



2022- 2023 ANNUAL REPORT

MAY 30, 2023

participate - compete - excel



TRUE
SPORT
LIVES HERE
PRINCE EDWARD ISLAND



ROOTED
IN VALUES



TRUE
SPORT
LIVES HERE

PRINCE EDWARD ISLAND

ABOUT SPORT PEI

Incorporated in 1975, Sport PEI is a non-profit, non government federation. Our members are made up of over 50 sport organizations, multi-sport organizations and other groups that share a mutual interest.

OUR MISSION

Sport PEI's mission is to provide support and leadership to the Island sport community through strategic partnerships and the delivery of programs and services.

OUR VISION

We believe that all Islanders should have the opportunity to participate, compete and excel in sport.

OUR TRUE SPORT PRINCIPLES

Go For It

Rise to the challenge – always strive for excellence.
Be persistent and discover how good you can be.

Play Fair

Understand, respect, and follow the rules.
Play with integrity – competition is only meaningful when it is fair.

Respect Others

Show respect for everyone involved in creating your sporting experience, both on and off the field of play.
Win with dignity and lose with grace.

Keep It Fun

Find the joy in sport and share it with others. Remember what you love about sport and why you play.

Stay Healthy

Always respect and care for your mind and body.
Advocate for the health and safety of yourself and those around you.

Include Everyone

Recognize and celebrate strength in diversity.
Invite and welcome others into sport.

Give Back

Say thanks and show gratitude.
Encourage your sport group to make a difference in the community.



President's Report

Tom Crowell

Today we reflect on the past year of amateur sport on PEI. Sport on PEI saw amazing successes, dealt with adversity, and brought us all closer together as a province. Tonight, we will reflect on the achievements, successes, and efforts of our athletes, members, volunteers, and staff.

Our member organizations provide the opportunity for athletes on PEI to participate, compete and excel in sport. From Archery to Wrestling, coaches and officials, to administrators and board members, each play a vital role in the Island's sport community. Whether it is creating a pathway for our next Olympian, or allowing a newcomer to connect with others who share a common passion, the power of sport and the value it brings to our communities is incredible.

In 2022, PEI had several athletes compete at the Winter Olympics and Paralympic games, with Mark Arendz, Billy Bridges, and Brett Gallant returning home with medals from the World's premier multi-sport events. As well, a few familiar names did their part to show what athletes from PEI are capable of.

Alysha Corrigan represented Canada at the Rugby World Cup, Hannah Taylor won a bronze medal in wrestling at the Commonwealth games, and Sarah MacEachern won an under-18 hockey gold medal with Team Canada. While others made their mark at the Canada Games. At the 2022 Canada Games, Vanessa Keefe and RJ Hetherington won gold and bronze respectively in wrestling. And Lucas MacDonald, silver in Judo, and Arden Hopkin, bronze in recurve archery, won medals at the 2023 Canada Games on home soil.

This past year, our sporting community took part in two sets of Canada Games, only 6 months apart. To accomplish this it took incredible commitment, dedication, and perseverance from everyone involved in sport. Thank you to the many volunteers from across the province who made these games possible and to the host society for delivering a truly one-of-a-kind event.

It is important to acknowledge and celebrate our sporting successes from this past year, which will surely inspire the next generation of PEI athletes. Even though we are a small province, we have proven to be a force on the Canadian and World stage and this is a true testament to the hard work of everyone involved in amateur sport in our province. At Sport PEI, our staff works tirelessly to ensure our pillars of participation, competition, and excellence are at the forefront and that our members have the support needed to operate successfully. On behalf of the board, I would like to personally thank them for their professionalism, hard work and tireless dedication to supporting sport in this province.



President's Report

Tom Crowell

We have continued to utilize our online platforms in 2022, which has included offering online webinars, workshops, and training sessions, as well as online coaching courses to provide enhanced learning opportunities for our PEI coaches.

Progressive coaching opportunities are being held regularly along with the launch of the vip coaching program. Coaches from across PEI have dedicated countless hours to raise the bar for what it means to be a coach in this province. The vip program is almost 200 strong and counting.

Additionally, the KidSport PEI program continues to be facilitated by Sport PEI. This program provides grants to families who are struggling with the financial burdens of sport. Thanks to support from the Provincial Government and our partners, KidSport PEI has one of the highest grant amounts per child in Canada, so that we can help even more families. It is with great pleasure that I take this time to thank our staff, donors, volunteers, and sponsors for all of their efforts.

I would like to thank our corporate partners of Sport PEI and the Province of PEI's, through the Department of Health and Wellness, and now the Department of Fisheries, Tourism, Sport and Culture for believing in the value of amateur sport. Our operations would not be possible without their support.

Thank you for your time and I wish you all the best in sport, in 2023.

Tom Crowell



OUR PARTNERS

As an extension of our board and staff, partnerships are at the heart of everything we do, and a critical factor in our success.

The Department of Health and Wellness, in addition to being the largest contributor to our organizations, continues to be a partner in working together with us in so many areas, and we welcome their support. We look forward to being a part of a new Department - Fisheries, Tourism, Sport and Culture.

We work very successfully with the Department of Transportation, Infrastructure and Energy in ensuring that the Royalty Centre (House of Sport) continues to be an important community facility. We also work closely with the Department of Education and Life-Long Learning in delivery of the External Sport Credit program.

Corporately, we have great partnerships with local companies who support our programming and support the sport community overall.

Amalgamated Dairies Ltd. have been partners with Sport PEI for more than two decades with the ADL Recognition and Achievement Program.

