

ISSUE 76 • MARCH 2020

# Sport Quarterly

A sport nova scotia PUBLICATION



## BUILDING A LEGACY

FOCUSING ON THE  
FUTURE OF FEMALE  
HOCKEY P.6

TASK FORCE TAKES ON DISCRIMINATION IN HOCKEY - P. 9 / SPORT NOVA SCOTIA HIRES SAFE SPORT LEAD - P. 13 / MULTISPORT GOES MOBILE IN CAPE BRETON - P. 18

March 2020 Issue 76  
**Sport Nova Scotia**

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**JAMIE FERGUSON**  
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# KidSport: Help Us Meet Growing Demand

Many times in this space we bring up the positive benefits that can come from participation in sport. We do so with good reason, since not only are the benefits significant, but of course it's why we're so passionate about trying to make sure everyone has the chance to take part.

Sport benefits are for everyone, and they can be most significant for our youth. There is the obvious benefit that playing sport and being physically active is good for your health. But beyond that, we also know that children taking part in sport are often more likely to enjoy good mental health, as

sport can help develop things like self-esteem and a sense of belonging. We also know that sport participation can have a positive impact on academic achievement, and influence things like behaviour and attendance, resulting in a more positive school experience overall. The power of sport shows up in the area of crime reduction as well, which is a reason we see the provision of sport programs showing up more often as a component of youth crime reduction programs.

All these facts point to how sport can play a vital role in our children's development, and in fact can often provide them with that head start they need in life. At the same time, we also know that unfortunately there can be many barriers to

participate, with one of the most significant being cost. Many of us see this in different communities across the province all too often, and we know that children from lower income families are not as likely to take part in sport as others.

For many years now, Sport Nova Scotia has been operating our KidSport program to try and help

are very fortunate to receive the support of many sponsors and donors, and we're also extremely thankful for the funding provided by the provincial government, who are the largest funder of the program, but we're not there yet.

We see the continued demand, and we know we'll need increased funds if we hope to meet it. We run a

number of fundraisers for KidSport, and in fact we have one coming up. On April 4 we'll be hosting our annual IG Wealth Management Ceilidh and Casino event at Casino Nova Scotia. It's a great event with live entertainment, and of

**Over the past five years alone, the financial assistance KidSport has provided to youth across the province has increased by more than \$150,000.**

families and children overcome that barrier, with a goal of trying to make sure no child is left behind, and all have their chance to get in the game. Over the years our program has been steadily growing, providing more financial assistance and reaching more children. Over the past five years alone, the financial assistance KidSport has provided to youth across the province has increased by more than \$150,000. Last year we provided almost \$680,000 to 2,419 children in Nova Scotia.

We are thrilled that we've been able to provide more assistance, and reach more children every year. However, this type of increased demand for any funding program creates a need to increase funding to meet that demand. KidSport is no different. We

course it's for a great cause. We encourage all who are able to take part, and have a great time knowing you're helping to provide more chances for our children to play sport. Of course we realize not everyone can attend, but if you believe in this cause like we do, you can also visit our website and make a donation to the program.

It's a wonderful feeling to know you're helping children in communities all over Nova Scotia get their head start in life. It can be especially rewarding to know that in so many cases it wouldn't happen without your help. Together we can try to make sure every child in our province gets the chance they deserve, and no one is left behind. **SQ**

Stay connected to sport options, news and opportunities in NS by joining us on Facebook & Twitter.



# Todd Rows Toward the 2020 Paralympics

## Athlete's Column

ANDREW TODD  
ROWING

*Andrew Todd is a decorated Paralympic rower, with back-to-back world championships in the PR3 two-person class in 2018 and 2019. Todd was also part of Canada's bronze-winning four-person crew at the 2016 Paralympics in Rio de Janeiro. Todd came to the sport as a university student in 2007 and was training for the senior national team in 2013 when he suffered major injuries after being struck by a school bus that ran a stop sign. The North Star rower returned to full-time training in 2014 and has competed in able-bodied regattas alongside his success in Para rowing.*

**I**n my first year of university in 2007 I was looking for a new sport, something that would allow me to maintain my fitness but give me that flexibility to focus on school. I'd never touched an oar before then, but I had a lot of fun with rowing. By 2009 I



Andrew Todd. (Contributed)

decided I wanted to see if I could go somewhere with it.

In 2013 I performed well enough at the national selection regatta to be invited to the training centre in London, Ont., to try out for the lightweight fours boat. Shortly after I arrived, I was out on bikes training and ended up being struck by a bus. I had a number of

surgeries, and I stayed part of the sport the whole way through. I used rowing almost as a tool for recovery.

I knew I wanted to get back into a boat. Rowing pushed me to get better and recover physically. Also, from a psychological, mental and community side, I had a lot of coaches and friendships with people in the sport who really supported me through that process. It was invaluable to have a sense of working toward something and having that goal of competing again.

In 2015, I made the LTA coxed four that competed at the world championships. We won a bronze there and went on to win a bronze medal at the 2016 Paralympics.

In 2017 I was hoping to make another try at the lightweight fours on the able-bodied side, but we learned that year it was being removed from the Olympics. I made the switch back to training with the Para team. I raced the PR3 men's pair event with Kyle Frederickson at worlds in 2018 and 2019, and we managed to become back-to-back world

champions. That was really cool.

This May, I'll race with the PR3 coxed fours at a regatta in Italy where we'll try to qualify for the 2020 Paralympics in Tokyo. We need a top-two finish at that event to gain a spot at the Paralympics.

I'm training full-time at national headquarters in B.C. this year in the Olympic cycle, but I've been training a lot in Nova Scotia over the past three years. I find the environment and coaching and the rowing community is really special. It's such a positive environment.

I've been actively pursuing my coaching education, and I'm hoping in the future not only to compete as an athlete but as a coach, to help other athletes get better and contribute to the sport in the province. As an athlete, I go to practice with the goal of not only trying to make myself faster, but trying to make my teammates faster.

It really is a team sport. We're not only pushing ourselves to become better, but we're pushing to make sure our teammates become better as well. **SQ**

## Sponsor Spotlight

### Title Sponsor – Ceilidh and Casino

**A**s a company that helps Canadians manage their finances, IG Wealth Management knows plenty about financial barriers—including how they can keep people from living active lifestyles.

That's one reason why the company invests in supporting local sport. IG Wealth Management is the title sponsor of this year's Ceilidh and Casino, taking place April 4 at Casino Nova Scotia with proceeds benefitting KidSport Nova Scotia.

"We're very proud of the efforts of Sport Nova Scotia and KidSport," says Gordon Brost, Division Director with IG Wealth Management in Halifax. "Without their efforts, there would be thousands of kids in our province without the ability to participate in sport. Sport Nova Scotia does a great job of helping people get their children involved."

