



WOMEN'S SLEDGE HOCKEY OF CANADA
ANNUAL REPORT JULY 2015 – JUNE 2016



TABLE OF CONTENTS

PRESIDENT'S LETTER	3
MISSION STATEMENT	4
OBJECTIVES & ACTIVITIES	5
2015-2016 SEASON TIMELINE	6
2015-2016 NATIONAL TEAM ROSTER	8
SLEDGE DEVELOPMENT ACROSS CANADA	10
PORT COLBORNE DEVELOPMENT CAMP	11
2015/2016 SEASON FINANCIAL STATEMENT	12
ACKNOWLEDGEMENTS	14
SEASON CANDIDS	15



WOMEN'S SLEDGE HOCKEY OF CANADA PRESIDENT'S LETTER

It is a pleasure and honour to be involved with Women's Sledge Hockey of Canada. In my role as president and chair of the Board of Directors for the past two and half years, I have witnessed an amazing amount of growth and progress within the organization.

Behind the scenes, there is a very active working Board of Directors, made up of ten members who are all passionate about progressing women's sledge hockey in Canada and internationally. With the addition of four new board members last August, we have been able to develop a sponsorship package, effective policies and procedures, a strategic plan, and seek more funding. There is still a long way to go in terms of sustainable funding, but there has been progress. I look forward to continuing to work together on this path with both new and existing board members this upcoming season as I continue my second term on the board.

There were many opportunities to promote women's sledge hockey this past season – far more than the year prior. In addition to national team events, there were provincial team events which gave more female sledge players an opportunity to participate. We were also able to offer the first ever sledge hockey coaching course specifically for women as well as an open development camp in Port Colborne, Ontario. All of these events and activities support our core values of teamwork, encouragement, accessibility, and mentorship.

We are very proud of our national team and recognize the dedication and commitment of all team members. In addition to training camps and competitions, the team also spent time doing outreach events within the hosting communities. Exhibition

games against local sledge teams helped to prepare Team Canada to defeat Team USA in a three game series in November at the Cruisers Cup. The April training camp and exhibition series in Alberta provided more team building and tips to prepare during the off season.

Moving into the 2016-2017 season, we will continue to work hard to progress women's sledge hockey for its eventual inclusion in the Winter Paralympic Games. The national team will be travelling to Norway this October for an IPC sanctioned women's sledge hockey event with Team USA and Team Europe. This event will support international development for women's sledge hockey and encourage participation from more nations.

To continue implementing excellent programs and events, we need to secure more funding through grants, donations and corporate sponsorship. We have an excellent sponsorship package and video that we would love to share with potential corporate champions. Please share our vision with people in your circle of influence.

In closing, I just want to thank every member (players, coaches, team support, board members, volunteers, family and friends) for supporting and contributing to the growth and development of women's sledge hockey. Your dedication and commitment is making a difference and the world is watching!

Sincerely,


Janice Coulter

WOMEN’S SLEDGE HOCKEY OF CANADA

MISSION STATEMENT

VISION

To enable Canadian girls and women with disabilities to achieve long term participation and sporting excellence in sledge hockey with a sustainable program nationally.

MISSION

To contribute to the health and well-being of girls and women with disabilities by developing, promoting and providing opportunities to participate in the sport of sledge hockey from grassroots development to an elite level throughout Canada. Through sport, develop an environment and attitude that promotes inclusion, collaboration, teamwork, self-efficacy, and gender parity, while educating and empowering girls and women.

THE CORE VALUES OF WOMEN’S SLEDGE HOCKEY OF CANADA INCLUDE:

Teamwork	Building relationships and working together to develop the strengths and abilities of all individuals.
Encouragement	Believing in everyone’s abilities, recognizing the opportunity to improve and supporting each other to reach new goals.
Accessibility	Creating safe, welcoming and inclusive environments without barriers.
Mentorship	Developing leaders through the sharing of knowledge, skills, and abilities in order to foster growth and development.

2016 BOARD OF DIRECTORS

President:	Janice Coulter
Vice President:	Derek Whitson
Secretary:	Melanie Stone
Treasurer:	Brooke Martens
Player REP:	Christina Picton
Directors at Large:	Colleen Van Mook
	Francois Girouard
	Kim McDonald
	Peggy Assinck
	Tara Chisholm



WOMEN’S SLEDGE HOCKEY OF CANADA

OBJECTIVES & ACTIVITIES:

ENVIRONMENT

- To develop an environment conducive to increasing new and sustained participation in sledge hockey by females of all ages and abilities.
- To enable females access to an environment where they make friends, learn how to play as part of a team, and get involved in competitive sport to contribute to their overall health and success throughout life.
- To enhance the inclusion of females with disabilities in pre-existing community based sledge hockey programs.
- To support key partners to develop and increase sustainable and accessible sledge hockey opportunities for females with disabilities.

