmanitoba
- Gymnastics Ontario: @gymnasticsontario
- Gymnastique Quebec: @gymqc
- Gymnastics New Brunswick: @gymnasticsNB
- RG New Brunswick: @agrnb
- Gymnastics Nova Scotia: @gymnastics_novascotia
- Gymnastics Newfoundland & Labrador: @the_gym_nl

SCHEDULE

Date	Featured True Sport Principle	Daily Hashtag
Sunday, October 2	Go For It	#GymWeekGoForIt
Monday, October 3	Play Fair	#GymWeekFair
Tuesday, October 4	Respect Others	#GymWeekRespect
Wednesday, October 5	Keep It Fun	#GymWeekFun
Thursday, October 6	Stay Healthy	#GymWeekHealthy
Friday, October 7	Include Everyone	#GymWeekInclusion
Saturday, October 8	Give Back	#GymWeekGiveBack



MERCHANDISE

Our team is excited to share that Gym Week stickers will be available for clubs to purchase from the GymCan Store. This is a great way to provide your participants with a small token that will signify their participation in Gym Week, as well as allow them to proudly display that they love Gymnastics!



[Pre-order your Gym Week Stickers today!](#)

Coupon Code – In addition to the Gym Week stickers, during Gym Week there will also be a coupon code announced for the GymCan Store. The code will be a 15% discount available on all items in the GymCan Store! The coupon code will be valid from October 2 – October 8, 2022.

GIVEAWAY

Our team is excited to share that in collaboration with our partners, there will be a Gym Week giveaway for participating clubs! Any club that posts a photo or video on Instagram that highlights the featured principle of the day, and tags @gymcan1, your provincial/territorial gymnastics organization, and @truesportpur in your post along with the appropriate daily hashtag is eligible to be put into the draw for the Gym Week Giveaway.

The prize-winning club will receive a \$1,000 CAD gift card to Spieth America. The individual prize winner will be selected by random draw on Thursday, October 13. The winner will be contacted by Gymnastics Canada's official Instagram account only.



P: 613.748.5637 | E: info@gymcan.org

RA Centre, 2451 Riverside Drive, Ottawa, ON K1H 7X7

WWW.GYMCAN.ORG

TRUE SPORT PRINCIPLES

This year, each day of Gym Week will feature a [True Sport Principle](#). [True Sport](#) is an initiative of the Canadian Centre for Ethics in Sport and is designed to give people, communities, and organizations the means by which to leverage the many benefits of good sport from a platform of shared values and principles. True Sport is an approach to values-based sport that is underpinned by the seven True Sport Principles. [Here is a video to introduce True Sport](#).

The True Sport Principles are:

- **Go For It:** Rise to the challenge – always strive for excellence. Be persistent and discover how good you can be.
Example: Encouraging participants to continue trying new skills, even after a failed attempt.
- **Play Fair:** Understand, respect, and follow the rules. Play with integrity – competition is only meaningful when it is fair.
Example: Designing practice so that all participants have an opportunity to participate in all activities.
- **Respect Others:** Show respect for everyone involved in creating your sport experience, both on and off the field of play. Win with dignity and lose with grace.
Example: Creating time and space for all participants to celebrate their accomplishments.
- **Keep It Fun:** Find the joy in sport and share it with others. Remember what you love about sport and why you play.
Example: Creating time and space to celebrate new skill development of participants at practice.
- **Stay Healthy:** Always respect and care for your mind and body. Advocate for the health and safety of yourself and those around you.
Example: Choosing a healthy snack when it is time to break to properly fuel your body.
- **Include Everyone:** Recognize and celebrate the strength in diversity. Invite and welcome others into the sport.
Example: Inviting all participants to join in a cooperative game as a warm-up activity.
- **Give Back:** Say thanks and show gratitude. Encourage your sport group to make a difference in the community.
Example: Inviting all participants to say thank you to their coaches at the end of practice each day.

How can you implement True Sport in your club?

- [Follow True Sport on Social Media](#)
- [Join True Sport:](#) By committing to the True Sport Principles, you and/or your group (team, club, or community) join a growing movement of Canadians who believe that sport has the power to instill character in our kids, strengthen communities, and increase opportunities for excellence.
- [Display True Sport:](#) Customizable templates and examples of how to live True Sport including certificates, awards, and more.
- [Declare Your Event a True Sport Event:](#) Declaring your next event a True Sport Event showcases your commitment to values-based sport. You can do so by incorporating the True Sport Principles into all aspects of the event.