IG Wealth Management supports both budding young athletes and high-performance players with Olympic aspirations. The company is a partner

in AthletesCAN and awards 20 bursaries of \$5,000 to amateur athletes each year.

"As a company we're committed to both high performance and community sport," Brost says. "We like to be involved at both levels, and contributing overall to a healthy lifestyle for Canadians. Financial wealth is really nothing without physical health."

Sport matters on a personal level to many local IG staff members, Brost points out. He coaches volleyball, while some of his colleagues are involved in

sports such as basketball and triathlon.

"A lot of us believe it's the right thing to do," he says. "We have people who are deeply involved (in sport)."

IG Wealth Management has offices throughout Nova Scotia from Yarmouth to Cape Breton. Find them online at [investorsgroup.com](http://investorsgroup.com). **SQ**

For more on the Ceilidh and Casino, visit [sportnovascotia.ca](http://sportnovascotia.ca).



# Empowering Female Athletes to Become Coaches



**DANIELLE POULOS**  
COACHING LEAD & MENTAL  
PERFORMANCE CONSULTANT  
CSCA

As an athlete from the predominantly female sport of artistic swimming, I was fortunate to have had an influential female role model as a coach. This woman was smart, organized, hardworking, and had incredible technical and interpersonal skills. Above all else, she treated us, her athletes, like people.

Beyond having her as my coach, she also became my NCCP learning facilitator as I transitioned from

my competitive years as an athlete to become a Level III/Competition Development coach. Her impact in both of these leadership roles has spanned my entire career as she instilled values in me that guide me to this day: Work ethic. Creativity. Accountability. Good humor.

In my 20 years as a coach, I had the opportunity to coach locally and professionally abroad. In my role as a mental performance consultant, which could be considered the equivalent to a multi-sport coach, I've had the opportunity to coach hundreds of males and females.

Combined, these coaching roles have provided me with opportunities to learn, teach, travel, meet world-class champions, live in some vibrantly

interesting countries, and, most satisfyingly, empower individuals to reach their goals and become their best selves. Finally, it has provided me with the career I have today, and I can easily say my experience in coaching has been awesome!

Unfortunately, as it stands right now in our province, my experience is the exception. Not only do we have fewer women and girls in sport in general, we have significantly fewer in coaching. The numbers are in fact staggering.

In 2019, provincial sport organizations reported on the number of coaches currently coaching and found there to be only 3,069 females compared to 8,512 male counterparts. That means there is a one in four chance of having a female coach in any given sport in Nova Scotia. This statistic obviously varies greatly by sport and competitive level—for instance you'll see fewer female coaches in hockey (4 per cent), more in ringette (56 per cent) and the most in artistic swimming (100 per cent).

Even more alarming, we are seeing the numbers of Nova Scotian female coaches decreasing in recent years, while the prevalence of male coaches is increasing. But we Bluenosers are not alone. Similar numbers are being reported at the national level, with statistics indicating women represent 25 percent of all coaches. It's also reflected in the low number of female professional coaches at the university sport level.

Why does this matter? Coaches are leaders. They can greatly impact the lives of their athletes throughout childhood, adolescence and even adulthood. In the simplest of terms: if girls only see males in these leadership roles, we are not providing them with the message that they too can be leaders.

As a mother of two girls, I'm hopeful for a more equitable future. As the coaching lead, I would like to be part of the change in our province. But this change truly starts with you and an increased awareness—ask yourself, have you had or do you have a coach role model who is female? And why or why not? If you're a parent, talk with your clubs, talk with your provincial sport organizations, get involved, and get innovative!

If you're a coach, encourage and empower your female athletes to become coaches. If you're a sport decision-maker, help create opportunities for education, mentorship, and equitable coaching positions. Finally, if you're a female athlete who wants to give back to your sport, while gaining leadership experience, effective communication skills, and increased opportunities—start coaching! After all, we need you in those roles. **SQ**

LEFT: KATHY PYKE, PERFORMANCE COACH, OLYMPICS TAEKWONDO  
RIGHT: TRACY BROWN, SPORT DIRECTOR, MIC MAC AAC ROWING



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# The School Milk Program Makes It Easy

provided by the Nova Scotia School Milk Program

## FEELING OVERWHELMED?

The weekday morning routine can be hectic for parents of school-aged children. Making lunches, cramming homework into overloaded school bags and getting out the door in time for work and school can be a challenge! Do you wish there was an easier way?

There is one solution, thanks to the School Milk Program.

Milk is available for your child to buy in all schools from primary to grade 12 in Nova Scotia. If your child's school has registered in the School Milk Program, white milk can be purchased at a reduced price of 40 cents per 237 ml. The program is funded in part by your local dairy farmers, dairy processors and the Nova Scotia Department of Agriculture.

Milk sold at school is fresh and cold and you don't need to worry about packing a drink or a container

spilling in your child's lunch bag. It makes it easier for you as a parent!

## CONCERNING TREND

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absorbed by the body. Buying milk from the school milk program can support your child's bone development and growth and helps to make a well-balanced lunch.

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It's easy. Simply ask your child's teacher or school's office to see if the school has registered to the School Milk Program.

For more information, visit [milkschool.ca](http://milkschool.ca)



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For more information visit  
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[Milkinschool.ca](http://Milkinschool.ca)

## Building a Legacy: Focusing on

When Halifax and Truro have their chance to host the IIHF Women's World Hockey Championship next year, it will mark a golden opportunity in the hockey community.

For fans, it will be 11 days of great games, culminating in a thrilling gold-medal match. For the Legacy Development Committee assembled for the event, the tournament is one milestone on a longer road that began a year ago and stretches five years into the future.

The ultimate goal: use the world championship as a platform to grow female hockey across the province, in a sustainable way.

"This is a once-in-a-lifetime (opportunity)," says Amy Walsh, Hockey Nova Scotia executive director and co-chair of the legacy committee. "There are so few opportunities where females truly own the stage. We want to be super-strategic with our work."

The committee aims to see female hockey registrations in Nova Scotia rise to 5,000 in five years—an increase of nearly 50 per cent from the current levels. The province has about 3,400 registered female players in the 2019-20 season.

Those numbers have grown by about six per cent in the past five years, but there's still plenty of room for development, Walsh says. Girls and women account for only 26 per cent of hockey players in Nova Scotia.

Hosting a world event gives provincial sport leaders a good reason to step back and examine the whole system. "This is an opportunity to be proactive," Walsh



Nova Scotian hockey standouts Jillian Saulnier, left, and Blayre Turnbull help introduce Halifax as the host of the IIHF Women's World Hockey Championship. (Hockey Canada)

says. "It's really about taking that critical look at the game."

