

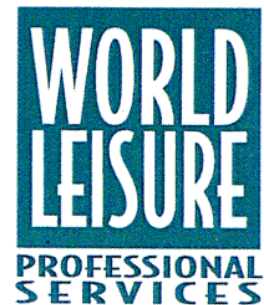
***2002 Arctic Winter Games:
Nuuk, Greenland and Iqaluit, Canada
Personal and Social Benefits of Participation***

Prepared by

World Leisure Professional Services (WPS)
www.worldleisure.org

Prepared for and Supported by

Arctic Winter Games International Committee
NWT Municipal and Community Affairs
Sport North
Northwest Territories, Yellowknife, Canada



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Personal and Social Benefits of Participation***

Prepared by

Dr. Samuel V. Lankford
World Leisure Professional Services (WPS)

Dr. Larry L. Neal
Pacific Northwest Area Representative
World Leisure Professional Services (WPS)

Kelly Sanders
Research Assistant
University of Northern Iowa

Jamie Bozek
Research Assistant
University of Northern Iowa

Prepared for and Supported by

Arctic Winter Games International Committee
NWT Municipal and Community Affairs
Sport North
Northwest Territories, Yellowknife, Canada



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2002 Arctic Winter Games: Personal and Social Benefits of Participation

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Arctic Winter Games: A Study of the Personal & Social Benefits of Participation

Introduction

In 1970, Government Officials from Alaska, Yukon, Northwest Territories [NWT] and Federal Members of Parliament worked together to host the first Arctic Winter Games [AWG]. Further, contingents from Northern Alberta, Greenland, and the Russian Provinces of Magadan, and Tyumen now participate in the games. The goal of the games has remained the same over the years: to furnish the opportunity through sport, the social and cultural meeting of Northern peoples regardless of language, race or creed.

The games are held biannually during the month of March. In preparation for AWG, a selection process is held to determine the composition of the teams for the games. This process is conducted by holding regional trials and then territorial trials. The regional trials are normally held in November/December while the territorial trials are held in January, preceding the actual games. Athletes representing many hamlets, towns, villages and communities attend the trials and final games.

AWG is designed to include the promotion of traditional aboriginal games based upon survival in the north. There are three categories of sports that are included in the games: major sports, northern sports (Inuit games, Dene games, snowshoeing, dog mushing, Inuit wrestling), and emerging/potential sports. Overall, in 2002 there were more than 18 different sporting events. The Games offer a venue where developing athletes from across the north meet to enhance their athletic skills and to share their respective cultures.

The International Committee for the Arctic Winter Games promotes the following mission (role/purpose) in the Games:

- **Athletic Competition**: “To involve as many athletes as possible either in the Games themselves or in the Regional and Territorial Trials, and to provide a forum of northern sport competition for those other than elite athletes with competitive opportunities in the south.”
- **Cultural Exhibition & Social Interchange**: “To promote indigenous cultural

activities and exhibitions, and to get different groups together.” To develop, amongst northern peoples, a geographic identity and to develop and maintain good relations.”

- **Spirit of Fair Play** “The fundamental purpose is to encourage maximum participation by all ages of youth, cultures and walks of life in a broad range of athletic activities. The Games are to exemplify the spirit of fair play during the Games week.”

In support of this three part mission; the Arctic Winter Games International Committee [AWGIC] promotes the following values of:

- cultural awareness and understanding
- fair play
- access and equity
- integrity
- respect for others and self
- partnerships
- personal development
- community development

In support of this three-part mission, AWG supports the development of competent certified coaches who play a key role in promoting these values and operating principles. The games allow both male and female participants to improve their skills and develop personal values and traits that enhance their self-esteem and thus their ability to have success in other aspects of their lives.

The overall findings of this study are very encouraging and give a strong rationale for the continued development, advancement and support for AWG. The results have been consistent with the aforementioned mission and values of the games as established by the International Committee. Furthermore, the findings of this report validate the benefits of AWG as noted in the publication “Arctic Winter Games – The History and Organization.” This study is the third initial examination of the personal, social and community benefits of the games (as opposed to previous bi-annual economic impact studies from the onset of the games). This research focused on the use of a questionnaire developed and tested in the 2000 AWG’s.

Importantly, the data is conclusive and provides a clear rationale for generating non-governmental organization (NGO), government and private support for future AWG. The games do not take place in a vacuum. There appears to be very strong linkages to the need for community programs to support these young people prior to, during, and after the competitions. These programs are related to community development and social service issues as well as recreation and sport programs. The findings also correlate with the findings of the Sport North report “The Benefits of Sport in the Northwest Territories.” Specifically, that sport participation (training and competition) is a major feature in the lives of young people in the Northwest Territories.

Executive Report

The Benefits of Participation are Hot in the Arctic Winter Games!

Introduction

Some thirty-three years ago two visionaries, Stuart Hodgson and James Smith, then Commissioners of Canada’s Northwest Territories and Yukon recognized the need for unique northern competitions among youth of the north. Two years later (1970), government officials from Alaska, Yukon, Northwest Territories, and Federal Members of the Canadian Parliament worked together to sponsor the first Arctic Winter Games (AWG). Today, contingents from Greenland, and the Russian Provinces of Magadan, and Tyumen now participate in the games. The goal of the games has remained the same over the years: to furnish the opportunity through sport, the social and cultural meeting of Northern peoples regardless of language, race or creed. The games are restricted to youth of the circumpolar region of the arctic. The success of the AWG’s over the years has in large part been due to the clear, specific, and importance of the mission and goals of the games.

The Games are held biannually during the month of March. In preparation for the Games, regional trials and then final territorial trials are held to determine the composition of the AWG Teams. Regional Trials are normally held in November/December while Territorial trials are held in January preceding the Games. In the NWT alone, athletes in the regional, territorial and final AWG’s represent over 50 hamlets, towns, villages and communities. Most of the participants come from isolated communities.

As one athlete from a remote Alaskan village noted "...when I came into the arena...it was amazing... I said WOW! It's awesome...I didn't think there were this many people in the world."

The Games are designed to promote traditional aboriginal games, sports and cultural activities based upon survival in the north. There are three categories of sports that are included in the Games: sports with wide participation (e.g. hockey, volleyball, soccer, cross country skiing), traditional northern sports (Arctic Sports which include Inuit and Dene games such as Alaskan high kick, wrestling), and emerging/potential sports (such as snowboarding, ping pong etc.). In the 2000 AWG's in Whitehorse, Yukon, there were 18 different sporting events. The Games offer a venue where developing athletes from across the north meet to enhance their athletic skills, and to share their respective cultures.

For many, the Arctic Winter Games is a chance in a lifetime! Said an anonymous athlete from NWT.

The International Committee promotes the following mission (role/purpose) in the games: athletic competition, cultural exhibition, and social inter-change. In support of this three - part mission; the International committee promotes the following values of:

- cultural awareness and understanding
- fair play and sportsmanship
- access and equity
- integrity
- respect for others and self
- partnerships
- personal development
- community development

The Arctic Winter Games International Committee (AWGIC) provides for certified coaches who promote the values and operating principles. These games allow both male and females to improve their skills and develop personal values and traits that enhance their

ability to succeed in life. These values, taken in their entirety, constitute rationale and basis for extensive support from government, NGO's and businesses. Specifically, involvement in the games does suggest that a number of important social, personal and community benefits are realized. For example, a Chef de Mission noted "it is important for coaches to be clean... to be good role models for our athletes."

The findings of this study are very encouraging and show strong rationale for the continued development and advancement of the Games. The findings of our research support the above-mentioned mission and values of the Games as established by the International Committee. The findings of this report validate the benefits of the AWG's as noted in the publication "Arctic Winter Games – The History and Organization." As this study was the initial examination of the personal, social and community benefits of the Games (as opposed to previous economic impact studies), this research focused on the development of a meaningful questionnaire and was limited to the NWT participants, coaches and volunteers. However, over the six-year study period, data was collected from all the contingents that could speak English.

A Yellowknife athlete in the spirit of sharing and sportsmanship noted "The Yellowknife soccer team gave the Russian team shoes... but they would have kicked ---- with the slipper type shoes they brought with them anyway."

Importantly, the data provide a clear rationale for generating NGO, government and private support for the AWG's. In addition, there appears to be very strong linkages to the need for community programs to support these young people prior to, during and after the competitions. These programs are related to community development and social service issues as well as recreation and sport programs. The findings also correlate with the findings of the Sport North report "The Benefits of Sport in the Northwest Territories." Specifically, that sport participation (training and competition) is a major feature in the lives of young people in the Northwest Territories.

How We Documented the Benefits of Participation

Within the twenty-eight year (28 year) history of the Games, this study provides the first comprehensive database to evaluate the programmatic goals and expected outcomes. The research focused on (among other things) documenting the personal, social and community benefits of involvement for participants, volunteers, community leaders and coaches in the Arctic Winter Games and regional trials leading up to the Games.

The researcher's met with Canadian Northwest Territories (NWT) representatives for a weeklong workshop on survey development and research methods. Using nominal group techniques, the researcher's helped the team develop a draft research instrument and field-tested the questionnaire. Further testing and modifications were completed during and after the regional trials in the NWT. A team of staff from Municipal and Community Affairs (MACA) and Sport North of NWT were also involved as researchers in the data collection process during the regionals, territorials and final AWG's.

The research was completed in three phases for all the Games in 1998 (Yellowknife), 2000 (Yukon), and Iqaluit/Nuuk (2002). During phase one all participants who registered for the Regional Trials filled in a survey and returned it to their Regional Coordinator along with their completed registration form. In phase two a sample of the participants at the Territorial Trials filled in a survey related to their involvement at this level. Finally, phase three involved surveying a sample of the participants who competed in the actual Arctic Winter Games.

The research team collected 548 surveys in Yellowknife and 574 in Whitehorse. The data for Nuuk and Greenland are yet to be fully collected and analyzed. which were entered on the computer and analyzed. The survey explored issues relative to athletic competition, cultural and social interchange, spirit of fair play, and training. Questions also addressed "being northern," and "northern sports" and how the Games related to the uniqueness of the north. The survey also contained personal data questions and areas where the respondent could add qualitative information. Males made up 55.3% of the sample while females made up 42.2% of the sample. Nearly 80% (79%) of the male respondents were athletes, while 77.9% were female athletes (the others were cultural performers). Respondents indicated that 46.2% have participated in previous regional, territorial or

AWG's in the past, while 50.1% indicated this was their first year of competition. The ethnic background for the athletes consisted of: 11.2% Inuvialuit; 14.1% Dene; 6.8% Metis; 10.7% Inuit; 50.8% Non Aboriginal; while 10.5% provided no answer.

