



Annual General Meeting - Online Agenda

September 23, 2020 at 7:00 PM

Click on link below to pre-register for Zoom Meeting

<https://viu.zoom.us/meeting/register/u50qfuygqD4jG9Fpry0EQ36MhPBn4guw9B3C>

- **Meeting call to order & introductions**
- **Approval agenda and previous meeting minutes**
- **Chair / ED report**
- **Financial report – 2020-21 budget**
- **Staff reports**
- **Election of Directors**
- **New business**
- **Adjournment**

PACIFICSPORT – VANCOUVER ISLAND

2020 – 2021

Title	First	Last	Address	City	BC	Postal Code	Phone - H	Phone - W	Cell	Email
Chair	Susan	Schellinck	201 Canterbury Cres.	Nanaimo	BC	V9T 4S4			250-816-2545	susan.painot@gmail.com
Treasurer	Doug	English	6685B Harwood Dr	Nanaimo	BC	V0R 2H0	390-4030		250-713-4464	doug@dougenglish.ca
Director	Jack	Smith	5328 Leslie St	Nanaimo	BC	V9V 1R4	758-2183	246-4736x114	250-713-5773	jesevergreen@me.com
Director	Jim	Mitchell	1438 Madrona Dr	Parksville	BC	V9P 9C9	821-0846		250-619-3007	Mitchjim13@gmail.com
Director	Jacque	Poulin	37 Ranchview Dr	Nanaimo	BC	V9X 1X9	591-8608	250-729-8045	250-741-6899	jpoulin@sd68.bc.ca
Director	Sarah	Wright	3342 Wisconsin Way	Campbell River	BC	V9H 0A9		778-420-0111	250-203-7832	sarah@heartstrongfitness.com
Director	Dave	Boehm	6477 Thornwood Pl	Nanaimo	BC	V9V 1V9		250 729-2953	250-618-3301	david.boehm@cccu.ca

Sue Schellinck expressed her appreciation of the PS staff for their hard work and dedication.

8. Meeting adjourned 6:47pm

Motion to adjourn.

Motion – Jack

Second - Doug

All in favour. Motion carried

Financial Report and proposed 2020-2021 Budget

Will be presented at the AGM or request from jisbister@pacificsport.com

Staff Reports

Catharine Edwards, GM PacificSport VI

Workshops & Clinics:

- 1 - Appetite to Play Workshop – Nanaimo
- 6 - WheelKids Clinics – Comox Valley, Campbell River, Parksville, Nanaimo
- 1 - Active Games Workshop SD79 – Duncan
- 1 - Harbour City Slam Wheelchair basketball – Nanaimo
- 1 - Wheelchair Race Training session with Michelle Stilwell
- 1 - Boccia Try It Day – Sportability
- 4 - NCCP FMS workshops – Nanaimo, Ladysmith, Comox
- 1 - All Youth Matter workshop – VIU Nanaimo
- 3 - High Five PHCD - Nanaimo & Comox

Programs:

WheelKids

- First Session of the Nanaimo season
- Funded by the ASSAI Disability Enhancement fund.
- Partnered with the Nanaimo CDC, Let's Play and SD68
- 5 kids registered
- We are incorporating more sport into the program – basketball, tennis, boccia and track and field
- Expanded the program to Parksville, Comox Valley and Campbell River fall of 2019
- Parksville and Nanaimo programs – Jan. to Mar.
- Winter 8-week sessions
- All successful in terms of impact on the families of the participants
- Two new local leaders set up in Parksville
- First time for WheelKids to participate in the School District 68 Track & Field Competition – Wheelchair racing on June 6th 2019

ASSAI

- Spring program April 15 – June 5th
- Fall program October 15 – December 13th
- Over 250 kids registered in the following programs for each session
 - AM Sport Program
 - PM Sport Program
 - Circus Arts Program
 - CAN Program
 - PacificSport WheelKids Program
- Winter session 9 schools for 8 weeks – Jan. to Mar.
- PM & AM Sport Programs, Circus Arts and Recess Guardians Leadership
- 3rd Annual Bounceball Festival held in February. 75 students and 20 staff attended.