Moving Beyond "Spray and Pray"

The legacy committee has been meeting since October, but Walsh and committee co-chair Andrea Coish began their work even earlier along with Caitlin Pentifallo Gadd, a researcher and principal at Halcyon Sport and Event Consulting. Pentifallo Gadd has a PhD in sociology of sport, with a focus on the social impact of major events like Olympics and world championships.

She says one of the common mistakes hosting committees often make with the legacy piece is setting lofty but vague goals without the front-end work to see

them through.

"When you have events like the Olympics, you'll see goals like 'Inspire a generation.' What does that even mean?" she says.

"You've got public dollars on the table and people want to fill the stands. What happens a lot with legacy is, 'We'll just get through the event and deal with that later.' If you want to have an impact, you really need to start doing this well in advance."

Lack of planning leads to what Walsh says is sometimes called a "spray and pray" approach: throw legacy funds at a handful of grants and programs with the hopes they'll pay off.

The local committee wants to

be sure it makes the most of this opportunity. Walsh credits her co-chair Andrea Coish, a partner in KPMG's Halifax office, for bringing a strategic focus to the legacy planning for the women's world event. The committee did their research and sought feedback from associations, officials, parents and players.

The goal was to come up with a plan that's provincial in scope, and practical for making a difference.

"This one event can't solve every issue or problem," Coish says. "We looked at, let's take the (areas) where we can move the dial."

Raising Awareness, Challenging Stigma

Some sobering findings came out of the legacy committee's research, especially in interviews with young players. They learned that social stigma and lack of awareness are still significant barriers in growing the girls' game.

"I was hearing younger girls still say they hear it's a boy's sport, or (female hockey) is not as competitive, or 'girls just want to have fun,'" Walsh says. "Those things still really exist, and they feel it. They see boys having more opportunities. There's still a lack of awareness that all-female hockey exists, or what path they're supposed to take."

Raising awareness will be the committee's short-term goal during the worlds. A female hockey festival is planned around the gold-medal weekend, with more than 1,000 girls taking the ice for games of their own around Halifax, and filling the Scotiabank Centre stands. The weekend will include the First Shift

# the Future of Female Hockey

program where girls can try the sport for the first time.

It's a "see her, be her" approach, Walsh says: letting girls experience the game at its highest level might inspire current players to press in and encourage newcomers to sign up.

But the goal isn't just an influx of new registrations right away. If newcomers rush to the sport, have a bad experience and drop out after one season, that's not success, Pentifallo Gadd says.

"If the system isn't good enough to support new participants coming in or to keep new participants in, then who cares."

The committee's medium-term goals involve bolstering the system: improving coach development

systems and operational standards, and creating a female club administrator position.

There are currently three female hockey associations in the province, with lots of room for the infrastructure and culture to develop.

"The timing is just right (to look at the overall system)," Coish says. "To grow the game, it's not just getting children involved in the sport." There's a need for more female coaches, officials and administrators as well, she says.

Planning Toward Parity

All of that work feeds into the long-term goal of a five-year development strategy, which will help that targeted influx of new players have a great experience.

Ultimately, "we want these systems to be looked at as equitable," Pentifallo Gadd says. The goal is that "No matter your gender, your experience in hockey is exactly the same. How do we open it up so hockey is seen as something anyone can do?"

There's a reason the legacy plan is five years, the team acknowledges. The kind of development they're striving for will take hard work and won't happen overnight.

But they hope they'll look back on the world championships as a great opportunity that opened the door for hundreds more girls and women to discover a new favourite sport.

"At our first meeting, I almost got emotional because I thought about

all the things hockey has given me," Walsh says. "It just taught me so much. It's who I am at the core. I want more girls to have that experience. I think it's truly a gift."

**Editor's Note:** Breaking news doesn't always cooperate with print deadlines. The day after the March issue of Sport Quarterly was initially sent to the printer, with the 2020 Women's World Hockey Championship as the cover story, the IIHF cancelled the 2020 worlds due to concerns around the global spread of COVID-19. Nova Scotia will now host the championship in 2021. On the positive side, that leaves more time to plan for a legacy that will impact female hockey for years to come. **SQ**

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# Inclusive Spaces a Priority at NAIG 2020

Spectators at the North American Indigenous Games (NAIG) this summer will be greeted with reminders that the games are a racism-free zone.

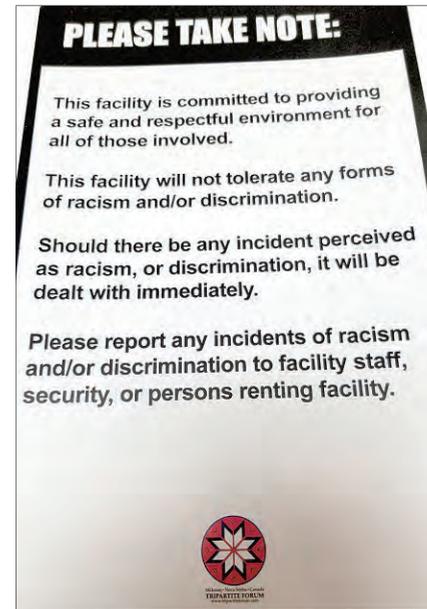
The 20 facilities playing host to the Games and associated events in Halifax and Millbrook will have signage making it clear that discrimination won't be tolerated. It's a step to show that "Halifax and its facilities are welcoming, inclusive spaces," says Brittany Hunter, executive director of the Recreation Facility Association of Nova Scotia (RFANS).

The movement among Nova Scotia recreation facilities to

highlight and enforce anti-racism policies began in Sydney and Membertou in 2018. The Mi'kmaq-Nova Scotia-Canada Tripartite Forum kick-started the initiative to help make sure young athletes feel welcome wherever they play.

Since then, more facilities have posted signs and the movement continues to grow.

"We did five sessions in different regions last year around what the policy is and how to implement it," Hunter says. "We're not forcing anyone to take this policy on, but we're trying to educate around the importance and why



Signs like this one promoting inclusive environments are becoming more common in Nova Scotia facilities. They'll be featured in all venues during the North American Indigenous Games this July. (Contributed)

it would be to the facility's benefit to have this in place."

RFANS also offers to print free signage for facilities and arenas. The provincial association held another session in January in Halifax for NAIG partners and host facilities, along with the broader sport community, on the benefits of creating welcoming, accessible and inclusive environments.

They've been working with the NAIG team to make sure Halifax facilities have signs and policies in place for the Indigenous Games. It's important to be deliberate about creating a safe atmosphere where all athletes are welcome and racism isn't tolerated, Hunter says.