Athletes indicated those that motivated them to become involved in the games were coaches (48.2%); friends (45.3%); other athletes (42%); parents and relatives (40.7%); previous participants (20%); recreation leaders (14.9%); and teachers (11.1%). Approximately 6% indicated they became involved due to their own initiative. These findings indicate the relative importance of peer pressure and role modeling in leisure, active lifestyles, and sport involvement.

The Benefits are Alive and Well in Canada's North!

Five distinct benefit segments emerged from the documentation of the benefits of participation in the Arctic Winter Games (see tables 1 through 5). The first set of personal, social and community benefit statements can be described as "Excitement, Challenges, and Positive Experiences." Respondents overwhelmingly stated that participation in the Arctic Winter Games allows participation to have fun. The study findings also indicated that participation gives them an opportunity to enjoy sports; provides interesting experiences to tell friends, and brings happy memories.

Table 1: Benefits Related to Excitement, Challenges and Positive Experiences

Involvement gives opportunities to enjoy sports	
“	“ gives new adventures and excitement
“	“ gives a chance to see other towns and places
“	“ provides interesting experiences which I can tell my friends about
“	“ brings happy memories after the Games
“	“ provides youth with a physical challenge
“	“ helps youth gain respect for themselves
“	“ give youth a chance to compete with others
“	“ helps youth learn more about sports

- “ is fun
 - “ brings recognition to the provinces or territories
 - “ keeps youth healthy
 - “ brings recognition from other people
-

As one anonymous athlete told us “If felt kinda importantt ...just walking in with all the athletes... and hearing the national anthem and seeing the Governor General of all of Canada.”

The second set of personal, social and community benefits are described as “Enhancement of Self-Esteem and Growth in Personal Outlook.” Questions reflect perceptions of self, improvement through sport, and cultural experiences.

Table 2: Benefit Statements Related to Enhanced Self-Esteem and Personal Outlook

- “ helps youth in school work
 - “ helps youth to want to do better in school
 - “ makes the community a better place to live
 - “ brings family closer together
 - “ helps youth understand themselves
 - “ brings the community closer together
 - “ helps youth develop leadership skills
 - “ helps youth get the most out of life
 - “ provides youth with an escape from family pressure
-

The third major set of benefits related to “healthy, challenging and competitive opportunities” for youth. Athletes overwhelmingly showed positive regard and attitudes toward healthy lifestyles and competition. Of particular interest is the improvement in physical fitness levels, skill development and competitive sports. The following quote sums it up:

“Arctic sports! It’s great to see how easy they make serious competition look...how they help each other too is great.” Greenland parent.

Table 3: Benefit Statements Related to Providing Healthy, Challenging and Competitive Opportunities for Youth:

- “ challenges youth through sports
 - “ keeps youth physically fit
 - “ allows youth to be competitive
 - “ helps youth develop skills and abilities in sports
 - “ gets youth involved with other youth in sports
-

The fourth set of benefit statements addressed the “Sense of Belonging and Strengthening of Community Ties.” This set of questions represents awareness and appreciation of the community. In terms of being tied to their northern communities, many athletes commented something like “If it weren for the games, no one would be doing arctic sports in our community.” It is also important to note the significance of this set of questions in that connections with community development exist. As an NWT athlete noted: “all the students in our community and school know about the games, we can thank two gung-ho officials.” This points out the importance of the games and the networking that takes place. In summary, involvement not only in the final games, but in the training and trials process may be a powerful force to strengthen northern communities.

“...these little towns turn out and turn on!” Yukon Coach

Table 4: Benefits Statements Related to Sense of Belonging and Strengthening of Community Ties:

- “ helps youth be a role model for others in the community
- “ provides other role models to look up to
- “ encourages communities to support youth who are involved

- “ helps youth to overcome anxiety of competition
 - “ helps build excitement and involvement of the people in a community
 - “ helps youth control their free time
-

The final set of benefit statements identified include “Promoting Socialization and Strengthening Cultural Awareness.” Many positive outcomes were expressed. In terms of cultural awareness, as one participant in the cultural workshop noted: “the organizers pay more than lip service to the games, they are committed to making the studio workshop a success.” Another athlete noted that the “games and the competition leading to the games provide an opportunity to educate athletes in terms of race, religion and language.” Certainly, participants become aware of their neighbors and begin to accept differences due to these experiences.

Table 5: Benefit Statements Related to Promoting Socialization and Cultural Awareness

- “ provides for better understanding of other cultures
 - “ provides opportunities for cultural experiences
 - “ helps youth take pride in their own culture
 - “ helps youth interact with different cultures
 - “ helps youth learn something new
 - “ helps youth meet new people and make new friends
 - “ helps youth develop pride in being “northern”
-

“...there was an athlete from another team who met some of his relatives for the first time, right here in Whitehorse. Not only the athletic competition, but to be able to meet relatives and make friends is great.” Focus group quote – from Iqaluit.

Summary

It is encouraging to see that the goals of the Arctic Winter Games are being realized, possibly exceeded in some cases. The spirit of play, competition, inclusion, development

and understanding of other people were realized through participation in the games. Furthermore, there appears to be significant community benefits related to the concept of community development, sense of community and building healthy lifestyles.

The findings also support personal benefits (youth development), social and cultural benefits (leadership, mentoring, understanding, and increased socialization), economic benefits (health and fitness improvement, contributions by volunteers), and environmental benefits (development of facilities and areas for sport). As one anonymous observer noted “Sport is not an option. It is an essential part of our lives. It is an integral part of the social, spiritual and mental fabric of our society.”

Respondents clearly indicated that the training, trials and competition have provided significant opportunities to get to know other cultures and ways of life. Importantly, they experienced cultural and social interchange situations unlike any in their past or possibly in their future. When asked to express this in their own words, the following comments were recorded about the arctic winter games and their experiences:

- The sports and traditions are found only in the north and the AWG’s allow people to try/see and continue these traditions
- It helps people show their culture
- They contain sports not practiced elsewhere
- Having the cultural shows enhances the experience
- If the AWG’s do not promote our culture and sports, they will die in the community
- Because there are so many different cultures, we can all work together
- Increases the chances of “people remembering”
- Gives kids a chance to learn from older kids, good to mix junior and seniors
- By exposing them to the games and cultures, an awareness is made that is not done in everyday life in the villages
- Some sports would not be practiced anywhere in the north if not for the Games
- Gives other people a chance to understand our culture
- Brings us together and builds traditional cultures

- It challenges the kids and gives them something to work towards which encourages other kids to participate
- Always have the people from Russia to share their culture
- You watch and you learn
- We have to keep them going!

Overall, positive outcomes were expressed for building excitement and involvement of people in the community; supporting athletes; involvement of all communities; having pride in being Northern; making new friends; and interacting with and understanding other cultures. Importantly, the respondents indicated that the cultural program aspect of the Games were very important, and that their involvement with the games do significantly increase their desire to become involved in other community events in their village.

Being able to confirm the benefits of participation provides opportunities to develop additional training programs, coaching programs, and events for communities. Obviously, this documentation allows an opportunity to fund raise and support activities for sport and cultural activities for youth in the north. The following quote embodies the spirit of play, sport and culture in the north:

“The competition is against no one and involves everyone. The true spirit is brought out in everyone.” Anonymous.

For more information on the personal and community benefits research and references, please contact Chris Szabo, Director, Sport, Recreation and Youth, Municipal and Community Affairs, Yellowknife, NWT X12A 3S9, or cszabo@maca.gov.nt.ca. Please visit www.awg.ca to view and download the reports.

Study Objectives and Primary Research Questions

Within the 30-year history of AWG, this study has provided the first comprehensive database concerning the personal, social and community benefits of participation in the games. The research has focused on:

- documenting the personal, social and community benefits of involvement for participants, volunteers, community leaders and coaches in the regional trials leading up to the games and the actual games;
- validating the mission (role/purpose) and values established for the games;
- identifying the personal and social benefits for male and female athletes;
- identifying and understanding the cultural interchange experiences of the participants;
- documenting the opportunities of community development, confidence and pride;
- validating the notion of friendly competition while sharing cultural values;
- estimating the social impact the games have on promoting northern unity and cultural understanding; and
- gathering personal input from athletes for future use by the AWGIC.

Methodology

In 1998, during the first phase of this study, the researchers met with Canadian Northwest Territories representatives for a weeklong workshop on survey development and research methods. Using nominal group techniques, the researchers helped the team develop a draft research instrument and they field-tested the questionnaire. Further tests and modifications were completed during and after the regional trials in the NWT. A team of staff from MACA and Sport North of NWT were also involved as researchers in the data collection process during the regional trial, territorial trial, and final AWG. Without this dedication and support, the large sample (n = 1189) would have been impossible. Athletes, business people, coaches, community leaders, officials, and volunteers were asked to participate in the study. The data in this report reflect their perceptions. However, the primary objective of this research was on discovering the personal and social benefits of athletes. Therefore, the majority of the surveys were completed by this group.

The second phase of research was completed in three components leading up to the 2000 Arctic Winter Games in Whitehorse, Yukon.

- Phase One: a sample of participants who registered for the regional trials filled in a survey and returned it to their regional coordinator.
- Phase Two: a sample of participants at the territorial trials completed a survey, which was related to their participation.
- Phase Three: a sample of AWG participants, who competed at Whitehorse in March, 2000, was obtained.

The research team collected 574 surveys in Whitehorse, which were entered on the computer and analyzed. Respondents comprised of 217 from Northwest Territories, 140 from Alaska, 98 from Nunavut, 71 from Alberta, 38 from Yukon, and 10 from Nunavik. The survey explored issues relative to athletic competition, cultural and social interchange, spirit of fair play, and training. Questions posited by MACA and Sport North officials also addressed "being northern," and "northern sports" and how the games related to the uniqueness of the north. The survey also contained personal data questions and areas where the respondent could add qualitative information. In addition, case studies and interviews, and focus group sessions were completed in order to better understand the

overall scope and impact of the games on the groups being studied. These selected quotes and observations are.

The third phase of research was completed in three components leading up to the 2002 Arctic Winter Games in Greenland

- Phase One: a sample of participants who registered for the regional trials filled in a survey and returned it to their regional coordinator.
- Phase Two: a sample of participants at the territorial trials completed a survey, which was related to their participation.
- Phase Three: a sample of AWG participants, who competed at Nunavit, Greenland in March, 2002, was obtained.

The research team collected 799 surveys at Nunavit and they were entered into the computer and analyzed. The survey explored the same areas and the previous games in 2000, this data allows one to compare the Games and attitudes and opinions of respondents.

The testing and validating of competition and involvement among all the athletes, and not just elite athletes, was of great importance to this study. A series of questions were developed around the following goal, derived from the AWGIC's guidelines:

- The goal of athletic competition for AWG, as well as the regional and territorial trials, is **to involve as many athletes as possible and provide a forum of northern sport competition** for those other than elite athletes.

