



# 2025- 2026 ANNUAL REPORT

**MAY 26, 2026**

*participate - compete - excel*



## 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 programs and services to our membership to support them operating in an inclusive and respectful manner.

## OUR VISION

An Island united through sport, where integrity guides competition, collaboration strengthens communities, and every individual has the opportunity to reach their full potential.

## 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.

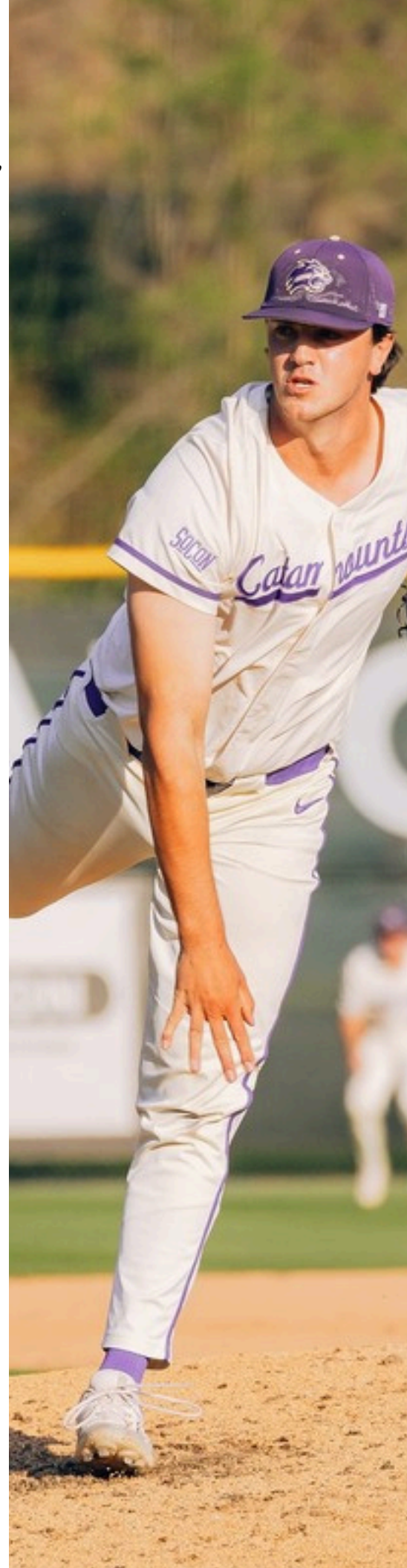
**Respect Others:** Show respect for everyone involved in creating your sporting experience, both on and off the field of play. Win with dignity and lose with grace.

**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.



## 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 Fisheries, Rural Development and Tourism**, 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 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 three 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.

**Dairy Farmers of PEI** became a major partner 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. **Stewart McKelvey**, **Ladner's 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 **Charlottetown Physiotherapy**, **AVIS Car Rental**, the **Connolly Group**, and **DALMAC** as partners who support our scholarship program.



## President's Report

### Janet Clark

On behalf of the Board and all members of Sport PEI, I express thanks and appreciation to the PEI Department of Fisheries, Rural Development and Tourism and to the corporate sponsors of Sport PEI for their support and their belief in the value of amateur sport. Our operations would not be possible without their support.

On the topic of operations, I also want to thank our staff, who work hard to ensure our programs are operated smoothly and members are supported with professionalism. Navigating restructuring and the addition of the Performance Hub, our staff continued to uphold our organization's standards and values this past year. Thank you to Aoife Guilfoyle and Mitch Sanderson for their contributions; we wish them all the best in their future endeavors.

We were filled with PEI pride many times watching performances at the elite levels of sport this past year. Highlighted by the 2025 Canada Summer Games and the Milano Cortina Olympics, Island athletes, coaches, and officials were active, including at the international level, as we saw:

- Keely MacGrath, Veronica MacLellan, and Alexsa Matheson earn medals at Canada Games to help Team PEI win the Centennial Cup
- Mark Arendz earn his fourth straight Crystal Globe as well as his 13th and 14th career Paralympic medals
- Brett Gallant win a gold medal in men's curling at the Olympics and become the first Canadian to compete in men's curling and mixed doubles at the same Olympic Games
- Megan Mossey earn a silver medal and be named a First-Team All-Star at the World U18 Women's Hockey Championships
- Alysha Corrigan help lead Canada to a second-place finish at the Rugby World Cup
- Jenna Larter make her debut for Canada on the World Cup speed skating circuit



## President's Report

### Janet Clark

We had unprecedented levels of success with teams on the national stage as six teams achieved best-ever finishes at Canada Summer Games: the U17 PEIFC girls soccer team earning silver, and the Senior Islanders baseball team claiming national gold. Our young athletes broke barriers at the intercollegiate level with athletes from the Island for the first time joining NCAA Division 1 in basketball, soccer, and lacrosse.

KidSport saw continued growth this year, sending out \$494,000 for registration and sports equipment to 1,111 kids across 26 sports in 2025 thanks to facilitation by Sport PEI and funding from the provincial government and our partners.

Our in-house programming - VIP Coach, Rooted in Values, ADL Awards, NCCP Certification, Athlete Health & Performance, scholarships, recognition programs, and member benefits - continued operating with success and were joined by a new addition to Sport PEI: the 2023 Canada Games Legacy Performance Hub, dedicated to advancing sport in PEI through athlete testing, performance planning, and overall athlete health & performance.

Another major addition is the new website for Sport PEI designed to better display the programs and services we offer as well as resources and on-site registration for events and programs.

Finally, we wish all of the teams preparing, training and competing in the lead up to the 2027 Canada Winter Games the best of luck!

I wish you all the best in sport for the coming year.

*Janet Clark*



## Treasurer's Report

### Dominique Ryan



The 2025-2026 fiscal year presented Sport PEI with an opportunity to continue to expand on our current programs and services. Sport PEI is in a good financial position at the present time and is looking to maintain this trend into the future as funds continue to be 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 \$196,000, but other sports continue to access the funds with grants totaling nearly \$495,000.



