

**A R C T I C  
W I N T E R  
G A M E S**

**The 1998 Arctic Winter Games  
A Study of the Benefits of Participation**

**Prepared by**

**Dr. Samuel V. Lankford**  
**World Leisure & Recreation Association Professional Services (WPS)**  
**And**  
**Program for Community Recreation, Tourism Research & Service**  
**University of Northern Iowa**  
**Cedar Falls, IA 50613**  
[Sam.Lankford@uni.edu](mailto:Sam.Lankford@uni.edu)

**Dr. Larry L. Neal**  
**Pacific Northwest Area Representative**  
**World Leisure & Recreation Association Professional Services (WPS)**  
**University of Oregon**  
**Eugene, OR 97403**  
[LLNEAL@oregon.uoregon.edu](mailto:LLNEAL@oregon.uoregon.edu)

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

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**Section 3**

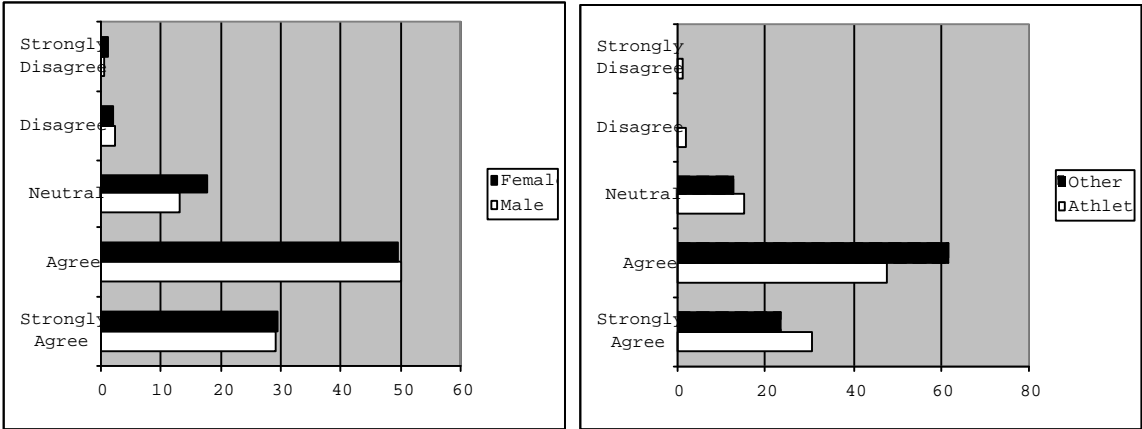
#### ***D. Benefits of Training and Competition***

This section presents findings relative to a series of general questions about personal and social benefits of involvement in training and competition before, during and after the games. These statements were solicited to provide for further investigation and instrument development in the future. Additionally, respondents were asked to describe their overall experience with the games. What follows is a brief overview, further details are in the appendix.

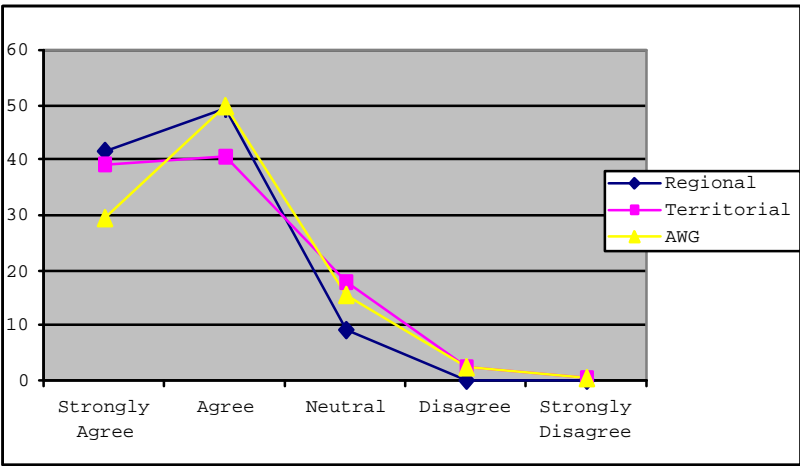
1. Great time and very positive
2. My experience has been positive and allowed me to interact with a great many people
3. It was a great meeting of many new people and being looked after by the AWG Committee.  
It makes me feel proud to be an NWT
4. It was irreplaceable. A great chance to meet new people, play sports and travel
5. Awesome, a dream come true!
6. Awesome!
7. More thought should be put into smaller regions or communities for hosting some games
8. Exciting, nervousness
9. Tiring, positive, fun, interesting, I love it!
10. It is one of the best experiences that I've ever had
11. It is wonderful, a great experience, I will remember these games forever
12. I has been a very rewarding, positive experience. I have enjoyed the opportunity to meet  
other coaches and athletes
13. I like it because we meet new people and have fun
14. I met new people and new communities
15. I am very proud to be a participant for NWT
16. The games have given me confidence, pride in myself and community, love and desire for  
sports and now coaching

To validate some of the assumptions of the games and the goals of the games, the following findings are provided based upon the global question: Participation in the Arctic Winter Games:

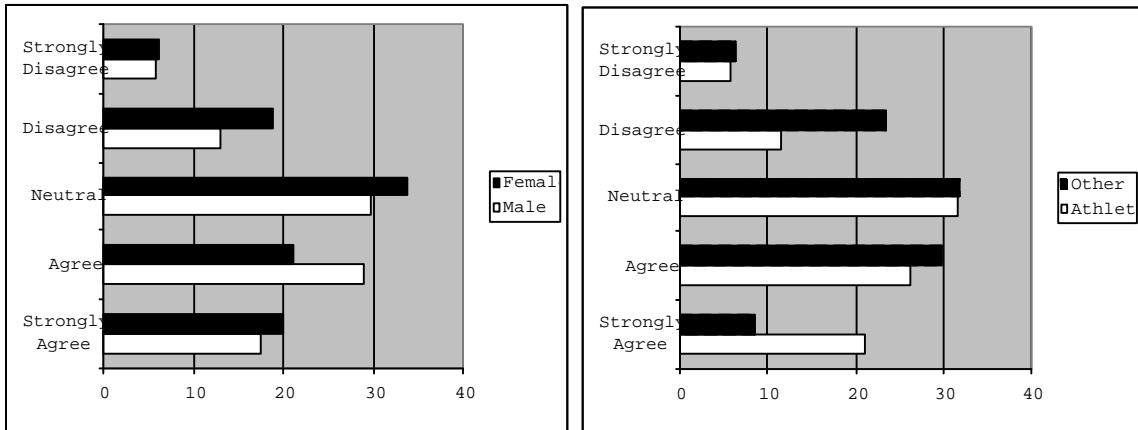
Participation in the Arctic Winter Games Gives Me A Chance To Get The Most Out Of Life



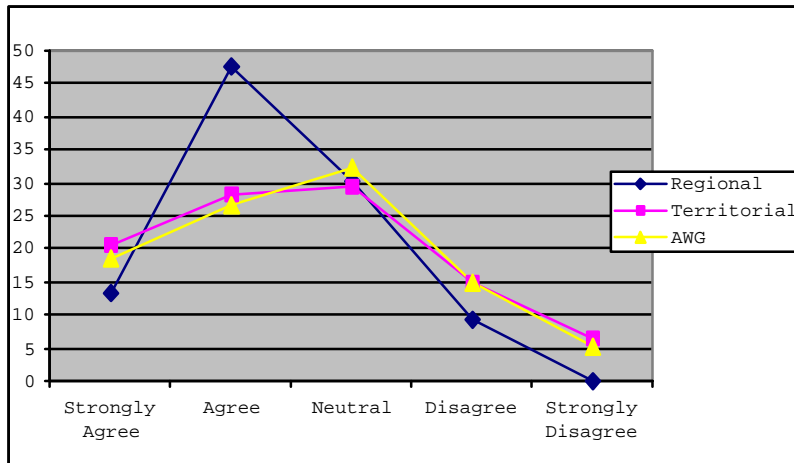
Gives Me A Chance To Get The Most Out Of Life By Regional, Territorial and AWG Athletes



