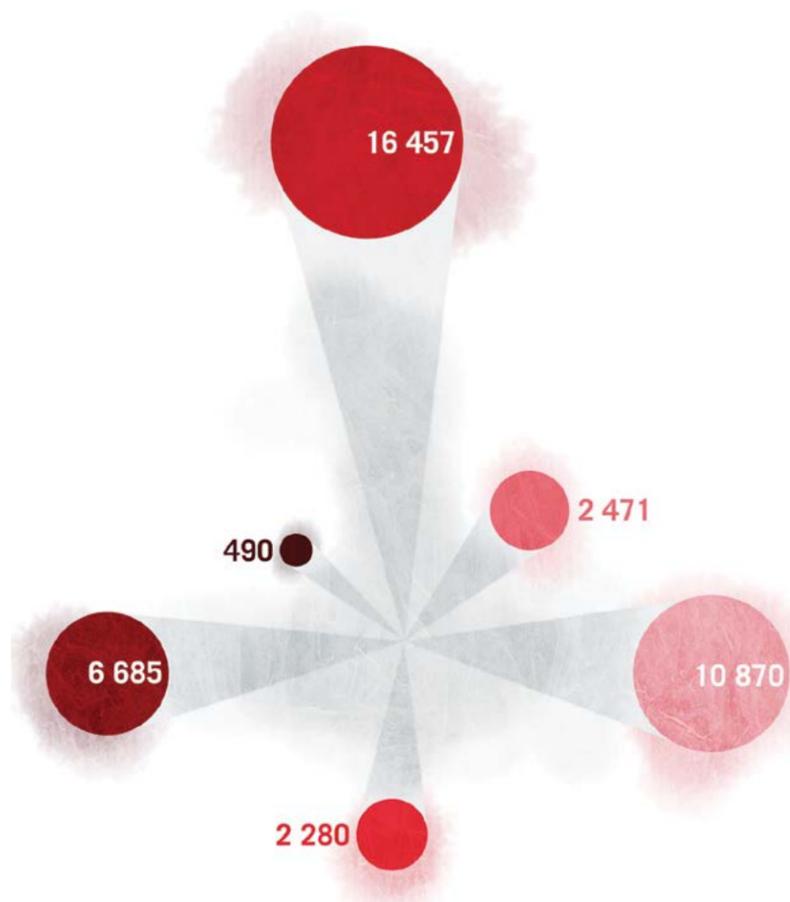


# CANADA

WOMEN'S SLEDGE HOCKEY

**WOMEN'S SLEDGE HOCKEY OF CANADA  
ANNUAL REPORT  
JULY 2014 – JUNE 2015**

## REVENUE BREAKDOWN FOR THE 2014/2015 SEASON



### REVENUE

|                           |           |
|---------------------------|-----------|
| memberships               | \$ 490    |
| donations                 | \$ 6 685  |
| grants                    | \$ 16 457 |
| t-shirt sales             | \$ 2 280  |
| in-kind contributions     | \$ 2 471  |
| registration fees/tickets | \$ 10 870 |

### TOTAL

\$ 39 253



## PRESIDENT'S MESSAGE

AUGUST 2015

It is my pleasure and honour to be involved with Women's Sledge Hockey of Canada. During the past season, I have had many opportunities to witness first hand the growth and development of not only women's sledge hockey as a sport but also the growth and development of many individual players from grassroots to an elite level. Every sledge event that I attend reinforces my commitment to sledge hockey and our 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.

The 2014-2015 season was filled with many firsts for Women's Sledge Hockey of Canada including a fresh new logo and the very first Annual General Meeting in August 2014 for the new Canada Not-for-profit Corporation. With the election of the first nine board members, these dedicated volunteers have been working together to contribute to the health and well-being of girls and women with disabilities by developing, promoting and providing opportunities to participate in sledge hockey.

The first ever women's only sledge event in British Columbia was held in July 2014 as an Open Development Camp and Try it event in Surrey, BC. For many of the girls and women who attended, it was their first time ever being on a team, playing a sledge hockey game, or doing a shoot out. The camaraderie among the

participants was encouraging and supportive allowing everyone to excel.

The Canadian Women's Sledge Hockey Team also had many firsts from having the first ever national training camp outside of Ontario, to competing in the first ever IPC Ice Sledge Hockey International Women's Cup and wearing Team Canada jerseys for the first time. It was definitely an exciting year!