Event hosting is an important economic generator for the sport organizations and the tourism sector. **SCORE!** has been an important supporter to the sport community in their efforts to bid successfully for national level events. As well, **SCORE!** has become a presenting sponsor of our annual awards.

Dairy Farmers of PEI became a major partner this year by supporting KidSport. In addition to an annual contribution, **Dairy Farmers of PEI** is the principal presenter of the Scores! for KidSport.

PEI Mutual Insurance Company Inc. has been a long-standing supporter of our amateur Sport Awards and continues to support sport across the province. **Cox & Palmer, Ladner Source for Sports** and **CBC PEI** are also great supporters of the awards and the sport community.

Synergy Fitness and Nutrition is also a supporter of our annual sport awards and offer training packages to our athletes and teams so they can prepare for success.

We are also grateful to **Sports Centre Physiotherapy**, **AVIS Car Rental**, the **Connolly Group** and **DALMAC** as partners who support our scholarship program.



Treasurer's Report

Lacey MacLauchlan

While the 2022-2023 fiscal year presented Sport PEI with many new challenges, we were able to maintain our current programs and services. Sport PEI is still in a good financial at the present time and is looking to maintain this trend into the future as funds have been invested to create stability within the organization.

Sport PEI would like to thank all corporate and sponsor donations for the continued funding to KidSport PEI. Sport PEI administers this fund which plays a vital role in allowing children across the Island to participate in sport. Without it they may not have the opportunity. Hockey continues to be the largest beneficiary totaling \$119,200, but other sports continue to access the funds with grants totaling \$244,420.

The PEI Amateur Sport Fund received \$74,700 during the year from general donations, which are eligible for charitable donation tax receipts, and these funds were allocated to each of the sport bodies to facilitate elite athlete development. The PEI Amateur Sport Fund also issued grants from the 2009 Canada Games Legacy Trust, with Provincial Sport Organizations receiving \$79,500 in funding. The Canada Games Legacy Trust was established as a permanent endowment for the development of athletes, coaches, officials, volunteers, and amateur sport organizations, and additionally, to support the programming of new venues constructed for the 2009 Canada Games

On behalf of the board of directors and staff, I would like to thank the Sport, Recreation and Physical Activity Division and our sponsors for the continued success in Sport PEI in meeting the goals and objectives of promoting and facilitating sport in the province.

Lacey MacLauchlan



Executive Director Report

Gemma Koughan



Throughout 2022-2023, the sport community continued to demonstrate its resiliency and the ability to adapt, getting their sport and recreational activities back on track after over two years of challenges. It's been over this time, that those in government, municipalities and the corporate sector recognized the impact our members have in supporting the health and wellness, community development and economic impact in this province.

The Province has included "Sport" in the title of the new Fisheries, Tourism, Sport and Culture, which, to our knowledge, is the first time a government has done so. As well, the new Tourism PEI strategic plan has included an initiative to develop Sport Tourism Strategy. We look forward to the release of the Minister Deagle's mandate letter to learn more about the initiatives that will lead the department.

While under the Department of Health and Wellness, we are grateful to Minister Hudson who identified the importance of a child's opportunity to participate in sport and provided \$200,000 to KidSport PEI. This is the first time the Province has supported KidSport since 2008 and it made a significant impact to Island families. KidSport was able to provide \$244,420.69 to 591 children so that they had a chance to receive the benefits of playing sport.

With the support of the former Department of Economic Development, Tourism and Culture and Health and Wellness, we were successful in obtaining a grant in the areas of gender, equity, diversity, and inclusion. We are now working on building True Sport into our programs and services and support our member's efforts in doing the same.

We are very pleased that our relationship with the provincial government has continued to flourish. By working together, we can support the entire sport sector.

We would also like to take this opportunity to once again say a huge thank you to all our partners and supporters, including Amalgamated Dairies Ltd. and SCORE!, who have been long-time partners with our federation. We welcomed Dairy Farmers of Prince Edward Island as a partner of the KidSport program and look forward to working with them. We are so fortunate to have great local partners supporting our programs and events. Thank you – PEI Mutual Insurance Company, Synergy Fitness and Nutrition, Cox & Palmer, Ladner Source for Sports, CBC PEI, Sports Centre Physiotherapy, the Connolly Group, AVIS, and DALMAC. Their continued support, especially over the past few years, was vital to our program delivery.



Executive Director Report

Gemma Koughan



We were very excited to work with the PEI Alliance for Mental Well-being on our mental health project. We now have a facilitator to deliver the "Working Mind" workshop as well as a resource guide to support coaches in knowing how to respond if their athletes are seeking help.

Our programs and services continue to be the backbone of what we do. From governance workshops to Future Elites to sport recognition to the PSO Administrator program, we endeavour to support the sport community in many ways. We continually look for opportunities for professional development and learning for our provincial sport organizations. There will be a lot of work ahead as the implementation of Safe Sport initiatives, the adoption of the UCCMS, and creation of a third-party complaint mechanism

Our ADL Sport Achievement Program, SCORE! of the Month, Scholarship Program, and our Annual Awards night are key pieces in recognizing the success of PEI's athletes, coaches, officials and volunteers. Thanks to the Florence Simmons Performance Hall for helping us host our annual Awards this year. It amazes our staff and board each year the quality of people we have in this small province. Shout out to those PSO's who did a great job recognizing their achievements over the past year as well.

