

A New Era: Dreams and Champions

Since 1967, the Canada Games have successfully provided an important and exciting competitive environment for young athletes from every province and territory.

Building on the success of the Games, the Canada Games Council has broadened its focus from Games only, to Games **and** between Games initiatives. This new focus on resources, programs, activities, tools and events for Canada's youth between the Games, 52 weeks a year, is called *Dreams and Champions*. The purpose of the *Dreams and Champions* initiatives is to:

- foster participation in physical activity,
- introduce young people to sport,
- create and enhance sport experiences for young Canadians,
- strengthen Canada's amateur sport system, from grassroots to the Canada Games.

The first goal of *Dreams and Champions* is to *Inspire Dreams* in Canada's youth, and to encourage them to participate in sport and physical activity.

The second goal is to *Build Champions* by providing the programs, tools, and to support young athletes' need to reach and succeed at higher levels.

Today, *Dreams and Champions* include one program, *Canada Games Days*, while others are under development. The Canada Games Council will work with other partners in Canada's sport system to build the inventory of programs within *Dreams and Champions* so that more young Canadians have access to what they need to get involved and stay involved in sport and physical activity.

Canada Games Days – Catch the Spirit

National Partners/Partenaires nationaux

Canada Games Days is an initiative that engages youth in schools and community groups in physical activity while learning more about the Canada Games and celebrating Canada's amazing diversity.

In 2015, the Canada Games Council and the 2015 Canada Winter Games Host Society revamped the Catch the Spirit program. Designed for teachers by teachers, the educational program engages students from kindergarten to grade 8 using five overarching themes:

- Unifying Canada
- Healthy Living and Sport
- Official Languages
- Arts and Culture
- Goals and Leadership

This resource can be used by individual teachers or adopted school-wide. Through all five lessons, students will learn about the history and significance of the Canada Games in amateur sport and the elements that make the Canada Games unique: arts and culture, Official Languages and the integration of healthy living and sport in everyday life.

Please click the links below to download the 2015 Catch the Spirit Resource in both English and French.

[Catch the Spirit - English \(PDF\)](#)