

## HIGH FIVE® Outstanding Achievement Award

The HIGH FIVE® Outstanding Achievement Award is given to an individual, organization or municipality who has created new opportunities, provided support, or increased the exposure of HIGH FIVE®.

This year's recipient is an organization whose mandate highlights how regular physical activity is essential to healthy child development and the future of our community leaders. The TransAlta Tri Leisure Centre has been a leader in delivering quality recreation programming for children focused on healthy development.

The TransAlta Tri Leisure Centre was recently recognized by the Alberta Parks and Recreation Association with the High Five Outstanding Achievement Award for their ongoing commitment to the implementation of High Five principals and practices.

High Five is Canada's only comprehensive quality standard for children's sport and recreation programs. It represents a true commitment to quality physical activity and is based on research involving child development experts, recreation and sport professionals, families and industry leaders.

The TransAlta Tri Leisure Centre was an early adopter and advocate of the High Five program and worked closely with Alberta Parks and Recreation Association to train both administrative staff and frontline staff in the principles of High Five. The TransAlta Tri Leisure Centre is currently working through the process of becoming the regions first High Five accredited organization.

Research shows the experiences children have in recreation and sport at an early age carry a life-long impact. Positive experiences help children become capable caring adults who contribute more effectively to the community in the future. TransAlta Tri Leisure Centre staffs are passionate about delivering quality recreational experiences to the children and youth of the Tri Municipal Region.



The best way to play™