


Sport Quarterly

Issue 61

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Sport Nova Scotia

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JAMIE FERGUSON
 CHIEF
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This is a great time of year for sport. As the summer approaches, we're preparing to cheer for and be inspired by our Nova Scotia athletes and all of Team Canada as they head to the Olympics in Rio. In addition, we recently had an opportunity to recognize the best of Nova Scotia sport at the Ricoh Sport Awards. The event was filled with people and organizations who have achieved so much and contributed even more to sport in our province. Sport Nova Scotia would like to congratulate all of the nominees and winners at this year's event; they too are an inspiration for so many of us.

A great element of the Ricoh Sport Awards is that, in addition to athletes, coaches, and officials, volunteers and groups who have made a tremendous impact at the grassroots level are also honoured. It's a wonderful way to celebrate the entire sport system. It's also an important point to remember – a healthy sport system is healthy at all levels, from our grassroots programs to our international athletes.

For our sport system to be at its best, we need to provide positive opportunities for everyone that match their abilities and desires. This means that there should be a pathway for those who want to take part recreationally and a pathway for those who want to reach the highest levels of performance. More than that, the pathways need to be connected. Someone who has decided they no longer want to strive to be an Olympian

Setting Athletes on the Right Path(s)

should still be able to take part in a more recreational setting. The key, of course, is for people to be able to take part for life.

There are often opinions that the sport world is too competitive, or not competitive enough. A study by Community Foundations of Canada, in partnership with the True Sport Foundation, found that many Canadians believe sport helps build stronger communities, but many also

Olympic athletes (who we hope later become recreational athletes as well), depending on their ability and their desire. It's important to note that if fun and development is the focus we want for our children, it needs to be the focus of the adults around them too. The proper focus not only helps our youth have fun and stay involved, it will be an important contributor to better performance for those who choose that path down the road.

If fun and development is the focus we want for our children, it needs to be the focus of the adults around them too.

When the type of competition is the right fit, it enhances every level of the sport system. Hand in hand with suitable competition is appropriate programming. We need to make sure our programs are age and ability appropriate, and we need to

believe sport is too focused on winning. The reality is that there are many types and levels of competition. Rather than discussing whether sport is too competitive or not competitive enough, we should be asking ourselves if the competition is appropriate for the people taking part. Games between teams of ten-year-old athletes, or teams of adult recreational athletes, or teams of Olympic athletes can share many similarities, but there are also many differences.

In addition to the size of the equipment, or the field of play, the most important element can be the focus of the game, especially with our youth. We want our children to have fun and develop sport and life skills so that they can grow to be either those adult recreational athletes or those

make sure our youth are able to take part in many different sport programs. Taking part in multiple sports is a great way to develop skills and provide people with more opportunities to continue to take part for life.

A healthy sport system needs to be healthy at every level. We want to have successful elite athletes who inspire us to take part and to chase our dreams. We also want to have all Nova Scotians taking part, so they can be inspired, whether that's to keep playing for the love and fun of sport, or to become an elite athlete themselves. Appropriate programming and competition are two key elements that can make this happen, building pathways for recreational, lifetime participants and high performance athletes at the same time. Our system needs both. **SQ**

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



A Fine Balance

Athlete's Column

RYAN O'NEIL
KARATE/TAEKWONDO

Nineteen-year-old Ryan O'Neil is a martial-arts renaissance man, competing at an international level in two different disciplines. The Halifax resident is a seven-time medallist at the Canadian karate championships, including two silvers this year in senior competition and three gold in 2014-15 in age-group competition.

Ryan is also a reigning world champion in ITF Taekwondo, where he won gold in men's second-degree patterns at the 2015 worlds in Italy. Ryan just finished his first year in Engineering at Dalhousie University. He spoke with Sport Quarterly before representing Canada at the Senior Pan-Am Karate Championships in Brazil.

I started with taekwondo when I was four. My father thought it was a good sport to teach courtesy and respect. I competed in my first big competition when I was seven or eight, and that's when I realized I really like this and it's something I want to keep doing.

Around eight or nine I also started in karate. Initially it was something I thought would help me get better at taekwondo, but I ended up really liking that as well and I kept with it.

The rules are very different in the two sports, but the classes are similar and both are a very good cardio workout. They can be very challenging. Taekwondo is more focused on kicks and legs, where karate is more about the hands, so they provide a good balance.

In karate this is my first year on the senior national team. There are a lot of really great athletes on the team and I enjoy competing with them. I'm one of the youngest on the team, but I've always trained and competed with older guys so I'm used to it.

At the Pan-Ams in Rio, I'm not expecting to win this one but I'm



Ryan O'Neil (R) is a two-sport martial arts athlete. (Contributed)

looking to win enough rounds to qualify for the world championships in Austria in October. It's all a learning experience.

In taekwondo, I competed at the world championships in patterns, a collection of individual movements where you're judged on things like stances, power, technical ability and kicking. I won the men's open group, and I was the youngest person in the division.

One of the things I love most about both sports is the travel. I've been to Paris, England, Australia, New Zealand, Argentina and Chile to compete. I love travelling and this is a great opportunity to do it.

Right now I typically train two or three hours every day on my own and go to classes in either taekwondo or karate every night except Friday. I don't have as much time for individual training during the school year, but I still do as many classes as I can. I find training helps me in school as well—it's a good outlet, and it has taught me a lot about work ethic.

I'd like to stick with both disciplines as long as I'm able to compete. Working at taekwondo helps my karate, and karate helps my taekwondo." **SQ**



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Coconutty-Banana Muesli

Make this the night before and you've got a nutritious and delicious breakfast or lunch ready to go in the morning. It takes 10 minutes, requires no cooking time and makes 4 servings.



Ingredients:

- .500 mL (2 cups) whole oat flakes
- .125 mL (1/2 cup) shredded, unsweetened coconut
- .375 mL (1 1/2 cups) milk
- .2 bananas, sliced
- .375 mL (1 1/2 cups) vanilla yogurt
- .60 mL (1/4 cup) unsalted sunflower seeds
- .1 mL (1/4 tsp) ground cinnamon

Preparation:

In a large bowl, combine oat flakes, milk, yogurt, cinnamon and coconut. Cover and refrigerate for 12 hours or overnight. Portion into 4 bowls. Add bananas and sunflower seeds and mix well before you enjoy! *Variations:* Add your favourite fruit or a combination of fruit like diced apples, sliced peaches or berries. You can also swap the sunflower seeds with your favourite nut or seed.

Provided by the Team of Registered Dietitians at Dairy Farmers of Canada.

Mentoring Female Coaches



MARK SMITH
DIRECTOR
OF COACHING

Working in the sport sector for the past fifteen years, a question I am often asked is how do organizations attract more females to get involved with coaching?