A key focus area for us is girls and women in sport, particularly in the area of leadership. We held a leadership series with Judy Reige, both in person and virtually. We were also fortunate to hold a She's Good event with a group of fantastic young females, led by Sarah MacEachern and Katie Baker.

Congratulations to the 2023 Canada Games Host Society, the volunteers, PSOs, coaches, managers and athletes on a successful event. The Games captured the hearts of all Islanders and they showed their pride and support by filling the rinks, gyms and competition sites.

To all of our provincial and community sport organizations, we are so thankful for the incredible work you do. We say it every year, but it doesn't make it any less important. Your efforts were, and continue to be, amazing.

To our own Sport PEI team, thank you. You've once again shown how much you care about sport, and about making sure Islanders have the chance to take part. Through all the changes and challenges, your passion shines through. We also need to send a big thank you to our volunteer board of directors, who continued to provide their guidance and support, it is invaluable.

We head into the next year hopeful that sport will be able to continue to grow and reach even more Islanders. There are many challenges ahead, but the sport community has shown how much we can accomplish, how resilient we are, and how committed we are to seeing more Islanders have the chance to reap the benefits of sport. We also know that by continuing to work together, we can make that happen.

A handwritten signature in black ink that reads "Gemma Koughan".



MARK ARENDZ

Lt. Governor's and Senior Male



RJ HETHERINGTON

Junior Male



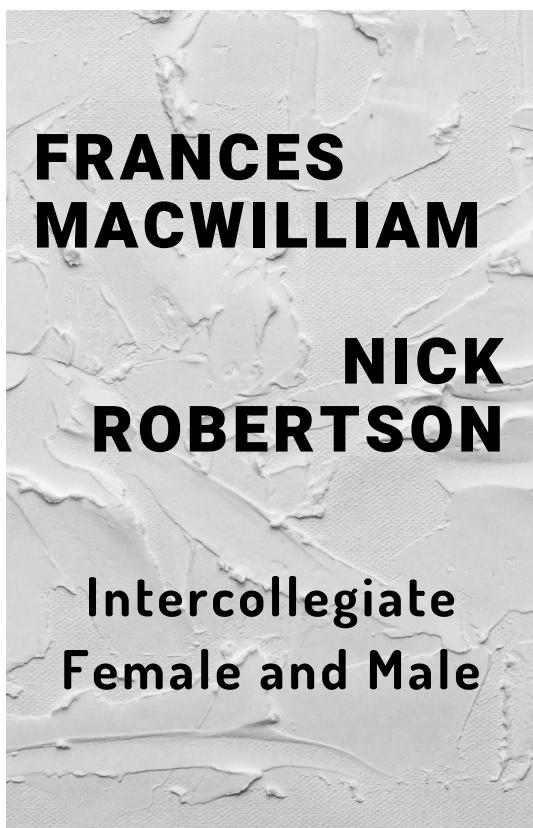
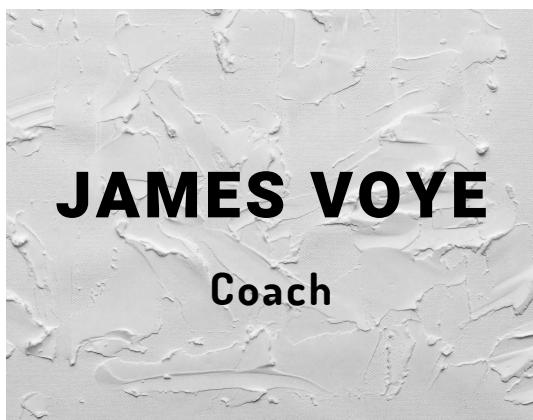
JENNA LARTER

Inspiration Award



JAMIE MORSE

Masters Athlete





NANCY RUSSELL

Volunteer Administrator

MARC GILMAN

Official



LACROSSE PEI

Premier's Award



ARCHERY CHAMPIONSHIPS

Event



SUSAN DALZIEL
President's Award



TIM MURPHY
President's Award

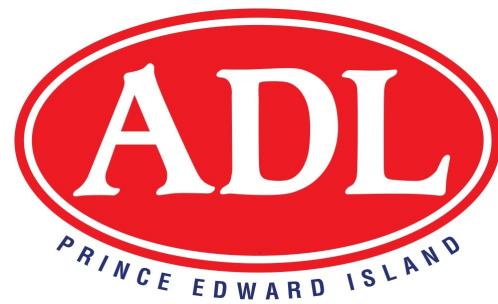


PEIFC U15 GIRLS SOCCER
Team



Sport Recognition - ADL Sport Achievement

The ADL / Sport PEI Sport Achievement Program offers member sport governing bodies of Sport PEI an opportunity to recognize the achievements and contributions of their particular sport. 120 athletes, coaches, officials and volunteers are being recognized through the program annually.





