



MILLBROOK
HEALTH CENTRE

PO Box 634
Truro, Nova Scotia
B2N 5E5
Tel: (902) 895-9468
Fax: (902) 893-3665

Attention Band Members,

The Nova Scotia Mi'kmaw Summer Games are being hosted in Potlotek First Nation July 15-24. We are in the final stages of completing athlete and team registrations and we need your help! If you are interested in participating in the NSMSG this year, you must register with Christena Dykstra, Physical Activity Coordinator for Millbrook First Nation. Simply fill in a registration form, let us know your t-shirt size, and drop the forms off at the health centre or email them to christenadykstra@millbrookhealth.ca

If there are any questions regarding registration processes, teams, or ages of athletes, please let Christena know. She can be reached via phone 902-895-9468 ext 132, email, or through MillbrookRecreation Coordinator on Facebook.

Team Registrations:

If there are any coaches interested in coaching a team for NSMSG, please let the community and myself know so we can begin gathering teams together. Team Sports are as follows:

- Basketball
- Floor Hockey
- Little League Softball (Pee-wee only)
- Tug of War
- Softball
- Volleyball
- T-Ball (Youth only)

Age Categories:

T-Ball: Ages 5-8 (Born 2014, 2015, 2016, 2017)
Co-Ed teams
Pee-Wee: Ages 9-12 (Born 2010, 2011, 2012, 2013) Co-Ed Teams
Bantam: Ages 13-15 (Born 2007, 2008, 2009)
Midget: Ages 16-18 (Born 2004, 2005, 2006)
Senior: Ages 19-34 (Born 1988 – 2003)
Masters: Ages 35 – 54 (Born 1968 – 1987)
Grand Master: Ages 55+ (Born 1967 or later)

Important Dates:

June 22nd – Millbrook will host an in-person registration day from 3pm-7pm at the Mental Health Board Room

June 24th – Millbrook First Nation Registration Deadline. This deadline is to ensure that participants get a team t-shirt provided by Millbrook.

July 1st – Team Registration Deadline

July 8th – Athlete Registration Deadline

PLEASE RETURN ALL REGISTRATION FORMS TO THE HEALTH CENTRE



2022 NOVA SCOTIA MI'KMAW SUMMER GAMES

ATHLETE REGISTRATION FORM

Fax your completed forms to 1-902-535-3004

Date of Registration: ____/____/____/

DEADLINE TO REGISTER: JULY 8, 2022, NO EXCEPTIONS

First Name	Middle Name	Last Name
Mailing Address	City/Community	Province
Postal Code	Phone Number	Email
Date of Birth (MM/DD/YYYY)	Band Number	Male or Female

Amateur Waiver/Disclaimer: the board of Directors, Host committee, Staff, Coordinators, Coaches, Volunteers, Sponsors or Partners for NOVA SCOTIA MI'KMAW SUMMER GAMES, or other proprietors are not liable and will not be held accountable for any accident, personal injury, or loss of any kind. By signing this waiver, you (or a parent/guardian or coach) are also stating that the athlete registered on this waiver, has applicable health insurance.

Signature of Athlete/Parent/Guardian: _____ **Date:** _____

(If an Athlete is under the age of 18, a Parent or Legal Guardian must sign above)

TEAM SPORTS

PLEASE ENSURE YOUR TEAM HAS BEEN REGISTERED BY YOUR COACH.

BASKETBALL	DIVISION	COACH	TEAM NAME
FLOOR HOCKEY	DIVISION	COACH	TEAM NAME
LITTLE LEAGUE SOFTBALL	DIVISION PEE-WEE	COACH	TEAM NAME
TUG OF WAR	DIVISION	COACH	TEAM NAME

TEAM SPORTS CONTINUED ON BACKSIDE OF PAGE.

T-Shirt Size:



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SOFTBALL	DIVISION	COACH	TEAM NAME
VOLLEYBALL	DIVISION	COACH	TEAM NAME
T-BALL	DIVISION YOUTH	COACH	TEAM NAME

INDIVIDUAL SPORTS

PLEASE SEE AGE GROUPS FOR SPORTS ON LAST PAGE

Check or X boxes on sports the Athlete will be participating in Aswell as their age groups if applicable.

	ARCHERY	AGE GROUP		
	ARM WRESTLING	AGE GROUP		
	BILLARDS	AGE GROUP	19+ ONLY	
	BADMINTON	AGE GROUP		
	BADMINTON DOUBLES	AGE GROUP		PARTNER
	CANOEING SINGLES	AGE GROUP		
	CANOEING DOUBLES	AGE GROUP		PARTNER
	DARTS SINGLES	AGE GROUP		
	DARTS DOUBLES	AGE GROUP		PARTNER
	GOLF	AGE GROUP		

INDIVIDUAL SPORTS CONTINUED ON NEXT PAGE.