When I have talked with present and former female athletes about this subject, one of the challenges given is that females tend to be focused on establishing careers and families before they look to engage in other activities. There are some

sports such as gymnastics, snowboard or synchronized swimming where the transition can be intimidating for one or two women to take a course with a room full of male coaches where they feel

Nova Scotia has an abundance of women who have participated in sport, both as athletes and coaches, and have a great deal to offer young female coaches. The Female Coach Mentorship Program is leading the way in female coach mentorship in Canada.

from athlete to coach takes place at a relatively young age and females involved in those sports tend to get involved with coaching at an earlier age than most.

Further discussion reveals that it

their input and opinions may not be valued or their points of view heard or respected. Having delivered dozens of coaching workshops in my sport over the past two decades, I can say with certainty that there were very few women in attendance, and those who were in attendance tended to have played the sport at a more competitive level. They had the confidence to take part in the male-dominated environment and not be intimidated.

For the past three years, the Nova Scotia provincial government, through the Department of Health & Wellness, has delivered a Female Coach Mentorship program. The specific goals of this program are to increase the number of qualified female coaches at the performance level, to support community and provincial coaches in improving coaching skills, to enhance their coaching experience, and to help them attain higher levels of coach certification.

Evidence exists to support the need for such programs. A substantial gender gap exists in coaching in this country; men

outnumber women significantly, especially at the higher levels of sport. For example, a 2013 study shows that only 17 per cent of head coaches and 22 per cent of assistant coaches at the Canadian University Sport level are women.

Similar to many other aspects in life, opportunities to be exposed to positive role models who have walked that path before you and are able to provide guidance and support is invaluable. As the saying goes, "It's not what you know, it's who you know."

The Female Coach Mentorship Program is providing exactly that ... pairing many of the most influential and accomplished females throughout the Nova Scotia sport system with motivated, less-experienced, and mostly young women interested in pursuing coaching. Providing a forum for young female coaches to share common experiences, identify gaps in their learning, and have access to accomplished role models who have succeeded in the chosen field and who provide advice, encouragement and support is an invaluable resource.

Nova Scotia has an abundance of women who have participated in sport, both as athletes and coaches, and have a great deal to offer young female coaches. The Female Coach Mentorship Program is leading the way in female coach mentorship in Canada and is an example of the great work being done in this province to support and increase the number females coaching in Nova Scotia. **SQ**

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Let Kids Play to Develop Physical Literacy

Kids will invest in their own physical literacy if adults leave room to let them play on their own terms. That's one of the key lessons from a year-long Kings County project called *Let Them Play*. It began as the Learn to Play project, until organizers noticed from observing that children already know how to play—they just need the time and space to do it their way.

"Kids know what they need," says Emily LeGrand, a leadership mentor with the *Let Them Play* project. "We saw that when children had more control, choice and creativity in their activities, they seemed to come across the fundamental movements on their own."

The project featured two part-time leadership mentors who visited 19 after-school programs for children and youth in Kings County, assessing needs and crafting custom training and mentoring to help program providers meet their students' needs. Multiple partners helped fund the project, including the RBC Learn to Play Leadership Grant.

As the mentors worked with program leaders in activities ranging from structured gym times to specialized sports



Kings County youth take part in a climbing workshop. (Contributed)

like fencing and bouldering, they found a consistent theme: young participants were more engaged when they were given room to explore and not just given formal instruction.

Programs that focused too much on teaching skills sometimes left kids

The *Let Them Play* project offers tips to help physical activity programs keep the "fun" in fundamentals:

- Build free time into the program everyday
- Introduce new environments, equipment and options into free play to keep it challenging and stimulating
- If the program also functions as day care, offer choices in the structured activities
- Make sure the environment and equipment provide opportunities to discover fundamental movements such as running, balance, jumping, throwing, catching, kicking and swimming
- Even in optional, specialized programs, leave time for free play and creativity in that activity
- Support children to set their own goals. **SQ**

complaining, "But we didn't get a chance to play!" On the other hand, children at an outdoor free-play program practised

fundamental movements all on their own—throwing rocks in streams, jumping into puddles and sliding down hills.

Of course, that doesn't mean there's no room for formal instruction. The leadership mentors noticed that teenagers who attended a weekend bouldering clinic were eager for tips and feedback because they wanted to master their sport. Even after the clinic was over, they organized among themselves to go climbing together.

It shows that physical literacy isn't just about skills, LeGrand says: it's about helping young people develop a passion for an active lifestyle.

"Physical literacy is not just the ability to move in fundamental ways... it's also the interest and motivation to participate in physical activity over a lifetime," she says. "Physical activity has to feel like playing if children are going to carry it with them throughout their lives. **SQ**

Adapted from an article by Emily LeGrand, a Leadership Mentor in Kings County. For more information on the Let Them Play project, contact Kings County Active Living Coordinator Steve Raftery at 902.690.6153.

Sponsor Spotlight



Official Sponsor

White Point Beach Resort is making use of its status as one of the province's premier vacation destinations to help support the sport community.

The South Shore resort is a major sponsor of Sport Nova Scotia, lending its support to fundraising campaigns including SportSweep, Sport SunSweep, the Corporate Games and

the Manulife Dragon Boat Festival.

"Sports, and the families who are part of that community, are a big part of who we are," says Donna Hatt, White Point's marketing manager.

Partnering with Sport Nova Scotia is a natural next step, Hatt says. White Point already receives daily requests to support fundraising initiatives and gives away about \$70,000 worth of getaways each

year in support of sport and other charitable organizations, she says.

"We enjoy being involved with and supporting youth sport. Building on our past engagement, we wanted to strengthen our commitment in a more direct way. This is one way we can really be champions of the benefit of sport," Hatt says.

White Point will offer all-inclusive packages as prizes in Sport Nova Scotia's major fundraising initiatives. The resort, which will celebrate its 90th anniversary in 2018, welcomes guests from around the world. About half of them are from within the province.

"We're proud to be Nova Scotian and we're thrilled that Nova Scotians choose to visit and stay here," Hatt says. "Since families have such busy schedules these days, we thought a prize package that invites them to hop in their car and get

away with their family where everything is taken care of would be appealing.

Being active is a part of the White Point experience. Guests can hit the beach, borrow a kayak to paddle on the lake, or play tennis or a round of golf. It's also a focus for the staff and their families who golf, curl, figure skate, play ball and run. Hatt served as the vice-chair of the 2014 Canadian Junior Curling Championships, held in nearby Liverpool.

"Nova Scotians need healthy, active lifestyle options, and sport is a key part of that," Hatt says. "We're delighted to be partners in supporting sport in Nova Scotia." **SQ**

Find White Point Beach Resort online at whitepoint.com

Stirring the Waters at the Rio Olympics

Sailors, paddlers lead Nova Scotia contingent

To find Nova Scotia's influence at the 2016 Olympics in Rio de Janeiro, the first place to look—as usual—is the water.

The province will send a sport-record four sailors and at least two paddlers to Brazil for the Summer Games in August, along with two more sailors to the Paralympics in September.

Nova Scotia's history of paddling success is well-documented, but local sailors have consistently reached the Olympic stage as well. The province has sent at least one sailor to every Olympics since 2004, with this year's four marking a new high for one Games.