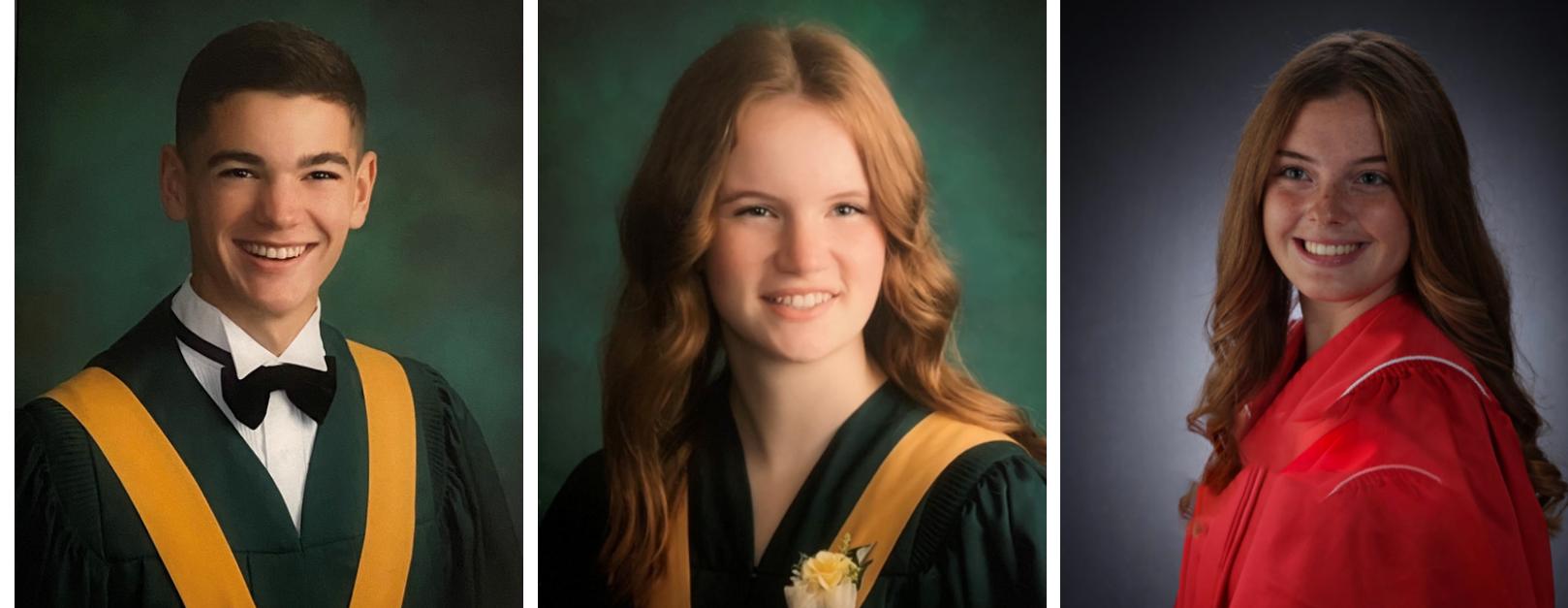
Girls and Women in Sport

Our She's Good events have a goal of inspiring and supporting girls (aged 10-16) lifelong love of sport and physical activity. Female sport leaders and professionals spend the day talking to the girls about healthy lifestyles, goal setting mixed in with a lot of fun.

The day was full of fun activities for the participants with hiking, disc golf, field hockey, and goal setting. Our guest athlete was Team Canada u18 hockey player, Sarah MacEachern, and our leadership athlete was Katie Baker, former Team Canada field hockey player.

We were also fortunate to have host You 2.0: BE-coming an Emotionally Intelligent Leader/Coach: a 5-part series on building the mindset and skills of self-awareness and professional presence for selected female coaches and sport leaders. Judy Riege lead this professional development series. Judy is in the business of leadership learning, by elevating what it means to be a leader and "do" leadership well. With real world leadership experience and expertise in the art and neuroscience of emotional intelligence (EQ), and its impact on communication, innovation, and resiliency, Judy works with individuals, teams, and organizations. Most recently, Judy works with the Canadian Women's Hockey team.





Sport Recognition - Sport Scholarships

Sports Centre Physiotherapy, AVIS, the Connolly Group and Dalmac are all very proud to help support Island student athletes as they continue their education.

Sport PEI's scholarships recognize excellence and achievement in sport, academics and community involvement. The 2022 Sport PEI Scholarships recipients were: **Zackary Blood** (Three Oaks Senior High), **Andrea Caron** (Three Oaks Senior High), **Molly Doyle** (Charlottetown Rural), and **Sydney Lawlor** (Charlottetown Rural).

The Paul Trainor Memorial scholarships were also awarded in 2022. The recipients were: **William Lyons** (Ecole La Belle Cloche) and **Dara McCabe** (Charlottetown Rural).



SCORE!

SPORT CHARLOTTETOWN

SCORE! of the Month

April – u14 Wave, Ringette

May – 14u Red Mudd, Volleyball

June – Autumn Martin, Swimming

July – Chase Cotton & Savannah Gallant, Bowling

August – u15 Stratford Stealers, Softball

September – u11 Eastern Express, Baseball

October – PEIFC u15, Soccer

November – Maryum Arif, Table Tennis

December – Cruz Bevan, Basketball

January – Aspen Andrews, Gymnastics

February – u11AA Abbies, Hockey

March – Bluephins Relay team, Swimming



It was an incredible, but crazy year in sport here on the Island. With Niagara Summer Games and then hosting the 2023 Winter Canada Games only months apart added lots of extra work and volunteering for our staff. I was honoured to coach our Beach Volleyball Women's Team in August and in February took on a totally new role and was a Major Technical Official for Biathlon week one and a volunteer for Cross Country ski week two.

A big project of the year was around the PEI Alliance Mental Well Being grant that we received to deliver a program around "Building Resilient Coaches in PEI Communities (Preventing "Burnout" in Coaches and navigating Athletes in Distress)". At the same time, Coached Association of Canada (CAC) received a large grant from the Public Health Agency of Canada (PHAC) and with both much has been developed over the year to increase awareness and build resources around mental health.

