

# MASRC

# NEWSLETTER

OCTOBER 2023

INDIGENOUS WOMEN & GIRLS RUN  
INDIGENOUS ATHLETE OF THE MONTH  
COACH DEVELOPMENT OPPORTUNITIES  
MASRC STAFF UPDATES





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- Winnipeg Program Updates
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- Indigenous Women & Girls Run
- NAIG Coaches Win Multiple Awards
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## November 2023 Event Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31	1 SSD Community Visit	2 SSD Community Visit	3 SSD Community Visit	4 SSD Community Visit	5
6	7	8 National Aboriginal Veterans Day MASRC Offices Closed @11:00AM	9	10	11 Remembrance Day	12
13	14	15 SSD Community Visit	16 SSD Community Visit	17 SSD Community Visit	18 Basketball Referee Clinic in Dakota Plains	19 Aboriginal Coaching Modules
20	21	22	23 Indigenous Family Bowling 1-3:00PM	24	25 MASRC Annual General Meeting	26 Aboriginal Coaching Modules
27	28 SSD Community Visit	29 SSD Community Visit	30 SSD Community Visit	1	2	3

### 3<sup>rd</sup> Annual Indigenous Women & Girls Run



Despite the somewhat overcast weather, the atmosphere at our 3<sup>rd</sup> Annual Indigenous Women & Girls Run was nothing short of radiant and filled with positivity throughout the entire day. On Saturday, September 23, our event unfolded, bringing together an incredible turnout of more than 100 participants who were eager to contribute to the well-being and empowerment of Indigenous women, girls, and two-spirit individuals.

Organized by Kaelei Knutson, the event's activities ranged from a spirited opening ceremony, which were opened by the White Wolf Drummers and Serene Goodwill, a jingle dress dancer and Miss Manito Ahbee 2023. Opening remarks were also welcomed by Robyn Boulanger. The support and camaraderie among participants were palpable, creating a shared sense of purpose that transcended any minor inconvenience the weather might have posed.

Throughout the day, the mission of the event was at the forefront: to raise funds and awareness for programs aimed at improving the lives and opportunities of Indigenous women, girls, and two-spirit individuals. The participants' unwavering commitment was a testament to the significance of this cause, as they engaged in thoughtful discussions, shared stories, and learned about the challenges and strengths Indigenous women and girls face when accessing sports and recreation. Local businesses, sponsors, and volunteers played a crucial role in ensuring the success of the event. They provided refreshments, first aid stations, and a welcoming environment, making sure everyone felt cherished and valued. The vibrant colors of the event shirts and banners were matched only by the infectious positivity and enthusiasm of those in attendance.

Closing remarks were filled with gratitude and an appreciation for the support and awareness raised. As participants dispersed, the unity, purpose, and commitment that characterized the 3<sup>rd</sup> Annual Indigenous Women & Girls Run lingered, a bright and sunny beacon illuminating the path forward in the ongoing pursuit of empowerment for Indigenous women, girls, and two-spirit individuals.

For more information on programs that are directly supported by our Indigenous Women & Girls Run, please visit our website: [www.masrc.com](http://www.masrc.com).





## Basketball Officials Clinic to be Hosted by Portage Association of Basketball Officials (PABO) & Dakota Plains Wahpeton

**Where:** Dakota Plains (Mahpiya Hdega) School,  
P.O. Box 100, Edwin, ROH 0G0

**When:** November 18, 2023, 9:00AM-2:00PM

**Who:** EVERYONE IS WELCOME TO ATTEND!

This clinic welcomes individuals of all backgrounds, whether they have prior referee experience or are newcomers eager to learn about the sport.

**Cost:** \$125.00 before November 1, 2023.

\$135.00 after November 1, 2023.

Free for Indigenous & BIPOC women, girls, and 2S people.

**How to register:**

Contact Carriera Lamoureux at 204-925-5737, or [carriera.lamoureux@masrc.com](mailto:carriera.lamoureux@masrc.com) or Don Boddy, PABO Assignor at [thebodmb@hotmail.com](mailto:thebodmb@hotmail.com).