The goal is to have women's sledge hockey as a medal sport at the Paralympics and we will get there. To do this, we need to grow the sport at every stage of the Long Term Player Development Model with more first contact and recruitment, more development opportunities, more quality training and certified coaches, and more opportunities for women's only competition. This is not only for us in Canada; we need to grow the sport internationally as well so that we have more teams to compete against. The USA Women's Sled Hockey Team is also committed to supporting the growth and development of women's sledge hockey internationally. We will work together, aligning with the long term strategy of IPC to progress our sport so that female sledge players will have the Paralympic dream.

The plans for the 2015-2016 season are well underway with training and competition this fall for the Canadian Women's Sledge Hockey Team and tentative plans for a trip to Europe in 2016. The 2015 Annual Selection Camp has the most participants ever which is incredible. We want every player and volunteer to leave the event ready to start implementing our Core Values of teamwork, encouragement, accessibility and mentorship.

We would like to continue having more open development camps and try it events for female players of any age and ability throughout Canada. As funding is secured, these events will be implemented.

With a dream this big, we always need more funding. We would love to work with a corporate champion who is also committed to supporting women, disability and sport. Please share our vision with people in your circle of influence.

In closing, I just want to thank every participant (players, coaches, team support, volunteers, family and friends) for supporting and contributing to the growth and development of women's sledge hockey. Your dedication will fuel the flame – the world is watching!

– Janice Coulter

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## WOMEN'S SLEDGE HOCKEY OF CANADA

### 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:

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

### 2014 BOARD OF DIRECTORS

|                     |   |
|---------------------|---|
| President:          | Janice Coulter  |
| Vice President:     | Derek Whitson   |
| Secretary:          | Tara Chisholm   |
| Treasurer:          | Peggy Assinck   |
| Player REP:         | Jessie Gregory  |
| Directors at Large: | Steven Morton<br>Sandy Metzger<br>Keith Metzger<br>Kim McDonald<br>Brooke Martens |



WOMEN'S SLEDGE HOCKEY OF CANADA IS GUIDED BY THE FOLLOWING OBJECTIVES AND 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.