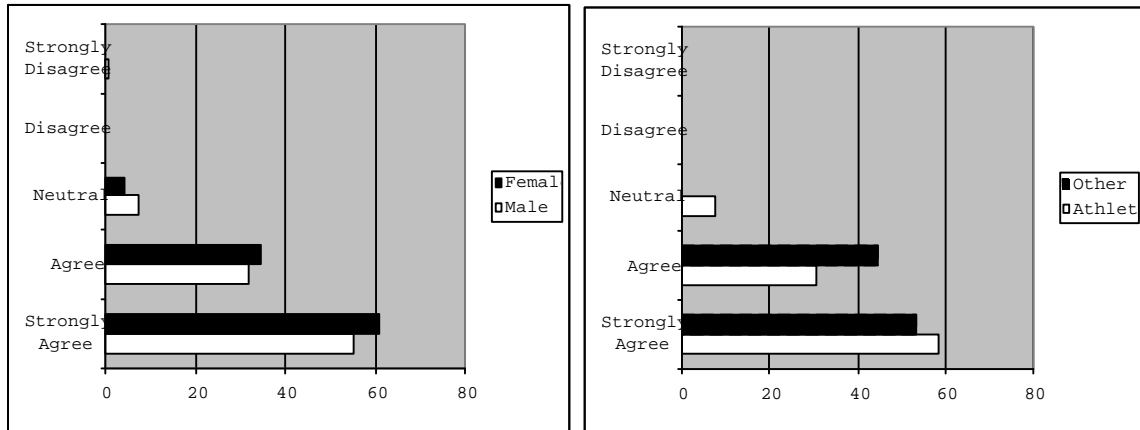
## Participation in the Arctic Winter Games Provides Me With An Escape From Family Pressure



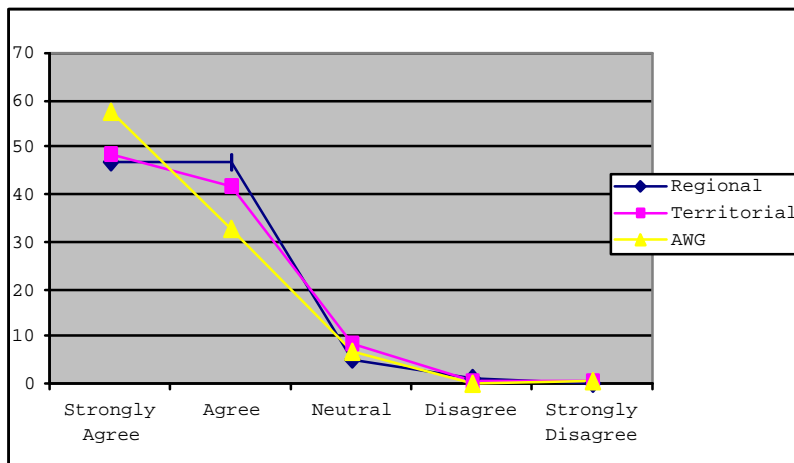
## Provides Me With An Escape From Family Pressure By Regional, Territorial and AWG Athletes



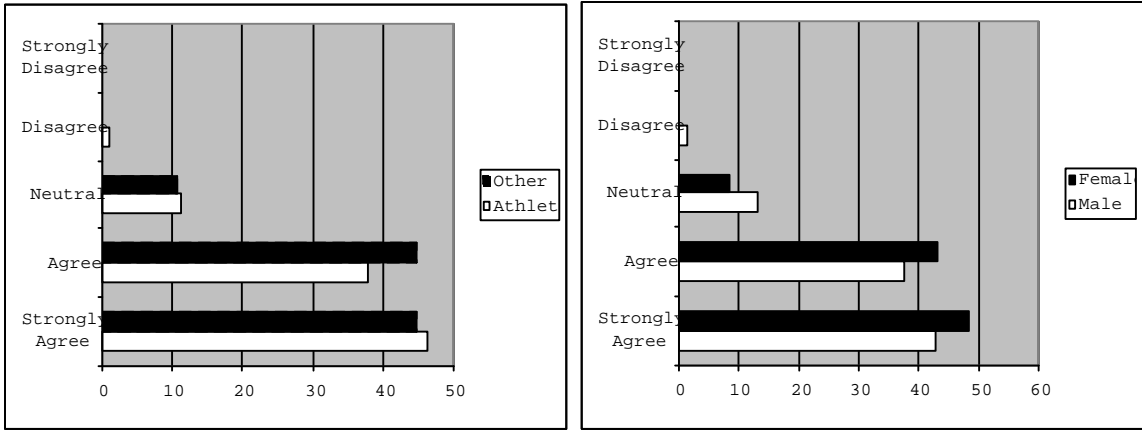
## Participation in the Arctic Winter Games Brings Happy Memories After The Games



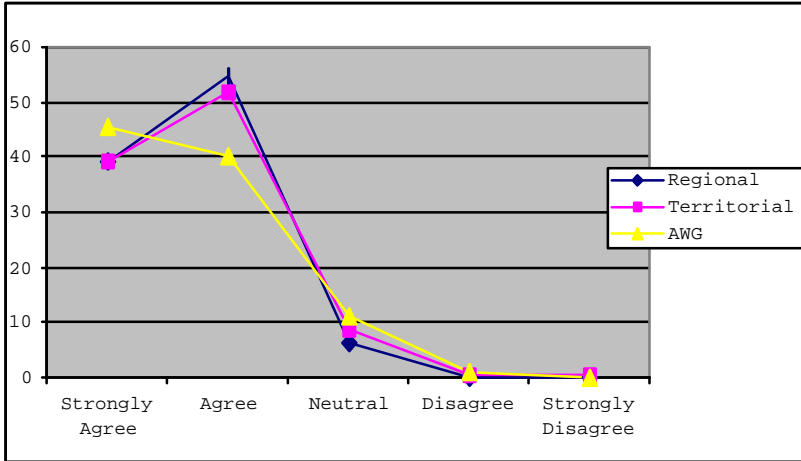
## Brings Happy Memories After The Games By Regional, Territorial and AWG Athletes



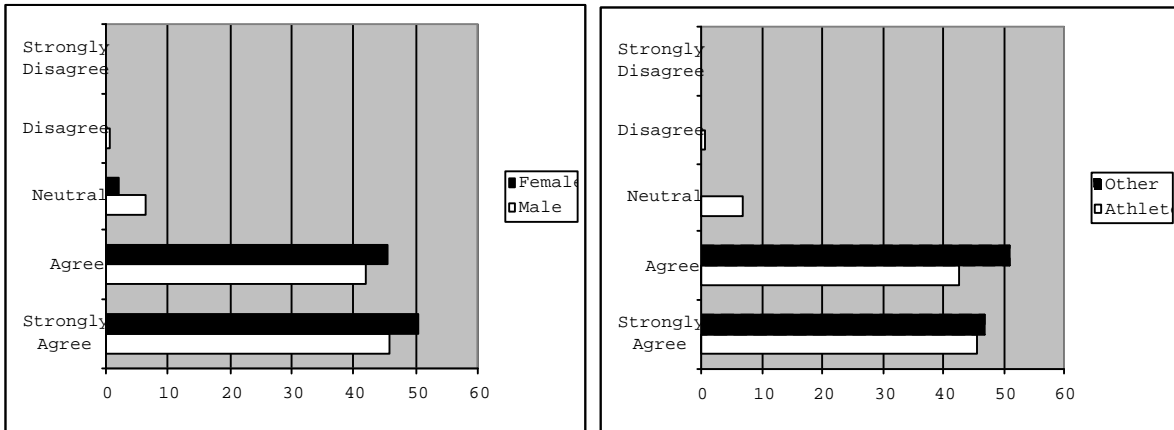
### Participation in the Arctic Winter Games Helps Me To Respect Myself For Doing These Things



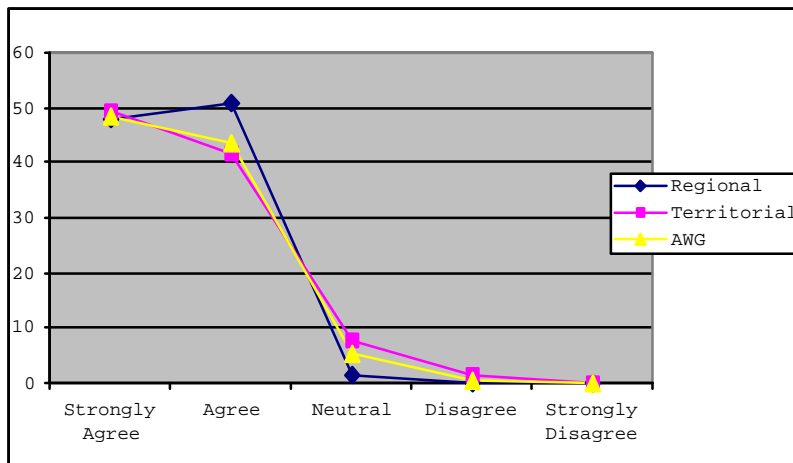
### Helps Me To Respect Myself For Doing These Things By Regional, Territorial and AWG Athletes