## Upcoming Aboriginal Coaching Modules

**November 19th, 2023** 10:00AM-4:00PM CST  
In person at Sport Manitoba, Winnipeg

**November 26th, 2023** 9:00AM-3:30PM CST  
In person at Sport Manitoba, Winnipeg

**December 15th, 2023** 10:00AM-4:00PM  
In person at Sport Manitoba, Winnipeg

**January 20th, 2024** 9:00AM-3:00PM  
In person at Sport Manitoba, Winnipeg



To register for any of the above dates, please visit [www.masrc.com/aboriginal-coaching-module](http://www.masrc.com/aboriginal-coaching-module).

### About the Aboriginal Coaching Modules

The Aboriginal Coaching Modules serves as a professional development tool suitable for both Indigenous and non-Indigenous coaches working with Indigenous athletes seeking NCCP certification. It aims to meet vital learning objectives, including comprehending the role of sports in Indigenous communities, positively impacting the communities where coaching takes place, adopting a holistic coaching approach, addressing issues of racism in sports, establishing inclusive team codes of conduct, and guiding those being coached toward making healthy lifestyle choices.

If you wish to bring the ACM to your community or need more information, please get in touch via [info@masrc.com](mailto:info@masrc.com) or call 204-925-5737.

## North End Hockey Searching for One More Coach to Finish Roster!

North End Hockey (formerly NEHP) helps to provide children and youth living in Winnipeg's North End with an opportunity to play organized hockey. The program is open to all children (Indigenous & Non-Indigenous) between the ages 5 to 15 years who have a financial need and reside in the North End of Winnipeg. Through the program, we provide assistance with equipment loans and registration subsidies.

Last year, we had close to 100 youth from the North End involved in our program. They compete in the Seven Oaks Minor Hockey Association, which is a part of Hockey Winnipeg's A3 leagues. This year, some teams were able to travel and compete in tournaments in Winnipeg and the surrounding areas.

**The North End Hockey Program is completely volunteer led. Coaches and team managers are the backbone of our program. If you would like to help support our program through coaching or volunteering, please contact Quinton by email at [nestormcoordinator@masrc.com](mailto:nestormcoordinator@masrc.com), by phone at 204-942-6615, or visit our website at [www.masrc.com/north-end-sports](http://www.masrc.com/north-end-sports).**



## Indigenous Family Bowling is Back!

Celebrate family togetherness with us from 1:00-3:00PM on November 23<sup>rd</sup> 2023, December 21<sup>st</sup> 2023, January 4<sup>th</sup> 2024 in Winnipeg. This free event promises an enjoyable day of bowling, complete with drinks and mouth-watering pizza!

Whether you're a seasoned bowler or a complete novice, all are welcome to join the fun and friendly competition. Our goal is to foster bonds, promote cultural awareness, and strengthen our community.

Space is limited, so secure your spot by registering at [www.masrc.com/events.php](http://www.masrc.com/events.php). Don't miss this chance to create lasting memories and celebrate our vibrant community. See you there!

## Five Years of Excellence: Cadin Dupasquier's Impact on Indigenous Community Sports and Coach Development

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In a world that increasingly recognizes the power of sports as a force for positive change, the role of dedicated individuals cannot be overstated. Cadin Dupasquier, a prominent member of our team, is one such individual who has spent the last five years making an indelible mark in the world of Indigenous community sports. His journey from an Indigenous Community Sports Consultant to now encompassing coach development is a testament to his dedication and commitment to growth, making him a true champion in our team.



### A Half-Decade of Dedication

Cadin Dupasquier's journey with our organization began five years ago, and his impact since then has been nothing short of extraordinary. As an Indigenous Community Sports Consultant, Cadin's unwavering commitment and passion for his role have been a driving force behind our mission. He has made a profound impact on both our organization and the Indigenous communities we serve. During this time, Cadin's work has extended beyond his job description. His dedication has gone well beyond his day-to-day responsibilities, embodying a commitment that inspires everyone around him. He has consistently demonstrated that positive change through sports and recreation is not just an aspiration; it's a mission that can be realized through hard work, determination, and passion. In his role as an Indigenous Community Sports Consultant, Cadin has been instrumental in fostering positive change within Indigenous communities. He has leveraged his expertise and passion to create meaningful opportunities for individuals to engage in sports and recreation, thereby enhancing their overall well-being.