The PEI Amateur Sport Fund received \$81,500 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 \$157,140 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. In participation with the Community Foundation of PEI, the PEI Amateur Sport Fund also issued 2023 Canada Games Legacy Grants of \$1,290,500.

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.

*Dominique Ryan*

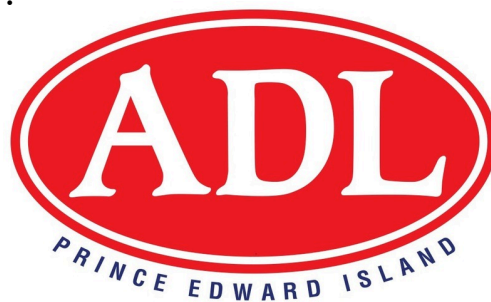




## Sport Recognition - ADL Sport Achievement

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.

One hundred twenty athletes, coaches, officials and volunteers are being recognized through the program annually.



# Executive Director Report

## Gemma Koughan



Each year we were grateful to see our athletes, coaches, officials, and volunteers thrive on the field of play across the province and around the world. To all of our provincial and community sport organizations, we are so thankful for the incredible work you do. The efforts of the staff and volunteers who make up these groups continue to deliver excellent work and are instrumental in providing so many opportunities for Islanders to experience the many positive benefits of taking part in sport.

Our partnership with the provincial government, particularly with the Department of Fisheries, Rural Development and Tourism, continues to be an integral part of our work. We value our relationship and we know that sport is better off in this province because of our shared passion for the value, growth and development of sport.

We welcome back the Hon. Ernie Hudson as Minister responsible for sport. We appreciated the opportunity to sit down and discuss a variety of topics impacting the sport community. We also took the opportunity to respond to various legislative proposals that affect our member organizations.

- **Loss of Volunteers** – The expectations continue to grow on our volunteers, and we are seeing the loss of long-time volunteers and not being able to recruit new ones into the system. The reasons volunteers get involved is for the enjoyment of the sport, helping athletes be their best, contributing to the community, etc. But they are dealing with things like harassment complaints, policy reviews, bad behaviour of adults, racism, etc. None of which they “signed up” for, nor do most have the tools to address. There may be policies in place, but neither the capacity nor expertise exist in most of our organizations to manage, and given our small province, conflicts of interest are common.
- **Third-party dispute mechanism** – This system will be important to have in place for our organizations and volunteers. While federally, the emphasis is focused on violations of the UCCMS, we feel that it is the complaints/issues that do not fall under the UCCMS (or are under the guise of the UCCMS) that are causing the most problems in the sport system. Having support at this level is key. Our board is committed in principle to supporting efforts by the Division and will work together to make this happen.
- **Core/Operational funding for PSOs** – The cost to operate organizations continues to increase. Most staff who work for PSOs are underpaid and undervalued. An increase in core/operation funding will be key to helping create stability within organizations, especially with the decline in volunteerism. Even with an increase, it is anticipated that most organizations will need to increase their registration fees to participate.



# Executive Director Report

## Gemma Koughan



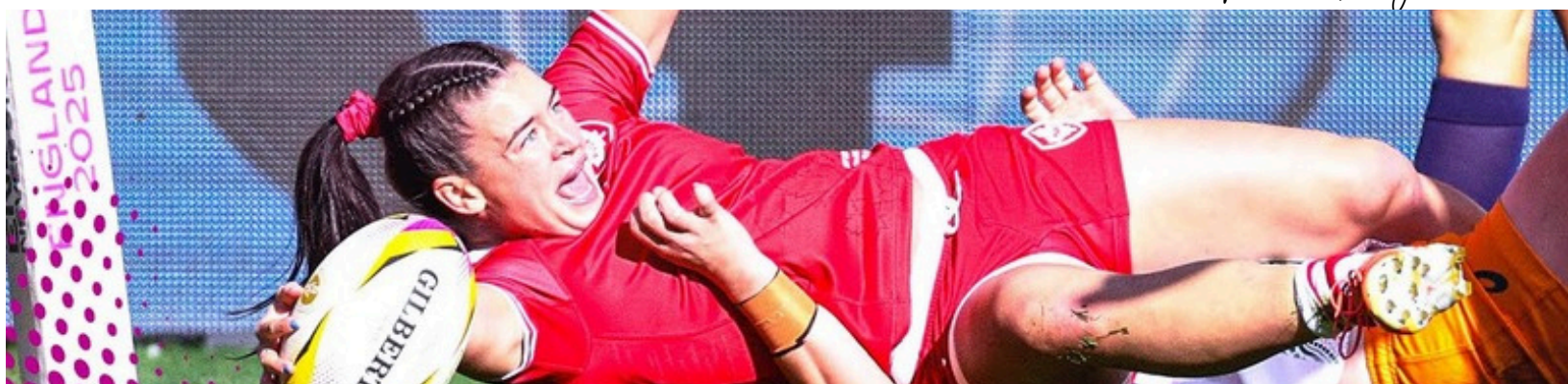
- **Legislation** – In 2023, we reached out to the province and asked that government consider updating or replacing PEI's Volunteers Liability Act to provide protection for all of those who volunteer for sport and other non-profit organizations, similar to the legislation in Nova Scotia's Volunteer Protection Act. This legislation would provide comfort to both volunteers and the non-profit organizations they assist. We provided feedback on the proposed changes to the new Charitable Lotteries Act. Some areas that we provided comments on included: rules around use of electronic means, prohibiting advertising outside PEI and how this applies to social media, records and reporting and fee structure. Finally, we provided feedback on the Combative Sport Commissioner Act which would legalize and regulate professional combative sport events and modernize the oversight and regulation of amateur combative sport events in PEI.
- **Access to gymnasiums in schools** – For the most part, gymnasiums are primarily located in schools, which makes it important to have them available to the community. We recognize that school activities have priority, but times outside of that need to be available. Otherwise, activities cannot take place. We appreciate the work that has been done and look forward to the pilot project recently announced.
- **Name Change** - We expressed our disappointment in the department's name change. When Sport was included in the Department of Fisheries, Sport, Tourism and Culture, the sport community felt valued and respected. With it's removal, it was important share that it was disappointing to the sport community.

