

Issue 78 · September 2020

# Sport Quarterly

A publication of **sport** nova scotia

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September 2020 Issue 78  
Sport Nova Scotia

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**JAMIE FERGUSON**  
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# Staying Active is More Important than Ever

The past six months have been unprecedented in Nova Scotia, and our hearts go out to everyone who has been impacted by what has taken place. The sport sector has certainly not been immune to the COVID-19 pandemic, and much has changed in our world since it started.

Since the beginning of the pandemic, our provincial sport organizations and their community partners have been working hard to find ways to allow Nova Scotians to continue to take part in sport and gain the physical and mental benefits that sport participation provides.

We have learned much over this time. One of the key learnings has been the reinforcement of just how important sport is to all of us. The health benefits of being involved in sport activity, as well as the mental and social benefits, have been heightened at a time when we've had reduced opportunities to be active and spend time with friends and loved ones.

With that in mind, our groups have been working constantly to find ways that people can continue to be active in sport safely. Many have done this in the face of significant challenges, including impacts on financial viability. In the early days of the pandemic, we were able to work with Public Health and the Province in order to create a set of regulations called the NS Sport Guidelines. These guidelines were approved by Public Health and set the parameters that all sport activity would need to adhere to in order to ensure the safety of all participants.

From there, our provincial sport organizations have been developing their own sport-specific return to activity plans, to provide guidelines for all their participants. As Public Health regulations have changed, our groups have revised their guidelines in order to provide participants with as many opportunities as possible within the updated regulations.

To date, we have been more than impressed with the results. Sports have discovered innovative ways to create new types of activities that have allowed Nova Scotians to continue to play many of their favourite sports, even if they don't look exactly as they normally would. Smaller groups, social

their way through this pandemic, adjusting as changes take place. We recognize that as this happens, not everyone will always be pleased with the results.

The reality is that sport, like everything else, is required to adhere to Public Health regulations, and that means not every sport can operate in its normal fashion. However, the vast majority of feedback our groups have received has been positive as people continue to return to sport activity.

This pandemic and the resulting work have highlighted just how much we depend on partnerships in order to deliver sport across the province, and our partners have been wonderful. It

**“Sports have discovered innovative ways to create new types of activities that have allowed Nova Scotians to continue to play many of their favourite sports, even if they don't look exactly as they normally would.”**

has been great to see how Nova Scotians have come together to make sure that sport has been able to continue in a safe, fun manner.

Even as this issue of Sport Quarterly is

being developed, conversations are continuing with Public Health and the Province to explore how we might be able to increase opportunities for Nova Scotians to take part in sport safely. As has been the case for the past few months, we're not sure what the next steps might be, or when they might be, but we do know that with the commitment, passion and perseverance of all involved, we'll continue to move forward. We need to.

The importance of Nova Scotians taking part in sport, and staying active and healthy, both physically and mentally has never been more important, and we all need to work together to make it happen. **SQ**

Our groups are made up of thousands of players, coaches, officials, volunteers and administrators, all of whom have had to work to develop, implement, and oversee these plans in communities across the province. We would be remiss if we didn't take this opportunity to thank every one of them. The work they have done has truly been remarkable.

We also know that the work is not done. Sport groups, like the rest of Nova Scotia, will continue to work to navigate

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# Basketball Introduces Trans Inclusion Policy

Transgender athletes who want to play basketball in Nova Scotia have new protections and supports under an inclusion policy introduced by Basketball Nova Scotia this summer.

Changes in wording on registration forms will allow athletes to compete in the gender category with which they identify, while protecting their privacy and providing support to navigate things like out-of-province competitions.

Basketball Nova Scotia's new policy draws directly on policies from the Canadian Centre for Ethics in Sport and Canada Basketball.

"It is a human right to be recognized as the gender with which you identify," says Basketball Nova Scotia executive director Katherine Brien, highlighting a key line from the Canadian Centre's policy. "The biggest piece of this is the human rights for anyone to be able to participate. That's where we stand, and with this policy I hope more sports will fall in line and adopt similar policies."

Basketball Nova Scotia reached out to the Youth Project, an organization whose mission is "to make Nova Scotia a safer, healthier, and happier place for lesbian, gay, bisexual and transgender youth," for support in developing a policy specific to Nova Scotia.

"They helped me a lot to understand" how to approach a policy, says Brien. "I definitely had some eye-opening experiences."

Some of the Youth Project's key

recommendations included making sure athletes have support if they run into issues with teammates, coaches, or parents of other athletes, and making sure they have help sorting out guidelines in other places.

It's one thing to have a provincial policy, but if a local trans athlete wants to attend a camp or compete in a tournament in another province or country, they might run into a different set of rules. One key element of the Nova Scotia policy is a promise that athletes can reach out to the Basketball Nova Scotia office and someone will help them.

"It's a complicated system (for athletes) to navigate on their own," Brien says. "If someone's sitting in my office, it's pretty easy to reach out and make direct contact, versus them trying to navigate the system on their own."

The policy is meant to be proactive; to Brien's knowledge, Basketball Nova Scotia hasn't faced a situation yet where an athlete wasn't able to play within the gender with which they identify.

"That's not to say there aren't people who've gone through our system who haven't felt welcome," she acknowledges. "I really hope it opens doors... if people were feeling that they weren't welcome and couldn't participate for whatever reason, I hope they feel they can participate now." **SQ**

Find the full Trans Inclusion Policy on Basketball Nova Scotia's website at [basketballnovascotia.com](http://basketballnovascotia.com)



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# The Time is Now: Addr

**M**ark Smith has never forgotten his father's advice on navigating the world while Black.

"My father said, 'When you get to the place where good things can happen, work hard, keep your head down, don't take anything for granted, and always remember that you need to be twice as good to be considered equal,'" recalls Smith, the director of sport for Sport Nova Scotia.