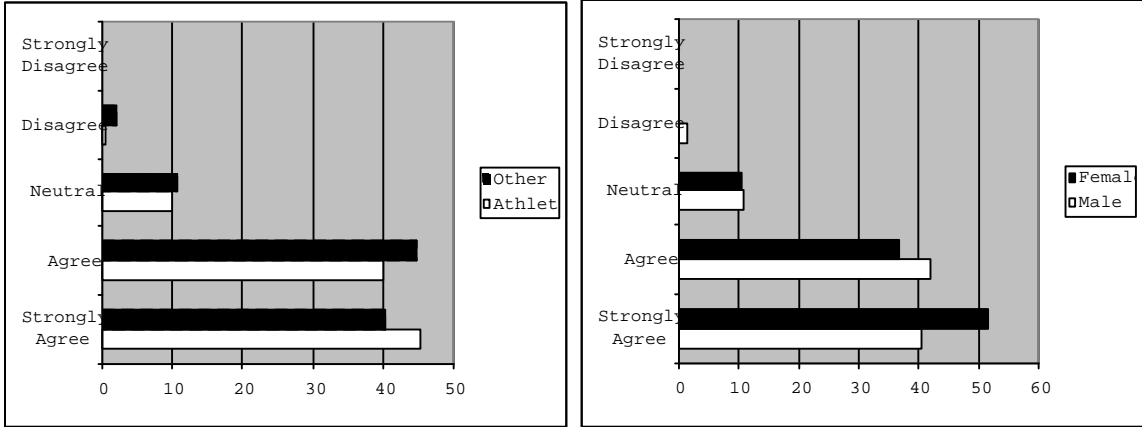
## Participation in the Arctic Winter Games Gives Me An Opportunity To See And Do New Things



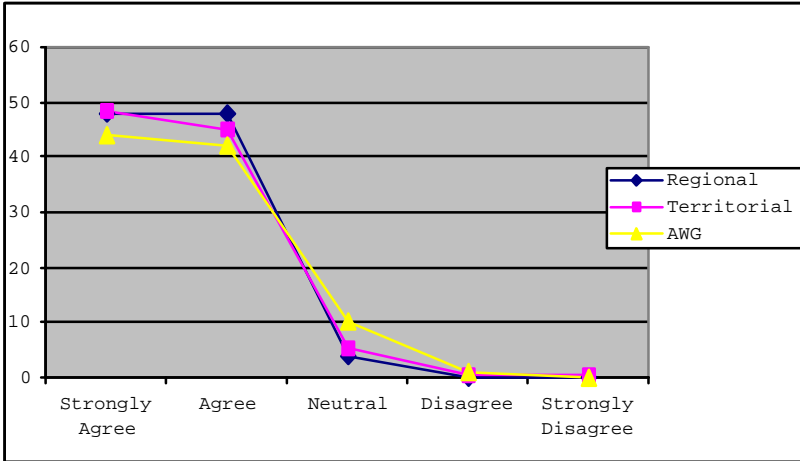
## Gives Me An Opportunity To See And Do New Things By Regional, Territorial and AWG



### Participation in the Arctic Winter Games Gives Me The Chance For Adventure And Excitement

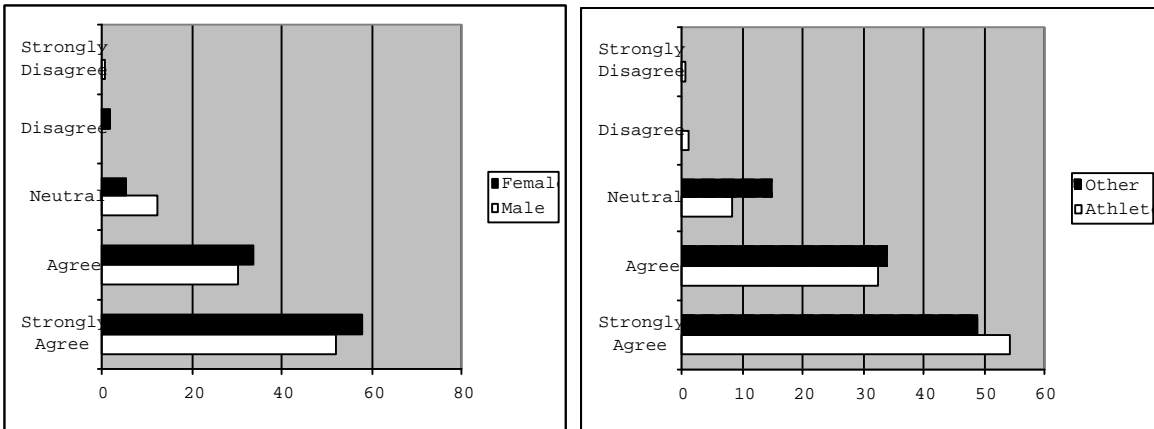


### Gives Me The Chance For Adventure And Excitement By Regional, Territorial and AWG

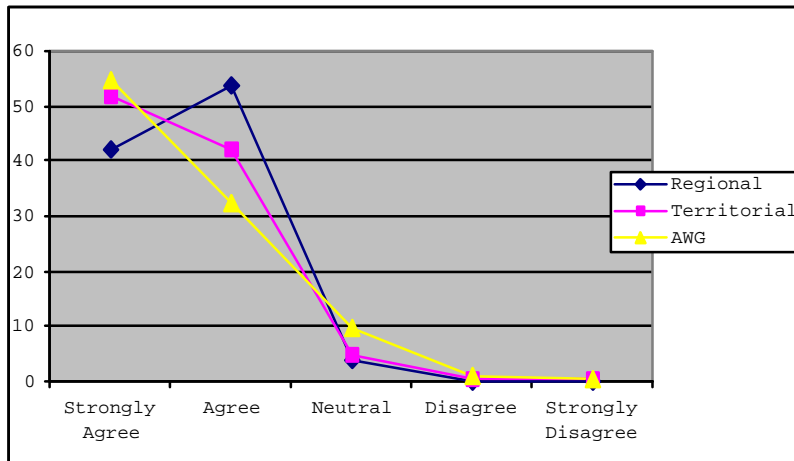




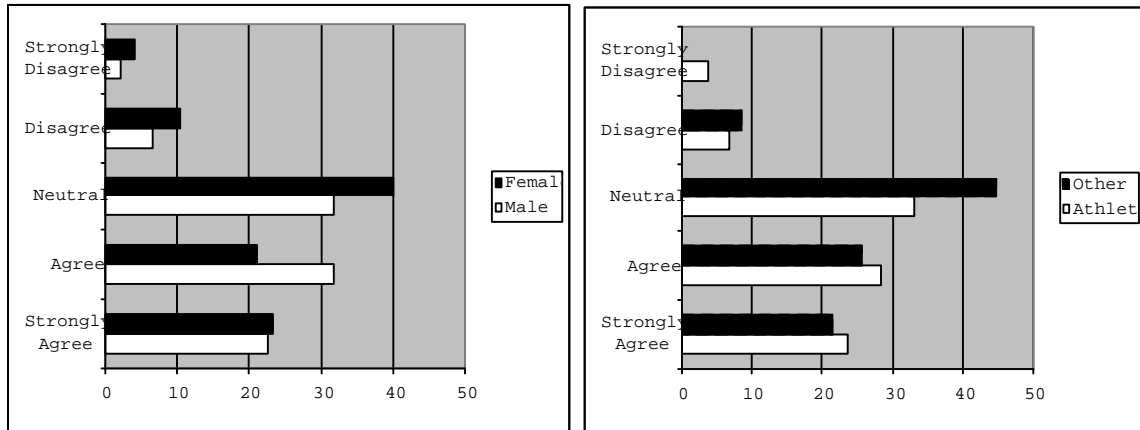
## Participation In The Arctic Winter Games: Helps Me To Improve



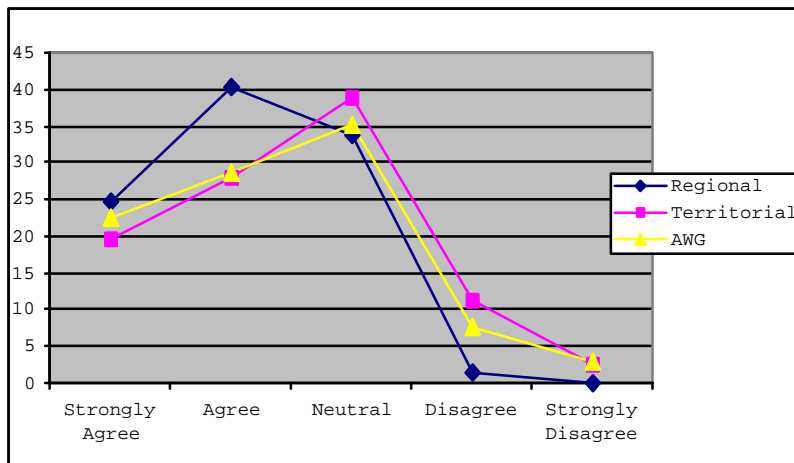
## Participation In The Arctic Winter Games: Helps Me To Improve By Regional, Territorial and AWG



