

# ATHLETE GUIDEBOOK



**MASTERS**  
INDIGENOUS GAMES  
OTTAWA 2025

# *Welcome* **From the Chair**

On behalf of Indigenous Sport & Wellness Ontario (ISWO), welcome to the 2025 Masters Indigenous Games! MIG was founded to meet the growing need for competitive sport for adults 19 years of age and up. The Games encourage competitive sport to continue throughout life, contributing to improved health and wellness.

MIG ensures that all Indigenous adults have a place to meet, play and build friendships. Moreover, 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 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.

ISWO appreciates your supportive and collaborative efforts. It's your participation that will make these Games a success and a movement that we will continue to build on in the coming years.

Miigwech / Nya:weh / Merci / Thank You

*Marc Laliberte,*  
Honorary Chair of the Games





# ACKNOWLEDGEMENT OF THE TRADITIONAL TERRITORY

The 2025 Masters Indigenous 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.



Algonquins of Pikwakanagan  
First Nation



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## ABOUT ISWO

Indigenous Sport & Wellness Ontario (ISWO) is the Provincial/Territorial Aboriginal Sporting Body for Ontario, funded by the Ministry of Tourism, Culture, and Sport. It serves all Indigenous Peoples, including First Nation, Inuit, and Métis, with culturally-based programs for competitive and recreational sports and leadership development.



ISWO offers numerous programs, tournaments, workshops, and events annually, such as multi-sport camps, clinics, championships, and the Ontario Summer Indigenous Games. Believing in sport's transformative power, ISWO collaborates with communities and stakeholders to enhance Indigenous well-being and promote culture.





## ABOUT MIG

Following the successful North American Indigenous Games (NAIG), ISWO launched the Masters Indigenous Games in 2017, with the first event in 2018 at Downsview Park. These Games address the need for competitive sport among older adults, promoting lifelong activity and wellness.

The second MIG was in Ottawa in 2023, and we're thrilled to be back in Ottawa for the third edition of MIG. Between events, the Organizing Committee hosts Road to MIG events to engage Indigenous people over 19 years of age in sports. ISWO invites your support and participation to build a strong Masters athlete community.

MIG offers Indigenous adults a chance to be active, connect with the community, and compete, focusing on culture and wellness. Like NAIG, MIG highlights Indigenous athletes' achievements and their commitment to wellness.



# MIG 2025 OVERVIEW

## COMPETITIVE



ATHLETICS



ARCHERY



BASKETBALL



ARCTIC SPORTS



GOLF



VOLLEYBALL

## DEMONSTRATIONS

LACROSSE

CULTURAL STICK GAME

MEXICAN BALL GAME

ARCTIC SPORTS



# VENUES



## **Athletics - Cross Country and Track and Field**

Terry Fox Athletics Facility  
2960 Riverside Drive, Ottawa, ON



## **Basketball**

Carleton University  
1125 Colonel By Drive, Ottawa, ON



## **Golf**

Loch March Golf & Country Club  
1775 Old Carp Road, Kanata, ON



## **Arctic Sports**

Jack Doyle Athletics and Recreation Centre, Algonquin College  
1385 Woodroffe Avenue, Nepean, ON



## **Volleyball**

TD Place  
1015 Bank Street, Ottawa, ON



## **3D Archery**

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

# ATHLETE CHECK-IN & ACCREDITATION

The athlete services desk will be located in the **Horticulture Building at Lansdowne Park.**

## Hour of Operation:

August 14 3PM-6PM | August 15 9AM-5PM

August 16 8AM-7PM | August 17 8:00AM-4:30PM

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 the 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, and sports venues.

## SCHEDULES

**Competition Schedule:** MIG | Ottawa 2025 Masters Indigenous Games  
<https://tournkey.app/org/indigenous-sport-and-wellness-ontario>

Sports competitions begin on **Friday, August 15th** and will conclude on **Sunday, August 17th.**

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://tournkey.app/org/indigenous-sport-and-wellness-ontario>





# CULTURAL VILLAGE

The MIG 2025 Cultural Village will showcase a number of traditional Indigenous sports, with demonstrations by world-renowned athletes and performers. 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 (Arctic sports, lacrosse, cultural stick game, Mexican ball game)
- Food trucks and vendors
- A dozen Indigenous vendors selling crafts, wellness items, jewelry, and more

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

Scheduled to perform are Alanis Nelson, Ballet Azatlan, Māori Dance Group, 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 Beading Drum Jewelely Originals, ChiQui Bakery, Savagebear Indigenous Creations, and so many more.