We would like 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 continued our partnership with Dairy Farmers of Prince Edward Island as a supporter of the KidSport program and the Scores for KidSport initiative. We are so fortunate to have great local partners supporting our programs and events. Thank you – PEI Mutual Insurance Company, Synergy Fitness and Nutrition, Stewart McKelvey, Ladner's Source for Sports, CBC PEI, Charlottetown Physiotherapy, the Connolly Group, AVIS, and DALMAC. Their continued support, especially over the past few years, was vital to our program delivery.

I want to offer my sincere thanks to our Sport PEI team. 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. I also need to send a big thank you to our volunteer board of directors, who continued to lend their time, expertise, guidance and support. It is invaluable.

Sport Matters. It plays an essential role in our communities, schools and Island life. Athletes, Coaches, Officials, Volunteers and Leaders all contribute to its success. This collective commitment is appreciated and valued and we're grateful to be a part of it.

*Gemma Koughan*



# 2025 AWARDS

**MARK  
ARENDZ**

Senior Male



**ALYSHA  
CORRIGAN**

Lt. Governor's and  
Senior Female



**KAMARI  
SCOTT**

True Sport Award



**MEGAN MOSSEY, KEELEY MACGRATH AND  
RILEY BISSETT**

Junior Female and Male



# 2025 AWARDS



**MAGGIE  
MULLINS**

Intercollegiate Female

**BRANDON  
LANGLEY**

Intercollegiate Male



**ELLEN  
MURPHY**

Volunteer Administrator

**ELLEN DIXON**

Official

**LACEY  
MACLAUHLAN**

Coach



# 2025 AWARDS

## BASEBALL PEI

Premier's Award



## CHARLOTTETOWN ISLANDERS BASEBALL

Team

# 2025 AWARDS



**NANCY  
RIPLEY**

Masters Athlete



**JOHN  
MACDONALD**



**COLIN MACADAM**

President's Award



**CYCLING PEI**

Event

# Sport Recognition - Sport Scholarships

Sport PEI was pleased to award four student-athlete scholarships valued at \$1000.

The criteria used to select the recipients includes achievements in sport, the classroom and their communities.

This year, the scholarships were made possible thanks to sponsorships from the Connolly Group, DALMAC, AVIS, and Charlottetown Physiotherapy.

The 2025 Sport PEI Scholarships winners were:



**Riley Bissett**

Grace Christian School

Attending: Detroit Mercy University

Sport: Lacrosse (competing for DMU - NCAA D1)



**Addison Langley**

Bluefield High School

Attending: St. Francis Xavier University

Sport: Soccer (competing for StFX - AUS/U SPORTS)



**Ailah MacDonald**

Morell Regional High School

Attending: UPEI

Sport: Basketball/Softball



**Alex Nicholson**

Colonel Gray Senior High School

Attending: Dalhousie University

Sport: Volleyball (competing for DAL - AUS/U SPORTS)

# SCORE!

SPORT CHARLOTTETOWN

OPPORTUNITIES • RESOURCES • EXPERTISE

## SCORE! of the Month

April – Joëlle Bader, soccer

May - Naiads 11-12 Provincial, Artistic Swimming

June - U15 Whitecaps, Softball

July - Yolanda Pang, Tennis

August - Veronica MacLellan, Para-Swimming

September - Senior Islanders, Baseball

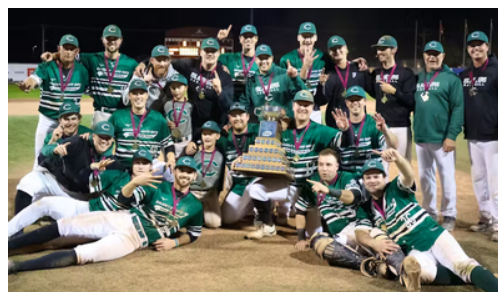
October - U17 Girls PEI FC, Soccer

December - Mark Arendz, Para-Nordic Biathlon

January - Lilly MacVicar Track & Field

February - Vanessa Keefe, Wrestling

March - Summerside Western Capitals, Hockey



## Lynn Boudreau Coaching and Leadership Coordinator

After 13 years with Sport PEI, the work continues to inspire me each and every day. The opening of the Canada Games Performance Hub brought a new level of energy to our work environment. While it kept us busy, it also created excitement and a renewed sense of purpose as we explored new opportunities to support athletes and coaches across the province.

Coaching Education continues to fill the majority of my time, and this past year, Making Ethical Decisions dominated most conversations. What started as a rumour quickly became a reality, as the workshop transitioned to an eLearning format. On April 1, 2026, that change officially took place, marking a significant shift in how coaches access this key component of their development.

