



ATHLETE GUIDEBOOK



MASTERS
INDIGENOUS GAMES
OTTAWA 2023

WELCOME FROM THE CHAIR

On behalf of Indigenous Sport & Wellness Ontario (ISWO), welcome to the 2023 Masters Indigenous Games! The Masters Indigenous Games were founded to meet the growing need for competitive sport for adults 20 years of age and up. The Games encourage mature individuals to be active, with the awareness that competitive sport can continue throughout life, contributing to increased health and wellness.

The Masters Indigenous Games (MIG) ensure that all Indigenous peoples, of all ages can have a place to meet, play and build friendships. Moreover, the MIG provides a platform for the celebration of Indigenous sport achievement and cultural heritage. Indigenous Peoples need more opportunities to collectively showcase their abilities and accomplishments while contributing to their own wellness. Events like the MIG are about more than just sports, winning and losing; they are about the game of life, reminding us to live and play well. Sport brings us together in unity and heals us through camaraderie, teamwork and celebration. While COVID-19 halted the hosting of these Games and postponed their delivery, ISWO is excited and thankful for your participation in these Games and look forward to hosting you again in 2025.

ISWO appreciates your supportive and collaborative efforts as it is your participation that will make these Games a success. Your participation has contributed to an important movement, one that we will continue to build on in the coming years.

Miigwech / Nya:weh / Merci / Thank You

Marc Laliberte,

President, Indigenous Sport & Wellness Ontario (ISWO)

ACKNOWLEDGEMENT OF THE TRADITIONAL TERRITORY

The 2023 Indigenous Masters Games acknowledges and honours the traditional lands and territories of the Algonquin Nation, in which the Games will take place. We honour and thank the Algonquins of Pikwakanagan First Nation, as the traditional inhabitants of the lands of the City and Region of Ottawa, from time immemorial.



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ABOUT ISWO

Indigenous Sport & Wellness Ontario (ISWO) is the designated Provincial/Territorial Aboriginal Sporting Body (P/TASB) for Ontario, serving all Indigenous Peoples across the province.

Primarily funded by the Ministry of Tourism, Culture, and Sport, ISWO works to serve all Indigenous Peoples and communities, including First Nation, Inuit and Métis, across the province of Ontario, in an equitable and fair manner.

ISWO is an effective provincial body, with regional delivery systems, tailored programming, a culturally based framework, competitive and recreational sport opportunities, and leadership development initiatives for Indigenous youth and communities across Ontario. ISWO plans, delivers and supports dozens of programs, tournaments, workshops, and events for Indigenous youth across Ontario each year, including multi-sport, cultural and leadership camps, sport clinics, invitationals, championships, the Ontario Summer Indigenous Games, youth leadership program, tryouts and skill development for Indigenous Team Ontario and the selection and delivery of Team Ontario to the North American Indigenous Games.

ISWO believes that sport has the power to change lives, improve wellness, promote culture and provide opportunities for personal growth and community development, but knows that it cannot do it alone. ISWO strives to work with communities, organizations, and stakeholders from across Ontario and beyond, to find solutions and increase the wellbeing of Indigenous Peoples, in every aspect of their lives.



ABOUT MIG

On the heels of a successful North American Indigenous Games (NAIG) and in continuation with the theme of sport and physical activity for life, ISWO, (formerly the Aboriginal Sport & Wellness Council of Ontario) launched the Masters Indigenous Games in 2017, with its first-ever event hosted at Downsview Park in the summer of 2018. The Masters Indigenous Games were founded to meet the growing need for competitive sport for the aging population. The Games encourage mature individuals to be active, with the awareness that competitive sport can continue throughout life, contributing to increased health and wellness.

MIG was scheduled to take place in 2021 and 2023 within the greater Ottawa region, but due to the COVID-19 pandemic, events were postponed until it was safe to do so. ISWO is thrilled to share that in addition to the MIG being in Ottawa in 2023, the Games will return to Ottawa for the summer of 2025 as well. Prior to the next MIG, ISWO will embark on hosting a series of MIG “Tour” events to encourage participation in sport among the Indigenous population over the age of 19. ISWO welcomes your continued support, feedback and participation in these Games as we strive to build a strong community of Masters athletes!

For Indigenous adults, the MIG will continue to be an opportunity to get physically active, engage with community and participate in competitions, with a focus on culture and a celebration of Indigenous wellness. And like the NAIG, the Masters Indigenous Games will shine the spotlight on the achievements of Indigenous athletes, leaders, and everyday people, making a difference in their own lives and the lives of others through a commitment to wellness.



MIG 2023 OVERVIEW

CONTEMPORARY



**ATHLETICS &
CROSS COUNTRY**



BASKETBALL



CANOE



GOLF



VOLLEYBALL

TRADITIONAL

**ARTIC GAMES
DEMONSTRATIONS
(I.E. STANDING KICK)**

CAPOERIA

KI' O RATU

**OKICHITAW
(TOMAHAWK
THROWING RANGE)**

**LACROSSE
INTERACTIVE TEACHING
DEMONSTRATIONS**

VENUES

Athletics - Cross Country and Track and Field

Terry Fox Athletics Facility
2960 Riverside Drive, Ottawa, ON

Basketball

University of Ottawa
125 University Private, Ottawa, ON

Canoe

Rideau Canoe Club
804 Hog's Back Road, Ottawa, ON

Golf

Canadian Golf & Country Club
7800 Golf Club Way, Ashton, ON

Volleyball

University of Ottawa
125 University Private, Ottawa, ON

3D Archery

Porcupine Hollow Archery Range
1310 Hyndman Rd, Spencerville, Ontario, K0E 1X0, Canada

*Some basketball and volleyball matches will be taking place at Carleton University (located at 1125 Colonel By Dr) on Saturday, August 26. Please check the schedules for these sports to see which venue teams are competing at.

