

MASRC

NOVEMBER 2023

NEWSLETTER



NEW PROGRAMS
INDIGENOUS ATHLETE OF THE MONTH
COACH DEVELOPMENT OPPORTUNITIES
COMMUNITY UPDATES



December 2023 Event Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOV 26	NOV 27	NOV 28	NOV 29	NOV 30	1	2 3X3 Youth Basketball Tournament
3	4	5 Self Defence Program	6	7	8	9 Soccer Open Gym
10	11	12	13	14	15 Aboriginal Coaching Modules	16
17 MASRC Community Christmas Party	18 MASRC Offices Closed @ 12:00PM	19	20	21 Winter Solstice Family Bowling Day	22 MASRC Last Day in Office before Holidays	23
24 Christmas Eve	25 MASRC Offices Closed Christmas Monthly Award Nominations Close	26 MASRC Offices Closed Boxing Day	27 MASRC Offices Closed	28 MASRC Offices Closed	29 MASRC Offices Closed	30
31	JAN 1 MASRC Offices Closed Annual Award Nominations NOW OPEN	JAN 2 MASRC office hours return to regular schedule	JAN 3	JAN 4 Family Bowling Day	JAN 5	JAN 6



Indigenous Women & Girls Self Defence Program

Empower yourself through our Indigenous Women & Girls Self Defence Program, a monthly series led by instructor Cliff Spence. Beyond physical skills, the program focuses on mental and emotional strength, creating a supportive space for Indigenous women and girls. Covering situational awareness and de-escalation, the curriculum ensures a well-rounded approach to personal safety and empowerment.

With monthly sessions, we offer consistent access to resources, fostering ongoing personal development. Participants gain increased self-esteem, a better understanding of boundaries, and a supportive community. Join us in this empowering journey, equipping individuals with confidence, resilience, and a strong cultural identity.



Figure 1: Picture provided by Evan Midford of Sport Manitoba's Communications Team.

For more information, please contact Sport for Social Development Manager Robyn Cruz at robyn.cruz@masrc.com or at 204-942-6615.

Mini Basketball and Volleyball Tournaments a Success

A big thank you to all who made our youth volleyball and basketball tournaments a hit! Your efforts and passion made these events unforgettable, showcasing the amazing talent and sportsmanship in our community.

Youth Volleyball Tournament Stars
Special recognition to our outstanding players:

Best Setter: Meegwan Little
Best Server: Buddy Flett
MVP: Lyndon Houle
Best Digger: Cutris Halcrow-Flett
Best Hitter: Jenelle Cook
Congratulations to the 11-14 age group winners:

MVP: Olivia Pelletier
Best Digger: Marcella Oman
Best Setter: Madison Murdock
Best Server: Christian Reimann
Best Hitter: Taylor Councillor



3x3 Youth Basketball Tournament Winners
Congrats to the winning teams:

1st: Glan Chua, Wyatt Mitchell, Nathan Gauthier
2nd: Sara Goitem, Christian Reimann, Gabby John, Naod Goitem
3rd: Rose Ireland, Jaideep Singh Bath, Marion Saquisame

Thanks to everyone who contributed to the success of our first youth basketball and volleyball tournaments. Your support is vital in building a strong sports community. Have questions about this event? Contact Sport for Social Development Program Leader Amery at 204-942-6615, or at amery.singh-young@masrc.com.



Aboriginal Coaching Modules

Next Course: Friday, December 15th, 10:00AM - 4:00PM

**Canada Games Sport for Life Centre, 145 Pacific Ave
Winnipeg, MB**

Lunch and all course materials provided.

This course is nationally accredited through the National Coaching Certification Program (NCCP). The ACM is a professional development training tool for Indigenous and non-Indigenous coaches who coach Indigenous athletes, as they become certified through the NCCP.