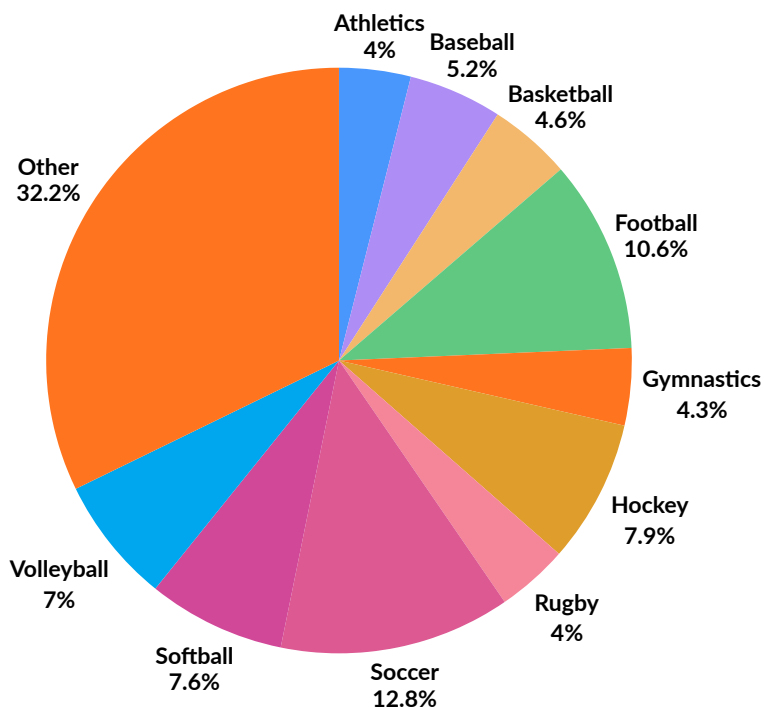
This past year, we delivered 63 NCCP workshops—an all-time high for our organization. Coaches in Prince Edward Island completed 3,417 eLearning workshops, also a record. With the upcoming 2027 Canada Games, Competition Development workshops saw increased demand, as expected, with more coaches preparing for higher levels of competition.

School Sport continues to support NCCP programming, requiring all coaches to complete Making Head Way and Safe Sport training. While this takes a significant administrative effort on our end, we are confident that the knowledge and skills gained by coaches contribute directly to safer sport environments for all athletes.

Our VIP Coaching Program has remained steady, with approximately 300 coaches involved. We continue to support participants by offering access codes to offset the cost of eLearning workshops and by providing additional online learning opportunities. We are also preparing to celebrate the program's five-year anniversary this June.



### VIP Coach - Breakdown by Sport



**Lynn Boudreau**  
**Coaching and Leadership Coordinator**



We use Sideline to manage the VIP Coaching Program, which allows us to track requirements efficiently and securely store criminal record checks (CRCs). The system notifies coaches when their CRCs are due to expire and enables us to easily export data when needed. We are currently working with Football, Karate, Cycling, and Volleyball organizations to expand the use of Sideline for tracking CRCs and other required documentation in those sports.

I rejoined the CAC's Licensing and Registry Committee this year while the chair is on maternity leave and will continue in this role until September 2026. The committee has been particularly busy due to the 2026 Olympics and Paralympics and will remain active with the upcoming FISU Games.

National Coaches Week once again provided a valuable opportunity to recognize and support coaches across the province. Coaches were able to access free eLearning opportunities each day, which saw strong participation. In addition to promoting professional development, the week served as a meaningful way to celebrate the contributions of coaches and highlight the important role they play in athlete development and community sport. We continue to look for new ways to grow engagement during this week and enhance the overall experience for participants.

This past year, we were fortunate to have two UPEI students, Cameron and Emily, who contributed to our work. Their support was greatly appreciated, and they gained valuable experience working within the sport system. We also had Maura from Holland College for a one month on the job training and she was exceptional.

We continue to host She's Good events, and this year's guest speaker, Abby Hustler, delivered an inspiring and impactful presentation. These events provide an important platform for sharing stories and experiences, helping to motivate and empower the next generation of athletes and leaders.

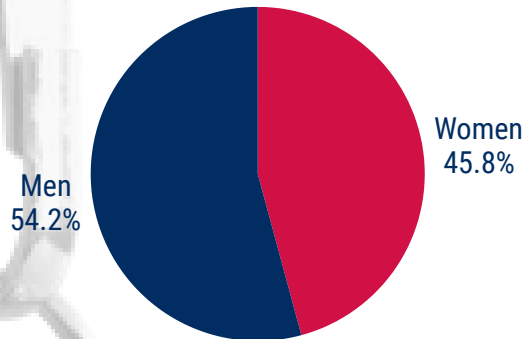
Looking forward to what 2026/27 has in store for us in the sport community.