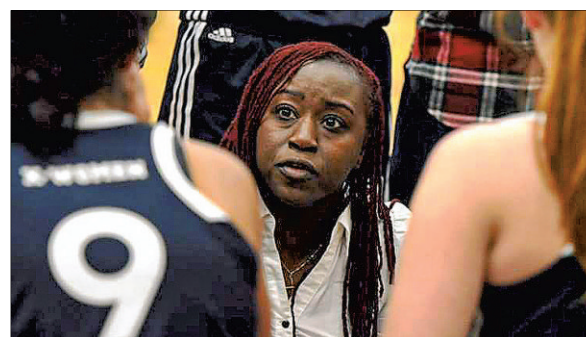
That advice helped carry Smith to a successful career as an athlete and a coach. He's the head coach of the Softball Canada women's team that will compete at the Tokyo Olympics, which have been delayed to 2021. But it comes with built-in pressure too.

"That's the thing some people don't understand," Smith says. "Before

we take a step out the door (as Black people), we've been educated on what to expect and what not to expect. Every day I feel like I've got something to prove."

For many Black and Indigenous athletes, coaches and sport leaders, the need to be more and to overcome extra obstacles has always been part of the game. Sometimes the reminders are overt, like racial slurs shouted from the stands or uttered in locker rooms. Sometimes they're more subtle and systemic, like walking into a boardroom or a directors' meeting where every other face is white.

As organizations and institutions have been forced to reckon with racism in the past few months, the sport world is facing the same calls



St. F.X. women's basketball coach Lee Anna Osei started the Black Canadian Coaches Association earlier this year as a way to bring coaches together and address inequities in sport. (Photo: St. Francis Xavier University)

things that were said to me, a lot of the ways my ideas were critiqued... I wasn't really given any respect on that kind of level," Osei says.

One player's complaint led to a six-week investigation that had Osei fearing she might lose her job. While her athletic director and the school's administration ultimately supported her, people were

reluctant to talk about the racial

for change. "This is about human rights," says Lee Anna Osei, women's basketball head coach at St. Francis Xavier University. "We have an incredible opportunity at our sport level to make something happen. We can't go into the fall and just assume things are OK. I really hope the conversations will continue."

\*\*\*

Osei, who grew up in Toronto with now-NBA players like Tristan Thompson and Cory Joseph as peers, brought a stellar background in high-performance player development with her when she arrived at St. F.X. in 2018 as one of the youngest coaches in university sport and the first Black woman to coach at an Atlantic university.

Being the first came with challenges. Osei had players tell her they'd never played for a Black coach before. As she worked to instill a new mentality in a program coming off a 1-19 season, she heard complaints that she was "loud," "scary," she "looked mean" — common stereotypes and microaggressions that Black women in leadership often face.

"Being a Black female, a lot of the

reluctant to talk about the racial dynamics involved, Osei says.

"Once we got through the thick of it, I was like, 'These are racial stereotypes. This is exactly what racial discrimination is.' Once I started talking about that, it was like 'Let's not go there, we know this process is going to work out.'"

The experience led Osei to realize there were few protections or policies in place to address discrimination and support Black athletes, coaches and sport staff. Earlier this year, she started the Black Canadian Coaches Association (BCCA) as a way for coaches, athletes and sport leaders to connect.

The association has proved timely, because as everyone is talking about racism, Black coaches who are often alone in their environments are suddenly being looked to for advice.

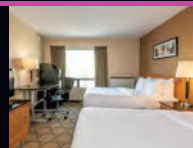
"All of a sudden we've got to be these diversity and equity experts, and that's not us," Osei says. "It really exposed the lack of infrastructure in place. But it also showed that people want to do things, they just don't know how."

\*\*\*

Tasia McKenna can relate to that

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# Addressing Racism in Sport

sudden pressure to be vocal. It's not a role where she's always felt comfortable, she says, but as the technical director at Basketball Nova Scotia and one of the few Black people in high-performance coaching in Nova Scotia, "my opinion suddenly matters more than it ever did."

Her hope, she says, is that athletes will see her speaking up and think, "she gets it and she's listening."

"That was one of my big reasons for wanting to be more vocal," McKenna says. "This moment has given us that opportunity."

But she's quick to point out that the pressure can't be on Black coaches, athletes and sport leaders to drive change. They must be part of the conversation, but they can't be expected to constantly relive their

own traumatic experiences with racism or become expert educators.

"I don't (teach) anti-racism courses... and I'm ultimately not the one who changes policy," McKenna says. "Everybody who's Black is being vulnerable and sharing stories and opinions. We need our non-Black colleagues to be vulnerable and acknowledge where they've gotten things wrong. If those who can make change aren't ready to acknowledge that, change isn't going to happen."

\*\*\*

So how does change happen? Smith, Osei and McKenna agree it starts with a clear-eyed picture of how things are now. One of the BCCA's first goals is completing the Racial Equity Project, which is focused on collecting race-based data

particularly at the university level. Osei credits St. F.X. for being the first university to contribute to the project.

"Research is what informs policy," Osei says. "We're at the intersections of sport and education. We want to collect as much qualitative and quantitative data as possible and see where the greatest challenges are."

Some of the challenges are already clear, Smith says, including the lack of diversity in senior sport roles.

He points out that there's one person of colour on the Canadian Olympic Committee's 17-member board of directors, only one athletic director at the U Sports level, and little to no representation at the executive level in organizations such as Sport Canada or the Coaching Association of Canada.

