

Sports-Related Phrases

Tehonhthénno'ks, Tehonttsihkwà:'eks tánon' Rontia'tahkariíóhstha'

My eating hasn't been on track	Iah tetkaié:ri tsi ní:ioht tsi tekatská:nhons
Are you playing (going to play) in the tournament?	Tehsahthennoókhe' ken kí: tehontkenniíonhe'?
Yes I am playing (going to play)	Hen, tekahthennoókhe'
No I am not playing (not going to play)	Iah tha'tekahthennoókhe'
Gym	Tsi iontia'tahkariíostáhkha'
Make sure to stretch	Orihwí:io són:ni ne tahsatiá:karetste'
Inside shoes only	Kanónhskon áhta khok
Is the workout hard today?	Kaio'tenhserowá:nen ken nòn:wa'?
Yes the workout is hard today	Hen kaio'tenhserowá:nen nòn:wa'
No the workout is not hard today	Iah tekaio'tenhserowá:nen nòn:wa'
Have you been coming all week?	Tehséhthahkwe' ken ahia'khserakwé:kon?
Yes I have been working out all week	Hen ahia'khserakwé:kon wa'katia'tahkari:iohste'.
I have only been here a few times a week	Tohkára khok nia'ká:ienhte' tewakenónhne tsi niiahia:khseres
No, I was sick most of the week	Iah, thó:ha ahia'khserakwé:kon wakenonhwaktaniíhahkwe'
My eating hasn't been on track	Iah tetkaié:ri tsi ní:ioht tsi tekatská:nhons
I love how this makes me feel	Wakon'wéskwani tsi niwakonhnhiióhstha'
I'm tired	Tewakhwishenhé:ion
That workout was hard	Wentoréhne tsi wa'katia'tahkari:iohste'

Run!	Tesaráhtat!
Lift those weights	Té:sehkwa thí:ken okon'tshera'shòn:á
You are only competing with yourself	Sonhá:'ak tesatatkenniá:ton
I need to increase the weight	Teiotehontsóhon aonsakkon'tshera'ará:tate'
You have good form	Satieron'tiióhston
Where did you get your shoes?	Ka' nontahsahtahkwénhawe'?
I bought my shoes at _____	_____ takahtahkwénhawe'
Jump rope	Teionni'tsonhkwahkwà:tha' ahserí:ie
Hand wraps	Ionttsihkorókstha'
Weights	Okòn:tshera
Exercise bike	Iontia'tahkariíostáhkha' tékeni teiohahkwén:ronte'
Chalk	Othè:sere' ahsonhtà:ke iehiatónhkhwa'
Activities	Tsi Nitewatieránions
Did you watch the game the other day?	Wahsaterò:roke' ken thí:ken wa'thontkén:ni' ó:iats thetén:re
Yes, I watched the game the other day. It was exciting/ disappointing	Hen, wa'katerò:roke' tsi wa'thontkén:ni' ó:iats thetén:re. Teio'nikonhrawénrieht/ io'nikonhráksat
I was expecting them to win	Wakehrhá:rehkwe' ne ahonatkweniónke'.
I was expecting them to lose	Wakehrhá:rehkwe' ne ahonátion
Where did you watch the game?	Ka' nón:we saterohrokhónhne tsi tehontkénnie's



I watched it at home	Tsi tewakenónhsote' wa'katerò:roke'
I watched it at my friend's house	Ontiatén:ro tsi thonónhsote' wakaterohrokhónhne
I watched it at the bar	Tsi iohson'karèn:ton wakaterohrokhónhne
Did you come from the game?	Tsi tethontkénnie's ken nontáhse'?
Are you going to the game?	Tsi tethontkénnie's ken wáhse'?
Yes, I wouldn't miss it	Hen, iah tha'taonkwatohétsten'
Yes, but I have to leave early	Hen, nek tsi wakon'wéskwani iosnó:re' taontakahtén:ti'
No, I have work	Iah, ó:nen'k tsi enwatió'ten'
No, I am too busy	Iah, sótsi tewakeweienhnharà:ón
Did you watch the boxing?	Wahsaterò:roke' ken ne ronttsihkóia'ks?
Yeah, I watched it here	Hen, kèn:en wa'katerò:roke'
No, I don't have cable	Iah, iah tewátien ne karonwarowá:nen
No, I am not into boxing	Iah, né: tsi iah tetewake'nikonhratihénthos ne ronttsihkóia'ks
Are you going to watch the fights?	Wahsaterohrókhe' ken tsi ronttsihkoia'ákhe'
Yeah, would you like to watch it with me	Hen, íhshre' ken skátne aietiatérò:roke'
No, I already have plans	Iah, ó:nen wakaterihwahserón:ni
Who won the fight?	Ónhka wahatkwe'ni'?