SPORT STRUCTURE

- To develop sledge hockey pathways for females with disabilities.
- Ensure that the pathways and opportunities that already exist for females with disabilities in sledge hockey are identified.
- Ensure that competitive opportunities for female athletes with disabilities are available.
- Ensure that talented female athletes with disabilities are identified and their development supported.

TRAINING

- Through skill development and knowledge translation, enable the disability and sporting community to effectively deliver sledge hockey programs for females with disabilities.
- To source, provide and/or design high quality training programs for athletes and coaches to satisfy current and evolving training needs identified within the structure of IPC Ice Sledge Hockey programs.

EMPOWERMENT

- To empower females with disabilities to take a full and active role within sledge hockey.
- To empower females with disabilities to participate in sports throughout life as part of the long term player development model such that they will live longer healthier lives.
- To increase the number of females with disabilities with the skills, knowledge and opportunities to take a full and active role within any aspect of the sledge hockey industry.

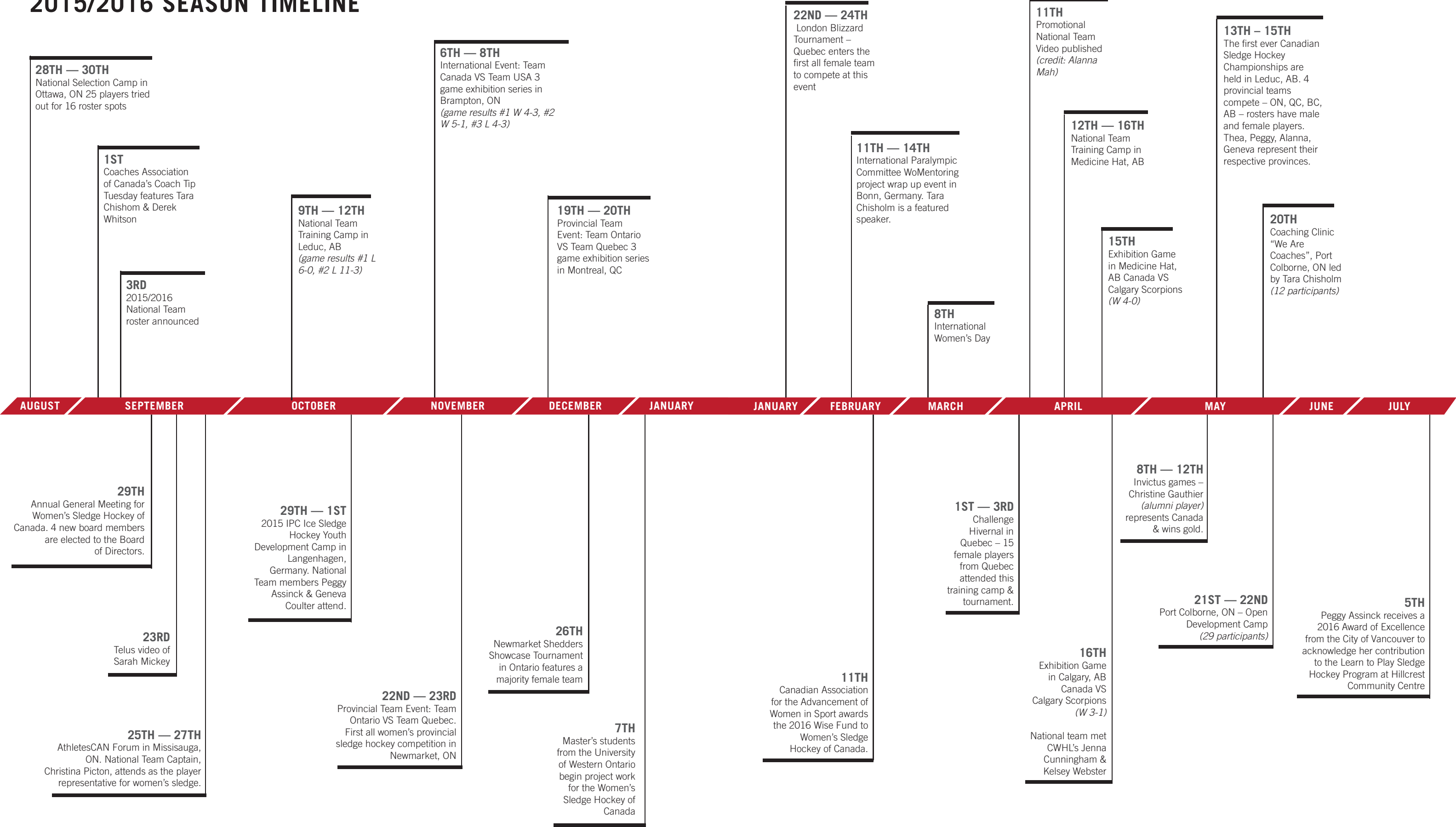
EDUCATION

- To provide coaches and volunteers with education and training opportunities specific to females, disability and sport.
- Ensure that females with disabilities have improved access to formal qualifications in sport.

MEDIA

- To increase awareness and understanding of sledge hockey, sport and healthy activities for females with disabilities.
- Raise the profile of sledge hockey, sport and healthy activities for females with disabilities in Canada.

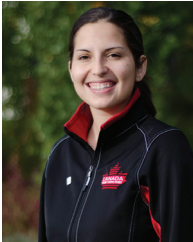







2015/2016 SEASON TIMELINE





2015-2016
NATIONAL WOMEN'S SLEDGE HOCKEY TEAM

COACHES & TEAM SUPPORT

	TARA CHISHOLM Head Coach Medicine Hat, AB		DEREK WHITSON Assistant Coach Chatham, ON		KAT FERGUSON Equipment Manager/ Goalie Coach Ottawa, ON
	JANICE COULTER President Edmonton, AB		MONICA SPARLING Team Manager Calgary, AB		