A series of questions relative to the competitiveness of the games, developmental skills, learning about sports, and challenges of competition are addressed in the following graphs. It is important to note the relationships to competition when viewing these findings. Although some minor differences exist, there appear to be tendencies when viewing the data by gender, athlete and non-athlete (volunteer, officials, coaches) and place/level of competition (Regional Trials, Territorial Trials and AWG's).

Questions were developed using information from Sport North staff, Municipal and Community Affairs staff, interviews with coaches and athletes, the literature on sport and competition and pre-testing the items. Importantly, the following information on

competition should be viewed within the broader context of competition, diverse sport and young athletes. It is apparent that the personal and community benefits derived from competition in the training and games are positive. Furthermore, the goal of the AWGIG seems to be supported in view of these findings.

For this study males made up 57.2% of the sample while females made up 40.7% of the sample. Respondents indicated that 45% have participated in previous regional, territorial or AWG's in the past, while 53% indicated this was their first year of competition. The ethnic background for the athletes consisted of: 4% Inuvialuit; 6% Dene; 5% Metis; 19% Inuit; 61% Non Aboriginal; while 6% provided no answer. Athletes indicated those that motivated them to become involved in the games were coaches (58%); parents and relatives (54%); friends (52%); other athletes (50%); previous participants (28%); recreation leaders (12%); and teachers (17%).

Organization of the Report

This report addresses the main themes of AWG: 1) to provide a forum of northern sport competition; 2) to promote cultural activities and exhibitions; 3) to develop a sense of being northern; and 4) to encourage fair play and promote participation among all walks of life in a broad range of activities. A series of questions were developed around these themes. The following sections describe the findings to the above themes in tabular and graphic form. More specifically, comparisons were made between male and female athletes that participated in the games. Furthermore, comparisons between means of the athletes for all three games were made. These comparisons are intended to highlight the fact that participation in any or all of these athletic events promotes personal and social well-being.

The AWGIC goals, as mentioned on page one, were used as a means to organize the questionnaire and subsequent report. The analysis of the findings from Whitehorse revealed the following personal and social benefits of participants. It is significant, and should be noted that these benefit dimensions were also found in the 1998 Yellowknife AWG's social benefits study.

- Excitement, challenges and positive personal experiences.
- Enhanced self-esteem and growth in personal outlook.
- Providing healthy, challenging and competitive opportunities for youth.
- Sense of belonging and strengthening of community ties.
- Promoting socialization and strengthening cultural awareness.

In addition to a series of questions that revealed the dimensions above, a number of questions identified demographic characteristics of the population being studied. These questions and findings are addressed in detail below. The data representing the personal and social benefits were analyzed using factor analysis (principle components with oblique rotation). This analysis allowed the researchers to better understand the dimensions of personal and social benefits of participants. **Five factor structures were observed (eigen values over 1) which explained 50.02% of the variance in the data.**

Personal and Social Benefits of Participants

This part of the report details the findings with regard to athletic competition. In particular, the personal and social benefits of participation in the AWG are reported. Of interest here is the way in which the benefit statements are organized, or structured, via the responses from the athletes and other groups. The first section discusses “excitement, challenges and positive personal experiences.” Section two addresses “enhanced self-esteem and growth in personal outlook.” Section three describes “providing healthy, challenging and competitive opportunities for youth.” The fourth section reports on the “sense of belonging and strengthening of community ties.” Lastly section five discusses “promotion of socialization and strengthening cultural awareness.”

Note: All five sections the data between “athletes” and “others” are reported. Athletes are actual competitors and are characterized as being younger and specifically focused on their sport of activity. Other refers to the coaches and volunteers who are generally older and by their own definition see the AWG’s in a broader content.

Section 1: Excitement, Challenges and Positive Personal Experiences

This dimension of personal and social benefits consists of 11 questions (eigen value =14.60, alpha = .8984) and is interpreted as “Excitement, Challenge and Positive Personal Experiences.” This dimension contains items that reflect a participants' ability to enjoy sports and competition, meet new people, benefit from good health through training, and experience adventure. Male and female comparisons are made in the table(see below).

Overall, positive outcomes were expressed regarding items on excitement, challenges, and positive personal experiences of AWG’s (see below). Respondents overwhelmingly stated that participation in the AWG’s allows participants to have fun. The data also indicated that the AWG’s gives them an opportunity to enjoy sports; provides

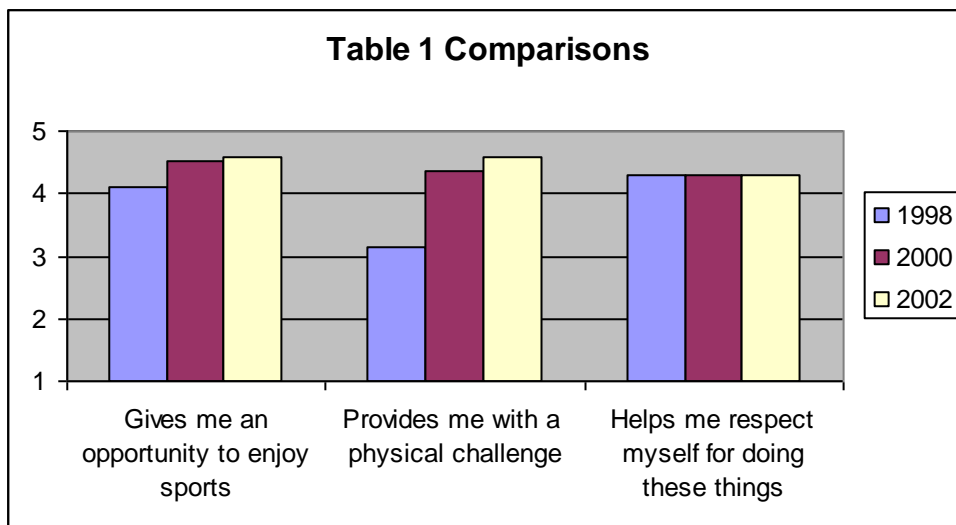
interesting experiences which I can tell my friends afterwards; brings happy memories afterwards. The pattern of male and female athlete findings was nearly even in the distribution of scores, however the female athletes consistently rated the items more positively than the male athletes. Some significant differences existing among the following items: *AWGs give me the chance for new adventures and excitement, gives me a chance to see other towns/place, and provides interesting experiences which I can tell my friends about afterwards.* For these items, female athletes expressed more positive outcomes than male athletes did.

Table 1: Excitement, Challenges, and Positive Personal Experiences

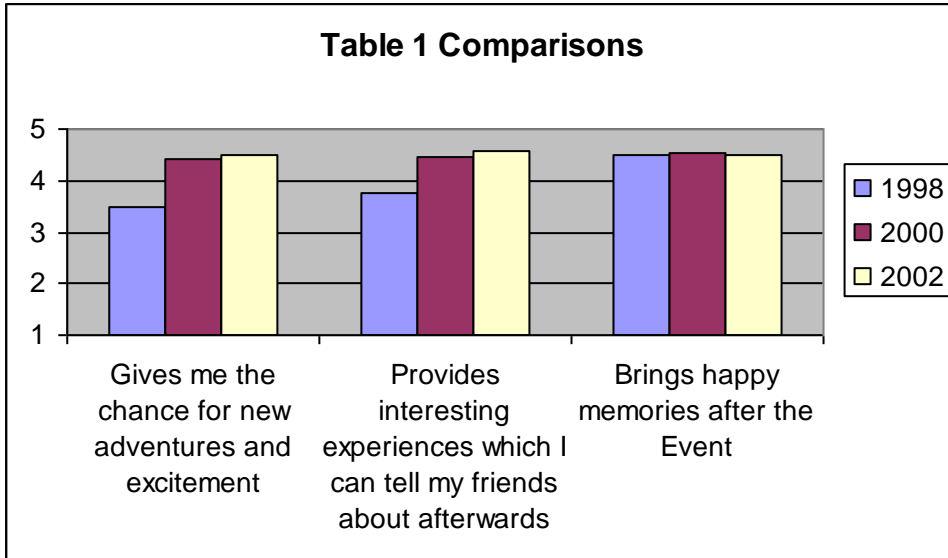
[N=799]

	<i>Strongly Agree (%)</i>	<i>Agree</i>	<i>Neutral</i>	<i>Disagree</i>	<i>Strongly Disagree</i>	2002 AWG Mean	2000 AWG Mean	1998 AWG Mean
<i>Gives me an opportunity to enjoy sports</i>								
Male	36.2	18.6	3.2	0.6	0.1	4.53		
Female	28.6	11.7	0.9			4.67		
Athletes	64.8	30.3	4.1	0.6	0.1	4.59	4.53	4.10
<i>Gives me the chance for new adventures and excitement</i>								
Male	31.3	21.7	4.7	0.8	0.1	4.42		
Female	28.3	11.4	1.7	0.1		4.64		
Athletes	59.6	33.1	6.3	0.9	0.1	4.50	4.42	3.50
<i>Gives me a chance to see other towns/places</i>								
Male	37.1	17.7	3	0.5	0.4	4.54		
Female	30.5	9.8	0.8		0.3	4.70		
Athletes	67.6	27.5	3.7	0.5	0.6	4.61	4.41	3.57
<i>Provides interesting experiences which I can tell my friends about afterwards</i>								
Male	31.7	21.5	5.1	0.3	0.1	4.44		
Female	27.4	12.1	1.8			4.62		
Athletes	59.1	33.6	6.9	0.3	0.1	4.57	4.46	3.76
<i>Brings happy memories after the Event</i>								
Male	32.6	20.7	4.4	0.5	0.4	4.44		
Female	26.4	12.2	2.7			4.57		
Athletes	59.1	32.9	7.1	0.5	0.4	4.50	4.53	4.48
<i>Provides me with a physical challenge</i>								
Male	36.3	17.9	4	0.3	0.1	4.54		
Female	24.6	14.3	2.2	0.1		4.69		
Athletes	61	32.2	6.2	0.4	0.1	4.60	4.36	3.15
<i>Helps me respect myself for doing these things</i>								
Male	26.6	23.1	7.4	1.5	0.1	4.27		
Female	19.9	17.4	3.9		0.1	4.38		
Athletes	46.5	40.5	11.2	1.5	0.3	4.31	4.28	4.29
<i>It gives me the chance to compete with others</i>								
Male	35.4	18.9	3.8	0.4	0.1	4.52		
Female	26.5	12.8	1.9	0.1		4.59		
Athletes	61.9	31.8	5.7	0.5	0.1	4.55	4.45	4.29
<i>Lets me learn more about different sports</i>								