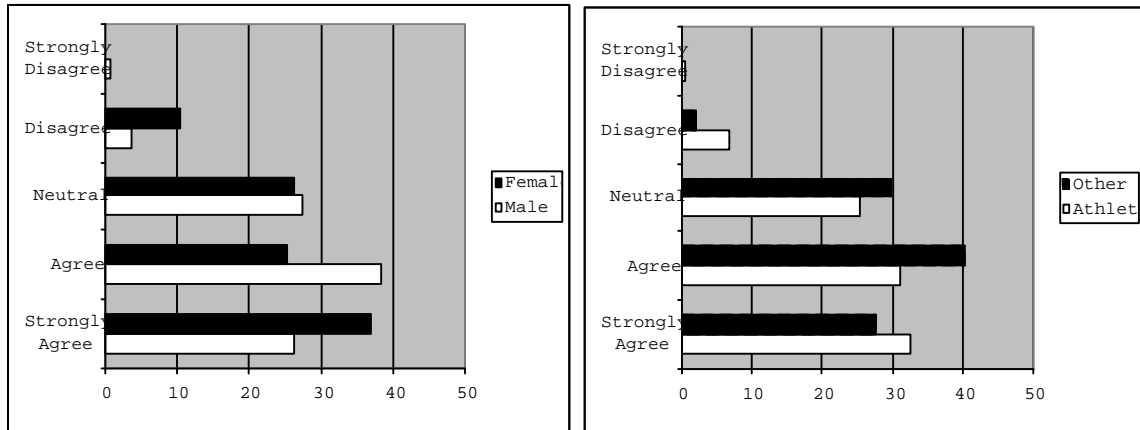
## Participation in the Arctic Winter Games Brings Our Family Closer Together



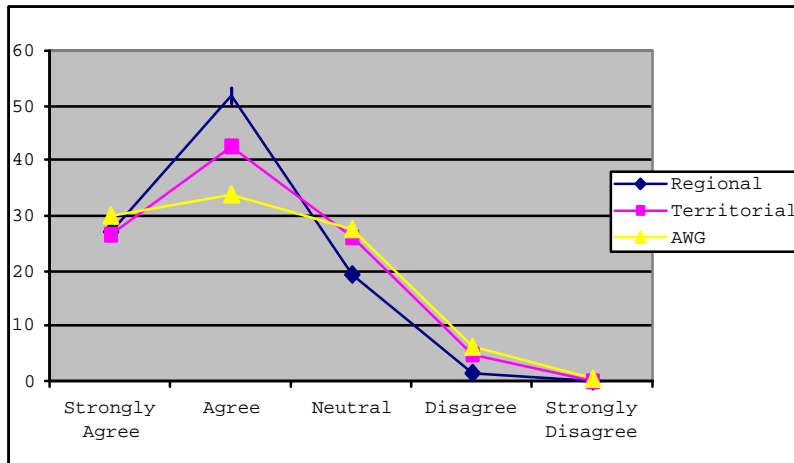
## Brings Our Family Closer Together By Regional, Territorial and AWG



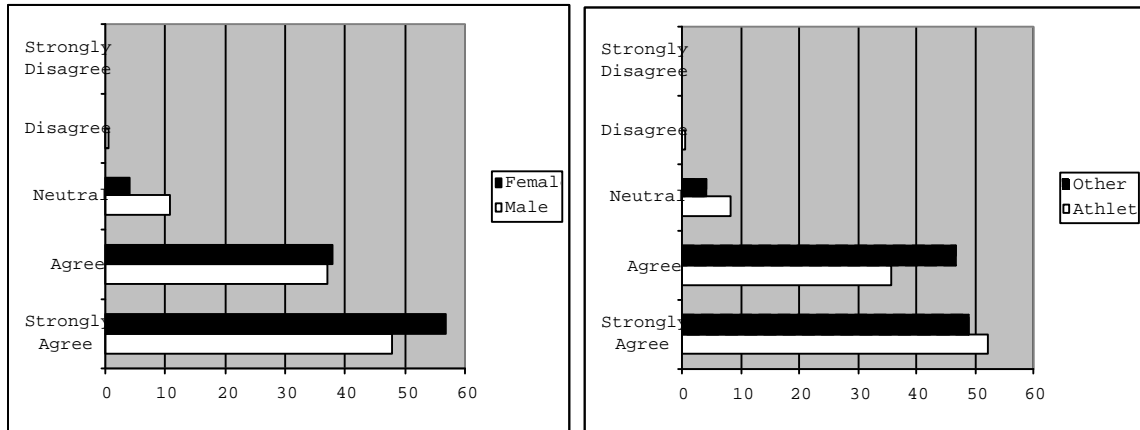
## Participation in the Arctic Winter Games Helps Me Understand Myself Better



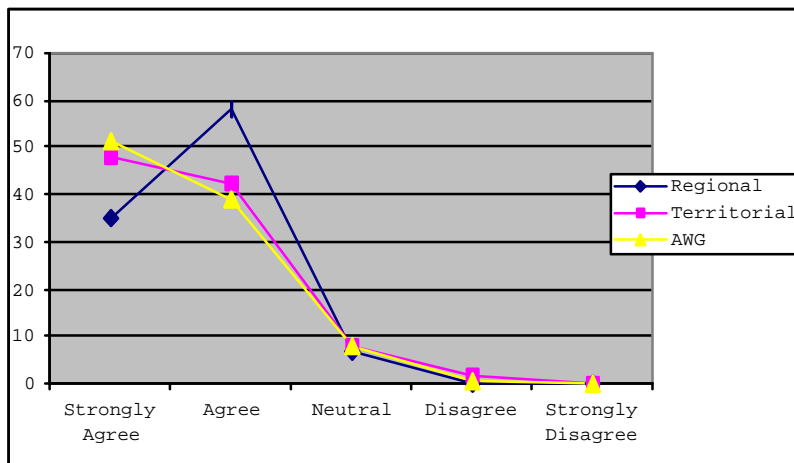
## Helps Me Understand Myself Better By Regional, Territorial and AWG



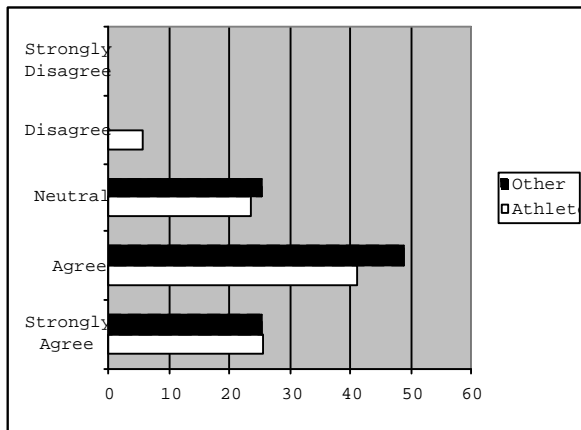
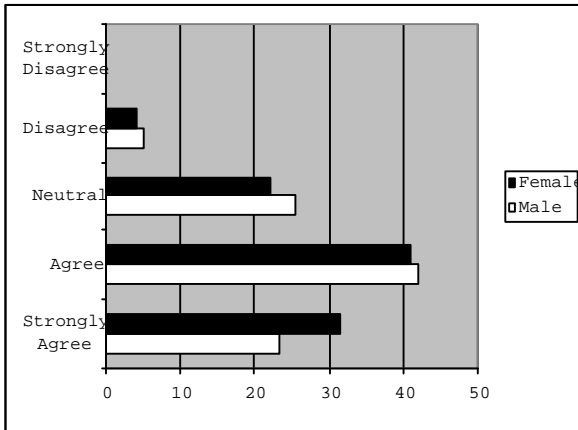
Participation in the Arctic Winter Games  
 Provides Interesting Experiences Which I Can Tell My Friends Afterwards