Sport organizations need to go beyond talk and look at their policies, including changing hiring practices and addressing internal barriers that keep out people of colour, Smith says.

"If we really are serious about making the change that's required, it has to come at the policy level. There's a lot of rhetoric and well-intended speeches made, but if two weeks from now the next major crisis hits and all the attention goes to that... we'll fall back into the same patterns of systemic racism and playing ignorant when we're called on it."

Smith is also working on a mentorship program to support up-and-coming Black and Indigenous

Continued on page 14

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# The Absence of Harm is Not Enough



**ELANA LIBERMAN**  
SAFE SPORT LEAD

*“The absence of harm is not enough.”*

Hearing that comment on a recent Zoom call was an “aha” moment. When I began my role as Safe Sport Lead with Sport Nova Scotia in January, most discussions regarding “safe sport” focused on defining “safe” as the absence of harm—especially around abuse, harassment and discrimination (AHD).

I look at my early notes and see

AHD acronyms scattered throughout, and rightfully so. In recent years, issues of serious harm within the sporting world have come to light and have brought much-needed attention to an egregious problem. “Safe sport” has become a priority for our country and our province. My role as the new Safe Sport Lead originated out of a recognition of and commitment to this problem.

The more I delved into my new job, the more I realized that “safe” has different meanings for different people. Certainly, “safe” means the absence of harm, including AHD. Recognizing the harmful and potentially long-lasting impacts of AHD in sports, it is my sincere mission to work toward eradicating

maltreatment in sport and recreation environments at all levels.

But it also became apparent that for some, “safe” means participating in a sport or rec activity that is diverse and inclusive. Safe can mean feeling welcomed, experiencing a sense of belonging, and having fun. Based on my evolving understanding, one of my first tasks was to ensure the Sport Nova Scotia website addressed these myriad definitions:

*Sport Nova Scotia believes that everyone in Nova Scotia deserves a sport environment that is free from harassment, abuse and discrimination. Sport Nova Scotia places the highest value on the safety and well-being of all participants in sport and recreation. We are continuously working with our members, partners and communities to keep sport safe, fun, welcoming and inclusive.*

We have also undertaken other meaningful steps toward ensuring sport is safe in Nova Scotia. We asked provincial sport organizations to complete a Safe Sport survey, including questions about their current practices with respect to safe sport policies and education as well as what barriers they might face in implementing those policies. We used survey feedback to create recommendations on priorities for safe sport standards within the province, including policy development and education.

I am proud to announce that we are working toward a provincial safe sport policy suite that will ensure consistency across Nova Scotia. We have begun exploring safe sport education standards and have started to create an education matrix for participants in sport and recreation environments, including coaches,

administrators, and officials.

We have been exploring athlete and family awareness campaigns and platforms about safe sport issues. We are seeking expert advice on the best way to create a truly independent complaints process for those who may experience maltreatment in sport in Nova Scotia.

Recognizing that we must adopt a holistic understanding of safe sport, several safe sport committee members took a *True Sport* workshop focused on values-based sport and rec. We came away with a deeper understanding and commitment to ensuring that on the sport experience continuum, the absence of harm is not good enough.

While the absence of harm might ensure “safe sport” in its truest sense, that doesn’t necessarily translate into “great” sport. My goal is to try to ensure safe sport equals great sport. This means not only helping create policies and education geared toward eliminating harm, but to have sometimes difficult conversations on how we, as a province, can ensure sport celebrates diversity and is welcoming, inclusive and fun for all participants.

For the first time ever, October will be recognized as Safe Sport Month in Nova Scotia. During the month, we will host webinars to explore topics such as diversity and inclusion, sexual exploitation and harm, and Rule of Two in a sporting environment. We will try to frame our discussions using a values-based lens (i.e., sport is fun, fair play is important, and respect must be shared). I hope that by the end of October, we will all take lessons learned and feel a sense of communal responsibility to not only ensure that we make sport safe, but that we will keep striving to make sport great. **SQ**

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



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# Racing With a New Perspective

## Athlete's Column

JACOB SAUNDERS  
SAILING

*Jacob Saunders raced in his first Optimist world championship at 15 before switching to double-handed sailing, where he won a national championship and competed in youth worlds. He and his older brother, Graeme, represented Canada together at the 2016 Rio Olympics. Now 28, he's currently training with his former coach, Oliver Bone, and they're leading the chase to represent Canada in the 470 class at the Tokyo Olympics.*



Jacob Saunders (Contributed)

"My parents weren't sailors, but we grew up in Chester, a couple blocks from the yacht club, and we took part in the junior sailing program and loved it. We got into racing right away.

It's such a good challenge, mentally and physically. It's different every time you go out. You're trying to read the conditions, read what the wind's going to do, and factor in the current and the

waves. It's an endless mental challenge to race well tactically, and it's fun physically. The feeling of making the boat go fast, it's hard to compare anything to it.

Switching to double-handed was a big adjustment at first. Like any team sport, you have to learn to communicate. You learn how to move around the boat with your teammate and synchronize your

feeling for what the boat needs. That takes a huge effort, but I really enjoy that part. It's a good feeling when you've got everybody on the same boat working together.

Graeme and I teamed up when I was 18, with the goal of competing in Rio. We raced together for six years and travelled around the world racing. You get to know the guys you're racing against quite well. Earning the spot in Rio was fantastic. I think the big thing that struck me was the feeling of patriotism. You feel really proud to represent Canada.

This time, my former coach and friend Oliver Bone pushed for us to get back in the boat and try sailing together. It felt natural and we clicked pretty quickly.