The largest amount of my time is spent on Coach Education as required due to the fact that we are the Provincial & Territory Coach Representative (PTCR) here on the Island. We hosted just over 40 NCCP Workshops with 414 coaches attending. We offered 18 non-NCCP professional development opportunities during the year, with 167 attendees. With the financial aid from the PEI Government and the Home Team PEI funding, many of the coaches accessed education and certification for free or at a much-reduced rate. As a Master Coach Developer (MCD), I had the opportunity to work directly with squash, ringette & volleyball on their coach evaluations here in PEI and in NB for Canada Games.

In October, I was selected by the CAC as one of three MCD's in Canada to work with a Mental Health team from the University of Ottawa to update four of the NCCP Competition Introduction workshops. These are now being offered for free across the country for one year, thanks to PHAC funding and all contain updated Mental Health information and resources.

I currently have one year left on the CAC Board of Directors and this has been an amazing experience. I continue to chair the Licencing and Registration Committee (LRC) who's mandate is to evaluate, admit and readmit individuals as Registered or Chartered Professionals Coaches.

A big win in sport for us this fall was that the PEISAA added NCCP Safe Sport as a requirement for all school coaches. It added to the work load but one that was very meaningful with where we are in the safe sport environment right now. Also, on a Safe Sport front, our vip coach program continues to grow and on March 31, we had 189 coaches who have signed on to the program.



Lynn Boudreau
Sport Coordinator



We continue to work closely with the Canadian Sport Institute Atlantic hosting Podium Performance Workshop, collaborated on National Coaches Week and meet monthly to work together on how we can help coaches across Atlantic Canada.

Women and Girls continues to be a focus and we were fortune enough to have the incredible Judy Reige work with a group of women for five leadership sessions called You 2.0. We also hosted another She's Good with guests Sarah MacEachern, Hockey Canada's U18 Gold Medallist and former Field Hockey Canada's Captain, Katie Baker. On International Women's Day, we featured female administrators here on the Island.

Last but not least, the work we do with our Athlete Health and Performance Program and Director Randy Goodman is moving in the right direction. Our website has a full list of the professionals who have joined us in supporting the development of athletes and coaches along with an endless page of resources that cover just some of these topics, How to Manage an Immediate Injury, Hydration, Goal Setting, Nutrition for Environmental Conditions, Supplements and Ice vs Heat and much more. With the AHP support team, we hosted a spring and fall Parent like a Champ, Taking Care of You the Athlete, Taking Care of Your Athletes, Taping Workshops, Canada Games Sport Science Debrief. We are currently working with a group of New Wave Future Elites and will report next year on how it is progressing.

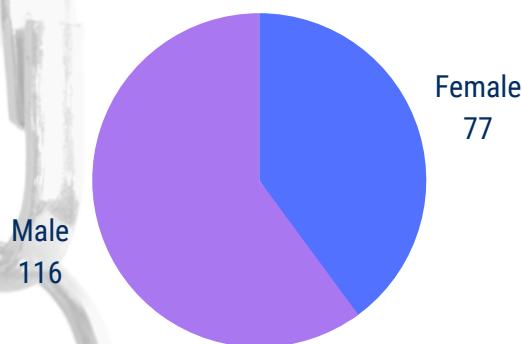
Looking forward to 2023-24.

Lynn Boudreau

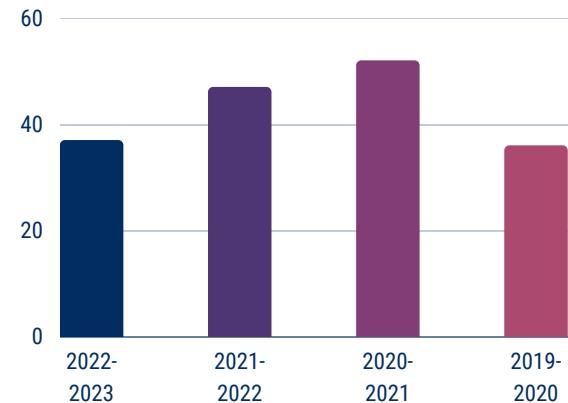


A FEW HIGHLIGHTS

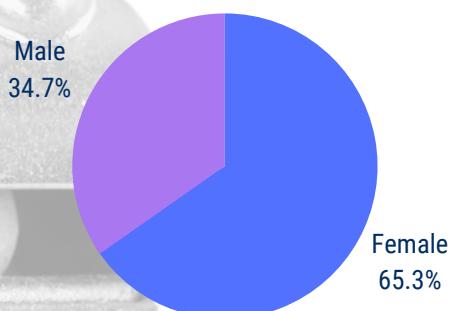
VIP COACHES



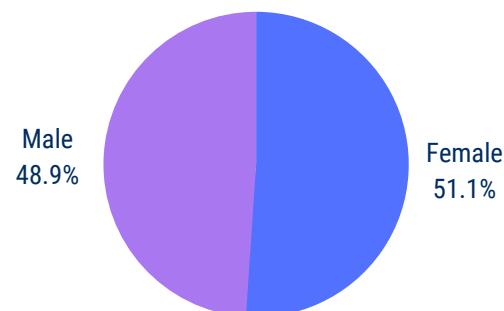
NCCP COACHING COURSES



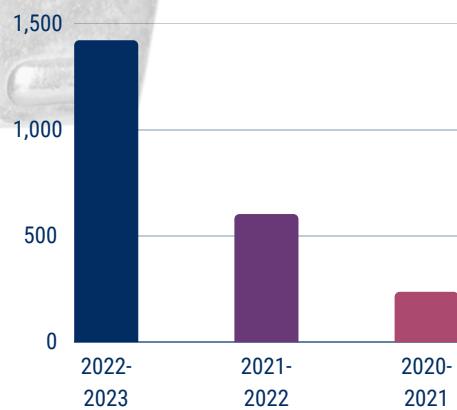
2022-2023 COACHES ATTENDING PD WORKSHOPS