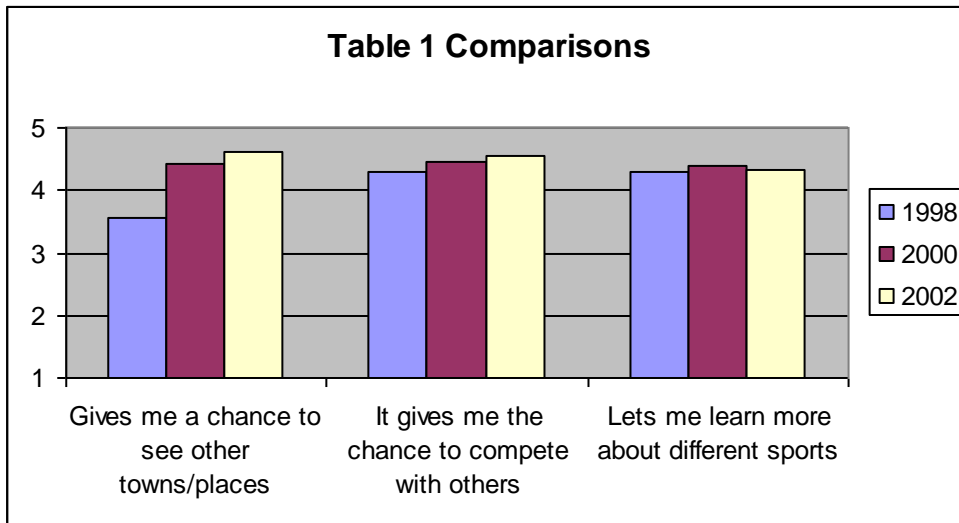
Male	26.2	26.5	4.8	0.8	0.4	4.32		
Female	18.5	17.6	4.7	0.4		4.32		
Athletes	44.8	44.1	9.5	1.2	0.4	4.32	4.38	4.31
To Have Fun								
Male	41.3	15.1	2.1	0.3		4.66		
Female	31.9	8.9	0.5			4.76		
Athletes	73.2	24	2.6	0.3		4.70	4.7	4.71
Training and competition keeps me healthy								
Male	28.6	20.3	8	1.4	0.3	4.29		
Female	18.7	16.5	5.8	0.4	0.1	4.28		
Athletes	47.2	36.8	13.8	1.8	0.4	4.29		
Eigen Value								
Alpha								
						0.8984		



Scale: 1 = Strongly Disagree, 5 = Strongly Agree



Scale: 1 = Strongly Disagree, 5 = Strongly Agree



Scale: 1 = Strongly Disagree, 5 = Strongly Agree

Section 2: Enhanced Self-Esteem and Growth in Personal Outlook

This dimension of personal and social benefits consists of 6 questions (eigenvalue = 3.10, alpha = .8865) and is interpreted as “Enhanced Self Esteem and Personal Outlook.” This dimension contains items that represent the participants’ perceptions of self, and improvement, through diverse sport and cultural experiences.

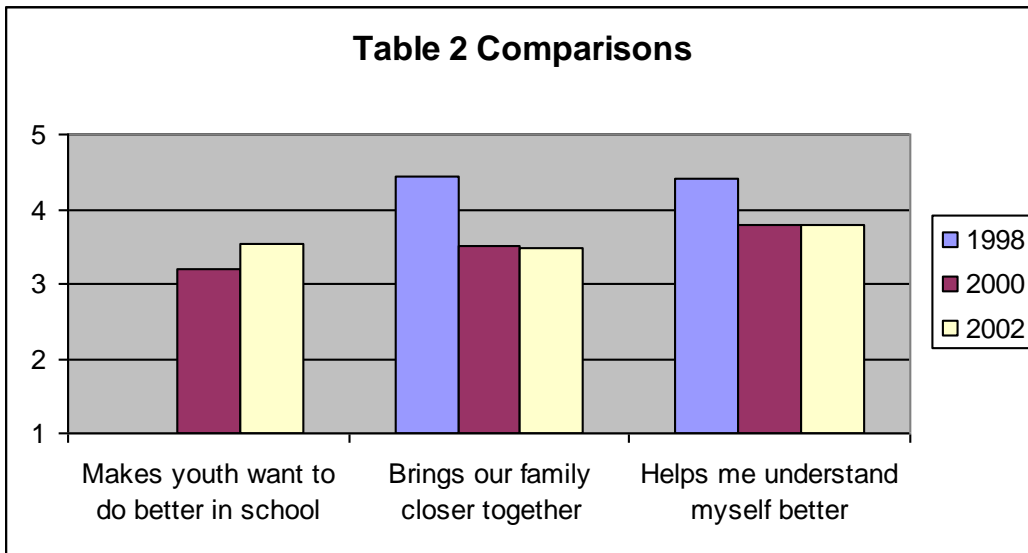
Compared to other four dimensions, respondents expressed relatively less positive attitude toward this dimension: enhanced self-esteem and growth in personal outlook. In fact, the mean scores of items in this dimension were mostly less than four. The data suggested that major respondents were not sure (neutral) on the following items: *AWG’s makes youth want to do better in school, involvement in these games make my community together.* It also noted that a relatively large number of respondents strongly disagreed on items that *AWG’s makes my community a better place to live, and brings family closer together.* The item that was rated the highest in this dimension by respondents was: *AWG’s help me develop my own leadership skills.*

For the comparisons between the last three AWGs results (SEE GRAPHS), there were significant differences in items on *these games help develop my own leadership skills, brings my community closer together, helps me understand myself better, and brings my family closer together.* For these items, female athletes had the tendency to have a slightly more negative attitude towards the items than the male athletes. One of the best examples of this was the item *brings my community closer together*, which was rated a 3.76 by the males athletes and 3.57 by the female athletes.

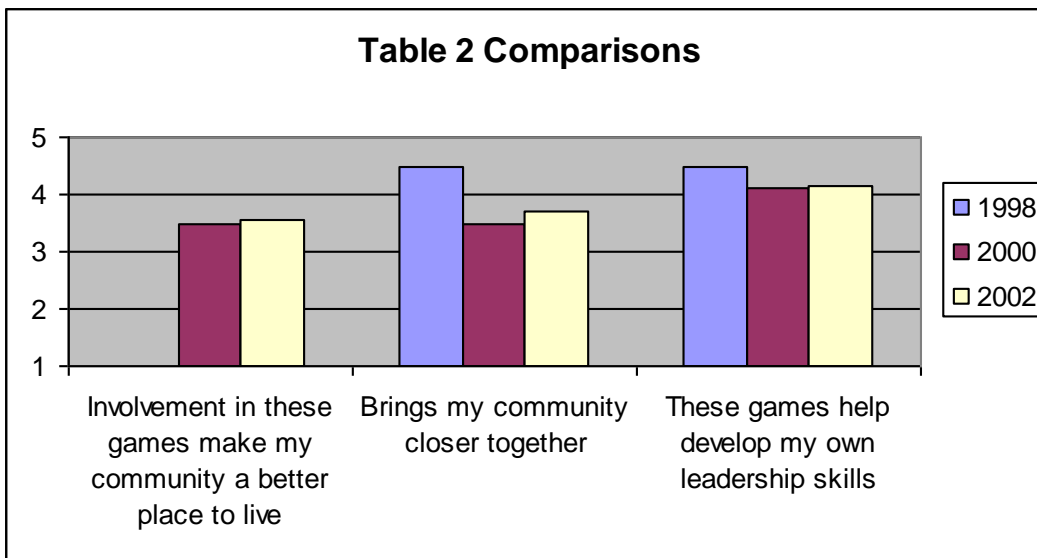
Table 2: Enhanced Self-Esteem and Growth in Personal Outlook

[N=799]

	<i>Strongly Agree (%)</i>	<i>Agree</i>	<i>Neutral</i>	<i>Disagree</i>	<i>Strongly Disagree</i>	2002 AWG Mean	2000 AWG Mean	1998 AWG Mean
<i>Makes youth want to do better in school</i>								
Males	11.7	18.7	18	6.9	3.5	3.48		
Females	8.8	8.9	15.8	5.6	2.2	3.41		
Athletes	20.5	27.6	33.8	12.4	5.7	3.54	3.20	
<i>Involvement in these games make my community a better place to live</i>								
Males	14.8	16.5	20.8	4.5	2.2	3.63		
Females	7.6	9.9	17.3	4.4	1.9	3.41		
Athletes	22.5	26.5	38.1	8.9	4.1	3.54	3.50	
<i>Brings our family closer together</i>								
Males	11.8	18.9	20.3	6.2	1.6	3.56		
Females	7.2	9.9	16.3	5.8	2.1	3.35		
Athletes	19	28.8	36.6	12	3.6	3.48	3.50	4.43
<i>Helps me to understand myself better</i>								
Males	16.2	21.3	16.5	4	0.6	3.83		
Females	10.3	14.9	12.1	3.5	0.5	3.75		
Athletes	26.5	36.2	28.6	7.5	1.2	3.80	3.80	4.40
<i>Brings my community closer together</i>								
Males	14.1	22.1	17.5	4	0.8	3.76		
Females	7.9	14.3	14.6	3.4	1.4	3.57		
Athletes	21.9	36.4	32.1	7.4	2.2	3.69	3.50	4.48
<i>These games help develop my own leadership skills</i>								
Males	24.3	21.9	10.7	1.7	0.1	4.17		
Females	16.5	14.9	9.1	0.6	0.1	4.14		
Athletes	40.8	36.8	19.8	2.3	0.3	4.16	4.10	4.49
Eigen Value								
Alpha						0.8865		



Scale: 1 = Strongly Disagree, 5 = Strongly Agree



Scale: 1 = Strongly Disagree, 5 = Strongly Agree

Section 3: Providing Healthy, Challenging and Competitive Opportunities for Youth

This dimension of personal and social benefits consists of five questions (eigenvalue = 1.81, alpha = .8039) and is interpreted as “Providing Healthy, Challenging and Competitive Opportunities for Youth.” This dimension represents the participants development of skills, improvement of fitness levels, and understanding of their sport in the competitive environment. Male and female comparisons are made in the table (see below).

Respondents overwhelmingly showed positive attitudes toward providing healthy, challenging, and competitive opportunities for youth. In fact, the mean scores were relatively high for most items. It is also noted that almost no respondents strongly disagreed with the items of this dimension. The pattern of male athletes and female athletes findings were nearly even in the distribution scores. Only for the items of *gets youth involved with other kids in sports* and *challenges me in sports*, were the scores a little more dispersed, but not drastically.