"(Posting signage) shows the facility has been thinking about it, and people can be comfortable reporting it because something will get done. At the end of the day I think we all hope these incidents stop and we don't have this problem, but I think we all know it's happening. Signs may deter people – 'If I do something like that there may be consequences.'"

But RFANS and other partners are quick to acknowledge that signs alone are not enough. If a racist incident does happen in a facility, staff need clear guidelines on how to address it.

"There needs to be, 'these are the steps we take when we have an incident like that,'" Hunter says. "I think we all realize those are tough situations, so (it's important to have) things in place to make front-line staff more comfortable in dealing with it and having the support of the facility."

RFANS has a template policy on its website that facilities can adopt or adapt to suit their own situation. Hunter hopes NAIG 2020 will be a catalyst that encourages more facilities to adopt permanent policies on preventing and addressing racism and discrimination.

"It's definitely being talked about, and people are thinking about what they're going to do to address it." **SQ**

Learn more about anti-racism policies for facilities on the resources page at [rfans.com](http://rfans.com)

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**OUTFRONT**

# Task Force Takes on Discrimination in Hockey

**W**hen Kendrick Douglas hears of young hockey players in Nova Scotia facing discrimination in the rink, he can relate.

That's one reason he joined Hockey Nova Scotia's Diversity and Inclusion Task Force, aimed at addressing discrimination and harassment in the game. While recent incidents sparked the committee's creation in December, racism is not a new problem in the sport—or the province.

"Racism and discrimination have been around for hundreds of years," says Douglas, a lawyer with the Nova Scotia Human Rights Commission. "This has been going on as long as hockey has been played."

The task force is made up of people from under-represented groups in the sport, including African Nova Scotians, First Nations, and the 2SLGBTQ+ community. It met for the first time in January and will eventually develop recommendations and possible actions.

Hockey Nova Scotia executive director Amy Walsh says she's taking a learning role and letting the experts on the task force drive the focus and next steps.

"Out of the gate, I want to approach this work differently. I didn't want to dictate the route top-down," she says. "It's really important to hear first voices and learn and listen, to figure out how we can educate and put better policies and procedures in place to get at some of the discrimination that's occurring."

Douglas, who is African Nova Scotian, expects education will be



Canada Post unveiled a stamp during African Heritage Month honouring the history of all-Black hockey teams in the Maritimes. A Hockey Nova Scotia task force is looking at ways to combat racism and make the game more diverse and inclusive. (Photo: Canada Post)

one of the task force's suggestions, but he stresses it will need to be backed up by policies and action.

"If education was the answer, this would have been solved a long time ago," he says. "It has to be education plus hard measures. Recommendations aren't going to stop racism and discrimination. What are the things we can put in place when it does happen?"

He hopes to see public events as part of the process as well, where people can share their experiences and suggestions.

Douglas has his own stories. As a player, he had the kind of on-ice success many Canadian kids dream of: he excelled in major midget and junior, made Team Atlantic and considered pursuing a career in the East Coast Hockey League after university.

But he also remembers vividly the first time someone yelled the N-word at him in the rink. He was in Atom—the division for ages 9

and 10—playing in Whitney Pier against a Glace Bay team.

"At that age, you don't know the real meaning or history behind it, you just know in your gut that something is wrong," he says.

That first time was only one of many. At the end of his university playing days, as he was pondering his shot at the ECHL, his mother gave him some sobering advice.

"She asked me, 'Do you really want to explore a profession that's not welcoming?'" Douglas says. "I think that's the story of a lot of African Canadians and Indigenous people. You have the talent to play at the next level, but do you really want to endure the racial taunting and all the barriers you know exist but you can't see?"

The task force is part of Hockey Nova Scotia's commitment to address those barriers so marginalized people aren't pushed out of the game, says Walsh.

"We're at risk of (losing) the best out of these environments if there's any type of discrimination," she says. "Hockey has given me so much, but if at any point in that journey I'd been on the receiving end of discrimination, I think it would have changed my trajectory. I think all the great things about sport can go away if this continues."

The provincial body sent a memo to its members in early February noting that reports of racial slurs, homophobic remarks and other verbal abuse were on the rise, and reminding them of Hockey Nova Scotia's zero-tolerance approach.

Walsh says the possible silver lining is that increased reporting may mean people are more willing to speak up when they hear or experience something harmful.

"I hope the reason for that is because we've tried to make it as open and transparent as possible that people feel comfortable coming forward," she says. "It's likely going to get harder before it gets better, but I'm proud of our organization for being willing to go through the hard stuff to make the game safer and more welcoming and inclusive for all. I truly believe sport can be a tool for social change."

Douglas hopes at the end of the process that more kids from under-represented groups will feel at home on the ice.

"We want to see more diversity in the game," he says. "Hopefully some parents... may see it as a more welcoming sport for their son or daughter to play." **SQ**



# ATHLETES OF

## DECEMBER

### Jennie Bouvard ~ Blind Sports (Goalball) Senior Female Athlete

Bouvard, 34, helped her team to gold at the fifth annual Nova Scotia Invitational held in Halifax. Six teams competed from Eastern Canada.



### Cooper Emin ~ Speed Skating Senior Male Athlete

Emin, 22, was part of the three-man Canadian squad that won gold in Neo-Senior men's team sprint at the ISU Junior World Cup 2 in the Netherlands. Emin also placed fourth in the 1,000m, fifth in the 500m and ninth in 1,500m in individual competition.



Credit: Hanneke Mennens

### Abby Lewis ~ Athletics Junior Female Athlete

Lewis, 13, from Beaver Bank, placed fourth in the girls U16 division at the 2019 Canadian Cross-Country Championship. The competition took place in Abbotsford, BC.



## JANUARY

### Marion Synishin ~ Swimming Junior Female Athlete

Synishin, 15, achieved personal bests in all her events at the 2019 Ontario Junior International in Toronto. She placed 10<sup>th</sup> in the 50m breaststroke, 22<sup>nd</sup> in 100m breaststroke and 23<sup>rd</sup> in 200m breaststroke.



### Liam Ferguson ~ Swimming Junior Male Athlete

Ferguson, 16, achieved personal bests across the board at the 2019 Ontario Junior International in Toronto. He placed 13<sup>th</sup> in 50m backstroke, 14<sup>th</sup> in 100m backstroke and 20<sup>th</sup> in 50m butterfly.



## FEBRUARY

### Gabrielle Levesque ~ Figure Skating Junior Female Athlete

Levesque, from Bridgewater, skated to a silver medal in junior pairs with partner Pier-Alexandre Hudon at the Canadian Tire National Figure Skating Championship in Mississauga, Ont. The duo finished third the past two years.



### Team Taylour Stevens ~ Curling Team

Stevens and rinkmates Cate Fitzgerald, Kate Callaghan and Lindsay Burgess from Halifax Curling Club won bronze at the Canadian Under-21 National Curling Championship in Langley, BC.



