

MANITOBA ABORIGINAL SPORTS & RECREATION COUNCIL



**SUMMER-FALL 2022
NEWSLETTER**

2ND ANNUAL INDIGENOUS WOMEN & GIRLS RUN

EVENT REPORT



**53
VOLUNTEERS**

**\$14,250.00 RAISED
TO SUPPORT
PROGRAMS FOR
INDIGENOUS WOMEN
& GIRLS**

**146 RACE
PARTICIPANTS**

**200 ORANGE
SHIRTS**



2ND ANNUAL INDIGENOUS WOMEN & GIRLS RUN

On September 24th, 2022. 146 participants walked, ran, and rolled in support of sports & recreation programs for Indigenous women and girls.

Despite a rainy start to the morning, we raised \$14,250 to go towards these programs!

We would like to thank our partners- Anti-Racism in Sport Winnipeg, Immigration Partnership Winnipeg, and Athletics Manitoba for their hard work and dedication.



Special thanks go out to our sponsors- Birchwood Automotive & Corpell's water for supplying our orange shirts & waterbottles.

And lastly- thank you to our volunteers! We had over 50 folks come out and make sure this run was a great event.

If you would like to view more photos, or discover ways to support more programs and initiatives, please visit www.masrc.com.



Photography courtesy of Daria Palmer, Anti-Racism in Sport Winnipeg

MASRC TEAM UPDATES

Joshua Gandier Winnipeg (Peguis First Nation) Regional Strategy Consultant

Welcome Josh! Josh is a recent graduate of the University of Winnipeg, where he played basketball for the past 5 years. Josh also played on the NAIG 2017 U19 Men's Basketball team.

In his new role, Josh will be working with both the Aboriginal Sports Circle and Indigenous communities across the province to create a national strategy targeting Indigenous health & wellness.



Quinton Denechezhe Winnipeg (Lac Brochet First Nation) North End Sports Coordinator

Quinton has also recently joined the MASRC staff! He will be administering the North End Hockey Program. Quinton is currently studying Kinesiology at the University of Winnipeg.

Quinton is also coaching the U13 North End Storm team! He grew up in and around the North End, and played hockey at both the community and high school level previously.



July Athlete of the Month

MASRC is proud to announce our July MASRC Athlete of the Month! Tarig Ahmed is a football player from Winnipeg, MB (Long Plain First Nation).

Tarig Ahmed recently played for Team Manitoba's Under 18 football team at the Canada Cup in Kelowna, British Columbia. At 17 years old, Tarig has been playing football since grade four. He also plays for the Grant Park Pirates in Winnipeg and has the goal of eventually playing football at the professional level. Tarig held the role of defensive end for Team Manitoba, while he plays middle line backer for the Pirates. He is also an avid basketball player and cyclist. In the summer months, he works full time as a bike mechanic.



At the Canada Cup, Tarig's football team played in extreme heat. Tarig expressed this experience was the hardest he's ever been pushed in his life in terms of his athletics and training. It has helped him reaffirm his commitment to pursuing football at a professional level.

Tarig has a kind and funny spirit. He tries to help others and performs random acts of kindness, such as driving around to bus shelters in the winter so his family can deliver meals to people who live in the bus shelters. He also delivers food to single parent families to help them access healthy food. Last summer, there was a crisis in the northern First Nation called Tataskweyak Cree Nation. Tarig was aware of the crisis and helped to gather up numerous bicycles for donation to benefit the youth of Tataskweyak."

-Melanie Ferris, parent

July Community Champion of the Month

Our July MASRC Community Champion of the Month is Tanya Thompson! Tanya is a Métis volleyball coach from Russell, Manitoba.

"Tanya Thompson is a dedicated coach in the community of Russell, MB. She has put in countless hours promoting and coaching a volleyball, a sport that she loves. Through this sport she helps young girls develop into young women.



She has coached multiple teams in Russell for both school and club. Most recently lead the Major Pratt girls varsity team to win AA provincials and has been coaching with the 2022 Canada Games Women's team that just won the Canada Cup in Calgary as a women's coach in training.