It's been great to get back and try to apply everything I've learned. We still have to win the Canadian spot, but we're leading that process and waiting for the next event to be given the go-ahead. I think it would be interesting to

go back to the Olympics with a calmer head and more life experience and maturity, and see if we can have a better result.

Oliver and I both have full-time jobs and we're doing this on evenings and weekends, so having the Olympics delayed for a year didn't shake up our lives as much as it would have for someone who didn't have another occupation. We're motivated, and in some ways it's a good thing we've got more time to prepare. I think we can be even better next year.

We have a generous group of friends, coaches and peers who are going out on the water and helping push us in our training. Paul Tingley, who won a gold medal at the 2008 Paralympics, has really stepped up to help us out. We're fortunate to have him on our side, along with the Royal Nova Scotia Yacht Squadron and the Canadian Sport Centre Atlantic. It's been good to push ourselves again and see how we can do on the world stage one more time." **SQ**

## Sponsor Spotlight

### Official Sponsor



When Heather Ross-Hickey started working at Enterprise Rent-A-Car, she found an environment similar to the one she enjoyed as a basketball all-star at Cape Breton University.

"I was immediately impressed with their company values and involvement in community, everybody working together for that common goal," says Ross-Hickey, a two-time conference all-star during her Capers career from 2000-2005. "I knew it was a great fit for me. Enterprise is just fantastic for teamwork and competitive spirit."

Sport connections abound at

Enterprise, which is one of the reasons the company has been a long-standing sponsor of Sport Nova Scotia, going on 20 years.

"We have a lot of student-athletes come on board," says Atlantic Canada vice president and general manager Matt Sanderson, who played football at Bishop's University and now coaches the Bedford Saints peewee team. "And obviously the relationship we have with Sport Nova Scotia is great. We've always tried to support each other and come out to events."

With so many athletes and coaches in

the mix, Enterprise's involvement with Sport Nova Scotia is often hands-on. The company is a mainstay at fundraiser events like the Reindeer Games (formerly the Corporate Games).

Kola Oladimeji, a management assistant in Enterprise's Halifax office, took part in the last Reindeer Games. "The competition was fun, and it was great getting to meet people from different businesses," says Oladimeji, another former university athlete turned coach. He played football at Alberta and soccer at Mount Allison, and now coaches in the Halifax County soccer program.

With locations across Nova Scotia, Enterprise knows the value of supporting local communities. For company staff like Sanderson, Oladimeji and Ross-Hickey, that often means not just corporate sponsorship but being on the court or the field giving back directly.

"You learn so much from sport," says Oladimeji. "I'm very in tune with giving back to the community as well and being that person kids can look up to."

**SQ**

Find Enterprise online at [enterprise.ca](http://enterprise.ca)



# 2020 Support4Sport Awards

## 2020 SUPPORT4SPORT WINNERS

### TEAM OF THE YEAR

Nova Scotia 17U Selects ~ Baseball

### SENIOR MALE ATHLETE OF THE YEAR

Andrew Todd ~ Rowing

### SENIOR FEMALE ATHLETE OF THE YEAR

Ellie Black ~ Gymnastics

### JUNIOR MALE ATHLETE OF THE YEAR

Andrew Billard ~ Canoe (ADCKC)

### JUNIOR FEMALE ATHLETE OF THE YEAR

Julia Lilley Osende ~ Canoe (ADCKC)

### COACH OF THE YEAR

David Kikuchi ~ Gymnastics

### OFFICIAL OF THE YEAR

Marie-Soleil Beaudoin ~ Soccer

### COMMUNITY SPORT ORGANIZATIONS

Martock Ski Race Club ~ Alpine  
 Metro Intro to Contact Program ~ Rugby  
 Shelburne Harbour Yacht Club ~ Sailing  
 Surfing Association of Nova Scotia ~ Surfing

### SPORT MAKES A DIFFERENCE AWARD

Oliver Smith, OllieBots ~ Hockey  
 The W-Insire Conference hosted by UDFC ~ Soccer  
 Kelly Rideout, Susie Oxner & Cindy Wheeler ~ Tennis

### SPORT NOVA SCOTIA CHAIR AWARD

Duff Montgomerie



**Andrew Todd ~ Rowing**  
**Senior Male Athlete of the Year**

Todd captured a second straight world championship in the PR3 men's pairs with partner Kyle Frederickson. He also won gold in singles at the national rowing championships.



**Andrew Billard ~ Canoe**  
**Junior Male Athlete of the Year**

The Maskwa paddler raced to gold in the under-17 C1 500 and 1,000 metres at the Olympic Hopes Regatta in Slovakia. He teamed with Ottawa's Mathew O'Neil for silver and bronze medals in C2 competition.



**David Kikuchi ~ Gymnastics**  
**Coach of the Year**

Kikuchi coached senior female athlete of the year Ellie Black to a record-setting performance at the Pan American Games. Kikuchi is one of two lead coaches for Team Canada at the 2021 Olympics.



**Marie-Soleil Beaudoin ~ Soccer**  
**Official of the Year**

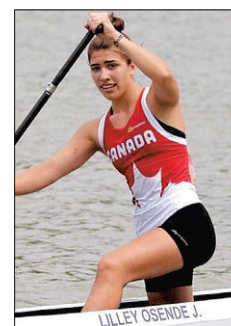
Beaudoin refereed at the 2019 FIFA Women's World Cup, including a semifinal game between the Netherlands and Sweden. She was also appointed to referee in France's national Trophee des Championne.