The material in the ACM has been developed to meet the following learning objectives:

- Understanding the role of sport in Indigenous communities;
- Understanding and positively influencing the community in which you coach;
- Coaching the whole person; coaching beyond the physical to include the mental (intellectual and emotional), spiritual and cultural;
- Responding to racism in sport;

If you are interested in having an ACM in your community, or for more information, please contact info@masrc.com or 204-925-5737.

Applications for the Aboriginal Apprentice Coach Program Now Open

The Aboriginal Apprentice Coach Program (AACP) is a partnership between the: Aboriginal Sport Circle (ASC), Canada's Provincial/Territorial Aboriginal Sport Bodies (PTASBs), Provincial/Territorial Coaching Representatives (PCTRs), Canada Games Council (CGC) and the Coaching Association of Canada (CAC).

The program provides the opportunity for each province and territory to send two (2) coaches of First Nations, Metis and Inuit ancestry to the Canada Games in apprentice coach roles. The next Canada Summer Games will be held in St. John's, Newfoundland and Labrador, August 8-24, 2025.

AACP objectives include:

- Building coaching capacity within Indigenous communities.
- Providing Aboriginal apprentice coaches with domestic multi-sport games exposure.
- Providing Aboriginal apprentice coaches with professional development and learning opportunities to prepare them for high level coaching and ensure an increase in their level of NCCP certification to a minimum of Competition - Development, Trained. (Apprentices complete training within 12 months following the Games)
- Exposing Aboriginal apprentice coaches to elite/high performance coaches.
- Ensuring Aboriginal apprentice coaches are prepared to handle a meaningful role during the Canada Games experience.

For a list of eligible sports, eligibility criteria, and how to apply, please visit www.masrc.com/get-involved.



Nominations Open for the Manitoba Indigenous Sports Hall of Fame and Annual Indigenous Sports Awards

As we step into the new year, we are excited to announce the commencement of nominations for two prestigious recognitions that honor excellence and resilience in sports: The Manitoba Indigenous Sports Hall of Fame and our Annual Sports Awards.

We are proud to host the Manitoba Indigenous Sports Hall of Fame, a platform that pays tribute to the extraordinary contributions of Indigenous Manitobans in the realm of sports. Nominations are now officially open, and we invite you to put forth deserving individuals who have demonstrated exceptional achievements, resilience, and dedication in the face of adversity.



Manitoba Indigenous Sports Hall of Fame Nominations Now Open!

Each year, we have the privilege of inducting up to 6-8 remarkable individuals into the Hall of Fame, creating a lasting legacy for their outstanding contributions to the world of sports. This is an opportunity for us to celebrate and recognize the rich tapestry of Indigenous excellence within our community.

Nominate someone today and be a part of celebrating the triumphs and stories that inspire us all.

Annual Sports Awards Nominations Opening on January 1st, 2024

In addition to the Manitoba Indigenous Sports Hall of Fame, we are thrilled to announce that nominations for our Annual Sports Awards will open on January 1st, 2024. These awards include categories such as Athletes of the Year, Coaches of the Year, and Volunteers of the Year.

We encourage you to think about those individuals whose commitment, passion, and tireless efforts have made a significant impact on the sports community. This is your chance to shine a spotlight on the unsung heroes and recognize their invaluable contributions.

Nomination forms and further details will be made available on our website starting January 1st, 2024.

Together, let's make these awards a celebration of the dedication and achievements that make our sports community exceptional.



Figure 2: 2023 Annual Indigenous Sports Awards Recipients (back row), Manitoba Indigenous Sports Hall of Fame Class of 2023 Inductees (front row) at our Annual Awards Ceremony at the Gateway to Arctic, Assiniboine Zoo.