### Expanding Horizons: Coach Development

The exciting news is that Cadin's journey is not static. He is now expanding his role to include coach development. This expansion is a significant milestone in his career, showcasing his unrelenting commitment to growth and his aspiration to make a lasting impact in the sports world. The addition of coach development to his portfolio signifies his dedication to enhancing the skills, knowledge, and capabilities of coaches. It's a clear indicator of his belief in the importance of not just focusing on athletes but also on those who guide, mentor, and shape them - the coaches.

With Cadin at the helm of coach development, we anticipate a new era of growth and progress in this field. His rich experience in Indigenous community sports, combined with his fresh perspective and vision for coach development, is a winning combination that promises to take this aspect of the sports world to new heights. Cadin's journey into coach development is driven by the understanding that coaches play an integral role in the sporting ecosystem. They are the educators, motivators, and inspirations behind athletes' success. By enhancing the capabilities of coaches, he is contributing to the overall growth and development of athletes, which, in turn, will lead to more vibrant and healthier communities. As Cadin Dupasquier embarks on this new chapter, leading the way in coach development, it's essential to recognize the tremendous impact he has had thus far. His dedication to Indigenous community sports and his willingness to embrace new challenges in the form of coach development is inspiring.

### Get in Touch with Cadin

To connect with Cadin for inquiries, you can reach out via phone at 204-942-6615 or send an email to [cadin.dupasquier@masrc.com](mailto:cadin.dupasquier@masrc.com). Feel free to contact him for any information or opportunities.

## NAIG Coaches Named as Recipients of Sport Manitoba Coaching Awards

Gabrielle Wishart, Peter Williamson Memorial Award for Train to Compete/Train to Win

Gabrielle is a Red River Metis volleyball coach known for her dedication to the sport and her efforts to promote diversity and inclusion. She recently received the Peter Williamson Memorial Award for Train to Compete/Train to Win at the Sport Manitoba Coaching Awards.



Over the past seven years, Gabrielle has coached volleyball and mentored young coaches. She's been both an assistant and head coach at the 204 Volleyball Club, and she also led the girls' grade nine volleyball team at Institut Collegial Vincent Massey Collegiate. In 2023, she achieved remarkable success as the head coach for Team Manitoba's 16U male volleyball team, winning an international championship.

Gabrielle is not only a coach but also an advocate for diversity and inclusion in sports. She actively participates in initiatives focused on these goals, such as the Anti-Racism in Sport Youth Committee. Her coaching philosophy emphasizes long-term athlete development. She introduces athletes to high-performance training, nutrition, and mental preparation. Gabrielle also promotes fair play and adherence to the rules, encouraging good sportsmanship. She creates a positive team culture and encourages athletes to give back to their communities through coaching or volunteering.

In addition to her coaching role, Gabrielle creates an environment where athletes have a say in their development, supporting their holistic growth. Her commitment to this approach has led her teams to success at both the national and international levels.

Kyler Murray, Janet Arnott Memorial Award for Train to Train

Kyler Murray, a dedicated Red River Metis badminton coach, received the Janet Arnott Memorial Award for Train to Train from Sport Manitoba. Known for his quiet leadership, Kyler fosters a positive sports environment where athletes can be themselves, make mistakes, and have fun.



Kyler's coaching career includes stints as an assistant coach at Springfield Middle School and Springfield Collegiate in Oakbank, Manitoba. He's provided badminton lessons to various age groups and was involved with the Manitoba Regional Challenge and the Canada Winter Games. In 2023, he served as the Head Coach for Badminton teams at the North American Indigenous Games (NAIG) in Halifax.

His coaching philosophy centers on the idea that sports should be enjoyable. He encourages a positive and light-hearted approach, aiming to show that sports can be fun, even in competition. Kyler emphasizes values like honest competition and learning from mistakes. He sets the tone by approaching the court with a smile and promoting respect among athletes.

For NAIG, Kyler introduced diverse training experiences to prepare athletes for international competition. He prioritizes team building through consistent practice, helping athletes form connections. Despite most athletes not having met before, they achieved exceptional results at NAIG. Kyler also values the physical and mental well-being of his athletes. He creates a safe, pressure-free environment, emphasizing the joy of the sport and fostering camaraderie among athletes.