Section 4: Sense of Belonging and Strengthening of Community Ties

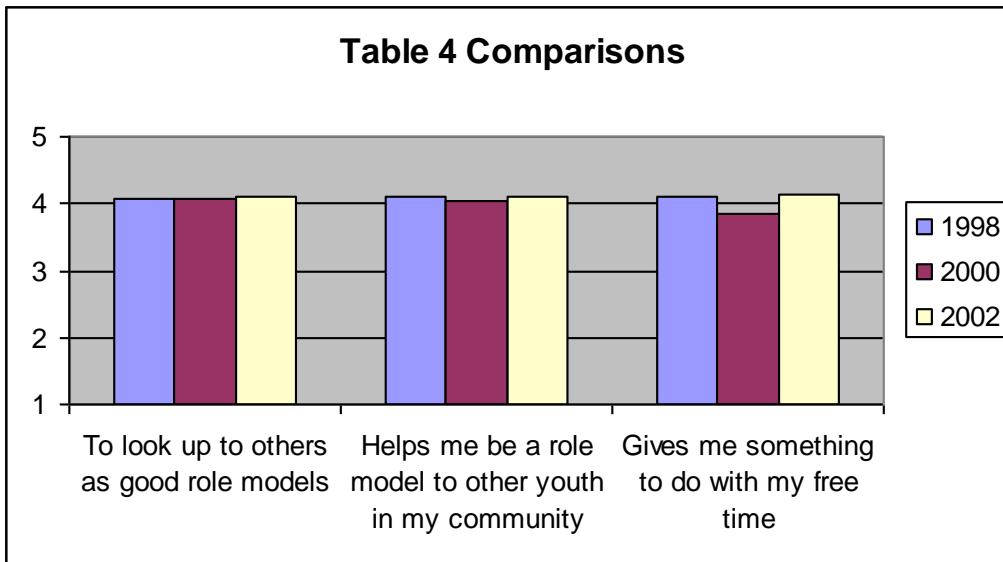
This dimension of personal and social benefits consists of 6 questions (eigenvalue = 1.75, alpha = .8007) and is interpreted as “Sense of Belonging and Strengthening of Community Ties.” This dimension represents the respondents’ awareness and appreciation of the community and their place within the community." Male and female comparisons are made in the table (see below).

Major respondents agreed with items on this dimension. The data showed that the distribution of scores is clustered on “agree” for most items. For male athlete and female athlete comparisons, there were significant differences exist regarding the following items: *to look up to others as good role models, helps me be a role model to other youth in my community, and encourages communities to support those who are involved in the Games.* For these items, female athletes showed more positive attitudes than male athletes did.

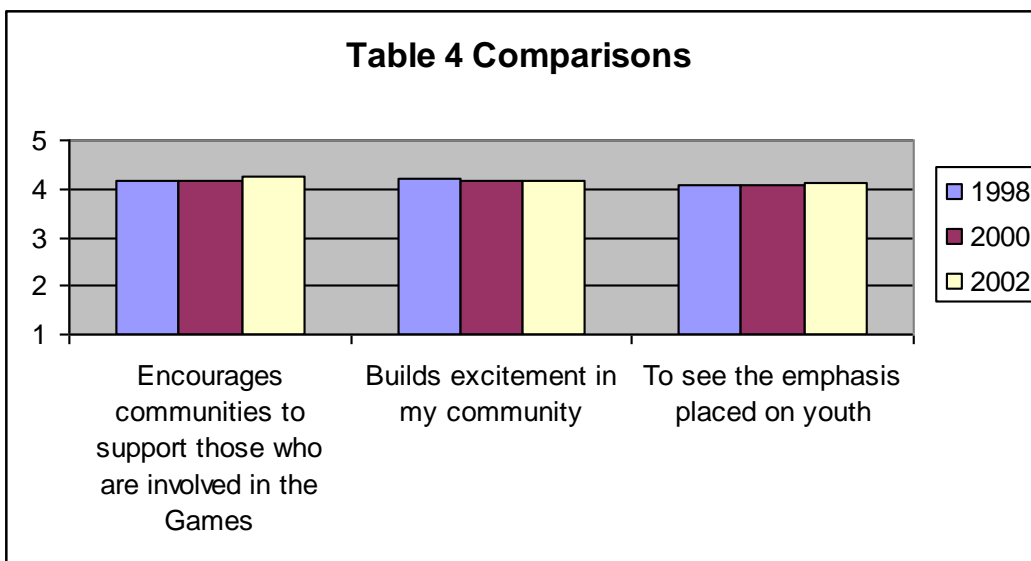
Table 4: Sense of belonging and Strengthening of Community Ties

[N=799]

	<i>Strongly Agree (%)</i>	<i>Agree</i>	<i>Neutral</i>	<i>Disagree</i>	<i>Strongly Disagree</i>	2002 AWG Mean	2000 AWG Mean	1998 AWG Mean
<i>To look up to others as good role models</i>								
Male	19.9	24.9	12.0	1.5	0.4	4.06		
Female	15.4	16.6	8.5	0.8		4.13		
Athletes	35.2	41.5	20.5	2.3	0.4	4.09	4.06	4.08
<i>Helps me be a role model to other youth in my community</i>								
Male	22.3	21.6	11.6	2.7	0.5	4.06		
Female	18.7	12.7	8.5	1.4		4.18		
Athletes	40.9	34.4	20.1	4.1	0.5	4.11	4.05	4.09
<i>Encourages communities to support those who are involved in the Games</i>								
Male	22.4	26.9	7.6	1.8		4.19		
Female	18.0	18.3	4.4	0.4	0.1	4.30		
Athletes	40.5	45.2	12.0	2.2	0.1	4.24	4.15	4.18
<i>Builds excitement in my community</i>								
Male	21.7	26.1	8.7	1.8	0.3	4.15		
Female	16.7	18.0	5.7	0.9	0.1	4.21		
Athletes	38.4	44.1	14.4	2.7	0.4	4.17	4.18	4.20
<i>To see the emphasis placed on youth</i>								
Male	20.0	28.6	9.3	1.3		4.14		
Female	13.7	20.1	6.8	0.3		4.16		
Athletes	33.7	48.7	16.1	1.6		4.14	4.08	4.09
<i>Gives me something to do with my free time</i>								
Male	23.2	23.1	10.8	1.2	0.3	4.16		
Female	16.1	16.6	7.3	1.0	0.3	4.14		
Athletes	39.4	39.7	18.2	2.2	0.5	4.15	3.85	4.10
Eigen Value								
Alpha						0.8007		



Scale: 1 = Strongly Disagree, 5 = Strongly Agree



Scale: 1 = Strongly Disagree, 5 = Strongly Agree

Section 5: Promoting Socialization and Strengthening Cultural Awareness

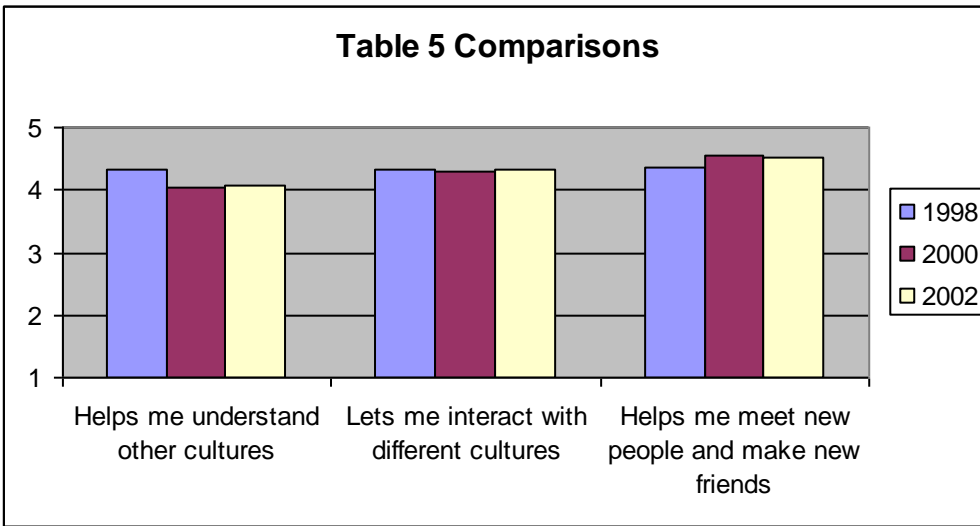
This dimension of personal and social benefits consists of 7 questions (eigen value = 1.22, alpha = .8824) and is titled “Promotion of Socialization and Strengthening Cultural Awareness.” This dimension represents participants’ appreciation and understanding of different cultures from actual experiences, and the joy which comes from the many and varied interactions. Male and female comparisons are made in the table (see below).

Overall, positive outcomes were expressed regarding the items of this dimension: promotion of socialization and strengthening cultural awareness. Respondents overwhelmingly agreed to the item on *helps me meet new people and make new friends, lets me interact with different cultures, and gives me opportunity to find out something new about someone else*. On the other hand, the distribution in scores were relatively spread out in the items on *gives me opportunity to perform in the AWG cultural programs*, and in fact, the means score of this item was slightly low (less than 4). It was observed that while sport and cultural events were prevalent, the athletes either could not, or elected other things to do other than the cultural events, which is consistent with these findings. For comparisons between male athletes and female athletes, there were significant differences between them regarding the items on *allows me to enjoy the cultural experiences* and *lets me interact with different cultures*. For these items, there were more female athletes who showed positive attitude than male athletes. .