*Lynn Boudreau*

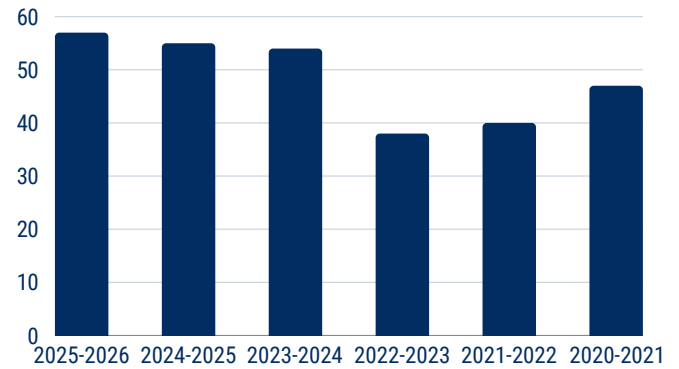


# A FEW HIGHLIGHTS

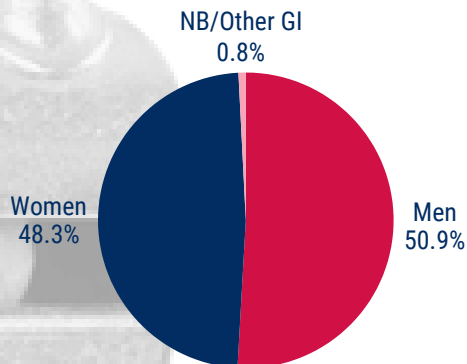
VIP COACHES



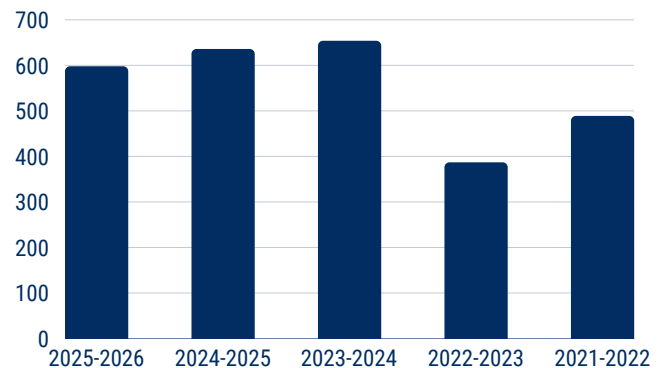
# NCCP COACHING WORKSHOPS



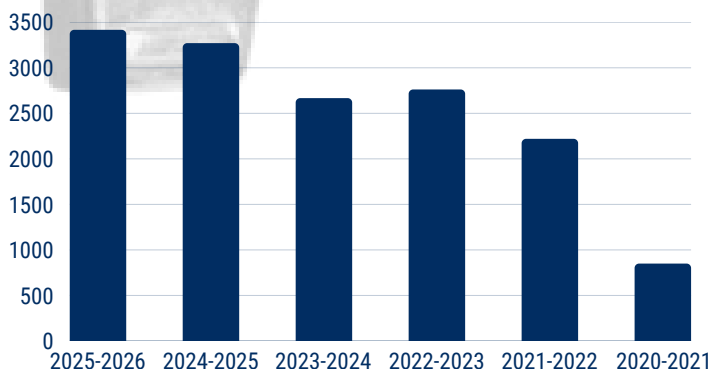
2025-2026 COACHES ATTENDING NCCP WORKSHOPS



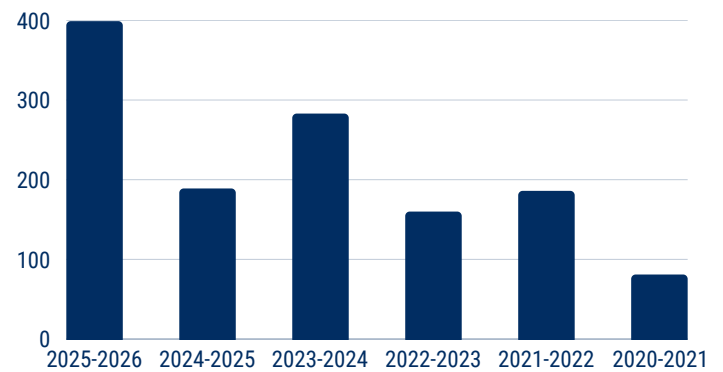
# COACHES ATTENDING NCCP WORKSHOPS



2025-2026 # NCCP E-LEARNING



# NCCP MAKING ETHICAL DECISIONS





## Girls and Women in Sport

Minnesota Frost rookie and PEI's first-ever PWHL draft pick Abby Hustler joined Sport PEI over the past weekend as the special guest, speaking to a group of 12-15-year-old female athletes at the 13th She's Good event.

Athletes spent the day learning about high-performance sport and goal setting, trying out the new athletic testing equipment in the Performance Hub, hearing from Abby about her journey and inspirations, trying on her jersey, and finishing up with a self-defense class.

On February 6th, we hosted a wonderful evening in Montague focusing on the theme "Leading with Purpose." The event brought women together for connection, conversation, and inspiration.

We began the evening with a fun and engaging icebreaker, which quickly set a welcoming tone and helped everyone feel comfortable sharing their experiences. Following this, participants took part in small table discussions focused on important themes such as confidence and resilience.

Guest speaker, Kerry-Anne MacDougall, delivered an inspiring talk titled "Driven on Purpose", where she shared her personal story about what happens when drive goes unchecked and how to find your way back to clarity, confidence, and alignment. Her message left attendees motivated and encouraged to continue leading with intention in their personal and professional lives. It was a powerful evening of community, learning, and support among women.



# Mitch Sanderson

## Communications & True Sport



### Newsmakers

April of 2024 saw the return of a previous Sport PEI project - Newsmakers. Monthly posts were published to track and recognize the accomplishments of PEI athletes, coaches, officials, and volunteers who are making news outside of inter-provincial competition. A form has been made available for members to submit accomplishments, however, the heavy majority of additions to the Newsmakers post were made by staff tracking results and news online.

	2023	2024	2025
<b>Facebook</b>			
Views	4.4 K	46.2K	34.2K
Interactions	29.8K	50.8K	34.3K
Reach	282.8K	324.3K	500K
Content Views	750K	1.4M	1.9M
<b>Instagram</b>			
Visits	700	6.8K	6.8K
Interactions	2.8K	5.6K	6.5K
Reach	8K	59.8K	62.5K
Content Views	44.3K	253.5K	551.3K

With the introduction of the Performance Hub this year, we began creating a lot more video content for social media to feature the facility, testing equipment, and events hosted. This venture into video content has raised our total “Watch Time” on Facebook from under 2 hours to almost 7 days (6 days, 18 hours).

The addition of the Performance Hub on site has provided us with plenty of new opportunities to interact with more athletes and create more original social content. To better establish the Performance Hub brand and concepts among youth athletes, a dedicated Instagram account was created as well as a signature look and feel to posts about the Hub and its events.