	TRACY AULD Physiotherapist Thunder Bay, ON		ELIZABETH WILLIAMS Massage Therapist Port Hope, ON		KATIE PAUHL Physiotherapist Ottawa, ON

PLAYERS

	MYRIAM ADAM #11 Forward July 11, 1993 Chicoutimi, QC		JESSIE GREGORY #31 Goalie August 24, 1984 Brantford, ON		SARAH MICKEY #14 Defense July 10, 1998 Redcliff, AB
	PEGGY ASSINCK #22 Defense May 8, 1983 Vancouver, BC		THEA HILL #25 Defense September 10, 1981 Surrey, BC		CHRISTINA PICTON #4 Forward April 6, 1993 Fonthill, ON
	CLAIRE BUCHANAN #10 Forward September 13, 1987 Brampton, ON		ALANNA MAH #28 Forward September 17, 1999 Edmonton, AB		VANESSA RACINE #29 Forward May 30, 1991 Saint-Jérôme, QC
	GENEVA COULTER #23 Defense January 1, 1999 Edmonton, AB		VÉRONIQUE MAJOR #6 Forward December 31, 1989 Quebec City, QC		MACKENZIE SPONG #9 Defense September 28, 2000 London, ON
	SOPHIE FOREST #1 Goalie February 6, 1997 Laval, QC		JESSICA MATASSA #7 Forward June 6, 1986 Windsor, ON		
	ASHLEY GOURE #2 Defense July 6, 1990 Chatham, ON		DANICA MCPHEE #2 Forward December 9, 1989 Sudbury, ON		

A look into what's happening for women's sledge hockey development

ACROSS CANADA

Women's Sledge Hockey of Canada works hard to promote the growth of female involvement in sledge hockey across the country. Here is a look at what some of our organization members and athletes are doing in their home towns to grow the sport we are all so passionate about.

BRITISH COLUMBIA

Peggy Assinck, co-facilitates the "learn to sledge" program through the City of Vancouver. This program runs out of Hillcrest Community Centre from October–March on Fridays from 5:15–6:30pm and is geared towards young athletes (with or without disabilities) who are interested in developing their skills in a fun sledge hockey environment and people new to trying sledge hockey of any age or ability level.

She also co-facilitates the "intermediate sledge hockey program" through the City of Vancouver. This program also runs out of Hillcrest Community Centre from October–March on Fridays from 6:30–7:45pm and is geared towards adults (>16 years of age) of any ability level who are interested in scrimmaging in a fun and non-competitive environment.