**Ellie Black ~ Gymnastics**  
**Senior Female Athlete of the Year**

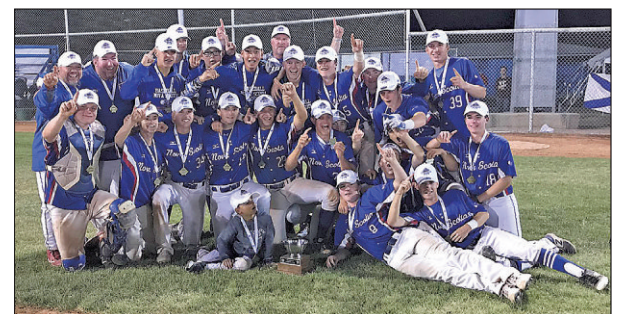
Black won five medals and defended her all-around title in Lima, Peru to become the most decorated Canadian gymnast in Pam American Games history. She also won her sixth all-around Canadian title.

*Credit: Scott Grant -503 Courland Place-Ottawa-Canada*



**Julia Lilley Osende ~ Canoe**  
**Junior Female Athlete of the Year**

Julia and partner Sophie Jensen repeated as gold medalists at the 2019 ICF Junior & U23 spring world championships in Romania. Julia also won two gold and a silver at the Brandenburg Junior World Cup in Germany.



**Nova Scotia 17U Selects ~ Baseball**  
**Team of the Year**

The 17U Selects became the first Nova Scotia team to reach the final and win the Canada Cup national title. Shortstop Noah Boutilier drove in all three runs in the 3-2 gold medal victory over Ontario.

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# Provincial Sport Award Winners



As part of the 2020 *Support4Sport* Awards, each Provincial Sport Organization named their athletes, team, coach, sponsor, official and volunteer of the year. All award recipients are listed below. The winners of the overall *Support4Sport* Awards are determined from these selections.

## VOLUNTEERS OF THE YEAR

Alpine Ski	David Todd
Artistic Swimming	Lezlie Lowe
Athletics	Ed James
Baseball	Randy Crouse
Basketball	Lori Shea
Bicycle	Brianne Steinman
Blind Sports (Goal Ball)	Cathy Sawler
Boxing	Greg Martin
Cross Country Ski	Lorenzo Caterini
Equestrian	Alexandra Beaton
Figure Skate	Rozanne Raine
Golf	Bill MacMillan
Gymnastics	Tanya MacKenzie
Judo	Angèle LeBlanc
Karate	Cary Hollett
Lacrosse	Steve Brown
Orienteering	Kara Turner
Rope Skipping	Laura Horne
Rowing	Joan Backman
Rugby	Geno Carew
Snowboard	John Doucet
Soccer	Lindsay Van Kessel
Speed Skate	Don Mosher
Squash	Angelia VanderLaan
Swim	The Curly Girls
Table Tennis	Stephane Craan
TaeKwonDo	Duane McOnie
Volleyball	Sharyn Hiscock
Wrestling	Sharon Charlton

## JUNIOR FEMALE ATHLETES OF THE YEAR

Alpine Ski	Lily Oakley
Artistic Swimming	Ella Jewer
Athletics	Maggie Smith
Badminton	Ritu Shah
Basketball	Samantha Russell
Bicycle	Natasha Hahn
Blind Sports (Goal Ball)	Shams Hamad
Boxing	Renae Cowal
Canoe Kayak	Julia Lilley Osende
Cross Country Ski	Fiona McClure
Equestrian	Ariel Boesener
Figure Skate	Katelyn Li
Gymnastics	Jordyn Ewing
Hockey	Erin Denny
Karate	Angel Niet
Lacrosse	Georgia Davis
Rope Skipping	Alena Collens
Rowing	Claire Ellison
Rugby	Madison MacInnis
Snowboard	Bridget MacLean
Soccer	Annika Leslie
Speed Skate	Aoife Marshall
Squash	Madeleine Khan
Swim	Hanna Mountford
Table Tennis	Maddy Hayes

TaeKwonDo
Tennis
Volleyball
Wrestling

Carrington Carroll
Isabella Baker
Talia Vydykhan
Maddie Charlton

## JUNIOR MALE ATHLETES OF THE YEAR

Alpine Ski	Shane Sommer
Athletics	Alex Amero
Badminton	Veer Kundhi
Basketball	Keyonte Beals
Bicycle	Eric MacLean
Blind Sports (Goal Ball)	Mason Smith
Boxing	Matthew Ross
Canoe Kayak	Andrew Billard
Cross Country Ski	Ogen Newcomb
Figure Skate	Leo Mont
Gymnastics	Kai Dwyer
Judo	Hunter Annis
Karate	Gassan Alkurdi
Orienteering	Milo Hall
Rope Skipping	Jacob Nussey
Rowing	Emerson Crick
Rugby	Seif Sanad
Sailing	Ryan Anderson
Snowboard	Ethan Brewster
Soccer	Kaveh Wornell
Softball	Brody Fraser
Speed Skate	Findlay Tulloch
Squash	Samuel Gallant
TaeKwonDo	Django Meier
Tennis	Gryffin Minor
Volleyball	Josh DeYoung
Wrestling	Eamonn Dudley-Chubbs

## SENIOR FEMALE ATHLETES OF THE YEAR

Alpine Ski	Emily Todd
Athletics	Maya Reynolds
Badminton	Yuka Shimura
Basketball	Hannah Brown
Bicycle	Mackenzie Myatt
Blind Sports (Goal Ball)	Tarah Sawler
Boxing	Christine Anderson
Canoe Kayak	Michelle Russell
Equestrian	Courtney Thomas
Figure Skate	Cate McKee
Gymnastics	Ellie Black
Judo	Tsubaki Onishi
Karate	Trysten Deveau
Lawn Bowls	Jacqueline Foster
Orienteering	Pam James
Rope Skipping	Karly Turner
Rowing	Hannah Meeson
Rugby	Olivia DeMerchant
Snowboard	Kate MacKinnon
Soccer	Erin Freeman
Squash	Ashley Cullis
Tennis	Michelle Karis
Volleyball	Courtney Baker