XploreSportZ Summer Camps

- July 8 – 12 and July 15 – 19, 2019
- 30 kids registered each day

XploreSportZ Spring Break Camp

- March 16 – 27th 2020
- Registration went well.
- Only first day in operation.
- Camp closed down due to COVID-19

Summer Bike Camps

- Partnered with SD68 Community Schools for 6 weeks of bike camps
- Great success all camps full

Physical Literacy Activities

- October 2 & November 20th – Physical Literacy activities for grades 2 & 3 at Queen Margaret's School, Duncan
- October 28 & 29 – PL501 LF Training
- November 23rd – Lake Cowichan Physical Literacy event
- Jan. 21 & 22 – Inclusive Physical Literacy Workshop – Rick Bevis class VIU – Nanaimo
- Feb. 13 – Physical Literacy & Games workshop – Boys & Girls Club Daycare operators – Nanaimo

Grants

- Applied for Canadian Tire Jump Start – just over \$6,200 for the winter ASSAI program
- Reporting done for DABC and EAF Grants received for the WheelKids Expansion Project
- Currently applying for the Para-Jump Start Grant to continue the WheelKids programs in Parksville, Comox Valley and Campbell River.

Promo Events

May 23rd – Ladysmith Public Works Day
May 29th – Bike to school Week – Frank J Ney Elementary School
May 30th - Jump Start Games Day – Duncan
June 6 & 27th – Jump Start BBQ – Nanaimo
June 8th – Kids Expo – Country Club Centre Nanaimo
June 20th – Longest day of Play – Ladysmith
June 21 – 27th – Elementary School Fun days – various schools in SD68
June 27, July 25 & August 29 – Family Fun Nights for the City of Nanaimo
July 1 – Canada Day – Nanaimo and Mesachie Lake
July 14th – Silly Boat Regatta
July 22 – 24th – Cassidy PL Camp
August 10th – Youbou Regatta
August 12th – Outdoor Play Day – Child Development Centre – Westwood Lake
August 18th – KidFest

Kevin Lindo Athlete & Coach Services Coordinator 2019-20

Coaching Courses & Workshops

- 🌀 September 21 signalled beginning of Coaches Week where 74 individuals registered in our events
- 🌀 NCCP courses were Making Ethical Decisions, Teaching & Learning and Basic Mental Skills
- 🌀 Workshops included Concussion Awareness & Injury Prevention
- 🌀 Leading a Drug Free Sport was unfortunately cancelled due to lack of registrants
- 🌀 Psychology of Performance was also held for the first time in Nanaimo with 8 participants
- 🌀 Strength & Conditioning & two Elevate Symposiums were cancelled due to COVID-19
- 🌀 Elevate evolved into an online speaker series, we hosted 9 episodes from Olympians to world renowned motivational speakers

Multi-Sport Programs

- United+ Jr: program to develop different FMS through games and activities with youth soccer. 40 participants total
- Nanaimo Minor Hockey (NMH) camp: Delivered a weeklong camp to different age groups. Camps focused on games and FMS for younger players and fitness, agility circuits, and games for the older players. 104 participants total plus 4 coaches trained
- LEAD Summer Camps: Program for pre-teen/teenagers. Focus on fitness, introduction to circuit training, guest coaches, education on nutrition and mental training, and opportunities to try new sports. 20 participants total
- North Island IGNITE: This Centre supplies a high performance training hub for motivated athletes from Campbell River, the Comox Valley and surrounding areas. 24 participants total

Partnerships

Developed a network of partnerships on the West Coast, see below:

- 3 accommodation providers
- 1 gym facility
- Co-Op Grocery Store
- 3 Massage Therapy & Wellness providers

Renewed 5 community GymWorks partnerships to new 3 year agreements

Additional New Partnerships:

