



***Where we give kids the opportunity to learn the fundamental skills of basketball and volleyball while forging new friendships; interacting with older positive role models; learning how to develop effective teamwork skills; and cultivating positive sportsmanship.***

 Northern Stars Sports Camp was created and developed by Megan Inglis to provide kids in the community an opportunity to learn the basic knowledge and fundamental skills of basketball and volleyball in a fun and meaningful way. Sports is an excellent vehicle for kids to develop interpersonal skills, build self-confidence, make new friends, cultivate good sportsmanship practices and be active! The Camp will provide the community with an actively filled day in the summer months, where kids will spend the day with older players, having fun, developing new skills, being active and making new friends in a safe, and supportive environment.

NORTHERN STARS

SPORTS CAMP

The coordinator of Northern Stars Sports Camp, Ms. Megan Inglis, graduated from the University of Victoria with a Bachelor of Education in 2011, majoring in Exercise and Physical Health Education. Megan has been involved in the basketball and volleyball community as a player for 20 years and as a coach for the past 9 years. She played high level provincial basketball and volleyball before an injury sidelined her at the end of her high school career. After making the decision to step away from competitive play, she got into coaching. She has coached at community, middle school and high school levels (in Victoria, the Okanagan and Fort St. John) in the last 9 years. She has an in-depth knowledge of, and great passion for the fundamentals of both volleyball and basketball and is eager to share them with the younger kids in the community in a fun and educational program.

After moving to Fort St. John nearly four years ago, Megan, in conjunction with other colleagues, have put an inordinate amount of effort into building up the interest of both the basketball and volleyball programs in the North Peace Region. There is a noticeable lack of developmental basketball and volleyball camps offered to kids in the North Peace Region. The desire is that the Northern Stars Sports Camp will give kids the opportunity to be introduced to the sports and develop the basic, fundamental knowledge that is necessary to continue on in programs in both schools and the community.

The camp not only benefits the participants, but also will give a unique opportunity for past players to develop leadership skills, gain work experience, and learn the value of giving back to their sport and their community. It will also launch them into becoming positive role models for the next generation of players. The camp will employ 6 older players per week, ranging from ages 15-18 years old. All instructors will go through a thorough training process where they will be taught how to interact with younger children, how to deal with minor problems should they arise, be instructed on safety procedures and first aid protocols should they be needed. The instructors will be held to the highest of standards and will be expected to display mature, leadership skills at all times, while assuring that all participants are enjoying themselves.

The foundation of this camp is to build strong relationship between the sports and community. It is an introduction to a healthy activity where kids can increase their self-confidence, integrate with other kids in the community and hopefully develop a passion for one or both of the sports!

***IT TAKES A VILLAGE TO RAISE A CHILD*** – Nigerian Proverb