### Website

As an organization with a wide variety of programs and services, creating an accurate categorization for all is not practical for a website. We’ve decided to use our slogan “Participate, Compete, Excel” to help divide our webpages on our new site. Working in partnership with Graphcom, we introduced our new website this winter featuring a new navigation layout:

PARTICIPATE	COMPETE	EXCEL
<ul style="list-style-type: none"> <li>• Sports Organizations</li> <li>• Member Benefits</li> <li>• Rooted in Values</li> <li>• She’s Good / She Leads</li> </ul>	<ul style="list-style-type: none"> <li>• Athlete Support Team</li> <li>• Resources</li> <li>• Performance Hub</li> <li>• Coach Certification</li> <li>• VIP Program</li> <li>• Canada Games Development</li> </ul>	<ul style="list-style-type: none"> <li>• Host your own ADL Awards</li> <li>• Our Awards</li> <li>• Newsmakers</li> <li>• External Sport Credit</li> <li>• Scholarships</li> <li>• SCORE! of the Month</li> <li>• Funding</li> </ul>

## Mitch Sanderson

### Communications & True Sport

The new website also includes:

- a resources library with over 60 resources for athletes, coaches, organization, and parents/guardians
- Directory of PEI's Top Athlete Health & Performance Professionals
- Full history of PEI Amateur Sport Award Winners
- On site intake forms for:
  - ADL Awards, Scholarships
  - External Sport Credit
  - Newsmakers & SCORE! Of the Month
  - Rooted in Values
  - Open Hub testing booking



#### Rooted in Value / True Sport

There remains uncertainty surrounding the future of a national True Sport program. While no entity has claimed ownership of the program since it was dropped by Sport Integrity Canada (formerly Canadian Centre for Ethics in Sport) in January 2025, the Future of Sport Commission included the continuation and growth of True Sport within its recommendations.

The Rooted in Values program continued to operate in its third year with three groups returning from 2024 and three additional groups experiencing the workshop

- U16 PEI Wave Ringette team (new)
- Nagano Speedskate Camp (new)
- Team PEI Curling teams (new)
- Summerside Intermediate School girls Basketball (returning)
- TREND Hockey Camp (returning)
- Holland College Sport & Rec Management program (returning)



The Rooted in Values workshop program has also been expanded to allow for more facilitators to work with more athletes in their organization and others. Six sport leaders completed facilitator training in March - Francois Caron, JD Gilmour, Aoife Guilfoyle, Travis McIsaac, Rhonda Pauls, and Mitchell Peach - to allow for more availability among sports.

It has been a wonderful and fulfilling three years at Sport PEI for me, but the time has come for me to move on to my next step and leave the island. I want to thank each of you for your support, trust, and the opportunities to grow both professionally and personally in this role. I will be moving onto a new career move going out on my own as a contractor focusing on 1-on-1 leadership coaching and short-term communications consulting projects.

*Mitch Sanderson*



# Sport Performance Coordinator

## Spencer House



The last 12 months since accepting the job as the sport performance coordinator has been nothing but exciting and fast pace.

Prior to coming to Charlottetown, I worked as a track and field coach at both the club and U SPORT level as both a head coach and assistant coach. Academically I have a commerce and sport management degree and am pursuing graduate studies in high performance coaching and technical leadership.

The opportunity to help sport development in PEI was something that excited me when I accepted the position and still excites me about my role today. The last year has seen many firsts, learning opportunities and growth and has led to some exciting growth within the sport sector in PEI. Moving forward I am excited to continue to support athletes, coaches and technical leaders to improved sport performance and a performance orientated environment here in PEI.

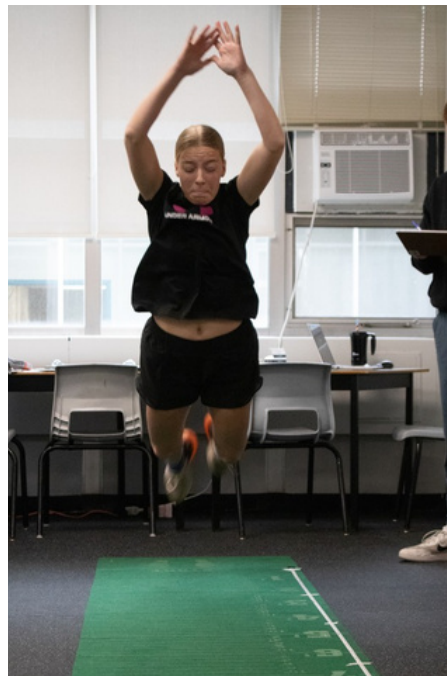
Within Sport PEI, my primary responsibility is to manage and oversee the 2023 Canada Games Legacy Performance Hub. The 2025–26 season marked an exciting milestone with the official launch of the “Performance Hub,” which opened on November 7, 2025.

The Performance Hub is dedicated to advancing sport performance in Prince Edward Island through three primary pillars: Athlete Health and Performance, Athlete Testing and Performance Planning.

### Athlete Health and Performance

Within Athlete Health and Performance pillar, several initiatives were in place such as free resources through the Sport PEI library and direct athlete support delivered by the AHP team. The team consists of 16 professionals from different areas of support such as strength and conditioning, nutrition, mental health and performance.

Through the Athlete Health and Performance program we continue to grow and support the needs of athletes, coaches and teams through learnings and development opportunities for all those involved in sport.



# Sport Performance Coordinator

## Spencer House



### Athlete Testing

Within the pillar of athlete testing the Performance Hub uses VALD and Output Sport equipment to conduct athlete testing sessions. The testing sessions include a variety of tests centered around speed, strength, power and agility as well as athlete movement patterns. The Performance Hub usage is tracked through Hub Passes, a Hub Pass is good for one athlete to go through the testing series one time.

Throughout the process there were many individuals, teams, clubs and provincial sport organizations that brought athletes in for testing either a single or multiple time throughout the year. The testing component is designed to help athletes, coaches and teams understand their athletic ability and to have the data to support training by our partners in the strength and conditioning AHP partners in the community. This data also allows us to get a better understanding of the athletic environment currently present in PEI and identify the gaps that are present within our athlete population.

In addition to the physical testing conducted we also partnered with Mind Matters to have a mental skills inventory assessment conducted to help teams and coaches get a better understanding of the mental performance gaps within their athletes and teams. This also additionally helps us understand the larger gaps within the sporting sector in PEI.

### Performance Planning

The Performance Hub also provides support to coaches, teams and technical leaders in the area of performance planning. These supports include yearly training plan guidance, organizational effectiveness, program development and technical leader support. The goal is to meet the organizers and coaches where they are currently and help push the sport performance forward here in Prince Edward Island.