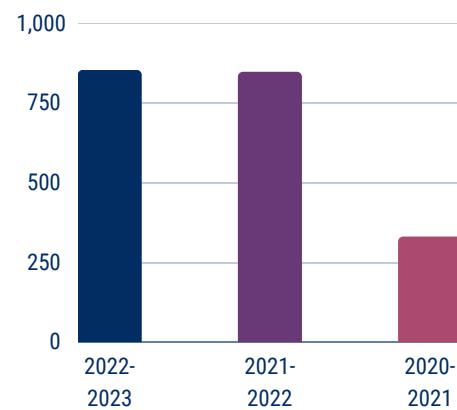
2022-2023 COACHES ATTENDING NCCP WORKSHOPS



NCCP E-LEARNING SAFE SPORT



NCCP E-LEARNING MAKING HEADWAY



John McIntosh Sport Coordinator



This past year has been a memorable one at Sport PEI. I am very proud of the work we have done and I am looking forward to another great year! A few of my personal highlights from the past year were the ADL Recognition program, the Sport PEI Awards, the Sport PEI scholarship program, the SCORES! For KidSport fundraiser, and being a part of the Canada Games.

PEI's best athletes, coaches, volunteers, administrators, and teams were honoured by our member organizations throughout 2022 through the ADL Recognition and Achievement program. Through this program each of our member sport organizations are able to receive award plaques to recognize all the hard work that is done within their sport. ADL is a true believer in the power of sport and have been a major support of Sport PEI for over 40 years. I look forward to continuing this tradition in 2023 and beyond!

Our Annual Amateur Sport Awards, held in December 2022, were phenomenal. Having the chance to celebrate so many of PEI's best athletes and contributors is always special. In 2023, we will host our 50th awards ceremony and I am looking forward to celebrating this milestone in December!

Our scholarship program was able to award four scholarships to a group of incredible student athletes. Every year, I am amazed to see the quality of the student athletes we have on PEI and it always makes us proud to see them continue their sport journeys. Our sponsors - AVIS, Connolly Group, DALMAC, and Sports Centre Physiotherapy - make this program possible. We are excited to award five scholarships this year, with AVIS (2), Connolly Group, DALMAC, and Charlottetown Physiotherapy supporting the program in 2023. We were also able to offer our support for the Paul Trainor Memorial scholarship. Paul Trainor has left an incredible legacy on PEI and we were able to award two outstanding student-athletes in Paul's honour in 2022.

We revamped the External Sport Credit program in 2021, opening up the credit to more PEI students. During the 2022-23 school year, one student completed the course during the Fall semester and 2 more had taken the course during the winter semester. There has been a lot of interest in the course, so I am expecting our numbers to increase in the years to come. The Department of Education has been great to work with and has helped make this credit a reality.

This past year, I was very fortunate to be able to take part in the preparation for two sets of Canada Games as a member of Team PEI's mission staff. To be a small part of our athlete's experience and successes was amazing. Being part of Team PEI during the 2023 Canada Games will be something that I will never forget.



John McIntosh

Sport Coordinator



I am proud of the work we are doing at KidSport PEI and as part of the KidSport Canada National Leadership team. KidSport Canada has seen changes this past year with a new CEO and new KidSport Canada staff members in place. They have been outstanding to work with and the future looks bright for KidSport across Canada.

KidSport PEI was able to continue our partnership with Dairy Farmer's of PEI on the SCORES! for KidSport fundraiser. Every goal scored this season by the Charlottetown Islanders, Summerside Western Capitals, UPEI Men's and Women's hockey teams resulted in a \$10 contribution to KidSport PEI. This fundraiser had another amazing year after great seasons from all four of our participating teams.

KidSport PEI maintained our maximum grant amount, \$600 per child, and the household income threshold to continue helping a greater number of PEI families. Without the help of the community and our partners this would not be possible:

1: PEI Government supported the program by providing \$200,000 so that we could help more families in 2022-23. Their support meant that more than 300 children were able to play a season of sport.

2: Dairy Farmer's of PEI and the SCORES! For KidSport fundraiser, with help from the Charlottetown Islanders, Summerside Western Capitals, and the UPEI Men's and Women's hockey teams, we have been able to raise over \$30,000 for KidSport PEI during our first two seasons. We are excited to see where this partnership can go in the future!

3: Tim Hortons Smile Cookie campaign once again raised funds for KidSport PEI during Smile Cookie week across Canada, September 19-25. Tim Hortons raised \$45,662.38 to support PEI kids.

4: KidSport continues to receive contributions from community fundraisers, charity of choice events, and online donations, which all make a significant impact on our program. Including, but not limited to: Glenn Edison Memorial Golf Tournament, Maritime Electric, the City of Charlottetown, the YYG Runway Run, Andrews Stables and the Red Shores ambassador program, the Charlottetown Rotary, McInnes Cooper, Shanks Golf, the 2023 Canada Games Golf Classic, the UPEI Sports Industry Society, PEI Roadrunner's Club, Colonel Gray Women's Volleyball Alumni, Finnegan Chandler Strawberry Jam, and the Charlottetown Rural leadership class.