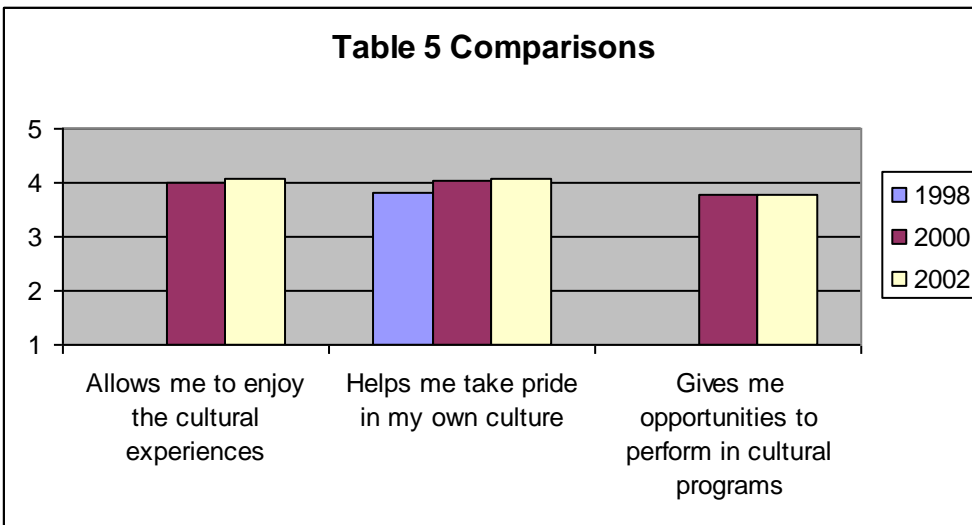
Table 5: Promotion of Socialization and Strengthening Cultural Awareness

[N=799]

	<i>Strongly Agree (%)</i>	<i>Agree</i>	<i>Neutral</i>	<i>Disagree</i>	<i>Strongly Disagree</i>	2002 AWG Mean	2000 AWG Mean	1998 AWG Mean
<i>Helps me understand other cultures</i>								
Males	17.9	27.2	11.4	1.8	0.5	4.02		
Females	13.0	20.0	7.4	0.8		4.10		
Athletes	31.0	47.2	18.7	2.6	0.5	4.06	4.05	4.33
<i>Gives me the opportunity to find out something new about someone else</i>								
Males	27.6	22.3	8.0	0.9		4.30		
Females	21.1	16.1	3.6	0.4		4.41		
Athletes	48.7	38.4	11.6	1.3		4.35	4.28	4.10
<i>Allows me to enjoy the cultural experiences</i>								
Males	19.6	25.9	10.9	1.7	0.5	4.06		
Females	15.1	17.5	7.9	0.8		4.14		
Athletes	34.7	43.4	18.8	2.5	0.5	4.09	4.01	
<i>Helps me take pride in my own culture</i>								
Males	22.1	22.2	11.4	2.1	0.9	4.06		
Females	15.6	15.5	9.4	0.9		4.11		
Athletes	37.7	37.7	20.8	3.0	0.9	4.08	4.05	3.81
<i>Lets me interact with different cultures</i>								
Males	25.2	25.6	7.1	0.5	0.3	4.28		
Females	21.0	16.9	3.3	0.1		4.42		
Athletes	46.2	42.5	10.4	0.6	0.3	4.34	4.30	4.33
<i>Helps me meet new people and make new friends</i>								
Males	32.2	22.6	3.1	0.5	0.1	4.47		
Females	26.8	12.3	2.2		0.1	4.58		
Athletes	59.0	34.9	5.3	0.5	0.3	4.52	4.56	4.36
<i>Gives me opportunities to perform in cultural programs</i>								
Males	13.5	23.4	18.0	3.1	0.9	3.77		
Females	11.1	14.1	12.8	3.0	0.1	3.80		
Athletes	24.6	37.5	30.7	6.1	1.0	3.79	3.77	
Eigen Value								
Alpha						0.8824		



Scale: 1 = Strongly Disagree, 5 = Strongly Agree



Scale: 1 = Strongly Disagree, 5 = Strongly Agree

APPENDIX A:

Factor Structure of Personal and Social Benefits

Factor 1. “Excitement, Challenges and Positive Experiences”

Table A-1. Factor 1 Loadings [N=574], Alpha=.8915

<i>Items</i>	<i>Factor 1 Coefficients</i>	<i>Factor 2 Coefficients</i>	<i>Factor 3 Coefficients</i>	<i>Factor 4 Coefficients</i>	<i>Factor 5 Coefficients</i>
<i>Gives me opportunity to enjoy sports</i>	0.74	0.20	0.31	0.30	0.35
<i>Gives me the chance for new adventures and excitement</i>	0.69	0.29	0.26	0.40	0.44
<i>Gives me a chance to see other towns/places</i>	0.67	0.28	0.25	0.25	0.42
<i>Provides interesting experiences which I can tell my friends afterwards</i>	0.67	0.23	0.34	0.23	0.38
<i>Brings happy memories after Games</i>	0.66	0.24	0.24	0.28	0.37
<i>Provides youth with a physical challenge</i>	0.63	0.29	0.53	0.31	0.35
<i>Helps me respect myself for doing these things</i>	0.60	0.48	0.27	0.41	0.50
<i>It gives youth the chance to compete with others</i>	0.59	0.19	0.41	0.26	0.34
<i>Lets youth learn more about sports</i>	0.57	0.25	0.30	0.53	0.44
<i>To have fun</i>	0.57	0.00	0.26	0.39	0.31
<i>Brings recognition to my Province/State/Territory</i>	0.56	0.45	0.25	0.30	0.44
<i>Training and competition keeps me healthy</i>	0.56	0.32	0.43	0.20	0.32
<i>Brings me recognition from other people</i>	0.53	0.47	0.32	0.31	0.45

Factor 2. “Enhanced Self-Esteem and Growth in Personal Outlook”

Table A-2. Factor 2 Loadings [N=574], Alpha=.8826

<i>Items</i>	<i>Factor 1 Coefficients</i>	<i>Factor 2 Coefficients</i>	<i>Factor 3 Coefficients</i>	<i>Factor 4 Coefficients</i>	<i>Factor 5 Coefficients</i>
<i>Helps youth in school work</i>	0.00	0.80	0.14	0.31	0.25
<i>Makes youth want to do better in school</i>	0.19	0.80	0.15	0.35	0.34
<i>Involvement in these games make my community a better place to live</i>	0.21	0.79	0.19	0.37	0.32
<i>Brings our family closer together</i>	0.23	0.75	0.13	0.33	0.35
<i>Helps me to understand myself better</i>	0.37	0.74	0.20	0.33	0.40
<i>Brings my community closer together</i>	0.21	0.69	0.17	0.34	0.37
<i>Gives me an opportunity to enjoy nature</i>	0.44	0.64	0.16	0.33	0.39
<i>These games help develop my own leadership skills</i>	0.49	0.55	0.35	0.44	0.44
<i>Gives me a chance to get the most out of life</i>	0.49	0.50	0.25	0.39	0.34
<i>Provides me with an escape from family pressure</i>	0.18	0.39	0.14	0.19	0.24

Factor 3. “Providing Healthy, Challenging and Competitive Opportunities for Youth”

Table A-3. Factor 3 Loadings [N=574], Alpha=.7775

<i>Items</i>	<i>Factor 1 Coefficients</i>	<i>Factor 2 Coefficients</i>	<i>Factor 3 Coefficients</i>	<i>Factor 4 Coefficients</i>	<i>Factor 5 Coefficients</i>
<i>Challenges youth in sports</i>	0.38	0.10	0.71	0.29	0.31
<i>Keeps youth physically fit</i>	0.32	0.34	0.71	0.39	0.29
<i>Allows youth to be competitive</i>	0.21	0.10	0.69	0.14	0.20
<i>Helps me develop my skills and abilities</i>	0.33	0.29	0.69	0.35	0.25
<i>Gets youth involved with other kids in sports</i>	0.39	0.00	0.68	0.28	0.42

Factor 4. “Sense of Belonging and Strengthening of Community Ties”

Table 4-1. Factor 4 Loadings [N=574], Alpha=.8313

<i>Items</i>	<i>Factor 1 Coefficients</i>	<i>Factor 2 Coefficients</i>	<i>Factor 3 Coefficients</i>	<i>Factor 4 Coefficients</i>	<i>Factor 5 Coefficients</i>
<i>To be a role model for others in the community</i>	0.44	0.37	0.20	0.76	0.48
<i>To look up to others as good role models</i>	0.39	0.42	0.27	0.75	0.50
<i>Helps me to act as a role model to other youth in my community</i>	0.32	0.35	0.36	0.70	0.39
<i>Encourages communities to support residents who are involved</i>	0.35	0.29	0.35	0.58	0.33
<i>Helps youth to learn how to overcome the anxiety of competition</i>	0.21	0.35	0.49	0.58	0.38
<i>Builds excitement and involvement of the people in my community</i>	0.26	0.40	0.28	0.57	0.31
<i>To see the emphasis placed on youth</i>	0.34	0.39	0.30	0.54	0.46
<i>Gives youth control over free time</i>	0.17	0.22	0.42	0.48	0.38

Factor 5. “ Promoting Socialization and Strengthening Cultural Awareness”

Table A-5. Factor 5 Loadings [N=574],Alpha=.8699

<i>Items</i>	<i>Factor 1 Coefficients</i>	<i>Factor 2 Coefficients</i>	<i>Factor 3 Coefficients</i>	<i>Factor 4 Coefficients</i>	<i>Factor 5 Coefficients</i>
<i>Provides for better understanding of other cultures</i>	0.36	0.41	0.29	0.35	0.77
<i>Gives me the opportunity to find out something new about someone else</i>	0.45	0.31	0.35	0.32	0.77
<i>Allows me to enjoy the cultural experiences</i>	0.26	0.44	0.14	0.45	0.72
<i>Helps me take pride in my culture</i>	0.31	0.44	0.24	0.48	0.72
<i>Lets me interact with different cultures</i>	0.39	0.25	0.26	0.28	0.72
<i>Helps me learn something new</i>	0.39	0.31	0.23	0.42	0.69
<i>Helps me meet new people and make new friends</i>	0.43	0.13	0.35	0.20	0.64
<i>Gives me opportunities to perform in the AWG cultural programs</i>	0.18	0.45	0.00	0.50	0.59
<i>Develops pride in being "Northern"</i>	0.28	0.39	0.27	0.51	0.56

APPENDIX B:

Data by Ethnicity for Northwest Territories

Comparisons by Ethnicity for Northwest Territories

*Participants from Northwest Territories [N=535]

(Inuvialuit=99, Dene=124, Metis=54, Inuit=18, Non Aboriginal=202, Missing=38)

*Game Participants from Northwest Territories [N=217]

Table B-1. Factor 1. “Excitement, Challenges and Positive Experiences”.

