



**RAINY RIVER FIRST NATIONS**  
MANITOU RAPIDS

The background image shows a close-up of traditional beaded clothing in green, white, and multi-colored patterns. To the right, there is a wooden object, possibly a traditional drum or part of a canoe, with a textured surface.

# SPORTS AND RECREATION

## WHAT WE OFFER

RRFN Sports & Recreation offer services to all ages. We provide community events, monthly programming, youth engagement opportunities as well as facilitation of rec/sport funding (Let's be well – Let's do well – Let's Excel). The services we offer have focus on active and healthy lifestyles; encouraging members to cultivate passions that will give them confidence, motivation and a high self-esteem.

**Director of Sports and Recreation** – Kevin Gemmell  
**Assistant of Sports and Recreation** – Tammy Horton