ALBERTA

The Paralympic Sports Association (PSA) has been offering a weekly women's sledge hockey ice time for 5 years, supporting and encouraging the growth and development of sledge hockey for females in Alberta. The program has seen 40+ women in 5 years. Geneva Coulter has been an active participant and mentor in this program since its inception.

Team Alberta, the provincial sledge hockey team in Alberta, is comprised of the best sledge hockey players in the province which included two females (Geneva Coulter & Alanna Mah). This team won the first Canadian Sledge Hockey Championship in May 2016.

ONTARIO

The City of Port Colborne has partnered with Christina Picton and Brendan Blanchard to provide the community with a "Learn to Sledge" program. These 10 week programs are where participants learn the fundamentals of playing sledge hockey. The program is an inclusive and encouraging environment, open to individuals of all ages and ability levels. There has been 21 participants in the program so far, 11 of which were women.

Christina also spearheaded the effort in forming Ontario's first all female provincial team. It's goal is to provide women the opportunity to learn, train and compete together a fun, all female environment. There were a total of 3 events, a summer training camp and two competitive game series against Women's Team Quebec. There were 11 women that competed with the team.

QUEBEC

Hockey luge Montreal coupled with Francois Girouard to create a Women's Team Quebec, based in Montreal. This team practices September to March at the Howie-Morenz Arena on Saturday mornings. There are 22 women registered from all over Quebec to compete with the team.

Team Quebec made history as the first all female team to register in the annual London Blizzard Tournament in London, ON. They have also competed against Women's Team Ontario and a local Laval team.

 LITTLE BY LITTLE,
A LITTLE BECOMES A LOT 
— Tanzanian Proverbs



No equipment or experience was required in Port Colborne on May 21-22 for the 2016 Women's Sledge Hockey Development Camp. A record breaking twenty-nine women participated in Ontario's first, all-female sledge development camp, which was hosted at Vale Health & Wellness Centre in Port Colborne. It was an exciting 2-day camp focused on the growth and involvement of women and girls in sledge hockey.

There were eight National Team members present mentoring younger players and assisting National Team coaches, Tara Chisholm and Derek Whitson, with demonstrating different skills and drills.

The weekend involved on and off ice training sessions that educated the women and girls in new techniques and training programs. There was also a fun exhibition game that included the local sledge hockey team, the Niagara Thunderblades. The camp proved to be a great success with athletes as young as 8 years old attending and being exposed to the welcoming and positive environment that is women's sledge hockey.

Below are some testimonials from some of the camp participants:

"I heard about the development camp through Janice Coulter and the CWSH Facebook page. Initially, when I came I was extremely nervous, not knowing whether or not I would be welcomed or fit in. I knew I was not nearly as good as most of the girls there and likely never would be due to the nature of my condition, but I wanted to try. Right off the bat, I was welcomed by the coaching and volunteer staff as well as the players; I was sitting by myself in the change room and Christina the team captain came up and introduced herself to me and was so kind and included me right from the get go. Players who I idolized and had watched playing in the team Canada vs. USA games at tournaments were in the same locker room as me, and were so humble and down to earth, you wouldn't know that they were nationally ranked athletes, and in some cases former Paralympians.

Once on the ice the coaching and drills were excellent and adapted to everyone's skills level. We were in a group with a team member to help guide us which was excellent for our development, and they were extremely helpful. On and off the ice the

coaching and volunteer staff were always available to help and were more than willing to do so. Derek and Janice took so much time to get to know me and my goals in the sport. Jessica Mattassa immediately was so encouraging and was such an excellent role model to me.

Honestly that camp was one of the best experiences of my life. If you had told me 3 years ago that I would have the opportunity to go to a National development camp for a high level/high impact sport, I would have laughed. But in May that was the opportunity I was given. For people with disabilities, acquired or congenital the opportunity to play and advance in sport is an integral aspect of their lives as it is for able-bodied athletes. This development camp far exceeded my expectations and experiences in able-bodied sport camps. Providing high level opportunities to develop in the sport is imperative to ensure continuance within the sport and the development of high class athletes. Three months later I am still raving about what a phenomenal camp that was."

— Julia Hanes

The development camp was an amazing experience for Hailey. She's seen what it takes to compete at such a high level of sledge. She also saw a group of woman with a variety of abilities, play and succeed in a sport they love. That weekend's experiences will have a positive effect on Hailey beyond playing sledge hockey.