I feel very lucky to be working at Sport PEI. I couldn't ask for a better team to work with and I am very excited for the future!

John McIntosh



Athlete Health and Performance

Randy Goodman



As we moved forward in 2022- 2023, with life returning to somewhat normal as the pandemic slowed, we continue to work on the four pillars of the Athlete Health and Performance program: Athletes/Parents/Coaches – Education and Resources, Health Care Professionals, and Stakeholder Engagement.

Athletes / Parents

As the majority of athletes we serve are developing athletes up to the age of 18, the process of helping support and increase sport medicine and science knowledge in sport on PEI requires us to educate athletes but also include their parents.

On-Line Resource Library - There are now a robust, evidence based, and growing Resource Library on the Sport PEI website for athletes, coaches and parents. This includes topics such as concussion recovery, drugs in sport and drug testing, the truth about supplements, hydration, mental health and performance tips, jet lag, etc. You can see these at the following link:
<https://sportpei.pe.ca/ahp-athletes-resources/>.

Parent Education - We continued to host the successful "Parent Like a Champ" course for parents of developing athletes. This 3.5 hour course covers the basics of athlete development, nutrition from growing athletes, mental health and performance, and how to physically train to become a competitive athlete. This course is hosted virtually so parents of young children can attend as well as ensuring all Islanders tip to tip can participate. We hosted a course in fall 2022, and again in May 2023, and both courses were very well attended.

Direct Support for Canada Games - PEI was fortunate to host the 2023 Canada Winter Games. Professionals from our Athlete Health and Performance Team provided direct support in some manner to the majority of the PEI teams for Canada Games. This included mental health and performance, nutrition, physical training, or physiotherapy/rehab. As well, many of our AHP professionals provided volunteer care during the Games athletes during the games, as the host medical team. We continue to work toward getting the professionals listed as mission staff at future games so they can provide support to the athletes they work with throughout the games preparation period. Many other provinces have some of these support services available at the Games for their athletes.

Future Elites – The Next Wave - Early in 2023, the AHP program reached out to the Provincial Sport Organizations (PSO) to have them nominate two younger developing athletes in their sport to participate in the Future Elites Program. This program aims to educate and inform the next wave of potential provincial athletes. We will host a day long session for these athletes in June 2023 will feature discussions and presentations on nutrition and hydration, how to physically train and develop properly at different development phases, injury management, drug testing, the importance of rest and sleep, how to train physically to begin to compete, the building blocks of mental performance, how to deal with stress and anxiety of competition. We will also feature one-two national competitive athletes from PEI as role models for these young future competitors.



Athlete Health and Performance

Randy Goodman



Direct Support for Provincial Athletes – now that we have a team of 11 sport science and rehab professionals on the AHP team, we have had numerous requests regarding rehab of injuries, connections to resources for support, as well as connecting with professionals off Island if needed for sport medicine or rehab.

Coaches

Athletic taping for coaches - The goal of this course was to give coaches a solid understanding of the principles and techniques of athletic taping. This course was done in 2 – three-hour sessions. Participants were given demonstrations of techniques and have plenty of practical time to practice applying the different tape applications. As well each participant received a handout with the different tape jobs described.

Canada Games Preparation Review and Recommendations - Following the 2022 and 2023 Canada Games, the AHP held coach debrief sessions to discuss the challenges and success of preparation in the 2 years leading up to the Games, as well as during the games competition. These discussions were assimilated into themes and a follow-up meeting was held to further develop future recommendations for sport leaders in preparation for provincial and Canada Games teams competing nationally of the next 5-10 years.

Coach Education - Evidence-based resources in the realm of sports medicine and science must be available for easy access by coaches, and they are now online on the resource library, as well as coaches being directed to more specific online material by our program professionals. We have also partnered with the VIP program to offer a coach education evening on "The Coaches Role in Concussion Management". This was a well attended event, which helped coaches understand the current evidence on concussions and return to play. Additionally, Nancy Fong, IOC Certified Dietician, held a coaches workshop to provide education on Supplements and their role in sport nutrition.

Health Care Professionals

This was an area of continued focus in 2022-23. There are very few fully sport certified health care and science professionals in their respective professions on PEI. While we want to respect those who have the certification by giving them prioritized listing in the directory, we also list those who are actively pursuing certification. This will build capacity of support in the next few years. I am pleased to report that we have 11 professionals now listed as part of the Athlete Health and Performance Team.
(<https://sportpei.pe.ca/ahp-professionals/>)

Education - In a effort to get more professionals certified in sideline first aid, the AHP program hosted a Sport First Responder course in 2022 for rehab professionals. This sold out course certified 12 individuals on the Island to provide advanced sideline first aid. Due to the waitlist for this course, a clinic on the Island was able to host another Sport First Responder course to certify another 12 individuals. As well, in conjunction with the Canadian Academy of Sports Medicine, leading up to the Canada Games, the AHP and Medical Society of PEI hosted a Physician Sideline Course. This was attended by 30 physicians to become certified in sideline care, building our local capacity to host the games as well as other events in the future.



The mandate of the Nominating Committee is to identify and recruit officers and directors for Sport PEI. The Committee is nominating the following individuals to the Executive for 2023-2024.