Two duos from Nova Scotia will wear the Maple Leaf: Chester brothers Jacob and Graeme Saunders in the 470 fleet, and Halifax's Erin Rafuse with partner Danielle



Erin Rafuse (left) and Danielle Boyd will compete in the 49er FX class. (Team Rafuse/Boyd)

Boyd in the 49er FX class. Boyd was born in Kingston, Ont., but has lived and trained in Nova Scotia since attending Dalhousie University.

For Rafuse, who started sailing at age 11, making the Olympics is a long-time goal that never seemed out of reach, thanks to her role models.

"It's a big relief. We've worked pretty hard the last three years to qualify," she says. "We're really excited to be going. It's amazing that we have such a great community that we can draw on."

Rafuse, 27, can call on friends for

advice on what to expect on the Olympic stage. She has trained with 2012 Olympian Danielle Dube, and she counts two-time Olympian Lisa Ross (2004 and 2008) as a mentor.

"(Lisa) has imparted all her knowledge on what we'll need to do to be successful," Rafuse says. "Nova Scotia has such a great sailing culture. I think it's a domino effect. Younger athletes are inspired by the older generation. That enthusiasm and experience is passed on."

Rafuse has a strong track record of her own. She medalled for Nova Scotia at the 2005 Canada Games in the Byte class and again in 2009 in Laser Radial.

"She's always been very competitive and has posted some great results," says Frank Denis, executive director of Sail Nova Scotia. "It's great to be able to show that we can develop kids right from the grassroots to Olympic qualifications. It shows that kids from here can achieve that level of greatness."

Saunders brothers Jacob, 24, and



Brothers Jacob (left) and Graeme Saunders will represent Canada in the 470. (Sail Canada)

Graeme, 25, followed a similar homegrown path. They teamed up in the double-handed boat in 2009, with Jacob at helm and Graeme at crew. They made the national team in 2013 and finished a career-high seventh at a World Cup event in Miami this January, securing the country berth for Canada at the Olympics.

"This is a goal we set more than five years ago, so to have qualified for the Games this summer is a dream come true," Graeme said from England in June, where the brothers were racing and training for Rio. "We're working hard to ensure we're well-prepared and will be fighting hard to perform our best."

He credits the local sport system, from yacht clubs and the sailing community to the Canadian Sport Centre Atlantic, for helping the brothers perform on the international stage.

"Without such generous community support and backing, we really couldn't have achieved what we have," Graeme Saunders says. "Our accomplishments have been a huge team effort with so many people involved to help us succeed."

CSC-Atlantic president Ken Bagnell says Rafuse, Boyd and the Saunders brothers are part of a strong young sailing class ready to make its mark now and into the next Olympic cycle in 2020.

"We've had good young sailors over the last few years, and we're seeing

them reach a point where they're at that performance age," he says. "Hopefully this shows even more that you can develop here."

In Para sailing, Halifax's Paul Tingley is poised as of press time to reach his fifth Paralympic Games. The 2008 gold medalist will be joined by Scott Lutes, who's originally from Moncton but now calls Mahone Bay home.

In paddling, 2012 Olympian and defending world champion Mark de Jonge will race the K-1 200 metres for Canada (see sidebar). At least one Nova Scotian woman will also make the team. As of press time, Fall River's Michelle Russell and partner Madeline Schmidt (originally of Ottawa, now living in Nova Scotia) were competing for a K-2 berth with Genevieve Orton of Lake Echo and Kathleen Fraser of Oakville, Ont.

Nova Scotia has sent at least a couple of paddlers to every Summer Games since the days of Steve Giles and Karen Furneaux. When it comes to local Olympians on the water, Bagnell says, "it's not a question of whether, it's a question of how many." **sq**

NS Olympians, Paralympians Return to the Spotlight

Along with a deep fleet of sailors (see opposite page), Nova Scotia has a solid group of experienced Olympians and Paralympians confirmed or in the running for a trip to Rio.

Mark de Jonge won bronze in the 200-metre kayak sprint at the 2012 London Olympics and has since captured a world title. The four-time Ricoh Male Athlete of the Year will be a contender for gold in Rio.

"To go from bronze to silver to world champion (since the last Olympics), it's a pretty phenomenal increase with no dips along the way," Canadian Sport Centre Atlantic president Ken Bagnell says of de Jonge. "We don't have that type of performance level in Canada with many athletes."

While not officially named as of press time, Halifax gymnast Ellie Black is a near-lock for Rio after helping Canada qualify its women's gymnastics team. At 20, Black is already one of the most decorated gymnasts in Canadian history. Her ninth-place finish at the 2014 FIG world championships is Canada's best-ever individual result, and she helped Canada to a team-record fifth at the 2012 Olympics.

"There has been no female gymnast at her level ever in Canada," Bagnell says. "We're sort of used to her now, but it's not something we should take for granted. The opportunity for her to create a wave of opportunity (for future gymnasts), we already see that happening."

As of press time, Dartmouth's Hugh

Smith was still in the running to represent Canada in men's gymnastics. Smith won his first national title in 2013 at age 29 and made his world championship debut for Canada in 2014.

Jamey Jewells will compete in her second Paralympics in wheelchair basketball. The 26-year-old from Donkin, Cape Breton, helped Canada to fifth in London and a gold-medal finish at the 2014 world championships.

Fellow Caper Pam LeJean is a Paralympic medal contender in throws. LeJean, who only took up para-athletics in 2013, made her mark on the sport quickly by capturing a bronze that year in the shotput at the IPC world championships.

In 2015 LeJean won a gold in shotput and a bronze in javelin at the Parapan

Am Games in Toronto, and a silver in shotput at the worlds. She's the Canadian record-holder in javelin, shotput and discus in her F53 classification.

Para swimmer Devin Gotell of Antigonish is in line for his third straight Paralympics. Gotell, 25, placed seventh in the 400m freestyle in both London (2012) and Beijing (2008) in his classification. He's coming off a three-medal performance at the 2015 Parapan Am Games.

Para sprinter Ben Brown of Berwick still has an opportunity to meet the qualifying standard for Rio.

Brown, who uses a wheelchair, was fourth in the 100-metre sprint in his classification at the Parapan Ams. **SQ**

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2016 RICOH WINNERS

RICOH TEAM OF THE YEAR

Team Canada/Fay ~ *Curling*

RICOH MALE INDIVIDUAL ATHLETE OF THE YEAR

Mark de Jonge ~ *Canoe/Kayak*

RICOH FEMALE INDIVIDUAL ATHLETE OF THE YEAR

Ellie Black ~ *Gymnastics*

RICOH MALE TEAM ATHLETE OF THE YEAR

Jason Sanford ~ *Softball*

RICOH FEMALE TEAM ATHLETE OF THE YEAR

Mary Fay ~ *Curling*

RICOH COACH OF THE YEAR

Andrew Atherton ~ *Curling*

RICOH OFFICIAL OF THE YEAR

Marie-Soleil Beaudoin ~ *Soccer*

SPORT MAKES A DIFFERENCE AWARDS

Nova Scotia Challenger Baseball ~ *Baseball*

Antigonish Multisport Pilot ~ *Town of Antigonish Recreation Department and the Municipality of the County of Antigonish Recreation Department*

SPORT NOVA SCOTIA CHAIR AWARD

Rod Millar



Paul Murray (L) from Ricoh Canada and Sport Nova Scotia CEO Jamie Ferguson (R).