Tanya is an ambassador for the game of volleyball. Even though she had no children playing the game, she continues to coach young women in the community to excel. She coached her mostly grade 11 team with one grade 12 player to a AA High School provincial gold medal. She continually wants to improve and be a better coach. She is willing to learn and grow herself. As a result, she volunteered to coach with the Canada Summer Games women team. Through mentorship, she will be able to take back more knowledge to her community in Russell. Tanya is a dedicated coach and mentor for young women in this sport."

-Shannon Leflar, athlete parent

To read their complete stories, or to nominate your Athlete or Community Champion of the Month, visit <https://www.masrc.com/monthly-awards>. Nominations close every month on the 25th.

August Athlete of the Month

August Athlete of the Month BREAS ROSS



PIMICIKAMAK CREE NATION
WINNIPEG, MB



“Breas Ross is a 12 year old canoe and kayak athlete. He is a member of Manitoba Canoe & Kayak Centre. Breas joined MCKC at the age of 9. He had excelled in the sport and began competing at high level competitions. This past summer he participated with Team Manitoba at the Junior Championships in Regina, Sask. He won a gold medal U12 K1 2000 meter race. Two silver medals K1 U14 category 500 and 200 meter. A bronze medal U14 K1 1000 meter.

He went on to participate at the Division trials in Calgary, Alberta. He won a gold medal K4 U12 200 metre, a silver U14 K4 500 and a Bronze U14 K4 1000 meter.

Breas continues to excel and had also made Team Manitoba in the up coming NAIG 2023 in Halifax, Nova Scotia. He will compete in Canoe/kayak U14 category.”

#TRC87

September Athlete of the Month

Our September Athlete of the Month, Trina “competed in the ICF Dragon Boat World Championships in Czech Republic with Team Canada. She won 3-gold, 1-Silver and 4-bronze medals. She raced in senior Womens, seniors mix, open and masters 40 plus. Races consisted of 10 seater and 20 seater dragon boats. The World Championship had a total of 15 countries/nations competing including Team Canada,” said Henry Ross, Trina’s husband.

Overall, Trina won 8 medals at this international competition. Cindy Woodhouse, Manitoba’s regional chief for the Assembly of First Nations, offered her support to Ross at the airport- saying that “I commend you so very much. You’re an inspiration to our women, our men, our First Nations young people and for living a healthy lifestyle and for showing many of us what can be done.”



September Athlete of the Month TRINA ROSS

PIMICIKAMAK CREE NATION
WINNIPEG, MB






#TRC87

To read their complete stories, or to nominate your Athlete or Community Champion of the Month, visit <https://www.masrc.com/monthly-awards>. Nominations close every month on the 25th.

EVENT COUNTDOWN

as of October 3rd, 2022



**2023 NAHC
215 DAYS**



**2023 NAIG
284 DAYS**

Aboriginal Apprentice Coach Program (AACCP)

This year, Charisse Cyr (volleyball) and Keith Mason (basketball) were selected to apprentice coach with Team Manitoba at the Canada Summer Games in Niagara, Ontario.



KEITH MASON
BASKETBALL

CHARISSE CYR
VOLLEYBALL



TANYA THOMPSON
VOLLEYBALL

Women in Coaching
Apprentice Program



INDIGENOUS COMMUNITY COACH APPRENTICESHIP PROGRAM (ICCAP)

Maxine and Jessica were both selected to Team Manitoba for Halifax 2020, which was postponed- and as a result, for the 2023 Games, had aged out of their respective sports. We are so happy to have them join our coaching staff for NAIG 2023 in partnership with the Aboriginal Sports Circle and NAIG Council.



MAXINE LAVITT

SWIMMING

“Since the age of 11, competitive swimming has been an integral part of my life. Through the sport I love, I have learned the value of teamwork, communication, strong leadership, team spirit and sportsmanship.”