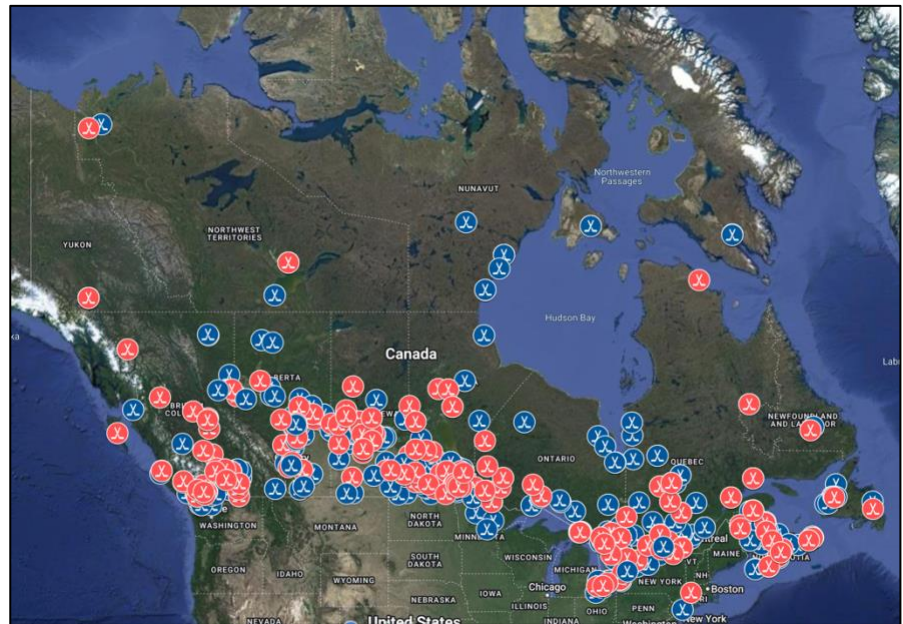
Capturing the Spirit of Indigenous Sports: A Journey through NAHC & NAIG 2023



Nick Lacoste (left) and Lucas Rotondo (right), two Brock University students, joined the Manitoba Aboriginal Sports & Recreation Council this past summer to assist in the memorialization of two major sporting events. Their remarkable documentation of Team Manitoba during these events has not only immortalized the moments but also contributed to the broader initiative of preserving the legacies of Indigenous hockey for generations to come.

Nick and Lucas, alongside their supportive SPMA 3P05 classmates, embarked on a mission to document the experiences of over 100 high-level Indigenous hockey players from across Canada. Under the guidance of Taylor McKee from Brock University's Indigenous Hockey Research Network, they meticulously captured the essence of both NAHC and NAIG 2023 through a combination of compelling photos and videos.

At the heart of this extensive documentation effort lies the Indigenous Hockey Research Network's Taylor McKee. This collaborative initiative aims to shed light on the rich history and talent within Indigenous hockey. The network serves as a hub for exploring the diverse stories, experiences, and achievements of Indigenous hockey players, creating a comprehensive and interactive map that showcases the vast geographical reach of this vibrant community.



The interactive map crafted by Nick, Lucas, and their classmates provides a visual journey through the landscapes of Indigenous hockey. Below, viewers can explore the intricate web of connections between players, teams, and events, gaining a deeper understanding of the profound impact of Indigenous athletes on the hockey landscape.

You can view this interactive map and more by visiting www.masrc.com/news.php.

In the Community



Gratitude for a Successful Volleyball Camp in Wabowden

A big thank you to Shannon Mallett and the Mel Johnson School in Wabowden for warmly hosting and organizing our recent volleyball camp. High school students Deja, Darius, Curtis, and Chase also deserve special appreciation for assisting with the younger athletes. Wabowden's close-knit community showcased a shared love for community, volleyball, and friendly competition during our visit on November 28th and 29th. MASRC SSD Program Leader Tia Murdock and

Communications Coordinator Gabrielle Wishart were amazed by the talented athletes participating in the volleyball sessions. The camp went beyond teaching volleyball skills; it highlighted the spirit of mentorship and community engagement. Thank you to everyone involved for creating an amazing opportunity for growth. The success of the Wabowden volleyball camp wouldn't have been possible without the support of Sport Canada.