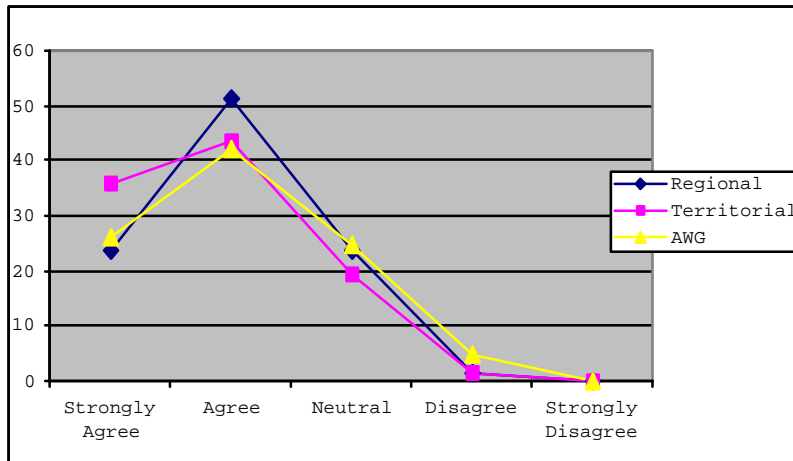
Provides Interesting Experiences Which I Can Tell My Friends Afterwards  
 By Regional, Territorial and AWG



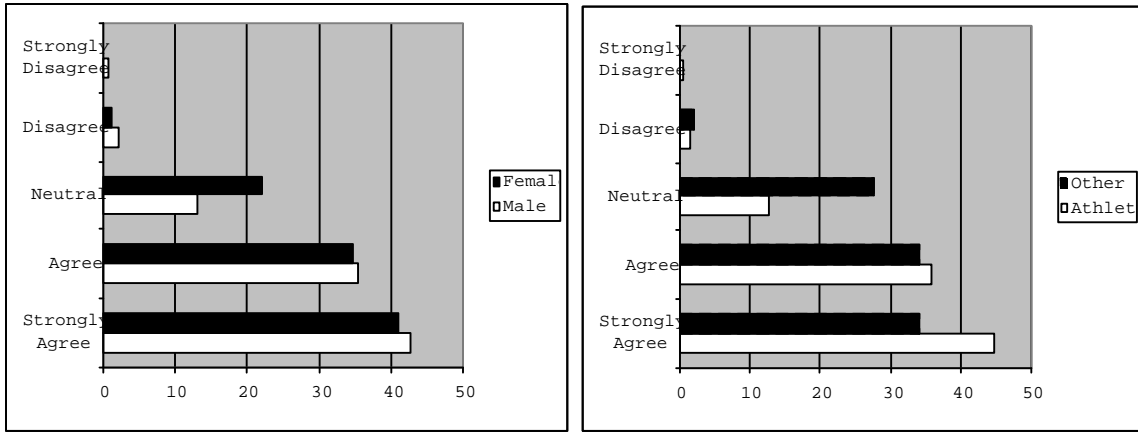
## Participation in the Arctic Winter Games Allows Me To Be Creative



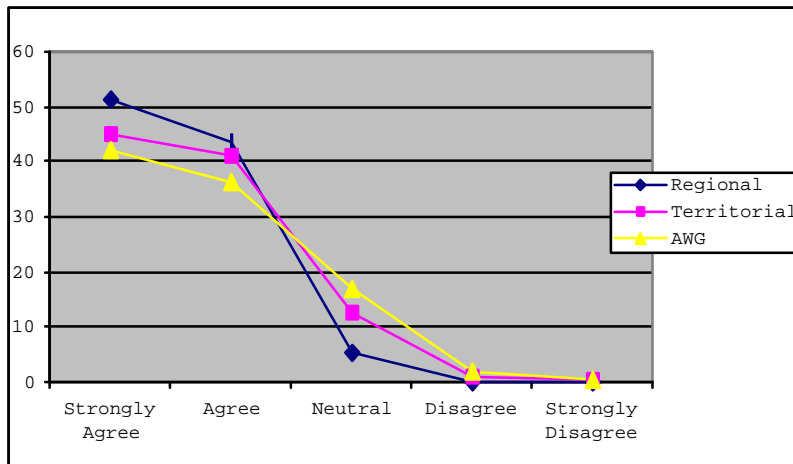
## Allows Me To Be Creative By Regional, Territorial and AWG



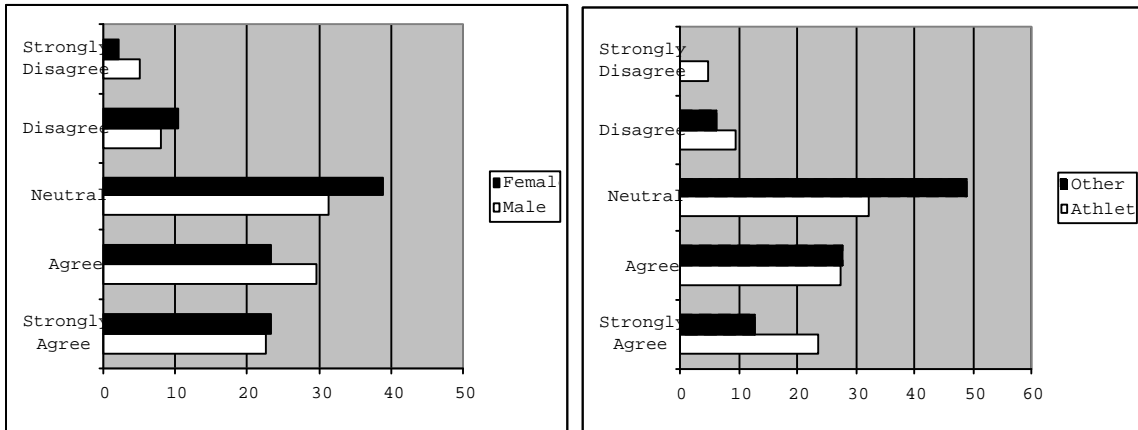
## Participation in the Arctic Winter Games Keeps Me Healthy



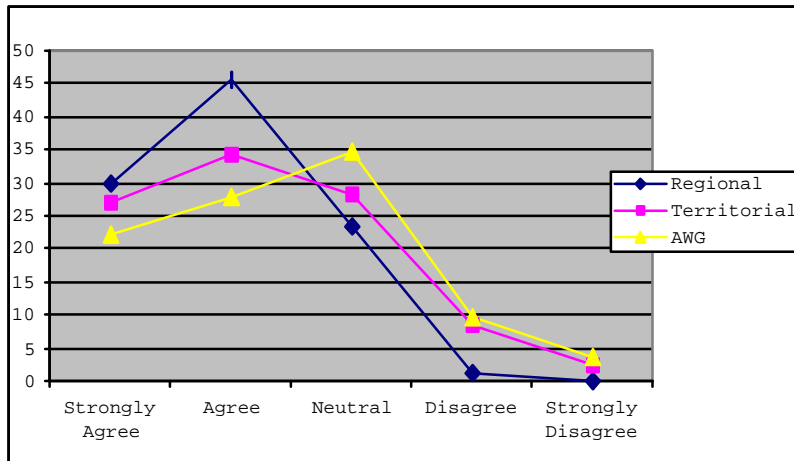
## Keeps Me Healthy By Regional, Territorial and AWG



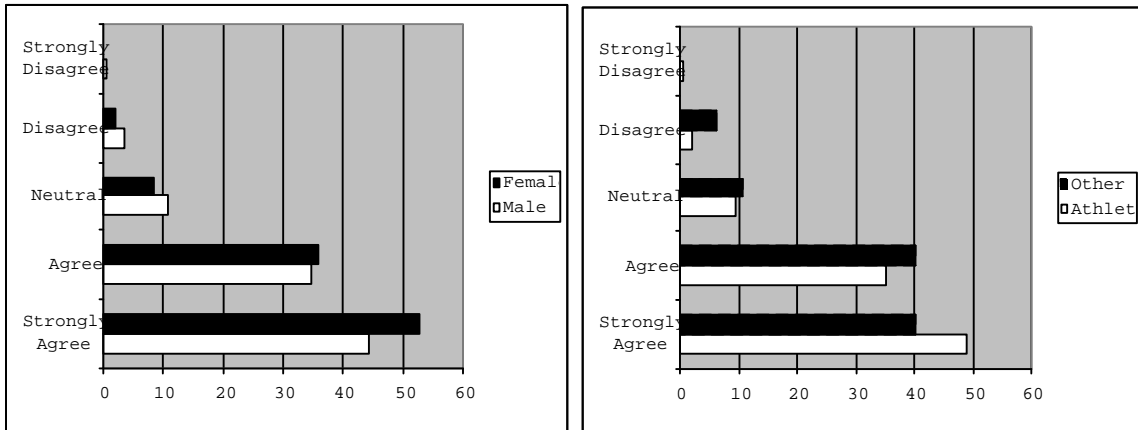
## Participation in the Arctic Winter Games Gives Me An Opportunity To Enjoy Nature