ATHLETE CHECK-IN & ACCREDITATION

At each of the sport venues there will be an athlete check-in table where all athletes must report to before competition to obtain their Masters Indigenous Games accreditation. Please arrive early prior to your first competition in order to check-in and receive your accreditation in a timely manner prior to your competition/game start time.

Important Note: All athletes must provide **proof of Indigenous Ancestry** before entering competition.

Please bring your identification to the check-in table to receive your credentials.

It is essential to carry your accreditation badge identifying you as an athlete while at designated hotels, sport venues, and to utilize shuttle transportation.

SCHEDULES

Competition Schedule: MIG | Ottawa 2023 Masters Indigenous Games
[https://admin.esportsdesk.com/leagues/homeMIG2023.cfm?
clientid=6969&leagueid=33927](https://admin.esportsdesk.com/leagues/homeMIG2023.cfm?clientid=6969&leagueid=33927)

Sports competitions begin on **Friday, August 25th** and will conclude on **Sunday, August 27th.**

Some events may conclude prior to Sunday and all times will be subject to change for unforeseen circumstances like weather, team drop-outs, or injuries.

Sports schedules can be accessed on our website. Schedules will also be shared daily on our Facebook and Instagram stories (@mastersindigenousgames).

MEDAL CEREMONIES

Medal Ceremonies will take place at the sport venue for each sport at the end of each competition.

The results for each of the competitions and medalists can be found here:
<https://admin.esportsdesk.com/leagues/medalists.cfm?clientid=6969&leagueid=33927>



CULTURAL VILLAGE

The 2023 MIG Cultural Village will showcase a number of traditional Indigenous sports, with demonstrations by world-renown athletes and performers. Attendees will have the opportunity to learn about the origin of these sports, their cultural meanings and traditions, while also engaging in an interactive demonstration to try the sport firsthand. Traditional sports interactive demonstrations are FREE and OPEN to the public and will take place throughout the day at the Cultural Village, see the schedule for more details.

The Cultural Village will feature:

- Performances by Indigenous artists from around the world
- Traditional sports demonstrations (corn soup, wild rice, and bannock, to name a few)
- Food trucks and vendors
- Over 45 Indigenous vendors selling crafts, wellness items, jewelry, and more

Location: Lansdowne Park
Marché Way, Ottawa, ON K1S 3W7

Scheduled to perform are Josh Miller, Cody Coyote, Lyons Sisters, Romeyno Gutierrez, and more. The daily schedule for the Cultural Village will be shared on our Facebook and Instagram stories (@mastersindigenousgames).

Some vendors you can expect to see in the Cultural Village include the Indigenous Arts Collective of Canada, The Beading Drum Jewelry Originals, Bee and Me Ribbon Skirtz and Beadz, and many more.

OPENING CEREMONIES & GALA

Thursday, August 24, 2023 - Canadian Museum of History - Grand Hall

At the Gala, you can expect to see a stage party, a variety of performers, food and drinks, and an overall night of celebration of Indigenous culture and heritage.

Headlining the performances tonight is Juno award-winning singer Susan Agulark. We'll also have performances by Josh Miller, Eagle River Singers Drum Group, a hoop dance by Feryn King, and much more.



FRIENDSHIP WALK/RUN

As part of MIG this year, ISWO is hosting a Friendship Walk/Run.

This walk is a 2km loop through Lansdowne Park on **Sunday, August 27 at 12:00 p.m.** The Métis Quartet will be performing while participants walk or run through the park.

Following the conclusion of the walk, ISWO invites you to stay to explore the Cultural Village and watch the powwow.

The Friendship Walk/Run is free to participate in. Donations to the MIG Travel Fund, which will provide financial support to travelling athletes for the 2025 Masters Indigenous Games, are optional and greatly appreciated.



You can register to participate in the Friendship Walk/Run online by going to mastersindigenousgames.com/friendship-run/

CLOSING CEREMONIES

Another new addition to the MIG this year is the Spirit Awards. We'll be honouring one MVP from each division of every sport for their sport skill and for embodying the true spirit of sportsmanship. Each Spirit Award will be a unique, handmade item locally made by Indigenous artisans.

Spirit Awards will be handed out during the closing ceremonies at Lansdowne Park.

From there, the PowWow will get underway. This will be led by the Grand Entry consisting of the Lighting of Sacred Fire, Flag Song and Veteran Song. Then, the PowWow will feature drum groups leading exhibitions, intertribals, and money spot dance.



SPIRIT AWARDS

Sport-specific MVPs will be selected for each division with recipients receiving recognition at the closing ceremonies, on the MIG website, and via MIG social media channels.

DO YOU HAVE WHAT IT TAKES?

#EmbodytheSpirit

mastersindigenousgames.com

FUTURE OF MIG

2025 MIG

The 2025 Masters Indigenous Games will return to Ottawa from August 14-17, 2025! As a world-renowned sport hosting destination, MIG is excited to return to Ottawa and build upon the success of the 2023 Games.

Road to MIG

As a means to encourage participation in sport, culture and physical activity for adults, ISWO is undertaking the hosting of a series of single and multi-sport competitions from early 2024 to the spring of 2025 “On the Road” to the 2025 Masters Indigenous Games.

These competitions will be open for communities to host and feature events and activities reflective of their community and culture. ISWO will be releasing further details via its website and social media channels on how various communities can become involved.

ISWO is excited to announce that our first partnership for hosting a Road to MIG Tour event has been formed with the Good Games in Guelph, Ontario. This event will take place from July 6-7, 2024 at the University of Guelph.