Coach of the Year finalists (L to R): David Kikuchi, Andrew Atherton and Mark Smith.



Female Individual Athlete of the Year finalists Pam LeJean (L) and Ellie Black. Missing from photo is Michelle Russell.



Female Team Athlete of the Year finalists (L to R): Blayre Turbull (represented by Kiara Keddy), Mary Fay and Teni Akindoju.



Male Individual Athlete of the Year finalists (L to R): Mark de Jonge (represented by Jeff Houser), Liam Moffatt and Hugh Smith.



Official of the Year finalists (L to R): Marie-Claude Grégoire, Marie-Soleil Beaudoin and Gorden Woodworth.



Sport Makes a Difference Awards (L to R): Presenter Tracy Chesnutt with winners Emily Kehoe and Laura Duggan (Antigonish Multisport pilot). Winner Randy Crouse (NS Challenger Baseball) shown in background.



Team of the Year (L to R): Presenter Stuart Bunker, Karlee Burgess, Janique LeBlanc, Kristin Clarke and Mary Fay.



Emcees Peter Harrison and Cyril Lunney from Bell Media.

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2016 Provincial Sport Award Winners

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As part of the 2016 Ricoh Sport 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 Ricoh Sport Awards are determined from these selections.

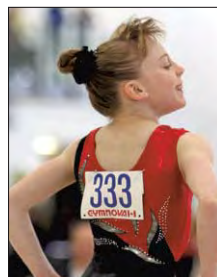
TEAM OF THE YEAR		FEMALE INDIVIDUAL ATHLETE OF THE YEAR		COACH OF THE YEAR			
Athletics	Pictou County Athletics	Alpine Ski	Brenda MacDonald	Alpine Ski	Nicole Gignac	Snowboard	Matt Allen
Basketball	U17 Boys Provincial Team	Archery	Gayle Caudle	Archery	Bruce Graves	Soccer	Marie-Soleil Beaudoin
Blind Sports (Goalball)	Nova Scotia Men's Team	Athletics	Pam LeJean	Badminton	Sheri Parks	Softball	Clinton Harvey
CanoeKayak	Women's K2 Una Lounder and Genevieve Orton	Badminton	Renae Shewan	Basketball	Jarrett Timmons	Speed Skate	Steve MacMurray
Curling	Team Canada/Fay	Bicycle	Mackenzie Myatt	Bicycle	Sherry Huybers	Swim	Diane Mackenzie
Hockey	U16 Prospects Team	Boxing	Taylor Ross	Blind Sports (Goalball)	Linda MacRae Triff	Synchro Swim	Carol Cottreau
Lacrosse	Team NS U18 Men's Field Lacrosse Team	CanoeKayak	Michelle Russell	Boxing	Wayne Gordon	Table Tennis	Emily Fisher-Jackson
Ringette	2014-15 U16A Halifax Hurricanes	Cross Country Ski	Maggie McClure	Cross Country Ski	Daniel Murray	Tennis	Adrian Blenus
Rope Skipping	High Velocity	Equestrian	Nel Godin-Keating	Curling	Andrew Atherton	Triathlon	Marie-Claude Grégoire
Rowing	Cody Bailey and Logan LeFort, Mic Mac AAC Men's Pair	Gymnastics	Ellie Black	Diving	Amanda Layton Malone	Volleyball	Claude Daniel
Rugby	Enfield RFC Women's Team	Judo	Sierra Tanner	Equestrian	Dawn Helm	VOLUNTEER OF THE YEAR	
Sailing	Team Rafuse/Boyd	Karate	Trysten Deveau	Gymnastics	David Kikuchi	Alpine Ski	Royce Williston
Soccer	Suburban FC U16 Female	Orienteering	Emily Secord	Hockey	Jean Rene Letourneau	Archery	Bill Currie
Softball	Sydney Chants Funeral Home Cardinals	Rope Skipping	Reagan Safire	Judo	Scott Tanner	Badminton	Stephen Pothier
Synchro Swim	Atlantis Synchro National Stream 13-15 Team	Rowing	Tara Barnett	Lacrosse	Lindsay Sanderson	Basketball	James McKee
Volleyball	Micaela Sabeau and Victoria Haworth	Skate Canada Nova Scotia	Jillian Matlock	Rope Skipping	Dwight Lucas	Bicycle	Brianne Steinman
MALE INDIVIDUAL ATHLETE OF THE YEAR		Snowboard	Kate MacKinnon	Rowing	Colm Gribbin	Blind Sports (Goalball)	Cathy Sawler
Alpine Ski	Evan Ross	Speed Skate	Meredith Tulloch	Rugby	Damien Barry	Boxing	Stephanie Walker
Archery	Nathan Burton	Swim	Isabel Sarty	Skate Canada Nova Scotia	Patti Collacutt Gemmell	Cross Country Ski	Thomas Beazley
Badminton	Miklos Kanyasi	Synchro Swim	Brianna Flaim	Snowboard	Matt Grant	Curling	Andrew Paris
Bicycle	Jon Burgess	Table Tennis	Rippu Gupta	Soccer	Danny Worthington	Diving	Leanne Higgins
Boxing	Wyatt Sanford	Tennis	Michelle Karis	Softball	Mark Smith	Equestrian	Suzanne Killen
CanoeKayak	Mark de Jonge	MALE TEAM ATHLETE OF THE YEAR		Squash	Janet MacLeod	Gymnastics	Dan Macdonald
Cross Country Ski	Colin Ward	Baseball	Jaden Griffen	Swim	Kevin Ross	Hockey	Ryan Rees
Diving	Tom Gillis	Basketball	Nate Darling	Synchro Swim	Faye Evans	Judo	Ken Isnor
Gymnastics	Hugh Smith	Blind Sports (Goalball)	Oliver Pye	Table Tennis	Sheldon Pyne	Lacrosse	Susan Smithers
Judo	Gary MacMullen	CanoeKayak	Benjamin Russell	Volleyball	Sherri Archibald	Orienteering	Cheryl Smith
Karate	Ryan O'Neil	Curling	Alan O'Leary	Water Ski	Claudia Currie	Ringette	Jody Trethewey
Orienteering	Ian Clark	Hockey	Jared McIsaac	OFFICIAL OF THE YEAR		Rope Skipping	Tori Lucas
Rope Skipping	Sam Ashley	Lacrosse	Alex Pace	Alpine Ski	Greg MacDonald	Rowing	Brian Robinson
Rowing	Zak Lewis	Rugby	Brett Johnson	Archery	Ken Saulnier	Rugby	Zeb Banks
Shooting	Michael Kommes	Skate Canada Nova Scotia	Bradley Keeping-Myra	Badminton	Áine Humble	Skate Canada Nova Scotia	Barb Holmes
Skate Canada Nova Scotia	Alexandre Robert	Soccer	Connor Manual	Basketball	Greg Herritt	Snowboard	Kari Matthews
Snowboard	Liam Moffatt	Softball	Jason Sanford	Blind Sports (Goalball)	James (Jeff) Sawler	Soccer	Joy Callahan
Speed Skate	Cooper Emin	Volleyball	Nick Faulkner	Boxing	Walter Stewart	Speed Skate	Greg Milton
Swim	Morrigan Payne	FEMALE TEAM ATHLETE OF THE YEAR		CanoeKayak	Laurel Russell	Squash	Orshy Torok
Table Tennis	Dipan Shah	Basketball	Jayda Veinot	Cross Country Ski	Fred Lawrence	Swim	Andrew Henneberry
Tennis	Greig Redding	Blind Sports (Goalball)	Tarah Sawler	Curling	Gorden Woodworth	Synchro Swim	Lynda Ozere
Triathlon	Corey Deveaux	CanoeKayak	Hannah Vaughan	Equestrian	Lisa Hamm	Table Tennis	Lee Bagnell
Water Ski	Brody Newton	Curling	Mary Fay	Gymnastics	Jared Goad	Triathlon	Shawn Miller
		Hockey	Blayre Turnbull	Hockey	Liam Wadden	Volleyball	Theresa Marie Underhill
		Lacrosse	Haley Crossley	Judo	Bill Anderson	MAJOR CORPORATE SPONSORS OF THE YEAR	
		Ringette	Ashley Maynard	Lacrosse	Maurice Getz	Alpine Ski	Ski Ben Eoin
		Rope Skipping	Kelsey Lucas	Orienteering	Jim Blanchard	Basketball	Eastlink
		Rugby	Emma Taylor	Ringette	David Jones	Cross Country Ski	The Trail Shop
		Soccer	Teni Akindoju	Rope Skipping	Nathan Short	Equestrian	Omega Alpha
		Synchro Swim	Maria Fitzgerald	Rowing	Bonnie Anderson	Gymnastics	Scotiabank
		Volleyball	Courtney Baker	Rugby	Ryan Alguire	Shooting	Nordic Marksman Inc.
				Skate Canada Nova Scotia	Terrie Logue	Snowboard	Ski Martock
						Volleyball	Halifax Water