## SENIOR MALE ATHLETES OF THE YEAR

Alpine Ski	J.D Todd
Athletics	Matt Coolen
Badminton	Spencer Armsworthy
Basketball	Alex Carson
Bicycle	Brandon Curry
Blind Sports (Goal Ball)	Peter Parsons
Boxing	Wyatt Sanford
Canoe Kayak	Connor Fitzpatrick
Equestrian	Matthew McArthur
Figure Skate	Jacob Côté
Gymnastics	Jeremy Bartholomeusz
Hockey	Jared McIsaac
Judo	Max Teeuwen
Karate	Ryan O'Neil
Lacrosse	Zac Carrigan
Rope Skipping	Sam Ashley
Rowing	Andrew Todd
Rugby	Cooper Coats
Shooting	Braden Colman-Sadd
Snowboard	Liam Moffatt
Soccer	Jonathan Doucett
Speed Skate	Cooper Emin
Squash	Philip Anderson
Swim	Brett Liem
TaeKwonDo	Hunter Carroll

## OFFICIALS OF THE YEAR

Artistic Swimming	Maurice Hurley
Badminton	Áine Humble
Basketball	Matt Boyle
Bicycle	Pat MacDonald
Blind Sports (Goal Ball)	Jeff Sawler
Boxing	Kyle Clarke
Cross Country Ski	Rejean Chamberland
Figure Skate	Gregor MacLean
Golf	Dave Bolton
Gymnastics	Thorne Sutherland
Hockey	Shauna Neary
Karate	David Griffin
Lacrosse	Morgan Faircloth
Orienteering	Pam James
Rope Skipping	Sarah Miles
Rowing	Yetta Withrow
Rugby	Chad Mahoney
Snowboard	Eric Weigelin
Soccer	Marie-Soleil Beaudoin
Softball	Darren Gerrior
Speed Skate	Brent Thompson
Squash	Thomas Hori
Swim	Beth Casey
Table Tennis	Erica Ans
TaeKwonDo	Dylan Bennet
Volleyball	Suzanne Dittmer
Wrestling	Kim Walsh

## MAJOR CORPORATE SPONSORS OF THE YEAR

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Equestrian	ScrapCo Atlantic
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Rugby	Atlantic Gold
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## COACHES OF THE YEAR

Alpine Ski	Remi Poirier
Artistic Swimming	Ally Merrill
Badminton	Leon Fu
Basketball	Fabian McKenzie
Bicycle	Jon Burgess
Blind Sports (Goal Ball)	Linda MacRae Triff
Boxing	Brad Ross
Cross Country Ski	Jack Soloman
Equestrian	Angie Holt
Figure Skate	Charleen Cameron
Gymnastics	David Kikuchi
Judo	Jason Scott
Karate	Mitchell German
Lacrosse	Kristen Fortune
Rope Skipping	Cameron Short
Rowing	Patrick Cody
Rugby	Jack Hanratty
Snowboard	Kimberly Sutherland
Soccer	Hilary Wagg
Speed Skate	Lauren Muzak-Ruff
Squash	Janet MacLeod
Swim	Miranda Elliot
TaeKwonDo	Helbert Porter
Tennis	Juan Barreto
Volleyball	Jennifer Weatherhead
Wrestling	Tommy Chubbs

## TEAMS OF THE YEAR

Artistic Swimming	Halifax Aqua Nova's PS11-12 Team
Baseball	Nova Scotia 17U Selects
Basketball	North Preston Bulls - U14 Boys
Blind Sports (Goal Ball)	Nova Scotia Junior Boys Team
Lacrosse	Team NS Peewee Boys
Rope Skipping	Box Lacrosse Team
Rugby	Electrified
Soccer	Valley Rugby Union (Women's)
	U15AAA Halifax CITY Girls Team

# North Preston Surf is Changing the Narrative

**G**rowing up as a competitive swimmer in Dartmouth, Durrell Borden was often the only Black athlete in the pool. When he took up surfing as an adult, he found the same trend on the water.

“There are very few Black surfers in the demographic, but there are a handful of surfers changing that narrative across the globe,” says Borden. And he’s helping change it here in Nova Scotia.

In 2019, Borden and a few others—LaMeia Reddick, Beth Amero and Jill Morris—launched the North Preston Surf Program, aimed at helping more members of the historic African Nova Scotian community take to the waves. With support from the Surfing Association of Nova Scotia, the program has just finished its second year.



Dekai Beals heads out on the waves as part of the North Preston Surf program. (Photo: Chris Broughton / Crash Bandit Media)

While COVID-19 had an impact this summer, the program still had about

25 surfers every Tuesday at Martinique Beach, and more during meetups on Saturdays.

“This year went really well, even despite COVID,” Borden says. “We had so many participants come out every session. Next year I think we’ll be able to do even more.”

African Nova Scotians are an often-neglected demographic for water sports—stemming back to the days when pools and things like swimming lessons were segregated, Borden points out.

“We’re just beginning that narrative

of (water) education here at home in Nova Scotia. It’s something I grew up having to discover on my own,” he says.

So he’s thrilled during North Preston Surf sessions at Martinique when a kid talks about how they want to head out and catch the big waves, or when one of the youngest program members says they can’t wait until they can become a volunteer with the surfing program when they’re older.