Community Fun in Red Sucker Lake

Our MASRC Sport for Social Development Program Leaders, Jazmyn Desjarlais and Amery Singh-Young, recently had an amazing time in Red Sucker Lake from November 14-16. The snapshots capture the excitement as we engaged with the community through basketball skills, volleyball games, and a thrilling floor hockey scrimmage. The enthusiasm of the youth was truly heartwarming! A big thank you to the community of Red Sucker Lake for always welcoming us so warmly. Our Sport for Social Development Program is proudly supported by Sport Canada.



Baseball with O-Chi-Chak-Ko-Sipi First Nation

During their visit to O-Chi-Chak-Ko-Sipi First Nation, MASRC staff Cadin Dupasquier and Josh Samyn collaborated with Baseball Manitoba, engaging with over 20 youth from the community. We look forward to the future of baseball development in O-Shi-Chak-Ko-Sipi, and can't wait to return.

Hockey in Churchill

Sport for Social Development Program Leader, Jazmyn Desjarlais, has been very busy over the past month, travelling throughout the province to promote our Sport for Social Development Program! Last week, Jazmyn was joined by community coach Christian Desjarlais to run on-ice and dryland sessions to Churchill's incredible women's group and youth hockey programs. Thank you to Antonina Kandjurin and the community of Churchill for the warm welcome!



To learn more about our Sport for Social Development Program, please contact Robyn at robyn.cruz@masrc.com.

Manitoba Coach Nets National Indigenous Coaching Award



Tyndall Fontaine, an accomplished lacrosse coach hailing from Fort Alexander, Manitoba, has achieved international recognition for his dedication to personal growth and development. His unwavering commitment has propelled him to coach at the prestigious North American Indigenous Games and assume various roles in both Indigenous and mainstream lacrosse associations.

Notably, Tyndall served as the Assistant Coach for Team Poland in the World Junior Lacrosse Championships in 2022. Beyond his impressive coaching accomplishments, Tyndall aspires to be a positive influence in the community and with his athletes, emphasizing support and guidance regardless of their level of play.

Tyndall's remarkable coaching journey also earned him well-deserved recognition as a National Indigenous Coaching Awards Recipient by the Aboriginal Sport Circle. This prestigious accolade

further underscores Tyndall's excellence in coaching and his significant contributions to the Indigenous sports community. His commitment to personal growth and development, combined with his diverse coaching experiences, showcases Tyndall as a role model not only for his athletes but for coaches nationwide. Whether coaching at the international level or receiving accolades for his impactful work in Indigenous sports associations, Tyndall consistently exemplifies a positive influence, leaving a lasting impression on the community and the athletes he mentors.

WE WANT TO CONNECT WITH RECREATION LEADERS ACROSS OUR PROVINCE!

We are looking for communities and recreation leaders that are interested in joining our Sport for Social Development Mentorship Program! Through our program, we connect recreation leaders with mentorship, growth, and opportunity, and will travel to your community as needed to help with program development.

We can assist with:

- Sports and recreation program development
- Accessing and applying for grants, subsidies, and equipment donations
- Sports and recreation-related training opportunities.

If you are interested, or would like more information, please contact Robyn Cruz, SSD Manager, at 1-204-942-6615 or robyn.cruz@masrc.com. This program is funded by Sport Canada & the Federal Government of Canada.

November Indigenous Athlete of the Month

Introducing Caitlyn Hollywood: MASRC's Indigenous Athlete of the Month for November!

Meet Caitlyn, our featured Indigenous Athlete from St. Mary's Academy. As a grade 12 Red River Metis student, Caitlyn's journey is a compelling story of triumph through her passion for soccer.

Caitlyn is not just a skilled athlete; she's a dedicated student-athlete who successfully balances academics, work, and soccer training. Maintaining a high GPA with consistent studying, working 3 to 4 days a week, and committing to soccer training six times a week, Caitlyn embodies hard work and perseverance. She also prioritizes her physical fitness by incorporating strength and conditioning into her routine 3 to 4 times per week, showcasing her commitment to excellence in her sport.