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# THE MONTH



## Jacob Coté ~ Skate Canada NS Junior Male Athlete

Cote, 14, placed 11<sup>th</sup> in men's novice competition at the 2020 Challenge in Edmonton. The Dartmouth skater was one of 500 athletes at the national competition.



## Team Tanya Phillips ~ Curling Team

Phillips' rink, from the CFB Curling Club in Halifax, took silver at the Curling Club Championship in Leduc, AB. The national competition hosted 14 teams.



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# Sport Nova Scotia Member Contact Information

## PSOs

### Archery Nova Scotia

Admin. Coordinator – Emily Nickerson  
enickerson@sportnovascotia.ca

### Nova Scotia Arm Wrestling Association

President – Rick Pinkney  
info@novascotiaarmwrestling.com

### Nova Scotia Artistic Swimming Association

Executive Director – Pam Kidney  
nsas@sportnovascotia.ca

### Athletics Nova Scotia

Executive Director – Anitra Stevens  
athletics@sportnovascotia.ca

### Atlantic Division, CanoeKayak Canada

General Administrator – Robin Thomson  
robin@adckc.ca

### Badminton Nova Scotia

Executive Director – Jennifer Petrie  
executive\_director@badmintonns.ca

### Nova Scotia Ball Hockey Association

President – Gian Scalet  
nsbha@hotmail.com

### Baseball Nova Scotia

Executive Director – Brandon Guenette  
bguenette@sportnovascotia.ca

### Basketball Nova Scotia

Operations Manager – Ryan Dickison  
bnsoperations@sportnovascotia.ca

### Biathlon Nova Scotia

President – Jylene Ryan  
jylene.ryan@biathlonns.ca

### Bicycle Nova Scotia

Organizational Admin. – Steve Bedard  
steve.bedard@bicycle.ns.ca

### Boxing Nova Scotia

Admin. Coordinator – Graham Young  
gyoung@sportnovascotia.ca

### Cheer Nova Scotia Association

President – Donna Thompson  
donna.thompson@msvu.ca

### Climb Nova Scotia

President – Anne Giles  
anne.giles01@bellaliant.net

### Nova Scotia Cricket Association

President – Amit Joshi  
amitjoshi@cricketcanada.org

### Cross Country Nova Scotia

Admin. Coordinator – Mallory Taylor  
mtaylor@sportnovascotia.ca

### Nova Scotia Curling Association

Executive Director – Virginia Jackson  
vjackson@nscurl.com

### Nova Scotia Amateur Diving Association

President – Lisa Richards  
lrichards@rwrlawyers.ca

### Nova Scotia Equestrian Federation

Executive Director – Heather Myrer  
nsef@sportnovascotia.ca

### Fencing Association of Nova Scotia

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### Field Hockey Nova Scotia

President – Sharon Rajaramon  
sam.raj@ns.sympatico.ca

### Football Nova Scotia

Executive Director – Karen Ouellette  
kouellette@footballnovascotia.ca

### Freestyle Nova Scotia

Executive Director – Andrew Hayes  
alpinens@sportnovascotia.ca

### Nova Scotia Golf Association

Executive Director – David Campbell  
david@nsga.ns.ca

### Gymnastics Nova Scotia

Executive Director – Angela Gallant  
gns@sportnovascotia.ca

### Hockey Nova Scotia

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gmacdonald@hockeynovascotia.ca

### Judo Nova Scotia

Admin. Coordinator – Emily Nickerson  
enickerson@sportnovascotia.ca

### Karate Nova Scotia

Admin. Coordinator – Patrick Thompson  
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### Lacrosse Nova Scotia

Executive Director – Donna Goguen  
lacrosse@sportnovascotia.ca

### Lawn Bowls Nova Scotia

President – Kathy Myketyk  
myketyk@eastlink.ca

### Orienteering Association of Nova Scotia

President – Emily Secord  
ehennebury@gmail.com

### Nova Scotia Powerlifting Association

President – Natasha Ching  
natashaching1@gmail.com

### Nova Scotia Rhythmic Sportive

Gymnastics Association  
President – Lisa Hopper  
lhopper.ns@gmail.com

### Ringette Nova Scotia

Executive Director – Clarissa Oleksiuk  
ringette@sportnovascotia.ca

### Rope Skipping Association of Nova Scotia

President – Sam Ashley  
sam@rsans.com

### Row Nova Scotia

Admin. Coordinator – Patrick Thompson  
pthompson@sportnovascotia.ca

### Rugby Nova Scotia

Graham Young  
rugby@sportnovascotia.ca

### Sail Nova Scotia

Executive Director – Frank Denis  
office@sailnovascotia.ca

### Shooting Federation of Nova Scotia

Main Contact – Jim Smith  
info@sfns.info

### Skate Canada Nova Scotia

Executive Director – Jill Knowles  
skatecanadans@sportnovascotia.ca

### Ski Nova Scotia & CADS NS

Executive Director – Andrew Hayes  
alpinens@sportnovascotia.ca

### Nova Scotia Snowboard Association

Executive Director – Andrew Hayes  
alpinens@sportnovascotia.ca

### Soccer Nova Scotia

Executive Director – Brad Lawlor  
executivedirector@soccerns.ns.ca

### Softball Nova Scotia

Executive Director – Caroline Crooks  
softballns@sportnovascotia.ca

### Speed Skate Nova Scotia

President – Greg Milton  
info@speedskatens.ca

### Squash Nova Scotia

Admin. Coordinator – Mallory Taylor  
mtaylor@sportnovascotia.ca

### Surfing Association of Nova Scotia

Coordinator – Jill Morris  
morris.jillian@gmail.com

### Swim Nova Scotia

Executive Director – Bette El-Hawary  
swimming@sportnovascotia.ca

### Nova Scotia Table Tennis Association

President – David Greenough  
president@nstta.ca

### Maritime TaeKwonDo Union

Admin. Coordinator – Mallory Taylor  
mtaylor@sportnovascotia.ca

### Tennis Nova Scotia

Executive Director – Roger Keating  
tennisns@sportnovascotia.ca

### Triathlon Nova Scotia

Executive Director – Colin James  
triathlon@sportnovascotia.ca

### Volleyball Nova Scotia

Executive Director – Jason Trepanier  
vns@sportnovascotia.ca

### Water Polo Association of Nova Scotia

President – Scott Preston  
spreston@easthants.ca

### Water Ski Wakeboard Nova Scotia

President – Dean Steinburg  
stienburg@bellaliant.net

### Nova Scotia Weightlifting Assoc.

President – Jacob Glover  
info@nsweightlifting.ca

### Wrestling Nova Scotia

Admin. Coordinator – Emily Nickerson  
enickerson@sportnovascotia.ca

## Associate Members

### Blind Sports Nova Scotia

President – Peter Parsons  
blindsportsns@gmail.com

### Nova Scotia 55+ Games Society

President – Jerome Tanner  
jtanner@ns.sympatico.ca

### Nova Scotia Disc Sports Society

Chair – Claire McIntyre  
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### Nova Scotia School Athletic Federation