“That never would have occurred before,” Borden says. “It’s the little things that swing the pendulum.”

He hopes to see the program expand to more communities in future years, to other African Nova Scotian communities and beyond.

“I think there are definitely other marginalized communities that would benefit, not just from the sport, but surfing has that spiritual, lifestyle connection,” he says.

“There’s a growth mindset that you have to adapt in surfing, because everybody fails sometimes when you’re surfing. You always end up missing waves or falling. That’s an important thing to take from surfing to the land. You can fail and still get up and go back at it the next time.” **sq**

Find the North Preston Surf program on Instagram at @northpreston surf

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# Opening Doors for Black, Indigenous Coaches

As sport organizations wrestle with racial disparities and look for ways to address a lack of diversity in leadership ranks, one step that can't be overlooked is making sure potential new leaders have support, says Mark Smith, director of sport for Sport Nova Scotia.

"Repeatedly I hear, 'Why don't we get young Black people that want to come out and coach, or be referees and officials?'" Smith says. "But when you have certification programs where they're going to be the only person who looks like them, it's easy to decide, 'I'm not comfortable in that environment.'"

That's one of the reasons Smith is working with Indigenous sport leaders like Tex Marshall to put together a mentorship program for Black and Indigenous coaches.

Final details were still in the works as this issue of Sport Quarterly was heading to print, but the program is meant to be a two-year pilot where new and up-and-coming coaches can learn the skills necessary to become a confident and competent coach through the support of peers and mentors.

"It's about building confidence, developing a (coaching) philosophy and leadership skills, learning to deal with systemic challenges and learning the 'soft skills' of coaching," Smith says. "How do I manage people and relationships, and provide a safe space and inclusive culture that people can thrive in?"

Participants in the mentorship program will also have a mentor who meets with them formally and

informally to support their development, challenge their thinking and provide advice or moral support.

"We want to allow these coaches to be able to step into the provincial sport system and coach with a high level of confidence," Smith says. "That's the intent of it."

He's aiming to have the program up and running by late October.

It's important for BIPOC (Black, Indigenous, People of Colour) coaches and leaders to have mentors and role models, agrees Lee Anna Osei, the women's basketball head coach at St. Francis Xavier University. She launched the Black Canadian Coaches Association earlier this year to help connect coaches across the country.

"Visibility matters. Representation

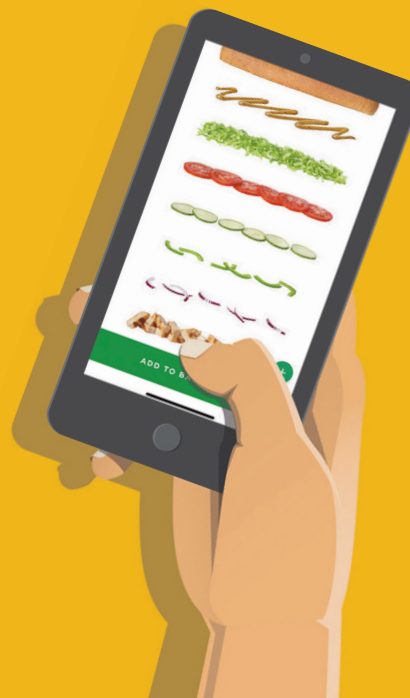
matters," she says. "You can't be what you don't see."

Osei is working with the Coaching Association of Canada (CAC) to launch a mentorship program specifically for Black female coaches. "That would be huge," she says. "Being female and also being Black, there's a lot of challenges there."

The CAC has taken similar steps to support Indigenous coaches through its Aboriginal Apprentice Coaching Program. Two Nova Scotians, volleyball coach Shaniya Vance and basketball coach Aiyanna Empringham, are taking part in the program, which provides young coaches with learning opportunities as a lead-up to apprentice roles at the 2021 Canada Games in Niagara, Ont. **SQ**

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### Nova Scotia Artistic Swimming Association

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### Atlantic Division, CanoeKayak Canada

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### Basketball Nova Scotia

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### Biathlon Nova Scotia

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### Nova Scotia Cricket Association

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### Nova Scotia Curling Association

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### Nova Scotia Powerlifting Association

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#### Gymnastics Association

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### Swim Nova Scotia

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### Volleyball Nova Scotia

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### Nova Scotia 55+ Games Society

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### Nova Scotia Disc Sports Society

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### Nova Scotia Sport Hall of Fame

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### Special Olympics Nova Scotia

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## Registered Users

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### Recreation Nova Scotia

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### Snowmobilers Association of Nova Scotia

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### Nova Scotia Trails Federation

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# Sport Organizations Plan Phased Return

Provincial sport organizations are continuing to adapt to the realities of COVID-19 as they approach their fall and winter seasons.

For competitive swimmers, that means they'll still have a chance to push themselves and race against other clubs, but it will happen virtually instead of in person.

"We need to think outside the box on providing some competitive opportunities, as well as some incentives for the kids to get up and race," says Swim Nova Scotia executive director Bette El-Hawary. "At the end of the day they're racing against the clock, but kids look forward to performing against other swimmers too."

Most swim programs across the province are working their way back into regular training, with some enhanced safety and hygiene

requirements. But different requirements and reopening plans for different facilities can create challenges for swim programs. And some pools remain closed, leaving swimmers in the lurch.

"At this point it's disheartening," El-Hawary says. "All pools should be in position to open in September, but some of our clubs are just sitting, waiting."

Swim Nova Scotia is planning to coordinate at least two virtual swim meets, where the provincial body will provide support to clubs to hold time trials and capture results in their local facility, then submit them to "compete" against other clubs.

