PRO motion PLUS
Girls & Women in Physical Activity & Sport
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proMOTION plus Leadership Awards 2003

Every year proMOTION plus members and friends come out to support the proMOTION plus Leadership Awards. This is a special event created to celebrate what we often forget: every new opportunity for a girl or women and every positive experience in physical activity and sport has been created through the diligent effort of BC women and men who believe that girls and women can achieve in physical activity and sport. The nominees for Leadership Awards have exemplified pursuit of the proMOTION plus vision; greater opportunities for girls and women to lead physically active, healthy lives.

This year's Leadership Awards were an extraordinary success. The Capone's-catered meal was superb, the silent auction sold out, speakers Nancy Drolet, Marion Lay and Status of Women Minister Lynn Stephens were great, and the location was perfect. The clear hit of the evening was listening to the incredibly inspiring stories of the award nominees' passion and dedication. The facial expressions of the nominees and winners made all the effort completely worthwhile.

Please visit our website www.proMOTIONplus.org for more information on the 2003 Nominees.

And the Recipients of the Awards are . . .

Young Woman Category: Co-Winners Miranda Dick and Alyssa Houghton

Miranda Dick, Kamloops
A few years ago a very determined girl first started wrestling in a high school wrestling program that didn't have a weight class for her small size – she was well under the lightest weight class. She didn't allow her size to deter her, though, and continued to train and compete against much larger athletes. She is now in Grade 12, and her perseverance has helped Miranda Dick become one the best junior female wrestlers in Canada, the youngest member of the Canadian National Junior Women's Wrestling Team and winner of the Canadian National Junior Female Wrestling Championships.

These incredible achievements are not all that sets Miranda apart. She has used her experience and success to make it possible for other young women to enjoy the sport of wrestling as well. She has used part of her PE class time to travel to different schools and teach wrestling to girls' PE classes. She has run weekend clinics for younger students and helped run summer camps and wrestling tournaments. Somehow, after all that, there is still time to help coach the Kamloops Girls Wrestling Team. Her leadership ability and willingness to give her time and energy to the community have made Miranda an incredible positive influence on those around her.

Alyssa Houghton, West Vancouver
Every blue moon an athlete comes along who wreaks havoc on school records and takes every school sports team by storm. That seems to be the effect that Alyssa Houghton has had at Mulgrave School in West Vancouver. She has excelled at club soccer, led the Mulgrave volleyball team to its first every Single A Division Championship, led the Mulgrave basketball team to back-to-back SISAA League Championships and been selected as SISAA League MVP for both volleyball and basketball. Leading by example and encouragement, Alyssa has made those around her better while improving her own performance. Alyssa's combination of skill, ability and leadership has garnered Mulgrave's prestigious Female Athlete of the Year Award for the past 5 years.

This young woman's amazing work ethic has made all of these achievements possible. As a diabetic, Alyssa must constantly monitor her blood glucose level, but what would be a barrier to athletic achievement for others doesn't seem to hold Alyssa back. Nor has her youth prevented her from giving back to the sport community. She has coached a basketball team and taken an active role in the development of Mulgrave School's younger athletes, male and female. A fact her teammates are most certainly celebrating is that Alyssa is only in Grade 11. She still has another year in which to improve on the already significant impact she has made at Mulgrave School.

"On the Move" Category: Co-Winners Colleen Douglas and Mori Hamilton

Colleen Douglas, Parksville
Recreation programmers like Colleen Douglas have a tough job on their hands. Resources and facilities are always limited. Ideally these resources are equally shared by all sections of the community. Reality rarely measures up to the ideal though, as the more visible and vocal groups garner the lion's share of resources. Girls and women, especially teenage girls, are still among the least likely users of community recreational facilities. Colleen has done a number of things to make opportunities for physical activity in her community more accessible to girls and women. She has organized girls-only

BRITISH COLUMBIA
Ministry of Community, Aboriginal And Women's Services
SPORT AND PHYSICAL ACTIVITY BRANCH

This Issue

This issue's theme is RECOGNIZE: Increase visibility of women and girls in physical activity and sport. Read about the amazing recipients of our 2003 Leadership Awards and how some BC women are breaking down the barriers to female participation in sport. Check out the **News Items** and **Get Active!** sections to find out what's going on with women around BC.