(ANOVA for Means)							
	<i>Strongly Agree(%)</i>	<i>Agree</i>	<i>Neutral</i>	<i>Disagree</i>	<i>Strongly Disagree</i>	Mean	Sig.
<i>Gives me opportunity to enjoy sports</i>							
Inuvialuit	70.1	27.8	1.0	1.0	0.0	4.67	
Dene	71.3	23.8	4.1	0.0	0.8	4.64	
Metis	52.9	41.2	5.9	0.0	0.0	4.47	
Inuit	68.8	25.0	0.0	6.3	0.0	4.56	
Non Aboriginal	50.5	42.9	6.1	0.0	0.5	4.42	0.007
Northwest territories (from Games)	56.9	37.0	5.7	0.5	0.0	4.50	
<i>Gives me the chance for new adventures and excitement</i>							
Inuvialuit	54.1	35.7	6.1	4.1	0.0	4.39	
Dene	71.1	25.6	3.3	0.0	0.0	4.67	
Metis	53.8	40.4	3.8	1.9	0.0	4.46	
Inuit	56.3	25.0	12.5	6.3	0.0	4.31	
Non Aboriginal	45.2	43.2	11.1	0.5	0.0	4.33	0.000
Northwest territories (from Games)	50.5	39.3	8.9	0.9	0.5	4.38	
<i>Gives me a chance to see other towns/places</i>							
Inuvialuit	60.2	30.6	5.1	4.1	0.0	4.46	
Dene	70.5	22.1	5.7	1.6	0.0	4.61	
Metis	51.0	45.1	3.9	0.0	0.0	4.47	
Inuit	62.5	25.0	12.5	0.0	0.0	4.50	
Non Aboriginal	49.2	42.2	8.0	0.5	0.0	4.40	0.118
Northwest territories (from Games)	54.5	38.0	7.0	0.5	0.0	4.46	
<i>Provides interesting experiences which I can tell my friends afterwards</i>							
Inuvialuit	52.0	40.8	6.1	1.0	0.0	4.43	
Dene	58.2	34.4	5.7	1.6	0.0	4.49	
Metis	45.1	37.3	15.7	0.0	2.0	4.23	
Inuit	56.3	18.8	25.0	0.0	0.0	4.31	
Non Aboriginal	42.4	49.5	6.6	1.0	0.5	4.32	0.124
Northwest territories (from Games)	50.0	41.5	7.5	0.5	0.5	4.40	
<i>Brings happy memories after Games</i>							
Inuvialuit	60.6	36.4	3.0	0.0	0.0	4.57	
Dene	64.5	32.2	3.3	0.0	0.0	4.61	
Metis	51.9	38.5	9.6	0.0	0.0	4.42	
Inuit	60.0	40.0	0.0	0.0	0.0	4.60	
Non Aboriginal	49.5	41.3	8.7	0.5	0.0	4.39	0.017
Northwest territories (from Games)	55.5	37.4	6.6	0.0	0.5	4.47	
<i>Provides youth with a physical challenge</i>							
Inuvialuit	56.7	36.1	5.2	2.1	0.0	4.47	
Dene	59.0	32.8	8.2	0.0	0.0	4.50	
Metis	45.1	45.1	9.8	0.0	0.0	4.35	
Inuit	56.3	25.0	12.5	0.0	6.3	4.25	
Non Aboriginal	52.0	40.4	6.6	0.5	0.5	4.42	0.485
Northwest territories (from Games)	48.4	41.8	8.9	0.5	0.5	4.37	

(Table B-1. Continued.)

- *For “Gives me opportunity to enjoy sports”, Dene significantly differ from Non Aboriginal.
- *For “Helps me respect my self for doing these things”, Dene significantly differ from Non Aboriginal.
- *For “It gives youth the chance to compete with others”, Dene significantly differ from Metis.
- *For “To have fun”, Inuvialuit significantly differ from Non Aboriginal.
- *For “Brings me recognition from other people”, Dene significantly differ from Metis and Non Aboriginal.

Table B-2. Factor 2. “Enhanced Self-Esteem and Personal Outlook”.

(ANOVA for Means)

	<i>Strongly Agree(%)</i>	<i>Agree</i>	<i>Neutral</i>	<i>Disagree</i>	<i>Strongly Disagree</i>	Mean	Sig.
<i>Helps youth in school work</i>							
Inuvialuit	19.2	35.4	24.2	11.1	10.1	3.42	
Dene	41.0	21.3	27.0	7.4	3.3	3.89	
Metis	14.0	24.0	34.0	18.0	10.0	3.14	
Inuit	25.0	18.8	50.0	6.3	0.0	3.62	
Non Aboriginal	18.7	23.7	36.9	14.6	6.1	3.34	0.000
Northwest territories (from Games)	23.4	19.1	35.4	12.4	9.6	3.34	
<i>Makes youth want to do better in school</i>							
Inuvialuit	30.6	40.8	15.3	4.1	9.2	3.79	
Dene	48.4	24.6	20.5	4.1	2.5	4.12	
Metis	23.5	35.3	19.6	13.7	7.8	3.52	
Inuit	18.8	31.3	37.5	6.3	6.3	3.50	
Non Aboriginal	18.2	31.3	32.8	12.6	5.1	3.44	0.000
Northwest territories (from Games)	23.2	30.8	26.5	12.3	7.1	3.50	
<i>Involvement in these games make my community a better place to live</i>							
Inuvialuit	39.8	37.8	15.3	5.1	2.0	4.08	
Dene	50.8	27.0	11.5	6.6	4.1	4.13	
Metis	28.6	22.4	38.8	6.1	4.1	3.65	
Inuit	18.8	68.8	12.5	0.0	0.0	4.06	
Non Aboriginal	20.6	34.7	35.2	8.0	1.5	3.64	0.000
Northwest territories (from Games)	27.6	31.0	30.5	6.7	4.3	3.70	
<i>Brings our family closer together</i>							
Inuvialuit	28.3	28.3	34.3	8.1	1.0	3.74	
Dene	41.8	27.9	22.1	5.7	2.5	4.00	
Metis	19.2	26.9	36.5	9.6	7.7	3.40	
Inuit	37.5	12.5	43.8	0.0	6.3	3.50	
Non Aboriginal	20.8	26.9	42.1	9.6	0.5	3.57	0.001
Northwest territories (from Games)	23.2	31.3	34.6	9.0	1.9	3.64	
<i>Helps me to understand myself better</i>							
Inuvialuit	34.7	40.8	19.4	3.1	2.0	4.03	
Dene	45.1	34.4	16.4	2.5	1.6	4.18	
Metis	19.6	49.0	19.6	7.8	3.9	3.72	
Inuit	12.5	56.3	31.3	0.0	0.0	3.81	
Non Aboriginal	22.6	36.7	33.7	5.5	1.5	3.73	0.000
Northwest territories (from Games)	27.8	38.2	25.5	5.7	2.8	3.82	
<i>Brings my community closer together</i>							
Inuvialuit	32.0	37.1	23.7	2.1	5.2	3.88	
Dene	41.8	29.5	21.3	5.7	1.6	4.04	
Metis	25.5	23.5	39.2	7.8	3.9	3.58	
Inuit	25.0	62.5	12.5	0.0	0.0	4.12	
Non Aboriginal	21.5	38.0	29.5	8.5	2.5	3.67	0.006
Northwest territories (from Games)	22.5	37.6	28.2	8.9	2.8	3.68	
<i>Gives me an opportunity to enjoy nature</i>							
Inuvialuit	37.8	30.6	21.4	8.2	2.0	3.93	
Dene	43.4	32.0	18.0	1.6	4.9	4.07	
Metis	35.3	21.6	29.4	7.8	5.9	3.72	
Inuit	31.3	31.3	37.5	0.0	0.0	3.93	
Non Aboriginal	22.2	31.8	32.8	10.6	2.5	3.60	0.002
Northwest territories (from Games)	29.4	28.9	27.5	10.0	4.3	3.69	

(Table B-2. Continued.)

	<i>Strongly Agree(%)</i>	<i>Agree</i>	<i>Neutral</i>	<i>Disagree</i>	<i>Strongly Disagree</i>	Mean	Sig.
<i>These games help develop my own leadership skills</i>							
Inuvialuit	41.2	40.2	11.3	7.2	0.0	4.43	
Dene	51.2	36.4	9.9	1.7	0.8	4.47	
Metis	33.3	45.1	13.7	3.9	3.9	4.17	
Inuit	31.3	37.5	31.3	0.0	0.0	4.31	
Non Aboriginal	32.3	55.1	10.1	2.0	0.5	4.11	0.000
Northwest territories (from Games)	38.5	43.2	16.9	0.9	0.5	4.18	
<i>Gives me a chance to get the most out of life</i>							
Inuvialuit	40.8	43.9	11.2	4.1	0.0	4.21	
Dene	54.1	27.9	12.3	5.7	0.0	4.30	
Metis	23.1	51.9	21.2	3.8	0.0	3.94	
Inuit	37.5	56.3	6.3	0.0	0.0	4.31	
Non Aboriginal	29.3	48.0	19.2	3.5	0.0	4.03	0.012
Northwest territories (from Games)	34.3	42.7	18.8	4.2	0.0	4.07	
<i>Provides me with an escape from family pressure</i>							
Inuvialuit	24.7	38.1	27.8	1.0	8.2	3.70	
Dene	33.6	31.1	14.8	13.9	6.6	3.71	
Metis	13.5	42.3	23.1	9.6	11.5	3.36	
Inuit	31.3	37.5	18.8	12.5	0.0	3.87	
Non Aboriginal	18.1	26.6	32.2	17.1	6.0	3.33	0.012
Northwest territories (from Games)	19.2	31.5	25.4	12.7	11.3	3.34	

*For “Helps youth in school work”, Dene significantly differ from Metis and Non Aboriginal.

*For “Makes youth want to be better in school”, Dene significantly differ from Metis and Non Aboriginal.

*For “Involvement in these games make my community a better place to live”, Inuvialuit significantly differ from Non Aboriginal. Dene significantly differ from Non Aboriginal.

*For “Brings our family closer together”, Dene significantly differ from Non Aboriginal and Metis.

*For “Helps me to understand myself better”, Dene significantly differ from Non Aboriginal.

*For “Brings my community closer together”, Dene significantly differ from Non Aboriginal.

*For “Gives me an opportunity to enjoy nature”, Dene significantly differ from Non Aboriginal.

*For “These games help develop my own personal skills”, Inuvialuit significantly differ from Non Aboriginal. Dene significantly differ from Non Aboriginal.

Table B-3. Factor 3. “Providing Healthy, Challenging and Competitive Opportunities for Youth”.