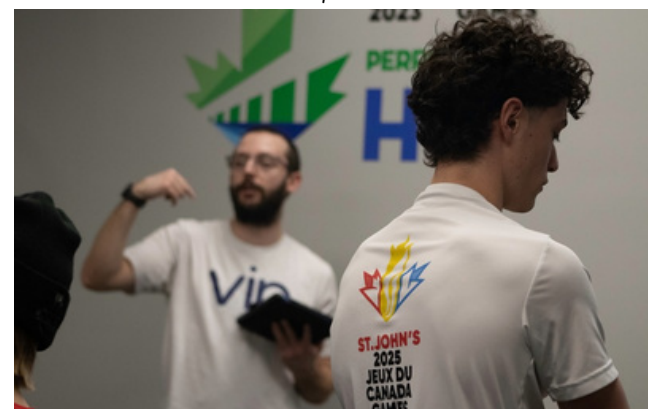
### Performance Hub Events

We offered a number of coach/ athlete development events along with open testing sessions. In 2025-2026 the performance Hub hosted the Performance Hub Open Combine and 3 Performance Hub open testing sessions. In addition, the Between the Lines series returned hosting a How to be Recruited session and YTP 101 session. Other events hosted in the year were Parent Like a Champ and a Blood flow restriction course.

### Sport, Recreation and Physical Activity Division

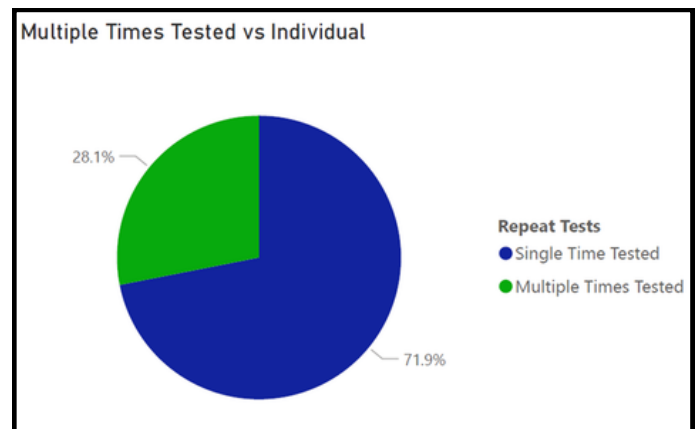
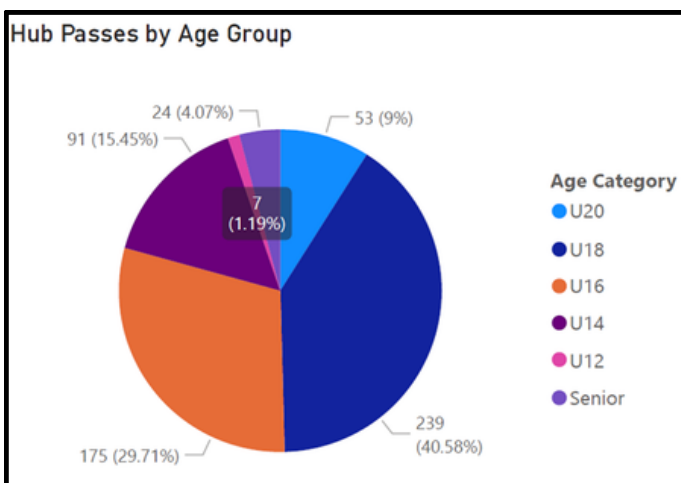
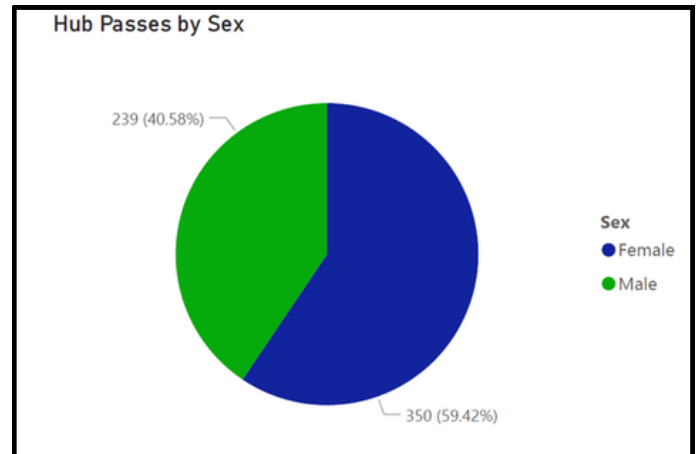
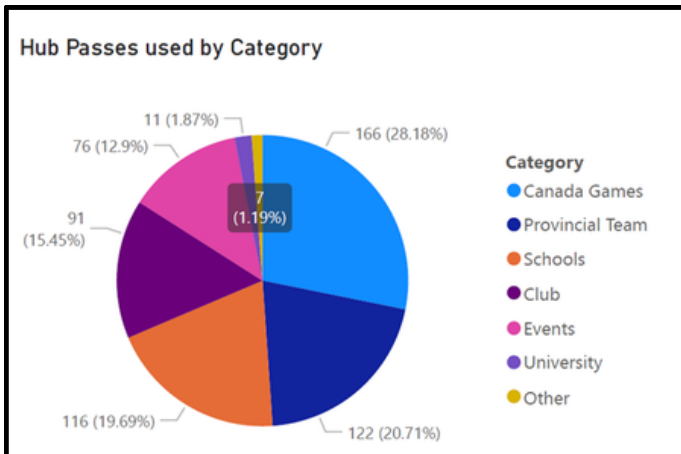
Throughout the year, regular meetings were held with representatives from the Government of Prince Edward Island within Department of Fisheries, Rural Development and Tourism. We worked closely with them to support the continued development of Performance Funding application and grading systems to encourage further sport performance in PEI.