Our Vision

All girls and women in the province of British Columbia will participate in and have access to a complete range of opportunities, choices, and resources for positive experiences in physical activity and competitive and recreational sport and have equity as participants and leaders.

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pro*MOTION* plus Leadership Awards 2003

hockey clinics geared to trying hockey out and learning skills in a non-threatening environment. Equipment is provided for those who don't own their own so the clinics stay accessible to all participants. Colleen has also undertaken the recruitment of female coaches at these clinics to coach and be role models. As a result of Colleen's efforts, a number of girls are waiting to play and a new girls ice hockey team will be formed this fall. Colleen has also organized a summer ice hockey program for women, initiated an On the Move program for non-active teenage girls, and organized a program called "Leaders in Training", which allows young men and women opportunities to take an active part in their community. Colleen has made a huge impact in the lives of girls and women in her community.

Mori Hamilton, Burnaby

Starting up new extra-curricular programs in schools is a daunting task for teachers. Already stretched to the limit with prep work for classes and faced with a lack of resources and facilities, many teachers who are keen to make a difference become discouraged over the amount of time and effort necessary to create a new program – many teachers, that is, but not Mori Hamilton, who seems to consider challenges such as these reasons for living.

In Courtenay, where he first began teaching, Mori was approached by several girls who wanted to start a girls' rugby team. Mori agreed to rally other girls to participate, organize uniforms and field time and coach the team. In only its second year of existence, the Highland Secondary School Girls Rugby team was off to the provincial championships!

When a couple of years later he began teaching at David Thompson Secondary in Vancouver, Mori found a much different situation . . . the girls there were not likely going to come to him. The majority of David Thompson's student population is first-generation Canadian and the school has had difficulty interesting students in its' sports programs. So Mori, an ice hockey coach and player himself, decided to start a girls' ice hockey team in spite of skepticism from others. Instead of going after the school's established female athletes, most of who were playing basketball, Mori campaigned to get the girls who were traditionally non-active to come out. His enthusiasm caught on and the roster was soon filled. Next, Mori went on an ultimately successful campaign for funding for ice time and equipment. As a result of his dedication, there are new opportunities for girls at David Thompson to get active!

Individual: Tracy David, Victoria

Tracy David was a leader in Canadian women's soccer even before she stepped on the field to represent Canada in international competition. She organized the first University of Alberta women's club team, which soon evolved into the Edmonton Angels, multiple winners of the National Club Championships in the mid 1980's. Tracy captained the Angels for nine years. As the Angels were establishing themselves, Tracy turned her attention to Canada's lack of a varsity women's soccer league. She was instrumental in the creation of CIAU (now called CIS) Women's Soccer, and was first president of the CIAU Women's Soccer Coaches Association from 1987-1995.

In 1985, Tracy began coaching the University of Alberta Pandas, a role she would continue in for 15 years. She led the team to two National Championships and five CIAU medals over those years, received CIAU Coach of the Year honours, and the Canada West Coach of the Year honours three times.

Tracy's passion for soccer and for coaching is evident in all her pursuits. She is now coaching for the University of Victoria and acting as assistant coach for the Canadian U-16 Girls. A fully certified Level IV coach, Tracy is pursuing a Masters degree in coaching studies, seeking excellence in her own leadership skills. Tracy will surely continue to inspire young women to experience success, to achieve excellence, and to realize their dreams.