Executive Director – Stephen Gallant  
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### Nova Scotia Sport Hall of Fame

Programs & Facility Mgr. – Shane Mailman  
shane@nsshf.com

### Special Olympics Nova Scotia

President & CEO – Mike Greek  
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## Registered Users

### Camping Association of Nova Scotia

President – Lara Abramson  
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### Canoe Kayak Nova Scotia

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### Duke of Edinburgh's Award – Nova

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### Lifesaving Society, Nova Scotia Branch

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### Recreation Facility Association of Nova Scotia

Executive Director – Brittany Hunter  
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### Recreation Nova Scotia

Admin. Coordinator – Colleen MacDonald  
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### Snowmobilers Association of Nova Scotia

General Manager – Mike Eddy  
gm@snowmobilersns.com

### Nova Scotia Trails Federation

Communication Assistant – Heather Stillwell  
heather@novascotiatrials.com

# Sport Nova Scotia Hires Safe Sport Lead

As safety increasingly occupies the spotlight in the sport world, Sport Nova Scotia now has a full-time position focused on preventing abuse, harassment and discrimination in sport.

Elana Liberman began her new role as Safe Sport Lead in January. Liberman is former competitive skier who spent years working in child protection.

"When this job came up, it's almost like my heart started beating an irregular beat," she says. "I can't tell you how excited I am to be putting my two major passions together."

The role arises from the work of the Safe Sport Working Group, a partnership



Elana Liberman (Contributed)

between Sport Nova Scotia, the Canadian Sport Centre Atlantic (CSCA) and the provincial Department of Communities, Culture and Heritage that began in fall 2018.

Since the federal Minister of Sport's declaration in 2018 that "everybody in Canada deserves to participate in a sport environment that's free of abuse,

harassment and discrimination," the working group has looked at how to make that a reality in Nova Scotia, from high-performance to school sport and municipal recreation.

"The beauty of Nova Scotia is we have everybody coming together to work on the topic," says Leo Thornley, a working

group member and the Director of Performance Science with the CSCA. "It's not just a high-performance issue. It's for everybody who participates in sport."

One of the group's early recommendations was the need for a full-time position to help develop policy, practices, procedures and education. That's where Liberman comes in.

"She's a phenomenal fit for the position," Thornley says.

One of Liberman's first projects is a survey of provincial sport organizations to see what safe-sport policies and practices they already have, and what barriers they might face in implementing those policies.

She's also taking as many face-to-face meetings as she can and studying what works in other jurisdictions. She says a key part of her role will be ongoing education.

"Education is one of those things that doesn't end," she says. "There's always

turnover, new people, new things we're learning. I'm a big believer in consistency and making sure we're sending the same message for people of all ages, but especially vulnerable youth. How can we make sure kids feel safe doing sport?"

The Canadian Association of Coaching and the Canadian Centre for Ethics in Sport are finalizing a universal code of conduct that will also help give a clear road map, Thornley says.

He stresses that safety isn't only a matter between coaches and athletes. It affects everyone from officials to fans to how athletes work together.

"It's fundamentally how we treat each other," Thornley says. "It's where sport can make a difference with some of the challenges that exist in society. These challenges exist beyond sport, and sport has the opportunity to change it for the better. We can lay down the kind of expectations we want to see." **sq**

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# Arm Wrestling Shares the Stage at NAIG 2020

**W**hen Nova Scotia hosts the North American Indigenous Games from July 12-18, young arm wrestlers will share in the spotlight.

The North American Indigenous Invitational Arm Wrestling Championships aren't an official sport of NAIG 2020, but the host committee is incorporating them in the week's events as a way to showcase the sport.

That's a big win for Trevor Sanipass, who's advocating to have arm wrestling officially added to the NAIG lineup for future Games.

"To me, that's my dream," says Sanipass, who has competed internationally and organized arm wrestling events at the Nova Scotia



Trevor Sanipass has helped spearhead the North American Indigenous Invitational Arm Wrestling Championships, being held during NAIG 2020 this July in Halifax. (Contributed)

will take part in the opening and closing ceremonies and be fully treated as part of the Games.

Sanipass says the dozen arm wrestlers who will make up Team Nova Scotia are already excited about the opportunity. He credits the Nova Scotia host committee for being so supportive. "They're doing great at backing

us on this, and I'm really excited about that."

While he's helping run the arm wrestling championships, Sanipass will also be running back and forth to gyms during NAIG to cheer on his son Corey, a member of the Nova Scotia basketball team.

"It's great to see and hear everything about the Games," he says. "Bringing in something this big is good for everyone, not just Indigenous communities. There's going to be a lot of nations and sports involved, and sport can actually unify a lot of people."

## Cultural Village Open for Vendors

The call is out for Indigenous artists, crafts people and food vendors who want to be part of the Cultural Village at the Halifax Common. The Village will be a centrepiece of the Games, with music, entertainment and celebrations throughout the Games. **SQ**

For more information, see [naig2020.com/cultural-village-info](http://naig2020.com/cultural-village-info)

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# Coaches' Event Highlights Safety, Leadership

**S**afety is one of the hottest topics in the sport world, and Lorraine Lafreniere's main message to coaches is to get comfortable talking about it, because the conversation is here to stay.

Lafreniere, CEO of the Coaching Association of Canada, will give an update on "safe sport's role in impactful leadership" at the annual Atlantic Coaches Conference taking place in Dartmouth April 24-25.

Coaches need to understand that safe sport is more than injury prevention or concussion protocol, Lafreniere says. It means keeping athletes safe from harassment, discrimination and other unwanted behaviour in every environment, from training camps and the clubhouse to social events and road trips.



Lorraine Lafreniere, CEO of the Coaching Association of Canada, will be a featured speaker at the Atlantic Coaches Conference. (CAC)

While stories of abuse have helped spur the conversation, Lafreniere wants to see more proactive discussions around creating healthy boundaries.

"The sport community is a bit bruised right now by some of the things we're seeing," she says. "How do we acknowledge these painful blemishes but at

the same time lean in to create a safe space where any conversation can come forward? That's an important message, and it's shifting over time. It's so important for all of us to play our role in building a safe sport community."

Lafreniere, a former CEO of Canoe Kayak Canada and Cycling Canada, says the safety conversation is part of a larger shift in the role and mentality of the coaching profession. Athletes expect a more holistic approach, and

it's no longer enough for a coach to be purely a tactical specialist.