SPORTCHEK

ATHLETES OF

FEBRUARY**Jillian Langille ~ Gymnastics
Female Individual Athlete**

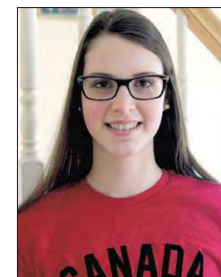
Jillian, 12, placed second overall at the Elite Canada Gymnastics Championships in Halifax. The Beaver Bank athlete earned a spot on Canada's High Performance Novice Team.

**Alex Watters ~ Gymnastics
Male Individual Athlete**

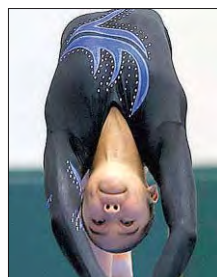
Watters, from Williamswood, placed third in All-Around at the Elite Canada Gymnastics Championships in Halifax. The 15-year-old was named to the junior national team after the event.

**Mary Fay ~ Curling
Female Team Athlete**

Fay, of Chester, skipped Canada's mixed curling team at the 2016 Youth Olympics in Lillehammer, Norway. Fay helped Canada win gold with a 10-4 victory over the U.S. in the final.

**MARCH****Enya Pouliot ~ Gymnastics
Female Individual Athlete**

Enya, 13, placed second on the floor and fourth on the balance beam at the Gymnix International Challenge in Montreal. The Bedford gymnast was competing against athletes from the U.S., Belgium, Chile, Mexico and elsewhere in Canada.

**Liam Moffatt ~ Snowboard
Male Individual Athlete**

Truro's Moffatt, 18, placed third at the Junior Snowboardcross Nationals held in Quebec. The result was a personal and team best for Nova Scotia and earned Liam a spot to represent Canada at the junior world championships in Rogla, Slovenia.

**Karlee Burgess ~ Curling
Female Team Athlete**

Burgess, of Hilden, competed as second with the Mary Fay rink at the World Junior Championships in Taarnby, Denmark. Burgess helped Team Canada defeat the U.S. in the final to win gold.

**APRIL****Jade Hannah ~ Swimming
Female Individual Athlete**

Fourteen-year-old Jade set new provincial records in the age 13-14 and open 100-metre butterfly at the Canadian Olympic and Para Swimming Trials in Toronto. The Halifax Trojans swimmer earned a spot on the Canadian National Junior Team.

**Liam Moffatt ~ Snowboard
Male Individual Athlete**

The Truro snowboarder had a strong showing at the FIS World Junior Championships in Rogla, Slovenia, placing 10th among 73 competitors in snowboardcross.

**Jill Saulnier ~ Hockey
Female Team Athlete**

Saulnier helped Canada claim a silver medal at the IIHF Women's World Hockey Championships in Kamloops, B.C. The Halifax forward tallied a goal and two assists in the tournament.



THE MONTH **SPORTCHEK**

Jared McIsaac ~ Hockey Male Team Athlete

Truro's MacIsaac was the lone Atlantic Canadian on Team Canada at the 2016 Youth Olympics. The 15-year-old had a goal and three assists in the tournament, helping Canada to a silver finish.




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Brett Johnson ~ Rugby Male Team Athlete

Johnson earned his first national start for Team Canada and scored a try against Chile at the 2016 Americas Rugby Championship. The Truro athlete helped Canada to a third-place finish.



Photo credit: The Chronicle Herald

sport makes a difference

Mason Smith ~ Goalball Male Team Athlete

Smith, 16, helped Nova Scotia defeat B.C. 2-0 to win gold at the Canadian Goalball Championships in Quebec City. The Middleton native also helped the province win silver at the Canadian junior championship.




Team Jones ~ Curling Team


Jones and teammates Nancy Delahunt, MarySue Radford and Kim Kelly defeated Saskatchewan 5-2 in the final to claim the Everest Canadian Senior Curling Championships. The team will represent Canada at the 2017 world senior championships in Lethbridge, Alberta.



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Remembering Nova Scotia's "Face of Boxing"

Taylor Gordon's fighters and protégés remember him as a positive, soothing presence who never lost his cool, no matter how large the stage.

"He was a very calming influence and a great coach," says Scott MacIntosh, who had Gordon in his corner at the 1998 Commonwealth Games, 1999 Pan-American Games and the 2000 Sydney Olympics. "You're in the final of the Commonwealth Games, people are screaming, and he's just like, 'All right, Scotty, good round.'"

Gordon, a founder of Boxing Nova Scotia who helped nine Nova Scotians reach the Olympic ring, passed away on May 31. He was 84.