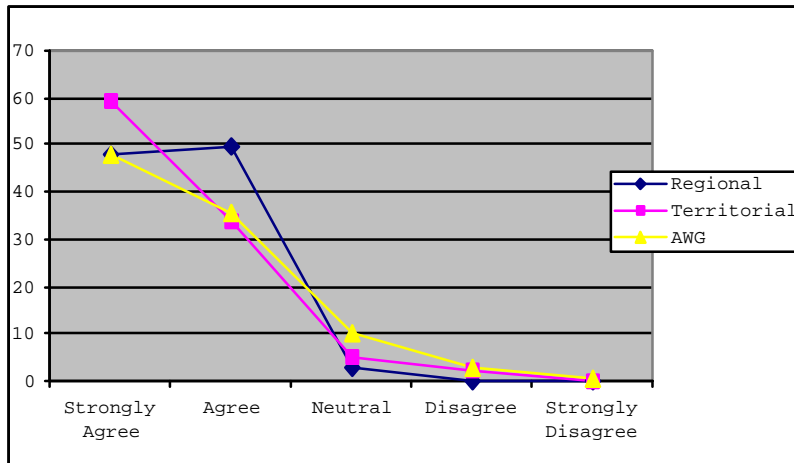
## Gives Me An Opportunity To Enjoy Nature By Regional, Territorial and AWG



## Participation in the Arctic Winter Games Gives Me A Chance To See Other Communities/Places

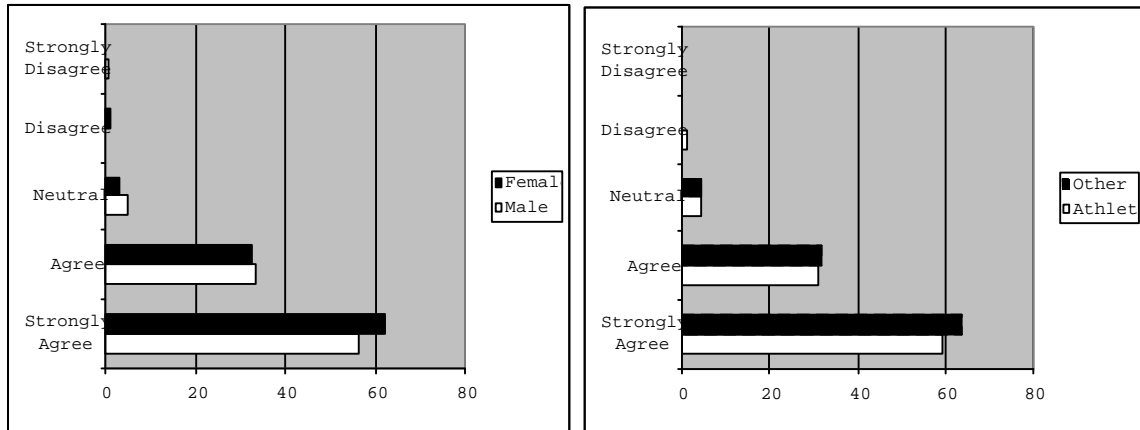


## Gives Me A Chance To See Other Communities/Places By Regional, Territorial and AWG

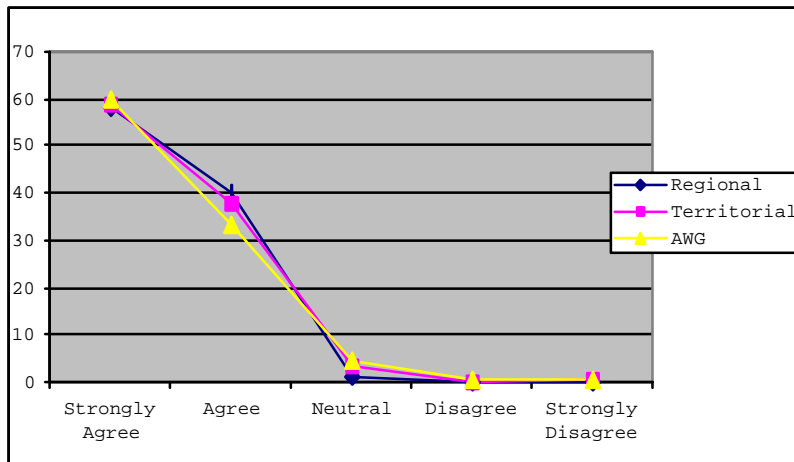




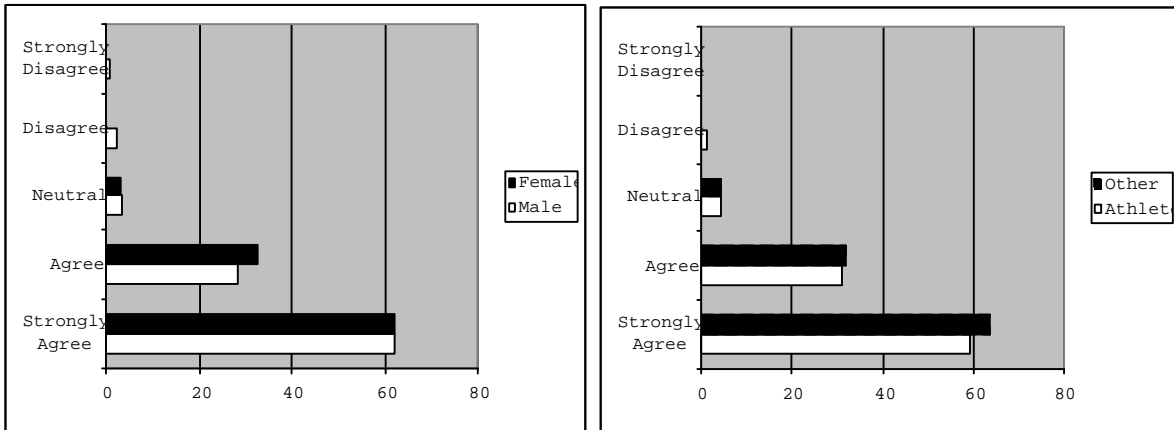
## Participation in the Arctic Winter Games Gives Me An Opportunity To Enjoy Sports



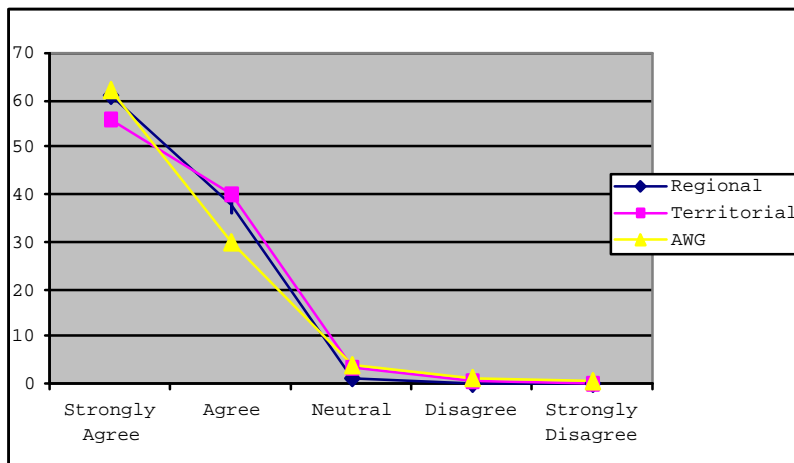
## Gives Me An Opportunity To Enjoy Sports By Regional, Territorial and AWG



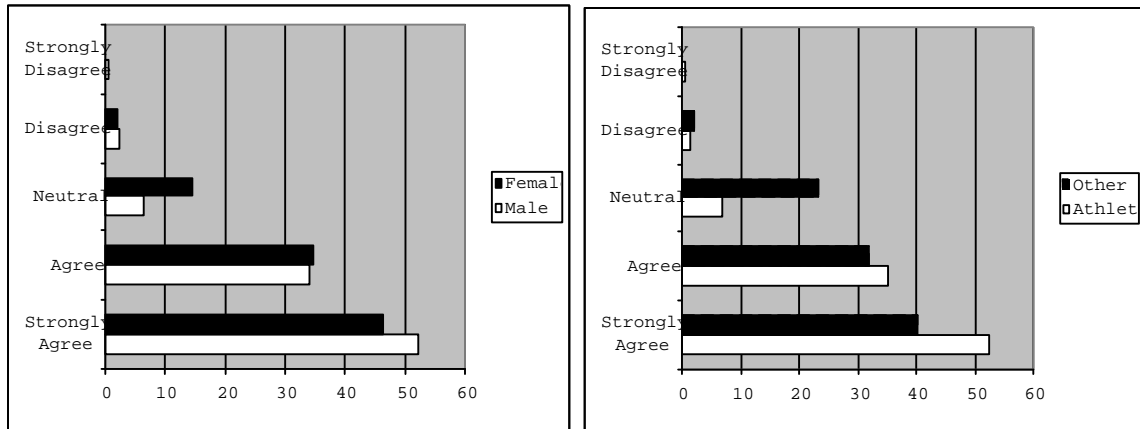
## Participation in the Arctic Winter Games Gives Me A Chance To Meet New People