# OPENING CEREMONIES

**Thursday, August 14, 2025 - TD Place**

At the Opening Ceremonies, you can expect to see a stage party, a variety of performers, including dance groups, speakers, and singers, to make for an incredible night of celebration of Indigenous culture and heritage.

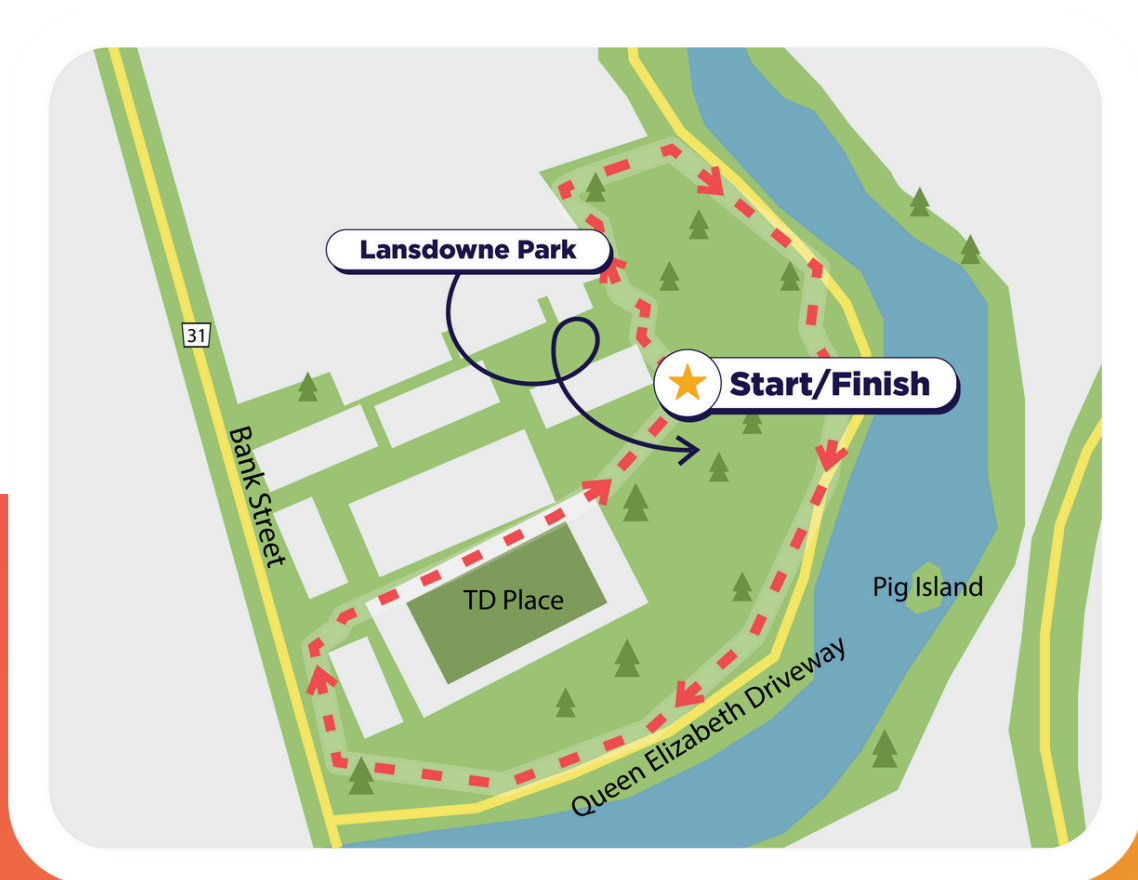
Headlining the performances tonight is acclaimed Indigenous DJ, KEHIW, alongside captivating dance groups, inspiring speakers, and talented singers who will showcase the richness and diversity of Indigenous traditions.



# RECONCILIATION RUN

As part of MIG this year, ISWO is hosting a Reconciliation Run. This walk is a 2km loop through Lansdowne Park on **Sunday, August 17 at 12:00 p.m.** Following the conclusion of the walk, ISWO invites you to stay to explore the Cultural Village and watch the powwow.

The Reconciliation Run is free to participate in. Donations to the MIG Travel Fund, which will provide financial support to travelling athletes for the 2029 Masters Indigenous Games, are optional and greatly appreciated.



**You can register to participate in the  
Reconciliation Run online by going to:**

[mastersindigenousgames.com/friendship-run/](https://mastersindigenousgames.com/friendship-run/)



# FUTURE OF 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 until the spring of 2029** on the Road to the 2029 Masters Indigenous Games.

**Please note:** There will not be a Masters Indigenous Games (MIG) held in 2027, as that year will be dedicated to the North American Indigenous Games (NAIG). The regular schedule of events will resume following NAIG, leading up to MIG 2029.

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.