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	GOLF DOUBLES	AGE GROUP		PARTNER	
	GRAPPLING	AGE GROUP		WEIGHT	
	HORSESHOES	AGE GROUP			
	HORSESHOE DOUBLES	AGE GROUP		PARTNER	
	PRINCESS PAGEANT	AGE GROUP	15-19 ONLY *NOVA SCOTIA COMMUNITIES ONLY*		
	SWIMMING	AGE GROUP			
	TRADITIONAL QUADRATHLON	AGE GROUP	14+ ONLY		
	TUG OF WAR	AGE GROUP	YOUTH ONLY (Adults must be registered with a team)		
	WALTES	AGE GROUP			
	WASHERTOSS	AGE GROUP		PARTNER	
	5K RACE	AGE GROUP			

SCHOOL YARD COMPETITION

Please only choose 1 event.

Youth age: Under 6 or Age 7-11

	HOPSCOTCH	AGE GROUP	
	SKIPPING	AGE GROUP	

TRACK & FIELD

Youth age: 5-6 or 7-11

	60M DASH	AGE GROUP	
	100M DASH	AGE GROUP	

TRACK & FIELD CONTINUED ON NEXT PAGE.



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ATHLETE REGISTRATION FORM

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DEADLINE TO REGISTER: JULY 8, 2022, NO EXCEPTIONS

Bantam age: 13-15

Senior: 16+

	400M DASH	AGE GROUP	BANTAM ONLY
	800M DASH	AGE GROUP	BANTAM ONLY
	LONG JUMP	AGE GROUP	BANTAM ONLY
	1000M DASH	AGE GROUP	SENIOR ONLY
	SHOT PUT	AGE GROUP	SENIOR ONLY
	LONG JUMP	AGE GROUP	SENIOR ONLY

AGE GROUPS

If you are unsure of your age group these are the age categories.

TEE-BALL: AGES 5-8 (Born 2014 – 2015 – 2016 – 2017) CO-ED

PEEWEE: AGES 9-12 (Born 2010 – 2011 – 2012 – 2013) CO-ED

BANTAM: AGED 13-15 (Born 2007 – 2008 – 2009)

MIDGET: AGES 16-18 (Born 2004 – 2005 – 2006)

SENIOR: AGES 19-34 (Born 1988 – 2003)

MASTERS: AGES 35-54 (Born 1968 – 1987)

GRAND MASTERS: AGES 55+ (Born 1967 OR LATER)

REGISTRATION FEES

Registration fees are paid by your community expect GOLF.

REGISTRATION FEE INCLUDING ONE SPORT = \$25.00

ADDITIONAL SPORTS = \$5.00 X _____ = _____

(NUMBER OF SPORTS ENTERED)

TOTAL REGISTRATION FEE FOR ATHLETE: _____

ALL REGISTRATION MUST BE PAID IN FULL TO POTLOTEK FIRST NATION



Team Roster Registration Form

Fax your completed forms to 1-902-535-3004

Date of Registration: _____

Team name	Division	Coach name
Mailing Address	Community/City	Province
Postal Code	Phone Number	Email Address

Waiver/Disclaimer: The Chiefs of host communities, host committee, staff, coordinators, coaches, volunteers, sponsors or partners for NOVA SCOTIA MI'KMAW SUMMER GAMES (NSMSG), or other proprietors are not liable and will not be held accountable for any incident, personal injury, or loss of any kind. By signing this waiver below, you (or a parent/guardian or coach) are also stating that the athlete registered on this team has valid health insurance.

Photo Release: I agree to allow NSMSG staff to take photos or videos (digital or otherwise) of myself and team members, and to reproduce the likeness for promotional purposes only. Athlete's names and contact information will not be used.

Signature of Coach: _____ **Date:** _____

(All coaches must be 19 years of age or older to sign waiver)

Team Sports Available

Basketball – Floor hockey – Softball – Tug of War – Volleyball – T-ball – U-19 – Little league softball

All athletes and teams must be registered, and fees must be paid to be eligible to participate on a team.

Coaches are responsible for the team registration

Teams are to be registered by coaches only

FINAL REGISTRATION DEADLINE FOR TEAMS IS JULY 1ST, 2022

NO EXPECTATIONS



Team Roster Registration form

Fax your completed forms to 1-902-535-3004

ROSTER

FULL NAME	DATE OF BIRTH
1.	
2.	
3.	
4.	
5.	
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19.	
20.	



2022 NOVA SCOTIA MI'KMAW SUMMER GAMES
IMPORT APPLICATION FORM
 FAX COMPLETED FORMS TO 1-902-535-3004

DATE OF APPLICATION ____/____/____ **DEADLINE TO APPLY: JULY 8TH 2022, NO EXCEPTIONS**

FIRST NAME	MIDDLE NAME	LAST NAME
MAILING ADDRESS	CITY/COMMUNITY	PROVINCE
POSTAL CODE	PHONE NUMBER	EMAIL
DATE OF BIRTH (MM/DD/YYYY)	BAND NUMBER	MALE OR FEMALE

Amateur Waiver/Disclaimer: the Board of Directors, Host Committee, Staff, Coordinators, Coaches, Volunteers, Sponsors or Partners for NOVA SCOTIA MI'KMAW SUMMER GAMES, or other proprietors are not liable and will not be held accountable for any accident, personal injury, or loss of any kind. By signing this waiver, you (or a parent/guardian or coach) are also stating that the athlete registered on this waiver, has applicable health insurance.