Lifetime Achievement: Gladys Hartley, North Vancouver

Just a few decades ago, Gladys Hartley was an elite athlete: a dancer with the Winnipeg ballet, a gymnast, roller skater

and figure skater. She and her husband Vic were a professional sport acrobatic pair, skating in ice shows alongside the legendary Sonja Henie and Dick Button. When their daughter Sandra began participating in gymnastics at the Flicka Gymnastics Club, Gladys became involved in Sandra's sport in a different way. Gladys' superior technical skills in gymnastics movement and her artistic talent were soon noticed by others in Flicka . . . and the rest is history! From deciphering poorly translated Olympic gymnastic texts from Europe to coaching a number of athletes to national and international prominence (including daughter Sandra), Gladys took the lead in more areas of gymnastics development than it is possible to list! A few of her other accomplishments include helping to establish versions of compulsory routines to be used by all ages and abilities, helping establish the Flicka Gymnastics Club as one of the largest and most successful clubs in Canada, overseeing the visits of international teams before the full establishment of Gymnastics BC and involvement in Canada's elite technical committee. Gladys is also a member of the BC Sports Hall of Fame and a lifetime member of the Canadian Gymnastics Federation.

When Gladys Hartley moved from Winnipeg to Vancouver with her family in 1952, she brought with her the knowledge and ability to inspire others. Her athletic and artistic talent soon grew into a teaching and leadership talent that has changed artistic sport. Her legacy will continue to impact artistic sport in Vancouver for decades to come.

Organization: The Kelowna Family "Y"

The Kelowna Family YMCA-YWCA keeps people active and getting the average citizen moving is no easy task! But how does an organization go about reaching non-active pre-teen and teenage girls – one of the hardest groups to get physically active?

They get an enthusiastic group of coordinators and volunteers together, campaign like mad, and begin meeting once a week for "Go Girls Go", a creative and dynamic pair of programs targeting girls aged 11-14 and aged 8-12. The aspects of the program that make it so successful are:

- subsidized costs to make it affordable
- a non-competitive environment
- drop-in classes so girls can bring their friends
- female-only activities
- female leaders as role models
- opportunities for girls to plan their activities

Through "Go Girls Go" the "Y" has been able to involve 80 girls in regular physical activity, enable the girls to address and potentially overcome their issues about and barriers to physical activity, and foster self-discipline, responsibility, and self-esteem. Even more incredible, the Kelowna "Y" is looking into expanding the girls' program and has begun a similar program for inactive boys!

Team: The 2002 Canadian Soccer Association U-19 Women's Team Victoria, Vancouver and Edmonton, 2002

The summer of 2002 will be remembered for a long time by fans and supporters of Canadian soccer. Canada's Women's Under-19 team caught the imagination of the whole country as they went on an amazing run at the FIFA U-19 Women's World Championship in Edmonton. The impact that the heroics of a group of young women had on soccer, on women's sports, and on all Canadians has turned out to be greater than anyone could imagine.

- Record crowds witnessed the tournament, including almost 40,000 fans at the Canada-Brazil semi-final and close to 50,000 fans at the Gold Medal Game.
- Media coverage brought in over a million more fans – an unbelievable number of supporters for a junior women's tournament.
- The Canadian players became household names; among them are BC's Christine Sinclair, Brittany Timko, Clare Rustad, Heather Smith and Katie Thorlakson. The players modeled dedication, desire and commitment to excellence, and so inspired all Canadians, particularly young girls in desperate need of great role models.
- Soccer, and girls soccer in particular, has been given an enormous boost from the success of the U-19 team. We will likely see greater number of girls joining soccer teams and excelling at soccer in the years to come.
- As Canadians, we have something new to rally around. We have seen that pride in our nation can be inspired by teenagers as well as adults, soccer as well as ice hockey and women as well as men!

Congratulations to all of our Nominees!

Thank you to the following Leadership Awards Supporters who made March 7th a success: Capone's Restaurant and Live Jazz Bar, Pederson's Rentals Ltd., Gizella Pastry, Coca-Cola, Safeway, Panne Rizo Rice Breads, Terra Breads, CMHC Granville Island, Granville Island Brewery, Molson Canada, Nintendo Canada, Sandra Susan Friedman, Bugaboos Eyewear, Helly Hanson Leisure Canada, Le Physique, Caboodles, Nike Canada, The Canadian Hockey Association BC Centre of Excellence, The Bobbie Steen Legacy Foundation, KidSport, Irene Schell, Orca Bay, Ben Kopelow, Wendy Kubota, Sports Junkies, Precious Guise Agencies Inc., Grouse Mountain, Diana Somerville, Mike Wallace, Lorraine June, Rondeau Fenton Fine Arts, Pro-Buz Fitness, Brian Jessel BMW, Arts Club Theatre, Pacific Coastal Airlines, Vancouver Parks Board, Kernals, Dave and Wilma Nott, Whitecaps FC, Starbucks, Vancouver 2010, Mountain Equipment Co-op, and KIE Vancouver.