*Spencer House*



# A FEW HIGHLIGHTS

Many thanks to the sports and schools who have had their athletes and students into the Hub for testing. As we continue to grow, the data that is generated will be invaluable.



The two largest testing populations are the U16 and U18 categories. The chart shows the averages for the general testing battery for each of the tests by age group and sex. Vald also generates percentiles for some tests using their equipment based on the age and sex of the athlete and compares the results to the global population. Athletes with performances near the performance average had their percentile taken giving us a general percentile for the average number. This allows us to get an idea of the percentile PEI sits in for some tests globally.

VALD pct	U16	U18	VALD pct	Category	VALD pct	U16	U18	VALD pct
37th	40.30	41.02	38th	CMJ Peak Power / BM [W/kg]	32nd	45.43	48.84	34th
56th	1619.70	1707.58	52nd	IMTP Peak Vertical Force [N]	59th	2202.94	2462.69	66th
64th	27.86	28.55	71st	IMTP Peak Vertical Force / BM [N/kg]	65th	32.11	32.47	64th
	168.08	174.17		SBJ Best		198.11	215.98	
51st	11.62	12.18	50th	ABCMJ Height [in] (Flight Time) in Inches	28th	14.51	16.77	39th
	65.65	71.16	76th	GS Grip L Max Force (lbs)		88.36	100.21	65th
	70.98	77.07	82nd	GS Grip R Max Force (lbs)		92.06	106.55	55th
	233.97	245.80		SMBT Best		312.69	336.09	
	1.28	1.51		Pull-ups #		5.39	8.35	
	3.68	3.59		20m Best - 20m		3.49	3.29	
	6.32	6.52		20m Peak Velocity		6.83	7.18	
	5.92	5.92		5-10-5 Best		5.59	5.35	

The mandate of the Nominating Committee is to identify and recruit Officers and Directors for Sport PEI. The Committee is recommending the nomination of the following individuals as Officers for 2026-2028.



## Charlotte Jenkins (President)

- Senior Associate at Stewart McKelvey
- Graduate of Dalhousie University (JD) and UPEI (BBA)
- Enjoys staying active through hockey, soccer, golf and cycling
- Born and raised in PEI (currently living in Stratford)
- Has built many lifelong friendships and relationships through sport and is eager to give back to the sporting community in PEI



## Geoff Kowalski (Vice President)

- Graduate of UNB Law and UPEI Business Administration
- Director of Operations for Arsenault Properties
- Background in sport leadership and not-for-profit governance
- Founder of the Cornwall Run Club
- Actively involved in golf, running, and martial arts
- organizes the Glucose Grind raising funds for vulnerable Islanders living with Diabetes
- Born and raised in Prince Edward Island



## Carly Mayhew (Secretary)

- Currently the Community and Media Liaison with the City of Charlottetown (Charlottetown Police Department)
- Nearly 20 years of public and private sector experience, that includes marketing, branding, communications, media relations, community engagement, issues management, strategic planning, events and digital media.
- Five years of experience working on the TORONTO 2015 Pan Am and Parapan Am Games, and 2011 Guadalajara Pan and Parapan Am Games
- Volunteer basketball coach with PEISAA and Basketball PEI
- Former varsity and collegiate level basketball player
- Lives in Charlottetown with husband Steve, son Maxton and two dogs



## Dominique Ryan (Treasurer)

- Graduated from Holland College in 2017 with a diploma in business administration and certificate in human resource administration
- Graduated UPEI in 2020 with a degree in business administration
- Played on the Men's Baseball and Volleyball teams at Holland College and the Men's Rugby team at UPEI
- Obtained Charter Professional Accountant designation in Feb 2023
- Currently employed as a manager at Grant Thornton
- Volleyball PEI official and enjoys playing golf and squash



## Janet Clark (Past 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 dog, Max



The following Board members were elected to the Board for a two year term ending in 2027.

## Robyn MacDonald (Director)

- Teacher for over 28 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



## Karen Cameron (Director)

- Obtained a Masters of Business Administration from Wilfred Laurier University and a Bachelor of Recreation from Memorial University of Newfoundland.
- Played on the Women's Basketball Team at Memorial University for 5 years.
- Level III basketball coach currently coaching the Summerside Intermediate School AA Girls Team and the Waves Basketball Club U13 Girls.
- Lived and worked in many countries around the world before returning home to Summerside in 2014.
- Karen and her sister opened a boutique family law firm in Summerside in 2020 and currently works as the Business Manager for the firm.
- Currently living in Summerside with her daughter Louisa, son Finn and their 5 pets.



The Nominating Committee is recommending the nominations of the following individuals as Directors for 2026-2028.



## Kaye Kelly (Director)

- retired as the 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 is a proud grandmother



## Ben Ladner (Director)

- Associate lawyer at Cox & Palmer
- Graduate of UPEI with a Bachelor of Business Administration with a specialization in accounting and a Juris Doctor degree from the Schulich School of Law at Dalhousie University, with a Certificate in Business Law
- Called to the PEI Bar in 2020 and focuses on corporate/commercial law
- Director on the board of the Atlantic Chamber of Commerce
- Active member in the PEI sporting community as both a participant and volunteer/coach
- Born and raised in Charlottetown



## Jake Deighan (Director)

- Graduated UPEI in 2020 with a business degree specializing in accounting
- Obtained CPA designation in 2023
- Currently, a tax manager at Doane Grant Thornton
- Played 5 years of soccer at UPEI from 2015-2019
- Enjoys running and cycling and still plays some soccer throughout the year



## Charla Currie (Director)

- Teacher for over 27 years, currently at Colonel Gray High School
- Played, Coached, and Managed sports at various level ranging from minor, to high school to provincial to university level.
- Former master course conductor through NCCP program with Hockey PEI
- Currently lives in Charlottetown





**sportpei**