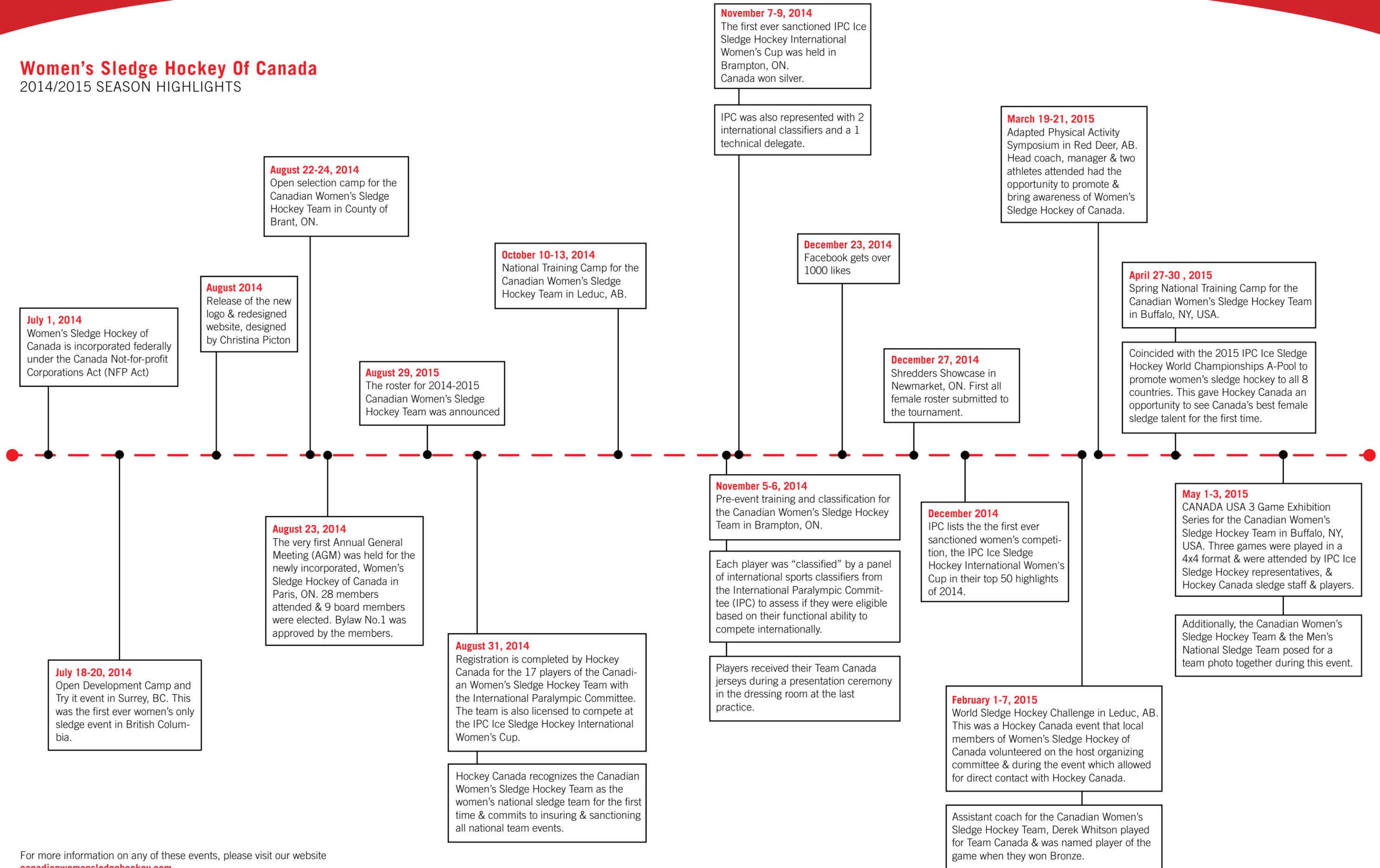
### MEDIA

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.

# Women's Sledge Hockey Of Canada

## 2014/2015 SEASON HIGHLIGHTS



# THE CANADIAN WOMEN'S SLEDGE HOCKEY IMPACT

TESTIMONIALS FROM ATHLETES INVOLVED IN THE WOMEN'S PROGRAM



I never thought I'd be motivated in attending a "sports camp" let alone to an extreme one like sledge hockey, but low and behold I did this summer and have nothing but great things to say about it. One experience that sticks out to me is when I was having a lot of difficulty with a borrowed sled. I kept falling over and struggling to get up, much like a flipped tortoise on ice. Before being able to feel disheartened or embarrassed about my lack of athletic prowess, about 5+ different people came up (coaches, volunteers, national players) pulled me aside, problem solved the issues and sent me back out. And when I struggled again, rinse and repeat. There was no singling out or exclusionary behaviour which is often prevalent in sports. With this organization, they've created a very supportive culture which heavily emphasizes teamwork and heart. It's fantastic to know that they carry this mindset and attitude on a national level.

– Vivian Yu, Surrey Development Camp Participant

*“With this organization, they've created a very supportive culture which heavily emphasizes teamwork and heart.” – Vivian Yu*

Women's Sledge Hockey of Canada is making my dream of becoming a national athlete in sledge hockey a reality. For so long it seemed like the furthest a woman could get in this sport was to the provincial level, which isn't even offered all across Canada. Our Women's program doesn't accept that and it's pushing the boundaries, getting women's sledge hockey recognized across Canada and even around the world. The dedication and passion the volunteers, coaches and athletes demonstrate amazes me and makes me confident that our program will only continue to grow and earn its deserved spot in the Paralympics.

– Christina Picton, captain of Women's Team Canada

What an amazing weekend of sledge hockey at the Women's Sledge Hockey Canada Development Camp. I learned so many new skills and ideas, met some incredible sledge hockey players and received some valuable coaching. So memorable!

– Renuka Senaratne, Surrey Camp Participant

Her big takeaway is that it was fun playing with women. They were all so supportive. It was a pleasure to meet you and some of the others involved in the team. Your mission is a good one and we are glad that someone is working so hard to make this happen. Please keep Lara on your list for future development and consideration.

– Peter Wong, parent of Lara Wong, participant at Brant camp



## NEVER TO GIVE UP

My name is Danica McPhee, I am a new recruit both to the world of Sledge Hockey and to the disabled community; I have been on the ice since 2013 and a part of the Canadian Women's Sledge Hockey Team since 2014.

In February 2013, I leapt off of a retaining wall and onto the beach below, it was a lot higher than I had expected and it was the decision that caused my spinal cord injury. At first I assumed that I would never forgive myself for that false sense of invincibility but now almost 3 years and many proud accomplishments later, I can say that I would not change a thing. I credit this transformation in large part to my involvement with sledge hockey and the opportunities that the sport has given me.

Luckily, I was introduced to adapted sport quite quickly when my rehab centre took me camping with a sit-ski, mountain bike and archery equipment. As someone who hadn't so much as completed a push-up prior to my accident I was shocked at how great it felt to participate in something so challenging and exciting. Right after an injury, most challenges revolve around activities of daily living so it felt amazing to have challenges in my life that were enjoyable.