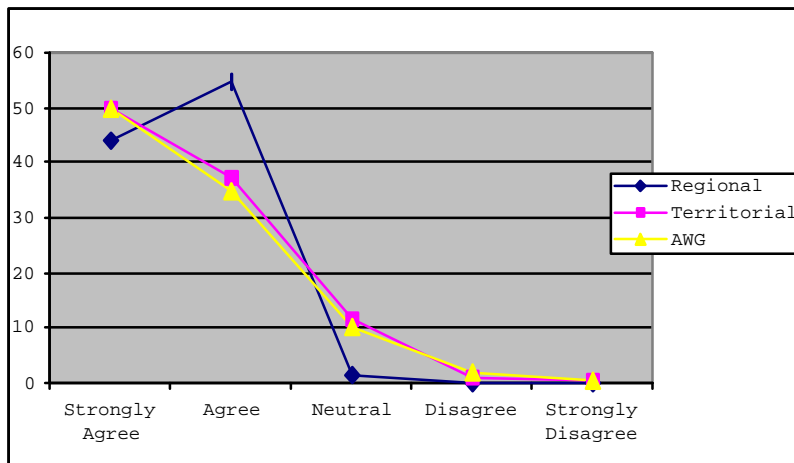
## Gives Me A Chance To Meet New People By Regional, Territorial and AWG



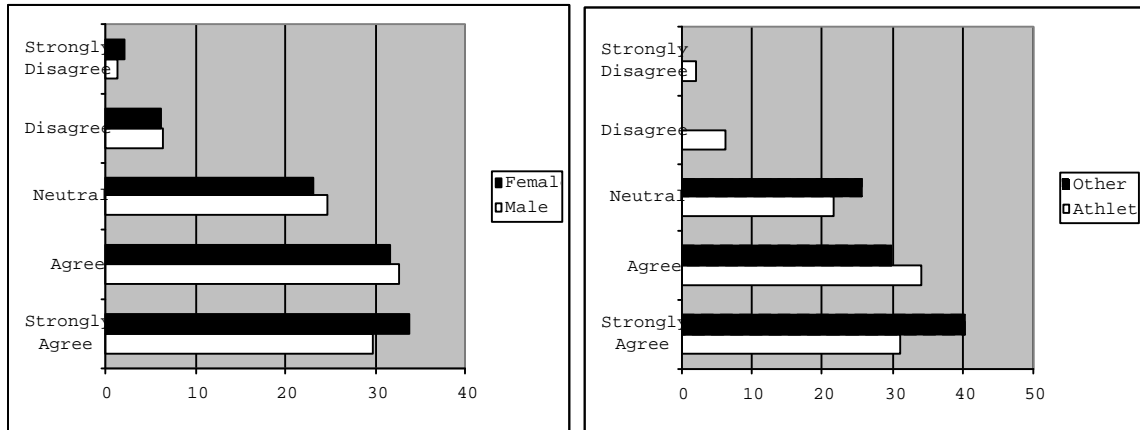
### Participation in the Arctic Winter Games Provides Me With A Physical Challenge



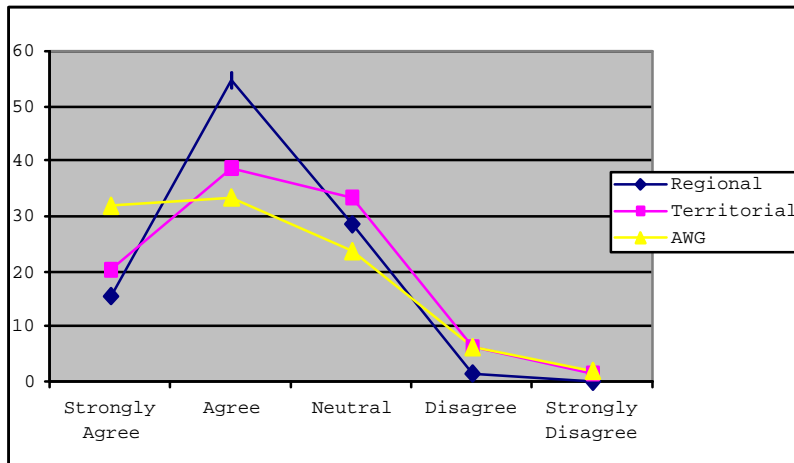
### Provides Me With A Physical Challenge By Regional, Territorial and AWG



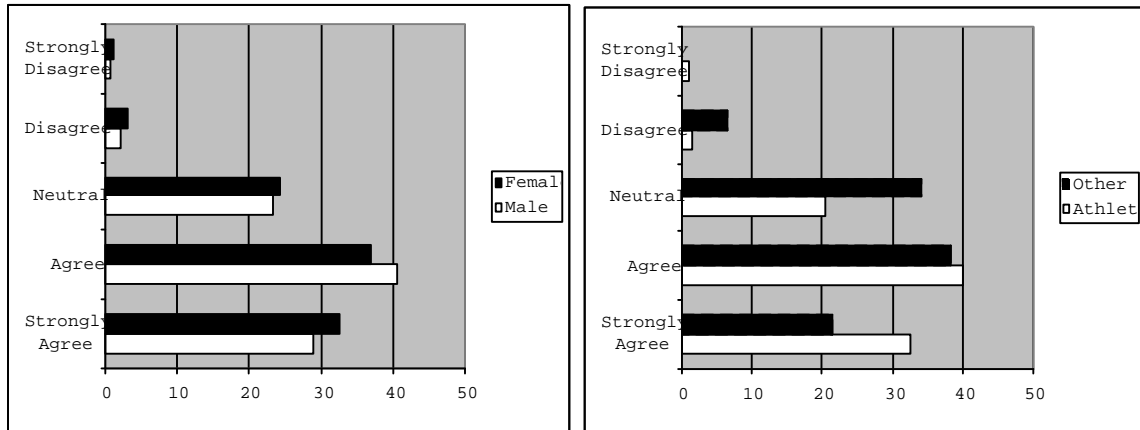
## Participation in the Arctic Winter Games Brings My Community Closer Together



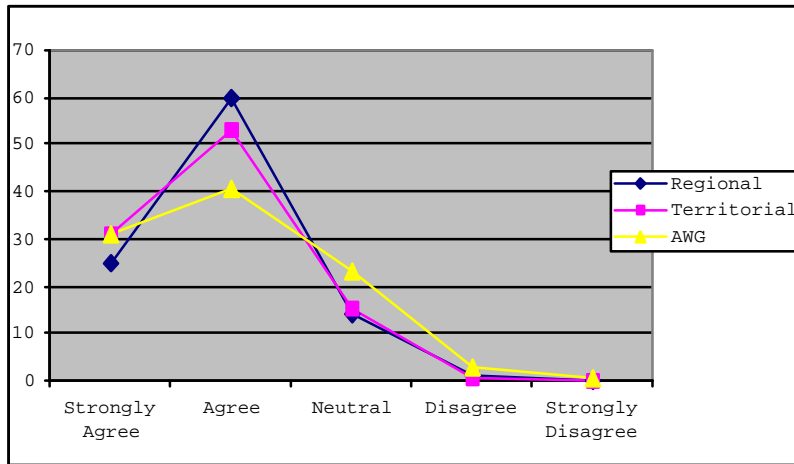
## Brings My Community Closer Together By Regional, Territorial and AWG



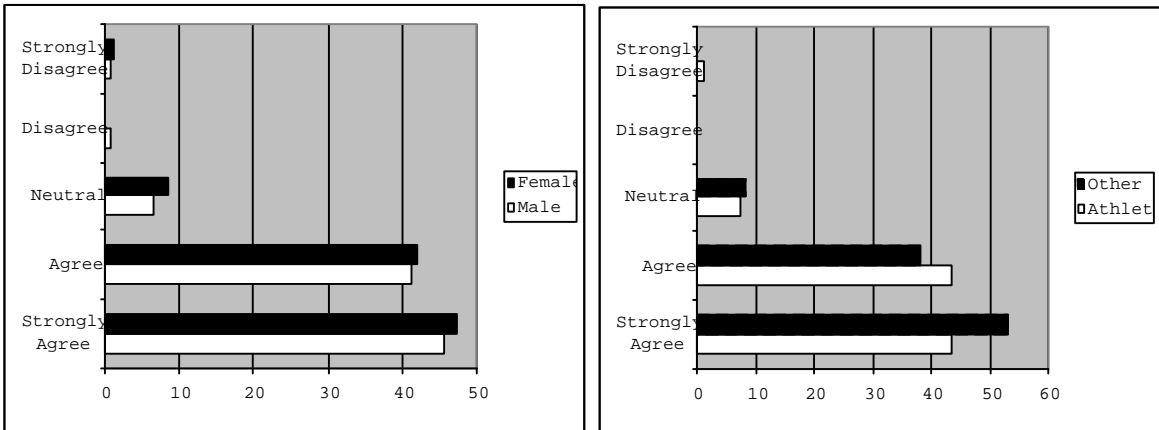
## Participation in the Arctic Winter Games Brings Me Attention From Other People