Tom Crowell (President)

- Physiotherapist and Owner of Charlottetown Physiotherapy
- Board member PEI College of Physiotherapists 1992-1994
- President Ch'town Bluephins 2004-07, 2010-2011 & Swim PEI Board 2004-09, 2010-11
- Co-Sport Director for Swimming 2009 Canada Games
- Vice-President PEI Youth Scholastic Chess Association 2009-11
- Participates and enjoys running, cycling and swimming
- Resides in Charlottetown with wife Edith & children Paige, Iain & Madeleine



Janet Clark (Vice-President)

- Partner at the law firm Stewart McKelvey
- Member of the Law Society of PEI, the Canadian Bar Association and Canadian Defence Lawyers; active with ongoing education in the areas of civil litigation and labour/employment
- Played and coached ringette at the provincial level, including as Assistant Coach for PEI's 2007 Canada Games team
- Born and raised in Morell, Janet now lives in Charlottetown with her husband Sean, their daughter Julia and puppy Max



Charlotte Jenkins (Secretary)

- Born and raised in PEI (currently living in Stratford)
- Currently practicing law in Charlottetown
- Graduate of Dalhousie University (JD) and UPEI (BBA)
- Involved in many sports, including hockey, soccer, golf, rugby, field hockey, and most recently, cycling
- Has built many lifelong friendships and relationships through sport and is eager to give back to the sporting community in PEI



Lacey MacLauchlan (Treasurer)

- Director of Finance Canadian Health Labs
- former Senior Manager with Grant Thornton LLP
- Member of Chartered Professional Accountants Prince Edward Island
- UPEI field hockey assistant coach
- Member of UPEI field hockey team – 2008-2012
- Charlottetown Rural field hockey coach – 2010-2013
- Enjoys hockey, soccer, golf and running



Ryan Innis (Past President)

- Principal with Grant Thornton LLP Chartered Accountants
- Member of the Prince Edward Island Institute of Chartered Accountants
- Member of the 2001 Canada Games Men's Volleyball Team
- PEI Basketball official – 2001-2006
- Queen Charlotte Intermediate boys volleyball coach – 2001-2006
- Other interests – golf, basketball, baseball
- Resides in Charlottetown



The following individuals were elected to the Board for a two year term 2022-2024.

Brian Chambers (Director at Large)

- Served on the Sport P.E.I. Board since 1999
- Graduated with Law Degree from UNB
- A member of the UPEI Women's Basketball coaching staff 1988-1993, & 2005-2011
- Presently Vice-President of Basketball PEI
- Served as Chair and executive member of the UPEI Basketball Booster Club and was honoured with "Outstanding Booster" award in 1988
- Retired Chair, Veterans Review and Appeals Board
- Resides in Charlottetown with wife Ann



Rob Cameron (Director at Large)

- Winner of the George Butch Brown Pownal Minor Hockey Volunteer of the Year award
- Chair of the Female Bantam AA Provincial hockey tournament
- Winner of the Pownal Minor Hockey Manager of the Year award
- Chair and member of the organizing committee of the Pownal Minor Hockey Memorial tournament
- Director of Operations for 2015 PEI Canada Games Women's hockey team
- Currently - Chair of the development of a Pownal Minor Hockey Female Wall of Fame



Kaye Kelly (Director at Large)

- Community Manager at RBC
- Twice recipient of the City of Charlottetown Volunteer of the Month Award
- Numerous administrative and team manager duties in soccer, baseball, volleyball, hockey and basketball
- Team manager 2009 Canada Games Women's Soccer
- Extensive involvement with organizations such as the PEI Lung Association, Children's Wish, and events Ride for Research and Relay For Life
- Resides in West Royalty with husband Alan and three children

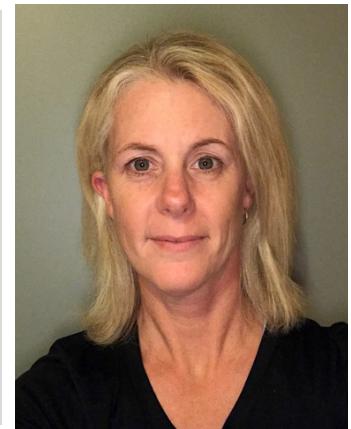


The following individuals are being nominated to the Board for a two year term, 2023-2024 and 2024-2025.



Robyn MacDonald (Kings County Director)

- Teacher for over 23 years, currently serving as Principal at Montague Regional High School
- Involved with sports for years, playing and coaching at various levels
- Head Coach of the 2011 Canada Games women's hockey team
- Former master coach conductor through the National Coaching Certification program
- Currently living in Three Rivers with her husband, Phil



Paul Jenkins (Queens County Director)

- Health care professional and consultant pharmacist, former owner of the Friendly Pharmacy
- Owner of The Mount
- Long-time biking enthusiast who has developed own mountain-bike and hiking trail (the Beck trail)
- Active volunteer in the community including Charlottetown Rotary, Easter Seals, Alzheimer's, Multiple Sclerosis and Muscular Dystrophy & Former Director of Island Trails
- Has one daughter who is a graduate of UPEI



Karen Cameron (Prince County Director)

- former Controller at PEI Mutual Insurance Company
- Member of Chartered Professional Accountants Prince Edward Island
- Bachelor Business administration UPEI
- Played a variety of sports at a Westisle high school and at a provincial level, including soccer, hockey, track and field, and rugby
- Currently works and lives in Summerside, PEI with her two children, aged 10 and eight.
- Volunteer basketball coach with East Prince Sting Basketball
- In 2020, Karen and her sister opened a boutique family law firm in Summerside. Karen currently works as the Business Manager for the firm.