"They'll be given a certain period of time to do those events and get the results back to us," El-Hawary says. "In an ideal world we'd pick one day and say everybody's doing the same thing, and we'd have live results happening. But I don't know if everyone will be able to access pools at the same time."

El-Hawary credits coaches, club boards and swimmers for staying open and adaptable—and on a positive note, she says swim clubs have drawn lots of interest from new members even in the midst of uncertain times.

"I think swimming has done a really good job of demonstrating that we are a safe sport," she says. "Clubs have been training in different locations, and the general public has had more opportunities to see training going on and want to give it a try."

In other sports, Hockey Nova Scotia is in the "first period" of its three-step Rebound plan, which allows multiple groups of 10 to train on the ice together, while keeping distance between groups.

"There will be hockey in the fall. It just may look a little different than in the past," says Garreth MacDonald, communications and special events director for Hockey Nova Scotia. "There will definitely be a big emphasis on skill development when our associations begin offering programs."

Hockey will maintain a screening registry to monitor if any players develop symptoms,

and each team will have a safety rep to update the registry and keep advised of changes to the Rebound plan or public health guidelines.

As of press time, Basketball Nova Scotia is in phase two of its plan, meaning groups of 10 can train together: eight players and two coaches, for example. The Metro Basketball Association, which oversees hundreds of minor teams from U10 to U18, has postponed its season till January with the hopes that five-on-five competition can resume in 2021. **SQ**

*For the most up-to-date information on any sport's guidelines, please check with the provincial sport organization. A directory is available at [sportnovascotia.ca](http://sportnovascotia.ca)*



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## Racism in Sport continued from page 5

coaches (see story, page 11).

Osei agrees that hiring more leaders of colour is critical. “You can’t serve a population if (they’re) not reflected in the leadership,” she says.

At the post-secondary level, she also names the need to examine policies like how athletic financial awards are given out and maintained, and how universities address issues like food security.

“What we find is, by and large, those struggling most are your Black and Indigenous student athletes,” she says. “I know former student athletes who quit because they couldn’t afford to eat... We’re asking students to bust their butts and be the best they can be, but we’re not supporting them. There’s an irony there.”

Smith says sport organizations need

to have clear policies on addressing racism, and appropriate follow-through if a racist incident happens.

“Make sure it’s understood that hazing or racial jokes are not tolerated,” he says. “If there’s one thing that got under my skin, it was being the one and only Black (athlete) and knowing that being accepted meant I had to go along with the Black jokes and the stereotypical comments.”

He stresses that coaches have a responsibility to address hateful behaviour, but associations and organizations should be doing that work first.

“Set the boundaries in terms of what is acceptable behaviour,” he says. “Organizations would do themselves a service if they would

put policies in place up front... I realize we’ll never cure everybody of racist attitudes or beliefs, but the more we’re talking about these things publicly, the less able people are to get away with that behaviour.”

And while conversations and education alone don’t go far enough to address systemic racism, Smith, McKenna and Osei agree that anti-racism training has to be part of the equation.

Ontario University Athletics has held town halls and set up a task force, and Osei hopes the Atlantic region will take on similar actions. McKenna took part in one basketball-focused conversation called “Courtside Seats” and she’d like to see more of that work take place.

“We need to have conversations

with families, athletes and coaches as well,” she says. “They might have suggestions to make things a safer space. It’s critical that we take those conversations and implement change with a purpose.”

McKenna believes that sport organizations are facing an opportunity to be leaders in addressing racism—not just on the field or the court, but in society.

“In sport, we can impact so many people at so many ages across the province,” she says. “I think it’s really critical that all of us recognize the importance we have in making a change for the right reasons.” **sq**

To learn more about the Black Canadian Coaches Association, visit [thebcca.com](http://thebcca.com)

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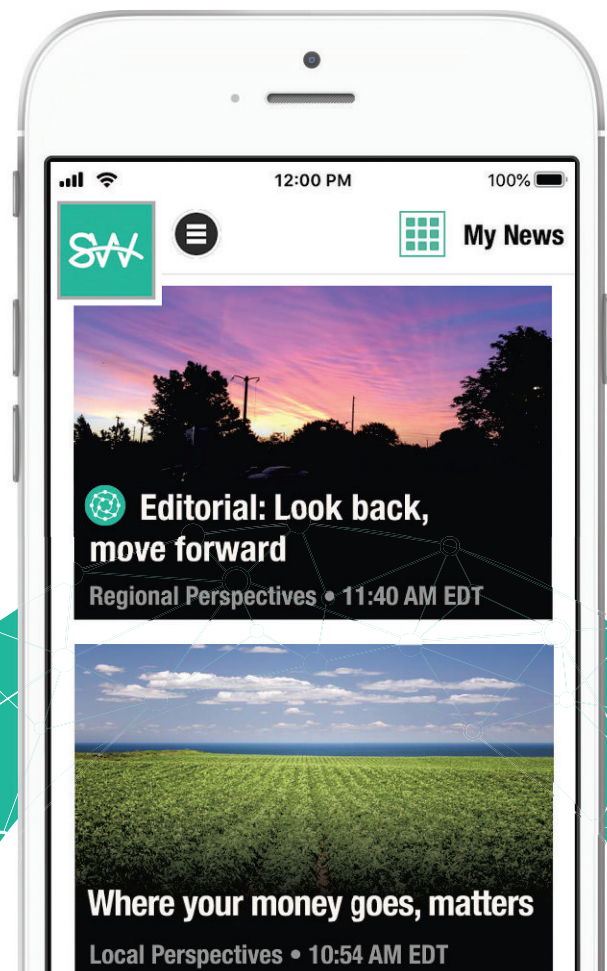
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