



January 2010

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### Spotlight on Youth

#### Sogo Active Mentors Available

Are you a registered community host looking for additional support? Or are you thinking of becoming one, but not sure what Sogo Active is? We have a limited number of existing community host organizations willing to mentor community hosts on how to use Sogo Active to it's full benefit. The mentor organization can support you with phone calls, assist with grant applications, and give you ideas on how to engage more youth in your community. To express interest, please [contact us](#).

### Changes are coming to Sogo Active beginning in April.

The folks at Sogo Active have been busy doing focus groups, surveys and interviews to find ways to improve the initiative. While we don't have all the details yet, we know NOT getting involved will be a challenge. There will be new ways to engage the youth in your community, more opportunities for funding and an enhanced website, so stay tuned!

#### Motivate Canada ACTIVATE 2010 applications are now open

Motivate Canada presents its 6th annual ACTIVATE National Youth Leadership Conference, which will take place from May 12-16, 2010 at Carleton University, in Ottawa. Canadian youth between the ages of 16-22 are invited to apply for a chance to attend. [Apply before January 28, 2010](#).

#### Incentives

##### Sogo Active BC Youth Week Grants

The BC Recreation and Parks Association is offering \$250 Sogo Active BC Youth Week grants to youth groups who are planning an event for BC Youth Week that involves physical activity. Applications must be received by March 1, 2010. Successful applicants will be contacted by March 31, 2010. Find more information and the application on [our website](#).



In order to qualify, your youth group must:

- Register for Sogo Active and give participants the ability to register at the event (either on a computer or with offline registration forms)
- Host an event during BC Youth Week (May 1 - 7, 2010) that:
  - Has a physical activity component
  - Is at least 3 hours in length
  - Involves youth aged 13 - 19
  - Show that you are inclusive to youth from diverse backgrounds and levels of ability
- Plan ways to encourage people to stay physically active after the event

#### Quick Links

[Register Now](#)  
[News](#)  
[Related Topics](#)  
[Contact Us](#)

### Only a Few Days Left to Get in the Game

January 31 is the last chance to win one of 17 Active Video Game Systems and Fitness Accessories. Youth can gain an entry just by registering at [www.sogoactive.com](http://www.sogoactive.com), and additional entries for each week that they track their physical activity online and meet their goal. Flyers are available to help promote this incentive to youth - [contact us](#) if you'd like some sent your way!

### Sogo Active Grant Deadline March 1

These grants are available to any group of 2 or more youth who need some help to get their physical activity plans going. Grants of up to \$500 can be awarded to groups who implement a project for a minimum of 10 weeks. The plan must show how it will engage less active youth, and the group must be connected with a community host. For more information visit the [BCRPA website](#).

### DPA Summary Report Now Available

In 2009 BCRPA worked with the Ministry of Education to provide seed grants to communities interested in bringing stakeholders together to discuss, learn and plan for cooperative action to assist students in Grades 10 to 12 in reaching their Daily Physical Activity (DPA) requirement. A summary report of the seed grant undertakings and learnings is now available on the [BCRPA website](#).

#### Contact Info

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