## Celebrating Excellence: Trina Ross and Connor Church Receive Prestigious Tom Longboat Award

In a remarkable display of talent and dedication, Trina Ross from Pimicikamak Cree Nation and Connor Church of the Red River Metis Nation have been honored with the Tom Longboat Award by the Aboriginal Sports Circle. This prestigious recognition was presented at the 67th Annual Order of Sport Awards in Gatineau, Quebec, and it symbolizes the pinnacle of achievement in the world of sports.

Trina Ross is known for her exceptional performance on the international dragonboat stage and has consistently pushed the boundaries of what is possible in this demanding sport. Her achievements are not only remarkable but also an inspiration to athletes worldwide.

On the other hand, Connor Church's wrestling prowess has reached phenomenal heights. His unwavering commitment and passion for the sport have led to a series of incredible achievements that make him a true standout in the wrestling community.



These two extraordinary athletes embody the indomitable spirit of Tom Longboat, a legendary figure in the world of athletics. Their stories are a testament to the power of determination, hard work, and dedication. Their remarkable journeys serve as an inspiration to aspiring athletes, not only in their province but also far beyond its borders. We are immensely proud of Trina and Connor's well-deserved success and look forward to their future endeavors. They are indeed shining examples of what can be achieved when talent and determination converge. Their continued achievements promise to inspire the next generation of Indigenous athletes.

## Celebrating Tyndall Fontaine's Lacrosse Coaching Journey

We're thrilled to spotlight Tyndall Fontaine, an accomplished lacrosse coach from Fort Alexander, Manitoba. His journey showcases unwavering commitment to personal growth, remarkable roles in both Indigenous and mainstream lacrosse, and an international coaching stint.

Tyndall's journey features coaching at the North American Indigenous Games and a vital role as Assistant Coach for Team Poland in the World Junior Lacrosse Championships in 2022. He's not just a coach; he's a mentor, guiding players, regardless of their skill level.



Tyndall's will receive the 2023 National Indigenous Coaching Award on November 3, 2023, in Calgary. Join us in celebrating Tyndall's remarkable contributions to the world of lacrosse!





## Warm Welcome to Tia Murdock & Amery Singh-Young, Our New Sport for Social Development Program Leaders

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We are delighted to announce the arrival of two new staff, Tia Murdock and Amery Singh-Young, who have joined our team as Program Leaders for Sports for Social Development. Their arrival marks a significant milestone in our mission to enhance sports and recreation programs in communities across Manitoba.

Tia Murdock brings a wide depth of knowledge from her experience in sports. Her experience and commitment to utilizing sports as a means of empowerment have already positioned her as a valuable asset to our team. Tia's dedication is not just inspiring; it's a driving force behind our collective vision for creating positive change in communities.

Amery Singh-Young, with their background in sports and recreation, is set to have a profound influence on our organization's mission. Their vision of inclusive and accessible sports programs aligns seamlessly with our core values. We are enthusiastic about the innovative approaches they will bring to our programs.

As Program Leaders, Tia and Amery will collaborate closely with communities, fostering a sense of empowerment among residents of all ages, backgrounds, and abilities. Their combined expertise and passion will undoubtedly play a crucial role in achieving our mission to create healthier, more resilient, and tightly knit Indigenous communities throughout Manitoba. Over the coming months and years, we anticipate witnessing significant transformations under Tia and Amery's leadership. Your support and encouragement in welcoming them to our team are instrumental as they embark on this exciting journey with us.

If you're interested in learning more about how Amery and Tia can help you take your community's sports and recreation programs to the next level, please don't hesitate to reach out to them directly at 204-942-6615, or by email at [tia.murdock@masrc.com](mailto:tia.murdock@masrc.com) and [amery.singh-young@masrc.com](mailto:amery.singh-young@masrc.com). They would be delighted to discuss the possibilities and tailor their expertise to your community's unique needs.

## Excited to Announce the Addition of Donna Mathieson as our Sports Equipment Warehouse Supervisor!

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We are also delighted to welcome Donna Mathieson as our new Sports Equipment Warehouse Supervisor. With her extensive experience in warehouse management and a passion for sports, Donna is the perfect addition to our team. Her strong leadership, organizational skills, and dedication will undoubtedly elevate our operations to new heights. We look forward to her expertise in ensuring our sports equipment warehouse runs efficiently and smoothly, providing our community members with top-notch service.