"I think our younger generations are saying, 'We want you to focus on more than that,'" Lafreniere says. "Coaches need support in understanding what that means and renegotiating their relationship with athletes and participants. That's our job. We have to help them get there."

Another important shift in coaching is striving for more equity and parity, she says. As part of making sport safer and more inclusive, women need more representation in leadership and decision-making roles.

"I think we know that sport, like other professions, can have a very strong male-dominated culture," she says. "Women do have a role to play in influencing the environment and changing the nature of the conversation, just by virtue of a variety of thinking.

"The need is clear. We're beyond

the 'why do we need to do it,' and we're at 'how do we do it.'"

It's an area where sport organizations need to be intentional, she says. That includes everything from examining job descriptions and hiring practices to creating mentorships and making sure under-represented leaders have visible moments in the spotlight.

"Coaches have to be given opportunities to be seen in leadership positions," she says. "That's how you change the perceptions of the people around them."

Lafreniere says she's looking forward to continuing the conversation in Nova Scotia at the coaches' conference.

"It's a great conference. I've been a few times and I'm really looking forward to it," she says. "The important thing for me is we're all learning. The commitment to safe sport is there in Nova Scotia and this is another example." **SQ**

## Atlantic Coaches Conference At A Glance

**WHEN:** April 24-25

**WHERE:** NSCC Ivany Campus, Dartmouth

**WHO:** Opening and closing keynote speakers on impactful leadership are Paul Varian, Capitis Consulting, and Karen Hutt, executive vice president, Emera.

**WHAT:** Breakout sessions include mental health and wellbeing; empowering athletes to be leaders; coach and leadership effectiveness; enhancing high-performance coaching; best practices of community; and transformational leadership.

**To REGISTER:** [cscatlantic.ca/atlantic-coaches-conference-conference-details](https://cscatlantic.ca/atlantic-coaches-conference-conference-details)

# Calendar of Events

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## January - April

**Winter Cricket League.** Visit [novascotiacricket.com](http://novascotiacricket.com) or email [novascotiacricket@gmail.com](mailto:novascotiacricket@gmail.com)

## January - April

**NS Cricket Association HP Program.** Visit [novascotiacricket.com](http://novascotiacricket.com) or email [novascotiacricket@gmail.com](mailto:novascotiacricket@gmail.com)

## MARCH

### March 14-15

**Aerials March Break Invitational [Gymnastics],** Amherst Regional High School, Amherst, NS. Contact: [aerialsgymclub@gmail.com](mailto:aerialsgymclub@gmail.com) or call Michelle Landry at 902.669.0375.

### March 18

**Basketball Nova Scotia Day, Scotiabank Centre,** Halifax, NS. Visit: [http://basketballnovascotia.com/page.php?page\\_id=119521](http://basketballnovascotia.com/page.php?page_id=119521) Contact: [bnsexecutivedirector@sportnovascotia.ca](mailto:bnsexecutivedirector@sportnovascotia.ca)

### March 21

**Archery Nova Scotia Indoor Target Provincials,** hosted by Northumberland Straight Shooters Archers Club and St. Mary's Archers of Truro, Colchester Municipality, NS. Contact: [enickerson@sportnovascotia.ca](mailto:enickerson@sportnovascotia.ca) or visit [archeryns.ca](http://archeryns.ca) for details on upcoming events.

### March 22

**Come Try Snowshoe Orienteering,** Jubilee Park/Tiny Tots playground, Mahone Bay, NS. If there's snow, it's a go! Contact: [mahonekara@gmail.com](mailto:mahonekara@gmail.com)

### March 27-29

**Atlantic Canada Skating Championships,** St. John's, NL. Contact: [skatecanadans@sportnovascotia.ca](mailto:skatecanadans@sportnovascotia.ca)

### March 27-29

**U14 Boys & Girls Basketball Provincial Championships,** Location TBD. Visit: [http://basketballnovascotia.com/page.php?page\\_id=119521](http://basketballnovascotia.com/page.php?page_id=119521) Contact: [bnsexecutivedirector@sportnovascotia.ca](mailto:bnsexecutivedirector@sportnovascotia.ca)

### March 27-29

**Badminton Nova Scotia Provincials,** JBTC Bedford, NS. Visit: [badmintonns.ca](http://badmintonns.ca)

### March 28

**Atlantic Cup [Weightlifting],** location TBD. Contact: [info@nsweightlifting.ca](mailto:info@nsweightlifting.ca)

### March 28

**Rookie Riders Training Session [Equestrian],** 95 Maillard Street, Membertou, NS. Contact: [nsefprograms@sportnovascotia.ca](mailto:nsefprograms@sportnovascotia.ca) or 902.425.5450, ext. 337.

### March 28-29

**CheerExpo National Cheerleading Championships,** Halifax Forum, Halifax, NS. Contact: [info@cheerexpo.net](mailto:info@cheerexpo.net) or visit [cheerexpo.com](http://cheerexpo.com)

### March 29

**Rookie Riders Training Session [Equestrian],** 42 Summerside Road, Heatherton, NS. Contact: [nsefprograms@sportnovascotia.ca](mailto:nsefprograms@sportnovascotia.ca) or 902.425.5450, ext. 337.

### March 29

**Erg Marathon Championships [Row],** Halifax, NS. Contact: [pthompson@sportnovascotia.ca](mailto:pthompson@sportnovascotia.ca)

### March 30-April 5

**2020 Canadian Olympic and Paralympic Swimming Trials,** Toronto, ON. Contact: [swimming@sportnovascotia.ca](mailto:swimming@sportnovascotia.ca)

## APRIL

### April 3-5

**U16 and U18 Boys & Girls Provincial Basketball Championships,** Location TBD. Visit: [http://basketballnovascotia.com/page.php?page\\_id=119521](http://basketballnovascotia.com/page.php?page_id=119521) Contact: [bnsoptions@sportnovascotia.ca](mailto:bnsoptions@sportnovascotia.ca)

### April 3-5

**Nova Scotia Provincial Gymnastics Championships,** Titans Gymnastics and Trampoline Club, Dartmouth, NS. Contact: [titans@titansgym.ca](mailto:titans@titansgym.ca) or call Susie Gallagher at 902.466.5470 or email [gns@sportnovascotia.ca](mailto:gns@sportnovascotia.ca)

### April 4

**Ceilidh & Casino,** Casino Nova Scotia Schooner Room, Halifax, NS. Contact: Colin Gillis at 902.425.5454, ext. 350 or email [cgillis@sportnovascotia.ca](mailto:cgillis@sportnovascotia.ca)