JESSICA CHOW

SOCCER

“I am so excited to attend NAIG next year. As my own final year of eligibility was lost to the pandemic, it will be an amazing experience. I am looking forward to meeting new coaches and watching all the phenomenal athletes compete. Don't forget to register for tryouts!”

Good Luck Riya!

Our summer Games Assistant, Riya, will be continuing her studies at Algoma University in the fall, while playing basketball for their varsity women's basketball program. We wish Riya good luck on her journey, and thank her for her hard work this summer!

Riya's team will compete in the OUA, and she joins fellow Winnipeg recruits Brooke, Bethany, and Gracie. Previous Algoma basketball players include MASRC's Director of Special Projects, Carriera Lamoureux.



CALL OUT FOR NAIG COACHES!

We're still looking to fill the following positions:

- 16U Female Basketball Assistant Coach
- 14U Male Basketball Assistant Coach
- 16U Male Box Lacrosse Assistant Coach
- 16U Female Softball Assistant Coach
- Swimming Assistant Coach

If you are interested in one of these positions, please contact our Major Games Manager Gabrielle at gabby.desrochers@masrc.com, or at (204) 925-5689.



COMMUNITY VISITS OVER THE SUMMER

**AUGUST 2022
AUSTIN
STREET FEST**



**JULY 2022
ROSEAU RIVER
FAMILY FUN
DAY**




**AUGUST 2022
INTERLAKE
RECREATION
STATION TOUR**




We Want to Visit Your Community!

MASRC wants to connect and build relationships with community volunteers, recreation workers, and local organizations across the province.

Our Sport for Social Development staff can help your community:



Learn traditional games!



Create sports & recreation programs!



Run different types of youth sports camps and skills sessions!



Connect with sports organizations across the province!

Traditional Indigenous Games

MASRC staff can travel to your community and facilitate as well as train teachers and recreation staff in traditional Indigenous games such as...

- 3D Archery (Safe Instruction & Demonstration)
- Alaskan High Kick
- Dog Warrior
- Northern-Style Wrestling Games
- Lacrosse
- Foxtail and more!

Interested in either program? Please contact Season by phone at (204) 942-6615, or by email at season.kirkwood@masrc.com.

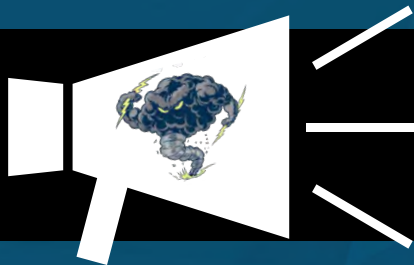


WINNIPEG PROGRAMS

WE NEED EQUIPMENT DONATIONS!

We are in need of new and gently used hockey equipment to support our equipment warehouse program. Donations are used to support the North End Storm Hockey teams & other community initiatives.

If you are able to donate, please visit www.masrc.com for drop-off locations and times.



CALLING ALL COACHES

We're looking for head and assistant coaches for our U7 & U9 Initiation Programs, and U11 & U15 A3 teams!

Coaches will receive reimbursement for travel, certifications, and all background checks.

U7 & U9 skate 1-2 times per week
U11 & U15 skate 2-4 times per week

Contact Quinton at (204) 925-5737 or nestormcoordinator@masrc.com for more info!

NAIG Classics Collection



**SHOW OFF
YOUR TEAM
MANITOBA
PRIDE!**



Contact Rhonda at rhonda.bernabe@masrc.com to order!

WE ARE HIRING

JOIN OUR TEAM!



Position Vacancies

We are looking for passionate and driven individuals who are willing to travel throughout the province. Administrative skills are required.

- ✓ **Pre-School Recreation Program Leader**
- ✓ **Sport for Social Development
Recreation Coordinators**
- ✓ **Indigenous Inter-Community Sports Liaison**
- ✓ **Elder Recreation Program Coordinator**

Complete job descriptions and application details are available on our website: www.masrc.com

We want to see how you're active! Send us your story by email to info@masrc.com!



Contact Information

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