Signature of Athlete/Parent/Guardian: _____ Date: _____

(If an Athlete is under the age of 18, a Parent or Legal Guardian must sign above)

SPORT(S) THE APPLICANT DESIRES TO PLAY:

TEAM SPORT:
TEAM SPORT:
INDIVIDUAL SPORT:
INDIVIDUAL SPORT:
INDIVIDUAL SPORT:

If an import applicant is approved by the NSMSG Coordinators & the NSMSG Committee, the applicant will be placed on a selected communities team roster for the sports, they wish to play. This is determined by looking at every community's team roster, the applicant will be added to the team with the lowest number of players on their submitted roster. Once they're submitted to a team roster this person would have to represent the community they're placed on for team and individual sports. No person can represent two communities. **First to become eligible for the import application form, the applicant's community does not have a team that the applicant can play for. This will be determined by the coordinators and committee. An applicant can only play in Two team sports and 3 individual sports. Athlete's home community that has available teams will be denied as a import.**

****TO BE COMPLETED BY THE NSMSG COORDINATORS AND COMMITTEE****

APPLICATION STATUS	APPROVED BY	DENIED BY
TEAM NAME	SPORT	DIVISION
COACH NAME	COMMUNITY	SIGNATURE

PLEASE "X" REASONING

REASON FOR APPROVAL: COMMUNITY DOES NOT HAVE A AVAILABLE TEAM	
REASON FOR DENIAL: COMMUNITY DOES HAVE A AVAILABLE TEAM	
REASON FOR DENIAL: NO ROSTER SPOTS AVAILABLE	

REGISTRATION FEES

Registration fees are paid by your community expect GOLF.

GOLF REGISTRATION FEE = \$75.00 PER DAY - FOR WEEKEND = \$258.75

FEE INCLUDING ONE SPORT = \$25.00 ADDITIONAL

SPORTS = \$5.00 X _____ = _____

(NUMBER OF SPORTS ENTERED)

TOTAL REGISTRATION FEE FOR ATHLETE: _____

ALL REGISTRATION MUST BE PAID IN FULL TO POTLOTEK FIRST NATION

COMMUNITY FEES CHARGED TO



2022 Nova Scotia Mi'kmaq Summer Games Sport Schedule

Friday, July 15 – Sunday, July 24

July 15 Friday	July 16 Saturday	July 17 Sunday	July 18 Monday	July 19 Tuesday	July 20 Wednesday	July 21 Thursday	July 22 Friday	July 23 Saturday	July 24 Sunday
GOLF 9AM	GOLF 9AM	GOLF 9AM	TRACK & FIELD 9AM	BASKETBALL 9AM-10PM	BASKETBALL 9AM-10PM	BASKETBALL 9AM-10PM	BADMINTON (SINGLES) 9AM	BADMINTON (DOUBLES) 9AM	WASHTOSS (DOUBLES) 9AM
	SWIMMING 9AM	SWIMMING 9AM	SWIMMING 9AM	GRAPPLING 9AM	WALTES 10AM	TUG OF WAR 3-5PM	WOMEN'S SOFTBALL 9-4:5AM	WOMEN'S SOFTBALL 9-4:5AM	WOMEN'S SOFTBALL 12PM
	CANOEING SINGLES 9AM	CANOEING DOUBLES 9AM	CANOEING DOUBLES 9AM	TRADITIONAL QUADRATHLON 9AM	SCHOOL YARD COMPETITION 2-6PM	MEN'S SOFTBALL 8AM	MEN'S SOFTBALL 8AM	MEN'S SOFTBALL 8AM	MEN'S SOFTBALL 12PM
	HORSESHOES (SINGLES) 9AM	HORSESHOES (DOUBLES) 9AM	HORSESHOES (DOUBLES) 9AM	SPECIAL OLYMPICS 12PM	U-19 SOFTBALL 8AM	U-19 SOFTBALL 8AM	U-19 SOFTBALL 8AM	WASHERTOSS (SINGLES) 9AM	
	LITTLE LEAGUE 8AM-PM	LITTLE LEAGUE 8AM-8PM	LITTLE LEAGUE 8AM-8PM	LITTLE LEAGUE 8AM-8PM	ARCHERY 9AM	DARTS (SINGLES) 12PM	DARTS (DOUBLES) 12PM	5K PRE- REGISTRATION 9AM	
	TRACK & FIELD 9AM	YOUTH VOLLEYBALL 9AM	YOUTH VOLLEYBALL 9AM	YOUTH VOLLEYBALL 9AM	ADULT VOLLEYBALL 9AM	ADULT VOLLEYBALL 9AM	ARM WRESTLING 9AM		
	BILLIARDS 9AM	BILLIARDS 9AM	BILLIARDS 9AM	BILLIARDS 9AM	BILLIARDS 9AM	PRINCESS PAGEANT 6- 8PM	PRINCESS PAGEANT 6- 8PM		
	T-BALL 4- 6PM	T-BALL 4- 6PM	T-BALL 4- 6PM	T-BALL 4- 6PM	PRINCESS PAGEANT 6- 8PM				