— John Haik, father of 8 year old participant, Hailey

I recently joined the "learn to sledge" program, offered at the Vale Health & Wellness Centre and was thrilled that I could play sports again, even with my troublesome legs. Then along came the sledge development camp and I was totally prepared as it reinforced what I was learning at class, but bringing it up a notch. Sledge camp encompassed players from around Canada at all different levels up to and including the Paralympic coaches and elite players, one who happens to be my coach at "learn to sledge". I have found a great sport to play with a group of awesome players. I have now registered for my second camp and have progressed to becoming a member of the Niagara Thunderblades.

— Sherry Hanson

FINANCIAL STATEMENT

(FISCAL YEAR JULY 1, 2014—JUNE 30, 2016)

REVENUE

General	memberships	\$	975
Donations	corporate	\$	5 250
	cash		4 870
Grants		\$	9 875
Merchandise	t-shirts, calendars, pins	\$	9 795
Events	registration fees	\$	15 018
	meals		830
	fundraising		979
TOTAL		\$	47 592

IN-KIND

Operations	office supplies	\$	481
Events	facility rental	\$	2 448
	staff ground transportation		892
	staff hotel		507
	team support		700
TOTAL		\$	5 028

EXPENSES

Operations	incorporation	\$	76
	insurance		900
	conferencing & website		457
	transaction fees		141
	merchandise		3 814
	shipping		294
	AGM meal		975
	advertising	\$	155
Promotions	print materials		479
	community events		536
	team attire		1 079





Events	event fees/facility rental/professional fees	\$	6 972
	equipment & supplies		446
	staff & team transportation		4 398
	staff & team accomodations		13 023
	staff & team meals		6 450
	volunteer support & gifts		604
TOTAL		\$	40 797

NET INCOME	\$	6 795
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BALANCES AS OF JUNE 30, 2016

Assets	bank account	\$	8 565
	pay pal	\$	48
TOTAL ASSETS		\$	8 614

Liabilities	uncashed cheques	\$	257
Equity	cash at year start (bank account)	\$	1 523
	cash at year start (pay pal)		38
	net income		6 795
TOTAL LIABILITIES & EQUITY		\$	8 614

Prepared by:		Brooke Martens	Treasurer
Reviewed by:		Janice Coulter	President

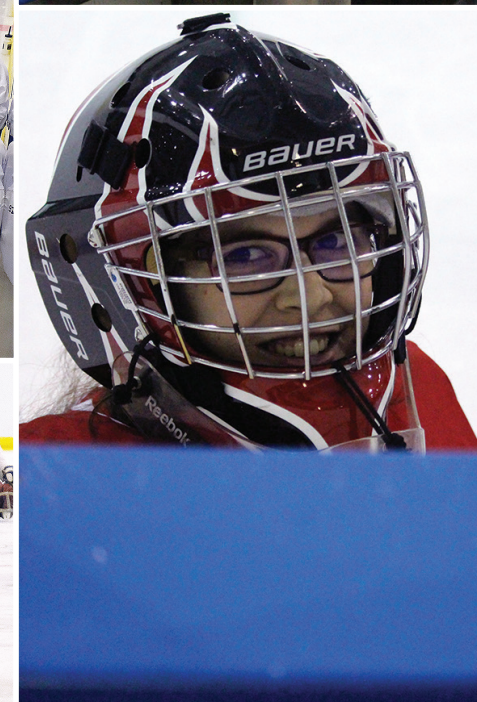
ACKNOWLEDGEMENTS

WOMEN'S SLEDGE HOCKEY OF CANADA RECOGNIZES
THE GENEROUS SUPPORT OF:

International Paralympic Committee
Canadian Association for the Advancement of Women and Sport and Physical Activity
AthletesCAN
Ontario Women's Hockey Association
Alberta Sport Connection
City of Leduc
City of Medicine Hat
City of Port Colborne
County of Brant
Paralympic Sports Association
Edmonton Sled Hockey Club
Hockey Luge Montréal
Medicine Hat Adaptive Sport and Recreation
University of Western Ontario, Department of Women's Studies
TSG Insurance
URO Medical Supplies
Chisholm Lighting Contractors Ltd.
Timber-Tech Truss Inc.
Optimum Instruments Inc.
Fred Katz Fine Art Photography

We also gratefully acknowledge our past and/or present relationships with the Canadian Paralympic Committee, Hockey Canada, Sport Canada and the Agitos Foundation.

Women's Sledge Hockey of Canada would also like to recognize the dedication and commitment of all members including players, coaches, team support and the board of directors. A special thanks goes to the generous photographers that documented our events and donated their photographs.



WE ARE

fierce

PROUD

&

united