	<i>Strongly Agree(%)</i>	<i>Agree</i>	<i>Neutral</i>	<i>Disagree</i>	<i>Strongly Disagree</i>	Mean	Sig.
<i>Challenges youth in sports</i>							
Inuvialuit	55.1	37.8	7.1	0.0	0.0	4.47	0.668
Dene	59.0	32.8	6.6	0.0	1.6	4.47	
Metis	50.0	38.5	9.6	1.9	0.0	4.36	
Inuit	52.9	47.1	4.0	0.0	0.0	4.52	
Non Aboriginal	58.2	36.8	4.0	1.0	0.0	4.52	
Northwest territories (from Games)	57.7	36.3	5.6	0.5	0.0	4.51	
<i>Keeps youth physically fit</i>							
Inuvialuit	59.2	35.7	4.1	1.0	0.0	4.53	0.571
Dene	54.1	39.3	6.6	0.0	0.0	4.47	
Metis	50.0	37.0	11.1	1.9	0.0	4.35	
Inuit	50.0	44.4	5.6	0.0	0.0	4.44	
Non Aboriginal	52.5	39.6	6.9	1.0	0.0	4.43	
Northwest territories (from Games)	53.7	38.0	7.9	0.5	0.0	4.44	
<i>Allows youth to be competitive</i>							
Inuvialuit	59.2	37.8	1.0	1.0	1.0	4.53	0.870
Dene	59.8	33.6	5.7	0.0	0.8	4.51	
Metis	55.6	42.6	1.9	0.0	0.0	4.53	
Inuit	72.2	22.2	5.6	0.0	0.0	4.66	
Non Aboriginal	58.9	38.6	2.5	0.0	0.0	4.56	
Northwest territories (from Games)	60.4	37.8	1.8	0.0	0.0	4.58	
<i>Helps me develop my skills and abilities</i>							
Inuvialuit	61.2	34.7	4.1	0.0	0.0	4.57	0.266
Dene	65.6	25.4	6.6	2.5	0.0	4.54	
Metis	50.0	40.7	5.6	1.9	1.9	4.35	
Inuit	61.1	38.9	0.0	0.0	0.0	4.61	
Non Aboriginal	53.2	40.8	6.0	0.0	0.0	4.47	
Northwest territories (from Games)	56.9	36.6	6.5	0.0	0.0	4.50	
<i>Gets youth involved with other kids in sports</i>							
Inuvialuit	51.5	42.3	4.1	2.1	0.0	4.43	0.345
Dene	61.5	30.3	7.4	0.8	0.0	4.52	
Metis	46.3	44.4	9.3	0.0	0.0	4.37	
Inuit	66.7	33.3	0.0	0.0	0.0	4.66	
Non Aboriginal	55.9	39.1	4.5	0.5	0.0	4.50	
Northwest territories (from Games)	57.1	38.2	4.6	0.0	0.0	4.52	

Table B-4. Factor 4. “Sense of Belonging and Strengthening of Community Ties”.

(Table B-4. Continued.)

- * For “To be a role model for others in the community”, Inuvialuit significantly differ from Metis.
- * For “To look up to others as good as role models”, Inuvialuit significantly differ from Metis and Non Aboriginal.
- * For “Helps me to act as a role model to other youth in my community”, Inuvialuit significantly differ from Non Aboriginal. Dene significantly differ from Metis and Non Aboriginal.
- * For “Helps youth to learn how to overcome the anxiety of competition”, Dene significantly differ from Non Aboriginal.
- * For “Gives youth control over free time”, Dene significantly differ from Metis and Non Aboriginal.

Table B-5. Factor 5. “Promoting Socialization and Cultural Awareness”.

(Table B-5. Continued.)

*For “Provides for better understanding of other cultures”, Dene significantly differ from Non Aboriginal.

*For “Gives me the opportunity to find out something new about someone else”, Inuvialuit significantly differ from Non Aboriginal. Dene significantly differ from Non Aboriginal.

*For “Allows me to enjoy the cultural experiences”, Inuvialuit significantly differ from Non Aboriginal. Dene significantly differ from Non Aboriginal.

*For “Helps me take pride in my culture”, Inuvialuit significantly differ from Metis and Non Aboriginal. Dene significantly differ from Metis and Non Aboriginal.

*For “Gives me opportunity to perform in the AWG cultural programs”, Inuvialuit significantly differ from Non Aboriginal. Dene significantly differ from Non Aboriginal.

APPENDIX C:

Demographic Data and Open Ended Questions

Demographic Data

[All AWG participants and the NWT regional and territorial trials N=799]

Gender	Male	57.2%	457
	Female	40.7%	325

Ethnicity	Dene	5.6%	45
	Inuvialuit	4.3%	34
	Inuit	18.5%	148
	Metis	4.9%	39
	Non Aboriginal	60.6%	484

Who motivated you to get involved in the Games? (multiple response)

Coaches	58%	460
Friends	52%	417
Other Athletes	50%	401
Parents and Relatives	54%	430
Previous Participants	28%	222
Recreation Leaders	12%	98
Teachers	17%	136

Have you participated in previous trials or AWG?

Yes	44.8%	358
No	52.9%	423

Age (Athletes) Mean =15.7

10-14	33%	257
15-19	57.8%	450
20-24	3.2%	25
25-	1.9%	15



Do you have any comments about the athletic competition for the games?

(AWG 2000, Whitehorse)

- Always strong and fun for competitors.
- Helps educate athletes in forms of race and religion, language.
- It was a wonderful experience.
- It's the best time of my life. Losing doesn't matter to me.
- I think that AWG is perfect for youth because they chose sports over drugs.
- The other athletes in our event are very motivated, have excellent technique and have trained for years. Their skills/abilities give us something to strive towards.
- It's nice to see the level of competition higher. I believe this is very important.
- Good variety having people from all over.
- It's very educational and a good learning experience.
- I think it is a wonderful opportunity for kids to meet other cultures, develop their own talents and to take pride in their heritage.
- The competition is against no one and involves everyone. The true spirit is brought out in everyone.

(Regional and Territorial Trials)

- It was awesome, I had loads of fun!
- FUN!!!!
- There should be two age category. So that the juniors can take some medals home and be proud to participate.
- The youth category should be split into different age groups.
- It makes you meet new people.
- I really enjoy competing; it helps me reach my goals in my events.
- Have more senior men's sports like volleyball.
- More public awareness.
- It would be a great opportunity and experience to take part in the AWG.
- Allows youth to see the product of a good work ethic and commitment. Allows youth to see the power of volunteerism in their own and other communities.
- I think the games great help the youth stay away from drugs, alcohol.
- It's good to compete and communicate with other kids.
- Give people and opportunity to travel and experience other communities.
- More events for adults.
- A good way to meet other kids and male friends, especially billeting for the Territorials.
- It's a great experience for NWT athletes to meet new friends and set and achieve realistic goals.

How do you think the Games help to preserve unique northern sports and traditions?

(AWG 2000, Whitehorse)

- It's the only thing keeping them alive.
- Allows us to see what other cultures are like.
- It's a great way of keeping the spirit and identifying all sports, big and small.
- Involvement helps to make the sports grow.
- It brings them to public notice so that they can attract new participants rather than fading a way.
- By having old traditions live on, let others see them.
- Opens everyone's eyes.
- They somehow keep people active but not let them lose their culture.
- By meeting other people from different cultures and learning new things.
- If it wasn't for the AWG there would be no one doing Arctic Sports in our community.
- It lets you learn more and you can meet more people.
- Memories will remain and may even improve traditional way.
- It provides exposure to general public and other athletes.
- Other people can meet different people, know different traditions.
- They keep the alive by getting youth to do it and watch it.
- It brings or cultures together to celebrate.
- I think it helps by getting other people to compete against one another and see their abilities.
- If they didn't have them here, why would they keep on performing.
- It gives us an opportunity to learn about the native games and traditions.
- It allows the native cultures to stay alive otherwise they would die off.
- Traditions have to be shared and passed on or they are lost.
- By reminding the athletes and spectators the grass roots of the competitions and explaining the importance of the games to our survival as a people.

(Regional and Territorial Trials)

- They help tremendously, especially towards social problems.
 - Allows children to participate and learn.
 - People from the surrounding communities gather in one town and battle it out.
 - You meet new people, learn different things and have fun!
 - AWG keeps games and traditions alive, proving they won't be forgotten.
 - Bringing the communities together, Involvement.
 - We practice the games and learn the tradition through the games.
 - I think the games help by keeping them alive and carrying on the traditions.
 - Pass on the sports to the kids so the sports can go on forever.
 - It keeps northern traditions going as the younger generations get involved.
 - The sports are enhanced through showcasing them.
 - By bringing people of different cultures in the north together for a unique event.
 - It encourages pride from northern residents about their background.
 - It keeps members of smaller communities interested in practicing interesting aboriginal games and take pride in them.
 - It's the only opportunity for people to see Northern Games.
 - They give people a chance to see Northern sports when maybe they otherwise wouldn't.
 - By bringing community together and getting involved with their children.
-

In what way do you think the Games help to promote fair play and sportsmanship?

(AWG 2000, Whitehorse)

- Allows teams to take pride in playing fair.
- Showing that acting receptively and fair is highly appreciated.
- It gives you a motivator to play fairly and have good sportsmanship
- By bring people from all over together and allowing the to learn about the other in a great environment. .
- They allow you to control your temper and play the game.
- Seeing others from around the arctic may encourage some people to act or play better and fair.
- I believe that the camaraderie and friendships that are made from competition promote these ethics.
- I think that the games help promote fair play when others see the fair players showing good sportsmanship.

(Regional and Territorial Trials)

- Let people know the code of ethics
- We could all cooperate together
- There is all different culture involved so its brings everyone together
- All staying together and getting to know each other from other communities.
- It helps to show support for other athletes.
- By showing youth what fair play and sportsmanship is all about.
- The games help to promote fair sportsmanship by competition and participation of others.
- Games teach respect for others.
- I think the games help to teach the players how to play by the rules.
- I think the games help to promote fair play and sportsmanship by getting everybody together, and to just have a lot of fun.
- By bringing youth different cultures together. There is also such a wide variety of sports and activities going on that everyone is able to have fun.
- You get people tougher and people make friends and they are more considered of each other.
- Socialize before and after the tournament allows to relate with one another.
- Though both positive and negative experiences, youth broaden their view of live and the world they live in.
- Teaches you to respect others rights.
- They give you a chance to prove your sportsmanship.
- Makes athletes aware of what fair play and sportsmanship is.
- They help to youth learn to play fair.
- Having a lot of fun, though you win or lose.
- It helps to be better role models.

If you were to describe your experience with the trials or the Arctic Winter Games, what would you say?

(AWG 2000, Whitehorse)

- Hard work and determination.
- It was a chance to meet new friends, be competitive, and yet still have fun.
- It was a lot of fun. Almost every fun is very nice. We all get along very well.
- It's awesome. You've taken really good care of us. It's amazing how much time and effort have gone into the games.
- Great experience.
- A great opportunity to learn other traditions and life styles.
- Blast meeting people, exploring and learner new things.
- These games are highlight of a coaching career, no other event has the spirit of "athletic cooperation and community".
- Enjoyable without pressure.
- Always gets better.
- Fun, Memorable, New friends.
- Incredible experience where I was able to further develop my coaching technique as well as appreciate other's natural abilities.
- Very exciting and a lot of fun, but tiring too.
- Excellent opportunity to expose youth to new experiences socially and competitively.
- It was such a great experience (once-on-a-lifetime). Everything was really organized, which made it run really smoothly. I want to thank everyone for their help for the Games.
- It has been a great experience for me to be in Whitehorse.
- Get to know others, have a lot of fun, learn new things, and go to new places!
- I really want everyone to be involved one way or another because of the beauty of the games.
- The games were great. I know my limits compared to the "best of the best".

(Territorial and Regional Trials)

- It was great and it was probably the best experience of my life.
- I made lots of friends from all over which I am still in contact with.
- To be involved in the AWG gives you and opportunity to meet people, see new places and motivates your physical needs.
- A chance to travel, see other communities, meet people.
- Fun, Fun, Fun!!!