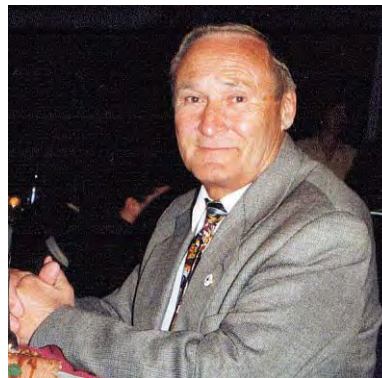
Gordon represented Canada in the corner at every Summer Olympics from 1980-2000, including four as a head coach and two as an assistant. He was

the field supervisor at the 1996 Atlanta Games and worked alongside his son Wayne at the 2000 Olympics with MacIntosh.

"He dedicated his life to the sport," says MacIntosh. "I definitely wouldn't have been at the Olympic Games without him."

Boxing Nova Scotia president Brad Ross also counts the elder Gordon as a mentor. Ross, a former fighter who runs a boxing club in Sydney, says Gordon's influence stretches across the province and beyond.

"A lot of us in the sport have learned



Taylor Gordon (File Photo)

from Taylor," Ross says. "He was a mentor not only to the fighters in the province, but to a lot of coaches. I think that speaks volumes of his character, that he could develop people who could lead the sport. He's always been the face of boxing here, not

but in Canada."

Gordon sat on the board of Boxing Canada for many years. He was inducted into the Nova Scotia Sport Hall of Fame in 1996.

Ross remembers him as an upbeat man who treated everyone with the

same dignity.

"He was a great coach," Ross says. "He was always positive. He would touch on the negative and correct mistakes, but his coaching style was more about the positivity. He really gave fighters confidence."

Ross jokes that Gordon considered himself the inspiration for Ross's daughter, a boxer on the Canadian national youth team. She is also named Taylor.

"Until the day he passed," Ross says, "Taylor was convinced I named (my daughter) after him."

MacIntosh says Gordon never got too high or too low, no matter how his fighters did in the ring.

"Before every fight he'd do the same thing: he'd hit me on the gloves and say, 'Do your thing, kid.'" **sq**

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Plan Ahead to Fuel Athletes on the Go

Young athletes need a healthy diet to do their best, but for sporting families on the go between practices, competitions and tournaments, proper nutrition can be a challenge.

The key to eating well is planning ahead, says Wendy McCallum, a food coach and educator based in Hammonds Plains.

"Planning is the underpinning to everything," says McCallum, the author of two cookbooks. "It's about figuring out how to get a full meal into your child while keeping up with the schedule, and not defaulting to (fast food)."

As the parent of a preteen son and daughter who keep busy with hockey, lacrosse, rhythmic gymnastics and dance, McCallum knows first-hand how hectic the active life can be.

"Very often my daughter's eating half her dinner before ballet and the

other half in the car on the way home," she says.

But eating on the go doesn't have to mean eating junk. By thinking ahead, parents can still make sure their kids get the balance of nutrients they need, even if it's out of a plastic container in the back of the minivan.

McCallum suggests taking stock on the weekend and preparing for the week to come. Make double batches and freeze portions in portable containers for easy transport.

Think ahead as well when it comes to snacks, she says. They should include protein and healthy fat for long-lasting energy.

If a snack is straight carbs, "There's the sugar rush and then the sugar crash. The first period's done and so are they."

Nuts are a great source of protein if allergies aren't an issue. McCallum

suggests a few other simple ideas:

- A banana with a dollop of almond butter, wrapped in a whole-wheat pita.
- Greek yogurt with berries and seeds.
- Hummus and veggies for dipping.
- A hard-boiled egg: "the perfect pre-packaged protein and healthy fat."

Road trips and tournaments add another layer of challenge. McCallum travels with a cooler and often hits the nearest grocery store on arrival to pick up some healthy options instead of relying on takeout or greasy fries at the rink.

Some sport facilities are making it easier by providing more healthy choices. McCallum says the rhythmic gymnastics club where her daughter trains has made healthy eating part of the routine.

"If it's available, people are like, 'Wow, this is amazing.' And they'll buy it."

The big thing is to get the kids on board, she says. If they're serious about sport, remind them that a healthy lifestyle off the playing field will help them in the game.

"It's important to talk to kids about why it matters," she says. "If you fuel yourself properly, you can have a really fun game and perform to the best of your abilities."

The other key to success is to take small steps. Start by replacing pre-packaged snacks with something healthy, McCallum says, or cut back on how often you eat out.

"Don't be too hard on yourself or unrealistic," she says. "If you try to do it all at once, you'll fail. Do it step-by-step and celebrate your success." **SQ**

For more tips and meal ideas, visit Wendy McCallum's website at simple-balance.ca

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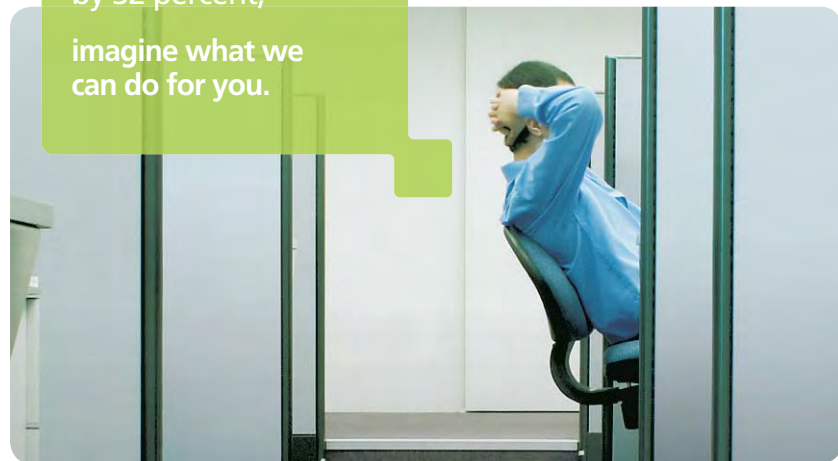
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Spreading the Joy of the Game

Canada-Cuba baseball tours help support young players

by Ryan Van Horne

Dennis Woodworth has been playing and coaching baseball for a long time. He's coached elite players in Atlantic Canada and at national championships.

make a bigger impact on the baseball community in Cuba.

"I met with government officials and built a really good team I could trust," Woodworth says. Then, he

opener, as the Canadians who help raise the money and get equipment from sponsors learn a great deal from the tour.

Hogan Ingram of Halifax, who went on the first trip in 2014 as a player, said he didn't see himself as an "aid worker."

"There is an exchange of cultures," says Ingram, now 17. He admires the Cubans' commitment to playing baseball regardless of whether they have the newest equipment or even the right equipment.

"To me, it's more honourable to play a sport with the bare bones and become that good at it," he said. "A lot of them have a lot of happiness. It's something you notice right away."

Ingram said many Canadian players were gladly giving up some of their own extra equipment, such as their second set of batting gloves.