### April 4

**STAR 1-3 Competition [Skate Canada NS],** Pictou Wellness Centre, Pictou, NS. Contact: [skatecanadans@sportnovascotia.ca](mailto:skatecanadans@sportnovascotia.ca)

### April 5

**Greenwood Archery Club Outdoor 3D Shoot,** Greenwood, NS. Contact: [greenwoodarchery14@hotmail.com](mailto:greenwoodarchery14@hotmail.com)

### April 14-17

**Ice Maintenance & Equipment Operations Course,** Pictou County Wellness Centre, New Glasgow, NS. Contact: [rfans@sportnovascotia.ca](mailto:rfans@sportnovascotia.ca)

### April 16-19

**2020 Speedo Eastern Championships [Swimming],** Windsor, ON Contact: [swimming@sportnovascotia.ca](mailto:swimming@sportnovascotia.ca)

### April 17-18

**NSEF Multi-Disciplinary Coach Symposium,** Deverness Stables, Antigonish, NS. Contact: [nsefprograms@sportnovascotia.ca](mailto:nsefprograms@sportnovascotia.ca) or 902.425.5450, ext. 337.

### April 24-25

**Coaching with an Edge Atlantic Coaches Conference,** NSCC Ivany Campus, Dartmouth, NS. Contact: Kirsti Mason at [commcoach@cscatlantic.ca](mailto:commcoach@cscatlantic.ca)

## MAY

### May

**Halifax Cricket League Start.** Visit [novascotiacricket.com](http://novascotiacricket.com) or email [novascotiacricket@gmail.com](mailto:novascotiacricket@gmail.com)

### May 1

**KidSport Applications Due.** Contact: Colin Gillis at 902.425.5454, ext. 350 or email [cgillis@sportnovascotia.ca](mailto:cgillis@sportnovascotia.ca)

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### May 1-3

**Atlantic Diving Championships**, Centennial Pool, Halifax, NS. Contact: breau.rp@gmail.com

### May 2

**Skate Canada Nova Scotia AGM**, Cole Harbour Place, Dartmouth, NS. Contact: skatecanadans@sportnovascotia.ca

### May 6-8

**Certified Pool Operator (CPO) Course**, Rath Eastlink Community Centre, Truro, NS. Contact: rfans@sportnovascotia.ca

### May 7-8

**Milk Sport Fair**, St. FX University, Antigonish, NS. Contact: Janine MacIntyre at 902.425.5454, ext. 362 or email jmacintyre@sportnovascotia.ca

### May 9

**Athletics NS Warm-Up/Jeux de l'Acadie**, Dartmouth, NS. Contact: athletics@sportnovascotia.ca

### May 9

**Long Distance CanoeKayak Regatta**, Lake Banook, Dartmouth, NS. Contact: robin@adckc.ca

### May 14-17

**2020 Eastern Canadian Prospects [Swimming]**, Toronto, ON. Contact: swimming@sportnovascotia.ca

### May 15-17

**Breaker Cup Box Lacrosse Tournament**, hosted by the Eastern Shore Breakers Lacrosse Club, NS. Contact: lacrosse@sportnovascotia.ca

### May 17

**Provincial Indoor 3D Tournament - Bruce Scott Memorial [Archery]**, Baddeck, NS. Contact: brasdor.archers@yahoo.ca

### May 30

**Ice Breaker Regatta [Row]**, Lake Banook, Dartmouth, NS. Contact: pthompson@sportnovascotia.ca

## JUNE

### June 1-4

**Playground Inspector Certification Course**, Canada Games Centre, Halifax, NS. Contact: rfans@sportnovascotia.ca

### June 6

**Support4Sport Awards**, Halifax Convention Centre, Halifax, NS. Contact: Tyler Smith at 902.425.5454, ext. 344 or email tsmith@sportnovascotia.ca

### June 9-10

**Atlantic CanoeKayak Team Trials**, Lake Banook, Dartmouth, NS. Contact: robin@adckc.ca

### June 11-12

**7th Annual Apple Cup Box Lacrosse Tournament**, hosted by the Valley Thunder Lacrosse Club, NS. Contact: lacrosse@sportnovascotia.ca

### June 19-21

**Gymnastics Nova Scotia Symposium, Gymnastrada and AGM**, Citadel High School and various Gymnastics Clubs, NS. Contact: 902.425.5454, ext. 388 or ext. 515 or email: gns@sportnovascotia.ca or gnscoach@sportnovascotia.ca

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# Capers in the Community: Multisport Goes Mobile

**M**ultisport programs continue to grow across Nova Scotia as communities and sport organizations recognize the value of one-stop access to multiple activities. Cape Breton sport leaders have taken that model one step further: instead of kids coming to a multisport program, the program goes to the kids.

Launched last summer as a partnership between Cape Breton Regional Municipality (CBRM), Cape Breton University (CBU) and Active for Life, the Capers in the Community Program reached about 3,000 kids in 12 communities over six weeks.

The free program helped erase some of the barriers that often keep people out of sport, like cost,



Baseball was the game of the day at the Capers in the Community multisport program this summer in Coxheath. (Contributed - Cape Breton University)

“In any program, you’re only as good as your coaches and leaders,” says Deano Morley, CBU program lead and head coach of the Capers men’s soccer program. “We really took our time in identifying quality young people with an aptitude for leading.”

From the university perspective, the program is a great opportunity to support education and sport development both among CBU students and in the community.

“It’s coach leadership development... and people being educated on the importance of raising kids with physical literacy and fundamental movement skills,” Morley says. “It’s certainly very powerful that you have a university and a municipality who are really engaged in identifying gaps at community levels and working together collaboratively to try and find solutions.”

Families and communities responded enthusiastically to the program, Durning says. The turnout was even better than expected.

“It went above and beyond where we thought it was going to go. It couldn’t have been more positive.”

The partnership continues through the winter and spring with an indoor multisport program. A Capers in the Schools program also started in February that brings varsity athletes into elementary schools every Friday for 12 weeks. And the travelling multisport model will return this summer.

“It has built a foundation for how we build a pathway for sport development,” Durning says. **SQ**

accessibility and transportation, says CBRM recreation manager Kirk Durning.

“Instead of bringing kids to a program and having capped registration, we knew we had the ability to reach more kids through a partnership with CBU,” he says. “We recognize the issues in our municipality and we wanted to make sure we invested in providing the opportunity to the kids in our community.”

Through the program, leaders trained in multisport travelled in two vans packed full of sports gear to two communities per day each week, one in the morning and one in the afternoon. Kids had an opportunity to try sports such as soccer and baseball as well as games that encouraged fundamental movements like running and jumping.

Many of the leaders were Cape Breton University students and athletes.

Find the program on Facebook at @capersinthecommunity

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