### About the Sports Equipment Warehouse Program

The Manitoba Aboriginal Sports & Recreation Council is dedicated to the collection of both new and gently used sports equipment donations. Through our Sports Equipment Warehouse Program, we facilitate the redistribution of these donated items to a wide range of recipients, including individuals, communities, and various organizations throughout the province. Through our extensive network and partnerships, we aim to ensure that sports equipment is accessible to all, promoting physical activity, inclusivity, and community engagement across our region.

We are currently revamping our Sports Equipment Warehouse Request Process. You can find out more about the program, including how to make a request, by visiting [www.masrc.com/warehouse-equipment](http://www.masrc.com/warehouse-equipment).

## Indigenous Athlete of the Month

### Meet Asun Ducharme: Our Indigenous Athlete of the Month for October

Asun Ducharme is an exceptional student-athlete and community leader hailing from the O-Pipon-Na-Piwin Cree Nation and currently residing in Winnipeg. In the realm of high school sports and community leadership, Asun shines as a prime example of unwavering dedication, passion, and commitment to both personal and team success.

Asun embodies the qualities that every coach dreams of in their players. He is motivated, hardworking, dedicated, and committed to the pursuit of excellence. His unshakable optimism and boundless passion set him apart as a true inspiration to his peers. One of Asun's remarkable traits is his ability to set goals and relentlessly follow through on them. He understands the importance of having a clear path to success and works tirelessly to reach his targets. The commitment Asun shows to his athletic pursuits is truly impressive. Whether it's the crack of dawn or late in the evening, he never misses a workout or practice. His coachable nature, respect for others, and natural leadership qualities make him an invaluable asset to his team. He takes great pride in never letting down his teammates and coaches. Asun's dedication to training is nothing short of extraordinary. He trains six days a week, and at times, even twice a day. Such a rigorous regimen speaks volumes about his commitment to physical fitness and self-improvement.



Asun currently serves as one of the team captains of the Dakota Lancers, his high school football team. His leadership role is a testament to the respect and trust he has earned from his peers. His leadership has played a pivotal role in leading his team to a remarkable 6-1 record this season. Beyond this, his talents have not gone unnoticed on the international stage. He had the privilege of traveling with Recruit Ready, a Winnipeg-based speed and skills training program, to the United States to participate in 7-on-7 tournaments, where he showcased his skills to a global audience. Furthermore, he received the prestigious honor of being selected for two consecutive years to participate in the CFC Prospects Games in Ottawa, in both 2022 and 2023. Asun attributes a significant part of his growth as an athlete to his involvement with the Strive Football Academy at Strive United Therapy on Waverly.

Asun's commitment to excellence extends beyond the field. He excels in the classroom, consistently achieving good grades and staying on top of his homework. As well, his holistic approach to life is evident in his strong emphasis on maintaining physical, mental, and emotional well-being. Asun maintains a healthy diet, ensures he drinks an ample amount of water, and supplements his nutrition with vitamins. Moreover, his choice to abstain from drugs and alcohol is a testament to his responsible and health-conscious lifestyle. Asun's dedication and achievements have not gone unnoticed, as he currently holds four football scholarships. His story is a testament to the incredible heights that can be reached through unwavering commitment, hard work, and a passion for excellence.

Asun Ducharme is a shining example of a student-athlete who excels in all aspects of life. His commitment to athletic and academic success, make him a role model for young Indigenous athletes and leaders. With a future undoubtedly bright, the impact he continues to make on those around him is immeasurable. Asun is not just a student-athlete; he is a beacon of inspiration, a community leader, and a testament to what unwavering dedication can achieve.



## Message from MASRC Leadership



### MESSAGE FROM OUR EXECUTIVE DIRECTOR, MEL WHITESELL

I'm really looking forward to the upcoming winter sports season. Our organization has recently brought in three new team members, and we're excited about the valuable skills and progress they will contribute, making this season even more promising.

As we approach year-end, our focus is on supporting and providing resources to communities throughout Manitoba. We're committed to making the final months of the year special.

Thank you for being a part of our journey. The winter season promises excitement, and we look forward to sharing it with you. Here's to a great year-end and more successes ahead!

## Thank you to our Sponsors & Partners!



*Have a story you want to share? Is your community hosting an upcoming event? Do you have questions about our newsletter?*

Contact: Gabrielle Wishart  
Communications Coordinator  
P: 204-925-5737  
F: 204-925-5716  
E: info@masrc.com