"You realize that it doesn't matter as much to you as it does to them, and it really shows you how needless some of the stuff that you have is."

The Cubans love the game and cherish what equipment they do manage to scrounge up.

"It's more about the game than having the best cleats or the best bat," Ingram said. "It's about getting out and playing baseball with your friends, so you take that from them—their simplicity and happiness—take some of that back with you and improve how you live as a tribute to them." **SQ**



Canadian and Cuban baseball players celebrate after a game earlier this year. (Contributed)

"I've loved baseball my whole life," says Woodworth.

But as much as he loves the game, the thing he likes even more is helping others play the game.

A few years ago, on a trip to Cuba, the Bridgewater resident noticed many kids in Cuba didn't have shoes and had to use a ratty glove or hit with a homemade bat fashioned from a discarded table leg.

"I saw such an enormous need," says Woodworth, who immediately started contacting people. He spoke to some teams from British Columbia who visited Cuba and would bring a few pieces of equipment, but couldn't bring as much as they wanted to because of weight restrictions.

Woodworth, who is a travel agent, wanted to do more. Through his contacts in the hotel business, he spent two years planning a way to

started telling Canadians about the idea. In 2014, two teams went down on the first Canada-Cuba Goodwill Tour, as he called it, and each brought about \$10,000 worth of gear. It grew to 10 teams this past winter with each team flying down with 750 pounds of equipment to donate to community baseball groups in Cuba.

"It's just exploded. Next year, I'm expecting to have 28 teams."

Canadians are used to visiting a sports store if they need something, but those don't exist in Cuba.

"They have to go play with nothing and there are kids that do that," Woodworth said.

The Goodwill Tour is not just charity, Woodworth says. The teams play games against the Cuban teams, share their love of the sport, and the kids get to act as international ambassadors. It's a good experience and an eye-

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2016 Strive Award Funding Goes to Therapeutic Horseback Riding

A message from Doctors Nova Scotia

The winner of the 2016 Strive Award is Free Spirit Therapeutic Riding Association (FSTRA) – the Aylesford-based organization that provides therapeutic horseback riding for Annapolis Valley residents with mental health concerns.

Executive director Brittany Pulsifer accepted the award, which is accompanied by a \$10,000 grant, on behalf of her association.

“Free Spirit is honoured to receive the 2016 Strive Award,” said Ms. Pulsifer. The association will use the money to make its riding facilities more accessible.

“Installing a wheelchair lift at our facility will make a world of difference

for our clients and volunteers,” said Ms. Pulsifer. “This equipment will make our programming accessible to all. We are looking forward to enabling more individuals to have the freedom to ride.”

Free Spirit was established in 2012, with a mandate to provide those Annapolis Valley residents with mental health concerns, of all ages and exceptionalities, a safe environment through the use of therapeutic horseback riding. Working with medical and psychological professionals, specialists, and the equestrian community, Free Spirit provides a unique and rewarding therapy experience.

A mostly volunteer-run organization, FSTRA has seen over 200 people come through the organization and last year serviced 160 clients.

“Our mission is to offer programming without any limitations,” said Ms. Pulsifer. “This funding will allow us to offer programming to Nova Scotia’s para-athletes. We cannot wait to contact those who were unable to access our programming without a wheelchair lift.”

Each year, DNS receives dozens of applications for the Strive Award, which recognizes a community organization in Nova Scotia that promotes healthy living.

2015 Winner Update: Walk in our Shoes

Walk in our Shoes (WIOS) Foot Care has been able to make meaningful changes since winning the 2015 Strive Award, says organization president Dr. Colin Van Zoost

The funding enabled WIOS to purchase two new sets of foot-care equipment and provide professional foot-care training to more than 20 clinic volunteers. The new sets of equipment have allowed WIOS to do more outreach in the community. Currently, the organization is trying to engage street-involved youth, as they have identified foot care as a major health concern.

Disease prevention and health promotion is another major focus of WIOS. Part of the Strive Award funding has gone toward buying blood pressure cuffs and glucometers so that individuals who come to the clinic can have easy access to preventative medicine. While they are having their blood pressure or blood glucose checked, a volunteer has time to talk to them about the lifestyle management of chronic disease.

WIOS works closely with Sunday Supper, a weekly meal serving 200–250 homeless people in Halifax. The Strive Award has helped WIOS improve the nutrition content of the meals served at Sunday Supper; WIOS also offers giveaway packs that include a toothbrush, toothpaste, sunblock and other essential items.


With the support of Doctors Nova Scotia, WIOS has been able to make a greater impact on the health of those who need it the most.

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Going Places: Local Stars on the Move

Nova Scotian athletes, coaches and officials make their mark on the world in many ways, often with accomplishments that don't make the headlines. This feature highlights local success stories from across the sport world.

Track and Field athlete **Peter Collier** of Lower Sackville won the RBC Training Ground award at the Canada Games Centre in March. The 18-year-old is one of four regional winners from across Canada in the program designed to uncover athletes aged 14-25 with Olympic podium potential. He also earns a trip to watch the 2016 Summer Olympics in Rio.



Peter Collier was the Atlantic winner of the RBC Training Ground Award. He'll travel to the Rio Olympics in August. (Contributed)

Emma Stevens of Hilden has been named to the Canadian Freestyle Ski Association's "Next Gen" national development team, making her the first Nova Scotian invited to a national ski team. Stevens was a regular on the podium at freestyle skiing competitions across North America this winter. The 20-year-old placed second overall in the WIN Canadian Open series, which held events in Whistler, BC; Stoneham, Que.; and Le Relais, Que. She also had two podium finishes and placed third overall in the NorAm Cup, where she competed in Alberta,



Emma Stevens (right) captured third at a Canadian Open event in Stoneham, Que. (Contributed)

Ontario and Pennsylvania. Stevens is the first Nova Scotian to race the NorAm circuit.

Cameron LeFresne of Enfield competed for Canada at the 2016 World Junior Lawn Bowls Championship, held in April at the Broadbeach Bowls Club in Gold Coast, Australia. The 21-year-old from Enfield competed in men's singles and mixed pairs. He missed the playoffs in both events but picked up a win in mixed doubles over a favoured hometown duo from Australia.

"Cam bowled extremely well and ran into some tough opponents," Team Canada coach Daryl Fitzgerald said of his performance. "He is a strong and mature young player (who) has the potential to be a top player in Canada."

Coaches **Nicole Kenney** and **Tracey Brown** will head to the 2017 Canada Summer Games as part of the Women in Coaching Canada Games Apprenticeship Program. Brown rowed for Nova Scotia at the 1993 Canada Games and won a bronze medal at 1992 junior nationals. She coaches at MicMac Amateur Aquatic Club and Lunenburg Yacht Club.

Kenney competed in the 2005 and 2009 Canada Games as an athlete and set provincial records in discus and shotput. She's now coaching at the Bluenose Athletics Club in Bridgewater.

"I'm excited to continue my path transitioning from athlete to coach," Kenney says. "My goal is to build the grassroots programs for local kids to get involved, realize their potential and find their passion for the sport."