I spent the remainder of that summer searching for an adapted sport that was right for me until I found sledge hockey. I began playing with the Mississauga Cruisers and was immediately hooked. I had become so

accustomed to having the people in my life treat me so gently, as if I would break all over again but suddenly had teammates knocking me into the boards without a second thought, I was their equal.

My coach saw potential in me, he also wanted me to meet more women with disabilities that I could learn from and so he urged me to try out for Team Canada. I was nervous about how the women would perceive me, having only played for one year and lacking 'national team' confidence but they were the most supportive group of people I had ever met. They cheered on their competitors as if the only thing that mattered was that more women were entering the sport each year and that the world was finally noticing this sport that they had been so passionate about for years already.

I left those try-outs as a part of Team Canada, a very small group of strong women in the world who are making history in hockey. While they trail-blaze their way to affiliations with Hockey Canada and the International Paralympic Committee, I learn more about myself and my disability each time we are together. My first time traveling with a wheelchair they were by my side, we share stories of medical advice and how to thrive as a female in a sport dominated by men.



Our coaches ensure that everywhere we go as a team we conduct ourselves in a professional manner that assumes the world is watching us. Even this seemingly innocuous structuring of our time together has given me hope that one day the world will be watching us. At the very least our coaches truly believe that we deserve the world to watch us and that is enough to convince me *never to give up*.

– Danica McPhee

## WOMEN'S SLEDGE HOCKEY OF CANADA

Balance Sheet (Fiscal Year July 1, 2014—June 30, 2015)

### ASSETS

|                          |           |              |
|--------------------------|-----------|--------------|
| cash in bank account     | \$        | 1 523        |
| credit in Paypal account |           | 38           |
| <b>TOTAL</b>             | <b>\$</b> | <b>1 562</b> |

### LIABILITIES & EQUITY

|              |                       |              |
|--------------|-----------------------|--------------|
| liabilities  |                       | none         |
| equity       | cash at start of year | \$ 3 819     |
|              | net income            | \$ (2 257)   |
| <b>TOTAL</b> | <b>\$</b>             | <b>1 562</b> |

Prepared by: Brooke Martens Brooke Martens Director

Reviewed by: Janice Coulter Janice Coulter President



## WOMEN'S SLEDGE HOCKEY OF CANADA

Income Statement (Fiscal Year July 1, 2014—June 30, 2015)

### REVENUE

|              |                           |               |        |
|--------------|---------------------------|---------------|--------|
| General      | memberships               | \$            | 490    |
|              | donations                 |               | 6 685  |
|              | grants                    |               | 16 457 |
|              | t-shirt sales             |               | 2 280  |
|              | interest                  |               | 0      |
|              | in-kind contributions     |               | 595    |
| Events       | registration fees/tickets |               | 10 870 |
|              | in-kind contributions     |               | 1 876  |
| <b>TOTAL</b> | <b>\$</b>                 | <b>39 253</b> |        |

### EXPENSES

|                   |                                     |                |               |
|-------------------|-------------------------------------|----------------|---------------|
| Operations        | incorporation                       | \$             | 685           |
|                   | insurance                           |                | 1 020         |
|                   | conferencing & website              |                | 547           |
|                   | trade show                          |                | 100           |
|                   | bank fees                           |                | 66            |
|                   | merchandise & clothing              |                | 3 585         |
| Events            | registration/ice/referees           |                | 6 315         |
|                   | mens event tickets                  |                | 1 565         |
|                   | seminars & supplies                 |                | 1 315         |
|                   | staff & team transportation & meals |                | 13 179        |
|                   | staff & team accomodation           |                | 13 135        |
|                   | <b>TOTAL</b>                        | <b>\$</b>      | <b>41 511</b> |
| <b>NET INCOME</b> | <b>\$</b>                           | <b>(2 257)</b> |               |

Prepared by: Brooke Martens Brooke Martens Director

Reviewed by: Janice Coulter Janice Coulter President

## ACKNOWLEDGEMENTS

Women's Sledge Hockey of Canada recognizes the generous support of:

International Paralympic Committee

Canadian Paralympic Committee

Hockey Canada

Sport Canada

Canadian Association for the Advancement of Women and Sport and Physical Activity

Agitos Foundation

Alberta Sport Connection

Paralympic Sports Association

Edmonton Sled Hockey Club

Cruiser Sports for the Physically Disabled

Sledge Hockey of Eastern Ontario

SportAbility BC

URO Medical Supplies

Ind Com Leasing Inc.

Manor Tool & Die Ltd.

ActivEars Hearing Centres Inc.

County of Brant

City of Surrey

City of Leduc

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.