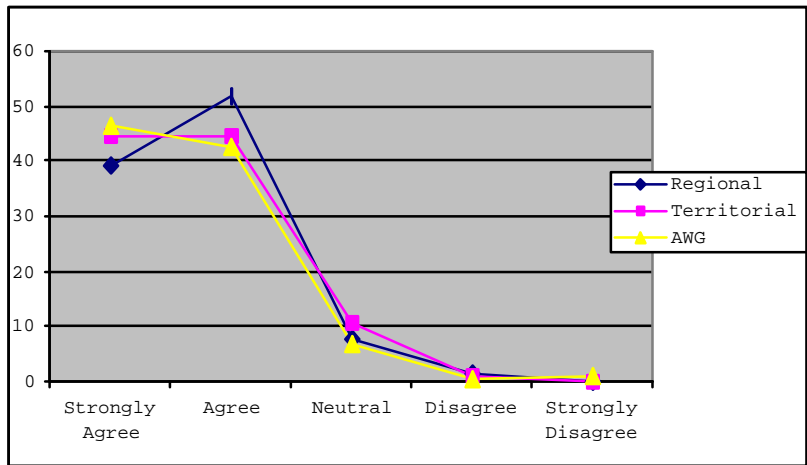
## Brings Me Attention From Other People By Regional, Territorial and AWG



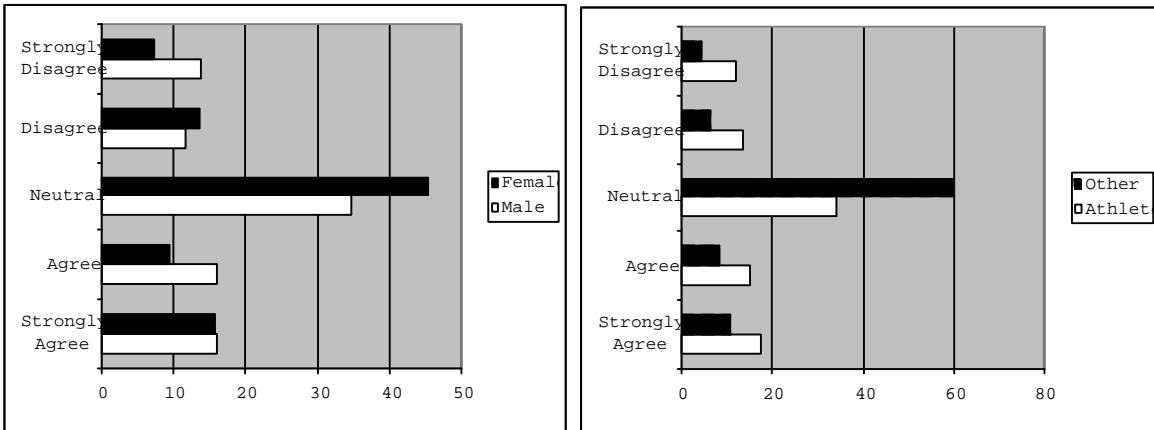
## Participation in the Arctic Winter Games Brings Attention To The Northwest Territories



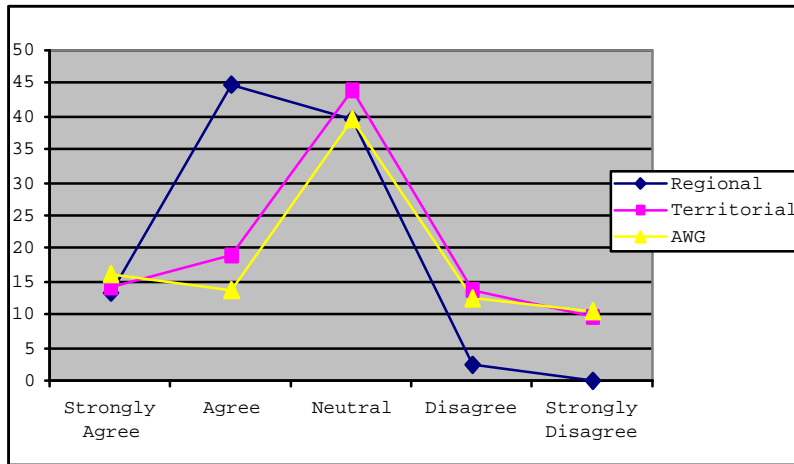
## Brings Attention To The Northwest Territories By Regional, Territorial and AWG



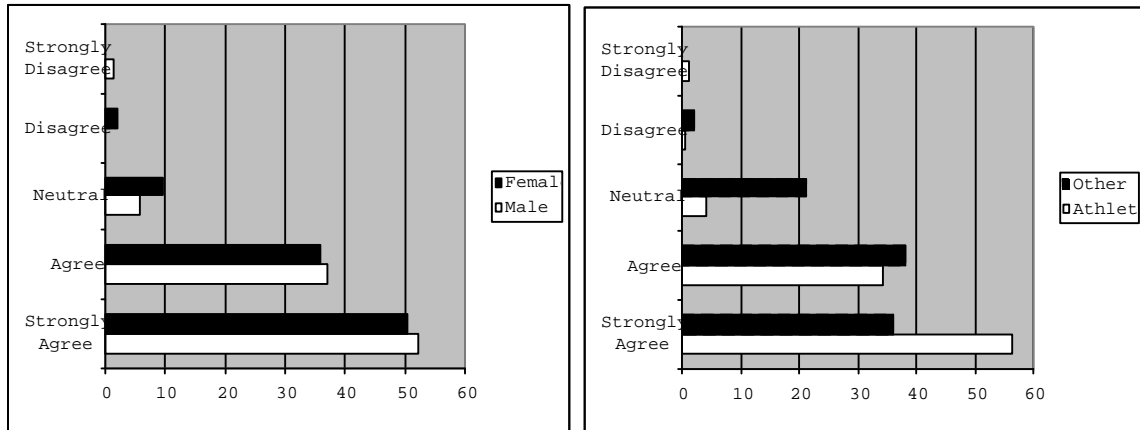
## Participation in the Arctic Winter Games Helps Me In My School Work



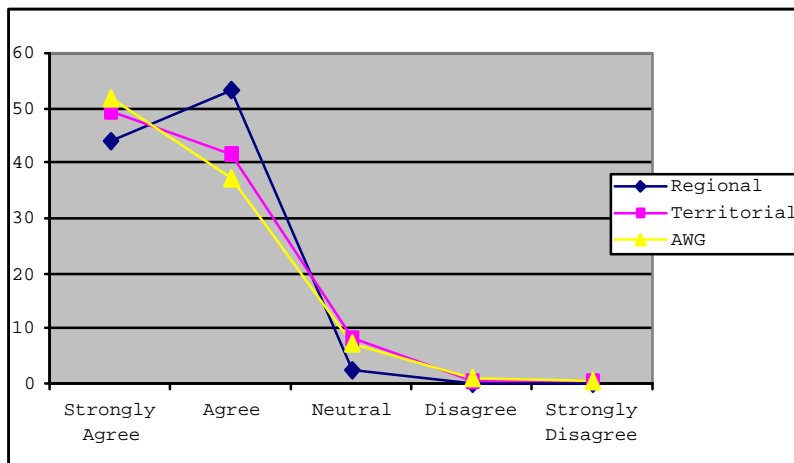
## Helps Me In My School Work By Regional, Territorial and AWG



## Participation in the Arctic Winter Games It Gives Me The Chance To Compete With Others



## It Gives Me The Chance To Compete With Others By Regional, Territorial and AWG





Before My Participation In The Games  
My Family Did Things Together  
in Percent

| Scale | Regional Trials | Territorial Trials | AWG's |
|-------|-----------------|--------------------|-------|
| Yes   | 64              | 74.7               | 67    |
| No    | 36              | 25.3               | 20.9  |