Beyond her athletic achievements, Caitlyn is deeply engaged in grassroots soccer and mentoring. Passionate about teaching soccer to youth, she dedicates her time to coaching and mentoring a young female player who initially hesitated to participate due to shyness and intimidation. Caitlyn's commitment extends beyond the game, focusing on building confidence and empowerment. When asked about her dedication, Caitlyn highlighted seeing the passion in the youth's eyes and her belief in nurturing struggling female athletes into strong, independent individuals.

Caitlyn's exceptional 2023 included success in both indoor and outdoor high school soccer. Despite switching high schools, she found a welcoming home at St. Mary's Academy, finishing the indoor season as the league's third top goal scorer, just three goals behind the leader.

Selected for the North American Indigenous Games, Caitlyn demonstrated leadership as the team captain of the U19 women's soccer team, tying for the top goal scorer and recording the most assists. Her contributions played a pivotal role in her team's success.

In the Manitoba Soccer Association Cup, Caitlyn's decisive goal propelled her team to victory, securing a spot in the finals where they defeated the undefeated U15 National Champions. This achievement led to her representation of Manitoba in Moncton, New Brunswick, where she scored her first national goal.



September brought another milestone for Caitlyn when she received an offer to play soccer at the University of Regina Cougars, marking a significant step in her athletic journey.

Caitlyn's story is one of resilience and dedication to soccer. As our Indigenous Athlete of the Month, she serves as a reminder that passion, skill, and community support can turn challenges into triumphs. We celebrate Caitlyn's achievements and eagerly anticipate her promising future at the University of Regina.

Indigenous Community Champion of the Month

Introducing Brooke McNab, our exceptional Indigenous Community Champion of the Month at just 16 years old! We are immensely proud to showcase the remarkable contributions of Brooke, a shining example of youthful dedication to community service.

Brooke plays a key role in the Diversity Alliance, leading impactful events such as Black History Month and Orange Shirt Day, while also spearheading monthly fundraisers. Notably, she recently organized a successful bake sale and basketball game for the International Day of Persons with Disabilities, raising funds for MASRC during Truth and Reconciliation Week.

It's truly noteworthy that Brooke, at the age of 16, is on a journey of self-discovery, exploring her Red River Métis heritage. As an active member of our community, she serves as a Grade 11 and athletic representative on the Student Leadership team, influencing and guiding school activities.

Academically outstanding with a 97% average, Brooke generously shares her knowledge by tutoring math. Beyond academics, she has been a dedicated volunteer for six years at the Bonivital Soccer Club, contributing to Christmas hamper collections, community cleanups, and supporting the Minis program and summer camps. Soccer enthusiasts will be impressed by Brooke's achievements, having played for the U16 women's soccer team that competed at NAIG and captained her premier team.

Congratulations Brooke McNab, our exceptional 16-year-old Community Champion, showcasing that age is no barrier to making a meaningful impact!



MASRC MONTHLY AWARDS

HONOURING INDIGENOUS ATHLETES & COMMUNITY CHAMPIONS FROM ACROSS MANITOBA EVERY MONTH!

NOMINATE AN ATHLETE OR COMMUNITY CHAMPION TODAY! NOMINATION FORMS CAN BE FOUND AT THE LINK BELOW.

ONE WINNER IN EACH CATEGORY IS SELECTED AFTER THE 25TH OF EVERY MONTH. WINNERS RECEIVE: A SPECIAL T-SHIRT, AN OFFICIAL CERTIFICATE, THEIR STORY SHARED ON ALL PLATFORMS, & OTHER EXCLUSIVE OPPORTUNITIES!

www.masrc.com/monthly-awards



Message from MASRC Leadership



MESSAGE FROM MASRC' EXECUTIVE DIRECTOR, MEL WHITESELL

Wishing you all a joyful holiday season and a happy New Year! Looking back on the fantastic year we've had, I want to express sincere thanks to our partners, staff, athletes, coaches, volunteers, and everyone who has contributed to the success of Indigenous sport in our province.

Your dedication has made our community thrive, and I'm excited about the continued success in the coming year.

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