

## February 10-February 19, 2024

### 10 Days of Free Sport and Physical Activity for Calgarians

- Your sessions will introduce Calgarians to a new sport, physical activity, or facility, allow them to meet new people, and have a safe and fun experience.
- Sport organizations can include ASOC participants in an existing class, or host a separate class for ASOC participants.
- Sessions must be geared towards **first-time or beginner-level** participants. All fitness levels are welcome, and any special skills/equipment/requirements must be clearly identified in advance.
- A session should begin with an overview and warm-up, followed by a minimum of 45 minutes of activity and concluded with a period for questions and information on how to get involved.
- The activities are presented by sport groups, organizations and facilities donating their time and equipment to instruct and host the event
- As a sport partner, you choose the date and time(s) of your session(s).
- Sport Calgary will supply facility space to groups who don't have their own space.

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In 2024, All Sport One City will continue with the format introduced last year. All sessions will be for adults 18+, with two exceptions:

- Family Sessions: Organizations can offer opportunities for families to try their sport/activity together! Because of the wide age range, family sessions should be limited to activities that can be done in small groups (EX: badminton, horseshoes, fencing, orienteering) **OR** individually (i.e., In-Line skating, martial arts, biathlon, dance).
- Winter-Specific Sports: If you organize a sport that cannot be played in the summertime or must be modified for the summer, then we invite you to expand the age range to include kids and youth. Examples would include sliding sports, ski/snowboard, snowshoeing, ice skating, curling.
- Themed sessions (i.e. mother-daughter, parent-tot, seniors-only) are also welcome.

For kids-only sessions, stay tuned for All Sport One Day, happening June 15 and August 17, 2024.

If you have questions or would like to discuss these exceptions, please email [ballison@sportcalgary](mailto:ballison@sportcalgary) or call Braeden at 403-984-0971.

**Key Dates**

<p><b><u>Organizations Using Their Own Facility</u></b></p> <p><b>Beginning November 28, 2023</b></p> <ul style="list-style-type: none"> <li>- Submit your <b><u>request to participate</u></b></li> <li>- Sport Calgary follows-up via email</li> <li>- Sign and Return Partner Agreement</li> <li>- Submit session schedule and details</li> </ul> <p><b><u>Jan 12 2024</u></b></p> <ul style="list-style-type: none"> <li>- Deadline to submit Request to Participate for organizations using their own facility</li> </ul> <p><b><u>Jan 21</u></b></p> <ul style="list-style-type: none"> <li>- Deadline to submit session schedule</li> </ul> <p><b><u>Jan 13 – Jan 31</u></b></p> <ul style="list-style-type: none"> <li>- Organization’s schedules approved by Sport Calgary</li> <li>- Online registration pages created by Sport Calgary</li> <li>- Confirm promo material and marketing requests</li> </ul>	<p><b><u>Organizations Using Sport Calgary Partner Facility</u></b></p> <p><b>Beginning November 28, 2023</b></p> <ul style="list-style-type: none"> <li>- Submit your <b><u>request to participate</u></b></li> <li>- Sport Calgary follows-up via email</li> <li>- Sign and Return Partner Agreement</li> <li>- Submit space request form</li> </ul> <p><b><u>Jan 9 2024</u></b></p> <ul style="list-style-type: none"> <li>- Deadline to submit Request to Participate if organization requires assistance finding facility</li> </ul> <p><b><u>Jan 12</u></b></p> <ul style="list-style-type: none"> <li>- Deadline to submit Space Request Form (Orgs who submit this earlier receive priority when assigning facility space)</li> </ul> <p><b><u>Jan 13 – Jan 31</u></b></p> <ul style="list-style-type: none"> <li>- Facility options presented to sport group; schedules confirmed. Facility-specific info sent to sport group</li> <li>- Online registration pages created by Sport Calgary</li> <li>- Confirm promo material and marketing requests</li> </ul>
<p><b><u>All Groups</u></b></p> <p><b><u>Feb 3</u></b></p> <ul style="list-style-type: none"> <li>- Session schedule viewable on AllSportOneCity.ca, web content and descriptions approved by sport organizations</li> </ul> <p><b><u>Feb 6</u></b></p> <ul style="list-style-type: none"> <li>- Online registration opens to the public (registrations close +/- 24 hours before the start of the sessions)</li> </ul> <p><b><u>Feb 10-19</u></b></p> <ul style="list-style-type: none"> <li>- SC sends attendance lists 12-24 hrs prior to session via email</li> <li>- Completed attendance lists submitted to SC within 48 hrs of event (photo or scan is preferred)</li> </ul>	

## Key Roles:

### Sport Calgary:

- Event planning and coordination
- Allocate session space to sport organizations
- Administrative support
- Communications, marketing and media
- Website and registration
- Follow-up with all registrants

### Facility Partners:

- Provide some event space (e.g. *gym, pool, ice sheet, multipurpose room - any available space is appreciated!*) so Sport Calgary can invite an external sport organization to run session(s) in that "donated" space.
- Optional: Deliver in-house sessions of Discovery nature; **Note:** these sessions MUST be designed to introduce people new to the sport.
- To provide session equipment where possible
- Organize event day check-in location for sport orgs
- Brief front line staff on event and schedule
- Direct participants on event day to their various sessions
- Assist in the promotion of All Sport One City

### Sport Organizations:

- Provide your own facility space or submit Space Request Form
- Provide equipment
- Define age range of session(s).
- Deliver sessions of Discovery nature; **Note:** these sessions MUST be designed to introduce people new to the sport.
- Organize event day on-site check-in
- Meet all deadlines for completion and submission of all documents and agreements
- Assist in the promotion of All Sport One City, including printing and display of on-site signage to guide participants
- Provide post-event email message to be emailed by Sport Calgary to participants. Use this as an opportunity to thank people for coming, provide your upcoming schedule, tell them how to sign-up, or provide a special offer.

**What Calgarians said about All Sport One  
City 2023:**

- Offering family sessions in 2023 was exceptional. My child is not naturally excited about sports, so finding ways to engage often means finding a way that I, or another family member, can participate as well. The family sports allowed us to try out some sports that we could join together. Brilliant **idea to** promote additional inclusivity and broaden the capacity for adoption of lifestyle activities for those who are less naturally inclined to seek out sports or competitions.
- This is the second year I have participated and both years I have greatly enjoyed meeting like-minded individuals who like trying new things. It has been an excellent way to meet people and discover new interests.
- This year my husband and I decided to start a new life of healthy habits. This opportunity to try new sports was amazing for us.
- Being able to participate at no-cost encouraged me to try a few classes that I otherwise wouldn't and had a blast doing it!
- We registered our kids for some sports we (both my kids and us) never tried in before. It is such a good opportunity for us to get to know those sports. LOVE THIS IDEA! It widened our lives by offering more
- All Sport One City was a great way to experience and learn new sports. As adults, we enjoyed having the adult-only classes and also enjoyed the smaller class sizes to get more feedback from the instructors.