Nate Darling shot his way to the three-point title at the Bio-Steel All-Canadian Game Skills Challenge held in Toronto in April. The Bedford basketball star was the lone Atlantic Canadian at the game, featuring the top high-school prospects in Canada. Darling, who helped Nova Scotia win the national under-17 title last summer in Halifax, will play NCAA Division 1 basketball at the University of Alabama-Birmingham next fall.

Throws specialist **Peter Millman** of Truro claimed the CIS Athlete of the Year award for field events in March. The fourth-year University of Lethbridge student defended his national title in



shot put. Millman also picked up his third straight Canada West Athlete of the Year award after sweeping the conference throws events. **SQ**

Cameron LeFresne competes at the World Junior Lawn Bowls Championship in Australia. (Contributed)



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Scotia Series Competitions [Equestrian]. Various locations, NS. Visit: www.horsenovascotia.ca/ Calendar Contact: 902.425.5450, ext. 337 or nsefmembership@sportnovascotia.ca

JUNE

June 18

720 Round Shoot at Scotia Bowman [Archery], Enfield, NS. Contact: rfrancis@sportnovascotia.ca or call 902.425.5454, ext. 371.

June 25

KNS/KC Atlantic Regional Kata Camp #2 [Karate], Windsor Karate Club, Windsor, NS. Contact: pthompson@sportnovascotia.ca or call 902.425.5454, ext. 357.

June 25

Bedford Kids Triathlon, Bedford Outdoor Pool, Bedford, NS. Contact: Kali.caulier@dal.ca

JULY

July through August

U11 Event Series [CanoeKayak]. Visit: adckc.ca

July 1

South Shore Kids Triathlon, Bridgewater Pool, Bridgewater, NS. Contact: sandymd@bridgewater.ca

July 1

Open Water Swim, Lake Banook, Dartmouth, NS. Contact: Swim Nova Scotia at 902.425.5454, ext. 314.

July 2-3

Athletics NS Outdoor Provincial Championships/NS Legion Trials and Run Jump Throw Wheel Festival, Metropolitan Field, Lower Sackville, NS. Contact: athletics@sportnovascotia.ca

July 3

EPIC Kids Triathlon, Lions Beach, Dartmouth, NS. Contact: kids@epicdartmouth.com

July 4

KidSport Applications Due. Contact: 902.425.5454, ext. 350 or email cgillis@sportnovascotia.ca

July 7-10

Ken Dunn Long Course Provincial Championships [Swim], Halifax, NS. Contact: Swim Nova Scotia at 902.425.5454, ext. 314.

July 8-10

2016 Special Olympics Provincial Summer Games, Acadia University, Wolfville, NS. Contact: mquinn@sportnovascotia.ca

July 9

19th Annual Manulife Dragon Boat Festival, Lake Banook, Dartmouth, NS. Contact: Tyler Smith at 902.425.5454, ext. 344 or tsmith@sportnovascotia.ca

July 9-10

Bridgetown Mixed Pairs [Lawn Bowls], Bridgetown, NS. Contact: dalemackidd@gmail.com

July 9-10

Antigonish Highland Games Track and Field Meet, StFX University, Antigonish, NS. Contact: athletics@sportnovascotia.ca

July 10-14

Route Halifax-St. Pierre [Sailing], Royal Nova Scotia Yacht Squadron, Halifax, NS. Contact: rnsys.com

Mid-July

NSEF Coaching Clinic [Equestrian], Windsor, NS. Contact: nseftd@sportnovascotia.ca or call 902-425-5450, ext 342.

July 16

2016 Motionball (Marathon of Sport in support of Special Olympics Nova Scotia), Emera Oval, Halifax, NS. Contact: mquinn@sportnovascotia.ca

July 17

Outdoor 3D Shoot, Sheet Harbour Archery Club, Sheet Harbour, NS. Contact: rfrancis@sportnovascotia.ca or call 902.425.5454, ext. 371.

July 22-24

Sydney Horse Expo & Trade Show, Centre 200, Sydney, NS. Visit: sydneyhorseexpo.com

July 23-24

Nova Scotia Sprints [Rowing], Lake Banook, Dartmouth, NS. Contact: rowing@rowns.ca

July 24

BrigaSwim Harbour Swim, Halifax Harbour, NS. Contact: Swim Nova Scotia at 902.425.5454, ext. 314.

July 24-August 1

Canadian Age Group National Championships [Swim], Calgary, AB. Contact: Swim Nova Scotia at 902.425.5454, ext. 314.

July 30-31

Atlantic Cup [Field Hockey], SMU, Halifax, NS. Contact: Field Hockey Nova Scotia at 902.425.5454, ext. 357.

AUGUST

August 4-7

Canadian Summer National Championships [Swim], Edmonton, AB. Contact: Swim Nova Scotia at 902.425.5454, ext. 314.

August 5-7

Royal Canadian Legion Youth Track and Field Championships, Sainte Therese, QC. Contact: athletics@sportnovascotia.ca

August 6-7

Bluenose Championship [Lawn Bowls], Bedford, NS. Contact: dalemackidd@gmail.com

August 7

Field Hockey Nova Scotia Outdoor League Finals, SMU, Halifax. Contact: Field Hockey Nova Scotia at 902.425.5454, ext. 357.

August 7-13

Baddeck Regatta Week [Sailing], Bras d'Or Yacht Club, Bras d'Or, NS. Contact: brasdoryachtclub.ca

August 10-13

Chester Race Week [Sailing], Chester Yacht Club, Chester, NS. Contact: chesterraceweek.com

August 13

Annual Invitational Open Triples [Lawn Bowls], Cobequid-Truro, NS. Contact: dalemackidd@gmail.com

August 18-20

U13-U15 Championships [Canoe Kayak], Lake Banook, Dartmouth, NS. Contact: communications@adckc.ca

August 19-21

NS Summer Swimming Provincial Championships, Bridgewater, NS. Contact: Swim Nova Scotia at 902.425.5454, ext. 314.

August 20

KNS/KC Atlantic Regional Kata Camp #3 [Karate], Bridgewater Uechi Ryu Karate Club, Bridgewater, NS. Contact: pthompson@sportnovascotia.ca or call 902.425.5454, ext. 357.

August 30-September 4

CKC National Championships [CanoeKayak], Lake Banook, Dartmouth, NS. Contact: communications@adckc.ca

SEPTEMBER

September 1

KidSport Applications due. Contact: 902.425.5454, ext. 350 or email cgillis@sportnovascotia.ca

September 4

AANS Outdoor 3D Provincials at Cape Breton Bowman [Archery], Edwardsville, NS). Contact: rfrancis@sportnovascotia.ca or call 902.425.5454, ext. 371.

September 10

KNS- Team Open Camp Workout Kumite Session #3 [Karate], Halifax Ryuseikan Dojo, Halifax, NS. Contact: pthompson@sportnovascotia.ca or call 902.425.5454, ext. 357.



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