Breath Control (Tyler Huston) training athletes to improve performance through breathing techniques

Anytime Fitness Nanaimo – offering members free gym access

Additional Events

- Attended Olympic Surfing Trials in Tofino
- Supported BC Games Winter athletes and staff send off at Nanaimo Airport
- Attended NCCP Performance Planning course May 2019

Goals for the coming year include:

- Continue Elevate Speaker Series
- Launch Coach Academy: supporting junior and grassroots coaches along their pathway
- Evolve the 'athlete experience' at PSVI: target more scholarships and partnerships to support registered athletes and coaches

Geoff Hackett 2019-2020 Report

This document provides a summary of the programs and initiatives I was involved with in the last fiscal year between April 1, 2019 and March 31, 2020.

Active for Life Expo 2019

The 2019 Active for Life Expo took place on May 25, 2019 at Maffeo Sutton Park. The event had 30 organizations attend that represented sport, health, and wellness groups across Nanaimo. The weather did not cooperate for the event which negatively impacted the attendance. The event had over 50 individuals attend and participate in the activities at the event. The Active for Life Expo provides PSVI with a great opportunity to connect with local partners and organizations.

Move to Learn

The Move to Learn program progressed well in Nanaimo and Parksville. Workshops were delivered in 3 schools in SD68 and 6 schools in SD69, as well as Pro D days in both districts for elementary and secondary school teachers. Workshops focused on providing strategies and activities for teachers to integrate movement more into their classrooms. COVID-19 impacted the delivery of this program over the course of the spring.

Training Programs for LSO's

PacificSport delivered a physical literacy program at two separate times with Nanaimo United FC called United+ Jr. The program provided children in the soccer club a FMS skill development program that delivered physical literacy outcomes. The program involved games and activities that had participants learning different movement patterns (running, jumping, hopping), throwing, striking, and kicking skills.

Mental Performance

A 5 session mental training program was provided to teenage athletes. The mental training package covered 5 different topics related to mental training skills athlete's use in enhancing sport performance. PacificSport VI also offered a Mental Training Series in March 2019. This was a 3 part series that covered different topics related to mental training in sport. Workshops on mental training were provided to teams on an as needed request through the fiscal year. In addition, NCCP Psychology of Performance modules were delivered in Nanaimo and Comox. Mental Performance Service was also delivered to the VIU Mariners athletic programs for the 2019-2020 sport seasons.

LEAD Athlete Development

The LEAD camps took place in July and August 2019. This was a collaboration with Island Optimal and Modo Yoga. These camps provided motivated athletes aged 11-16 an opportunity to learn and experience interval training and yoga. The camps offered different sport lessons from guest coaches, as well as workshops on mental training and nutrition.

Communications and Marketing

2019-2020 (Sept 2019-August 2020)

This year the Marketing and Communications department continued their goal of increasing reach to community members. Sharing consistent, branded messaging with our followers to ensure engagement and interest in our programs, events, and the results of PacificSport VI Registered or Local athletes remained a priority for the department. As a result of the COVID-19 pandemic the department assisted with developing two newsletters to connect with the PSVI network as well as implementing delivery of online presentations via various platforms.

Social Media Update:

Since September 30, 2019 the PacificSport VI Facebook and Instagram pages have gained a collective 302 followers. Engagement has remained consistent with last year's success.

As part of the PSVI Facebook page the department created a private group within the page for Registered Athletes and Coaches to connect with each other. The page is currently being overseen by a social media student intern who posts engaging information to the members. Members can also post things of interest to each other.

Website Update:

The PacificSport VI website is continuing to be updated and improved. The department has added a section on the front page that is linked to Facebook. Provincial COVID-19 updates related to sport have been consistently posted in the news section.

Miscellaneous Updates:

- The Communications and Marketing Lead went on Maternity Leave in December 2019 and will return to work following her leave. In the meantime various employees have been assisting with operations in the department.