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Enionkwaió'ten



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Tehonttsihkwà:'eks
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Sports-Related Phrases

Tehonhthénno’ks, Tehonttsihkwà:’eks tánon’ Rontia’tahkariióhstha’

Team Sports	Tehonhthénno’ks tánon’ tehonttsihkwà:’eks
Have a good game	Saianeráhsten tsi tehsatkénnie’s
Try hard	Sahkwíson
Put your equipment on	Satia’tawi’tánion
Tie put your skates	Tesanikahtse’nón:ten’ ne sato’tsí:ne
Tie your shoes	Tesanikahtse’nón:ten’ ne sáhta
Everyone needs to work together	Ó:nen’k tsi akwé:kon tentewaié:na’ together
Make sure to cover your man	Orihwí:io són:ni tsi enhtshe’nikòn:rarake’ ne sonkwè:ta’
Skate faster	Sénha iosnó:re’ tesato’tsí:neht
Run faster	Sénha iosnó:re’ tesaráhtat
Keep your eye on the puck	Teskà:nerak ne otsíhkwa’ Otsíhkwa’ teskà:nerak
Keep your eye on the ball	Teskà:nerak ne ahthén:no Ahthén:no teskà:nerak
Cover the goalie	Tshe’nikòn:rarak ne tehata’aranónhna’
Everyone back	Akwé:kon ohnà:ken íseweht
Defense	Tshisewaia’tanòn:na!
Offence	Sewaion’tà:na!
Throw it	Ia’sá:ti!
Pass to...	Sóhetst!
You scored	Wáhsion’té’
You missed	Sahsátewahte’
veryone did a well	Akwé:kon wesewaiáneren’ne’
Yay we won	Ié: wetewatkwé:ni’

Time to shake hands	Ia’káhewe’ taiontatenentsshahá:ton’
Everyone off the ice	Akwé:kon é:ren íseweht ne owisà:ke
See you at practice	Enskwá:ken’ nó:nen entsitewatéweienste’
Who won the game?	Ónhka wahontkwé:ni’
• We won the game • We lost the game • The game was a tie	Ì:’i wa’akwatkwé:ni’/ wetewatkwé:ni’ Ì:’i wa’onkwá:ti’ Sha’tiakwahíá:ton’
What was the score?	Tó: niahatihíá:ton’?
Puck	Otsíhkwa’
Arena	Tsi teionttsihkwaèkstáhkwa’
Hockey stick	Teionttsihkwaèkstáhkwa’ kà:nhien
Lacrosse stick	Teionttsihkwaèkstáhkwa’ kà:nhien
Ball	Ahthén:no
Sports	Tehonhthénno’ks tánon’ teionttsihkwà:’eks
Ice Hockey	Owisà:ke teionttsihkwà:’eks
Skating	Teionto’tsinéthta’
Soccer	Iah thieieié:nas ahthén:no
Volleyball	Wa’arawèn:rats
Lacrosse	Teionttsihkwà:’eks Tewa’á:raton
Field Lacrosse	Kahentà:ke teionttsihkwà:’eks
Swimming	Iontá:wens

Tennis	Tehonhthénno’ks tewa’á:raton iehwaèkstha’ rónststha’
Basketball	Tehon’theróia’ks
Baseball	Tehontatshenséhstha’
Football	Tehonhthénno’ks
Golf	Kahentà:ke teionhthénno’ks
Wrestling	Teiontatié:nas
Running	Teionráhtats
Golf terms	Kahentà:ke Teionhthénno’ks
Golf stick	Karistóhare’
Golf shoes	Kahentà:ke teionhthénno’ks áhta
Umbrella	Ionterahkwawehróhstha’
Golf bag	Kahentà:ke teionhthénno’ks ká:iare
Tee	Ionhthenno’tsherahéhrha’
Which hole are we on?	Ka’ níká:ien tiohsón:we’ iétewe’s?
• I am on the _____ hole	_____ tiohsón:we’ ié:ke’s
Whose turn is it?	Ónhka ieiakoià:the’?
• It’s my turn • It’s your turn • It’s her turn • It’s his turn	Ì:’i iewatià:the’ Í:se’ iesaià:the’ Akaónha ieiakoià:the’ / Aónha ieioià:the’ Raónha iehoia:the’
I’m going to drive the cart	Enwakhonwi:sere’ kahentà:ke
Swing!	Shwà:’ek!
Keep your eyes on the ball	Ahthén:no teskà:nerak
Good follow through	Ioiánere’ tsi wahshwà:’eke’

Nice slice	Ioiánere’ tsi wahskwè:tare’
It’s really windy outside	É:so tsi iaó:te’ ne átste
You just missed that putt	Wahsattsihkwátewahte’
You got a hole in one	Iahstakwaríhsia’té’ tsi tiohsón:we’
What was your par?	Tó: niahshwà:’eke’ tsi niió:re tiohsón:we’?
• My par was _____	_____ ia’khwà:’eke’ tsi niió:re ia’khsoniò:ka’té’
See you next week	Ó:ia ietsahia’khserá:te’ tentsitiatátken’
Are you playing in the _____ Tournament?	Tehsahthenno’ ókhe’ ken kí: tehontkenniónhe’?
• Yes I am playing tournament • No I am not playing in the tournament	Hen, tekahthenno’ ókhe’ Iah tha’tekahthenno’ ókhe’
Gym	Tsi iontia’tahkariistáhkwa’
Make sure to stretch	Orihwí:io són:ni ne tahsatià:karetste’
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Is the workout hard today?	Kaio’tenhserowá:nen ken nòn:wa’?
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Have you been coming all week?	Tehséhthahkwe’ ken ahia’khserakwé:kon?
• Yes I have been working out all week • I have only been here a few times a week • No, I was sick most of the week	Hen ahia’khserakwé:kon wa’katia’tahkarí:iohste’ Tohkára khok nia’ká:ienhte’ tewakenónhne tsi niiahia:khseres Iah, thó:ha ahia’khserakwé:kon wakenonhwaktaníhahkwe’