We do not want to forget to thank our wonderful volunteers, we couldn't have done it without you! Special thanks to: Maureen Bezanson, Jason Lynd, Donna Moon, Tanis Priess, Johnna Sim, Margaret Sung, Paige Sutherland, and Cat Trudeau.

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A Canadian Sportswoman in Iran

By Lesley Magnus

Most BC women can go out and be active or compete in sport without worrying that their physical activity might cause them to be indecent. Muslim women do not have the same freedom to compete without worrying that their decency might be compromised because many sports have rules that prevent Muslim women from wearing *hijab*, the head to toe-covering clothing that protects their modesty in the presence of men. Karate is one sport in which Muslim women are struggling to earn the right to compete.

2001 pro*MOTION* plus Leadership Award winner and international karate referee Norma Foster is thankfully rarely content to leave well enough alone – especially when "well enough" refers to a status quo in which women have limited opportunities to develop skills and leadership ability. In January of this year, Foster brought her karate experience and her enthusiasm for positive change to Iran, where her mission as a representative of the World Karate Federation was to share her knowledge and create a dialogue between the WKF and Iran's large and growing female karate community.

Foster is Chair of the Gender Equity Committee of the WKF, but on this trip cultural understanding and communication were as important as gender equity. In a country in which many women face cultural barriers to participating in sport, over 50,000 women practice karate . . . that's almost fifty times the number of women practicing karate in BC. In the three years since karate has become an organized sport in Iran, it has surpassed volleyball, a sport with a 70-year history in Iran, as the premier sport for Iranian women. During her one-week stay, Foster presented a series of coaching and refereeing seminars in four Iranian cities and every seminar was attended by 200 to 400 black belt women!

The popularity of karate in Iran and other Muslim countries becomes problematic when it comes to Muslim women reaching the elite level and competing internationally. Right now the only way a Muslim woman can compete in an international karate event is at the Islamic Women's Games, an international competition created so that Muslim women could compete in *hijab*. Yet female Muslim athletes, like any athletes, want to compete at the highest level possible and test their skills against the best in the world. According to Foster, Iranian women almost unanimously believe that the WKF discriminates against them by requiring standard uniforms and forbidding headgear. There is provision in the WKF rules for competitors to apply for permission to wear special attire for religious reasons, but to this point the WKF has been wary of setting a precedent for competing in *hijab*.

For a Muslim woman to compete in an WKF official match she must shed her *hijab* . . . which would be no problem if Muslim women could compete in a closed-off area with female-only spectators, female-only coaches, female-only referees and no cameras or video cameras. But in the male-dominated sport of karate at an international event, such restrictive venue rules would obviously not be popular or perhaps even reasonable. Foster believes that compromise is possible and necessary if the WKF is to be inclusive and meet its first object "to promote cordial and friendly relations between its members."

Foster observed hundreds of women in Iran competing in full *hijab* and the women appeared to move comfortably and be fully active. After speaking extensively with Iranian women keen to test their technique internationally, Foster concluded that it would be a positive move for the WKF to allow Muslim women to compete in *hijab* at least on a test basis. Among her suggestions to the WKF on her return to Vancouver: that an advisor for Islamic Women's Affairs be appointed to the WKF Gender Equity Committee, that a rule change preventing a competitor from grabbing the headscarf of an opponent be considered by the Refereeing Committee, and that a tournament be organized including both Muslim and non-Muslim competitors as a test case for future inclusion of women wearing *hijab* in international karate events. No doubt that if Foster's suggestions are adopted, the sport of karate will change, but the desire of thousands of women to practice and compete in karate should be taken seriously – their voices should be enough to convince even karate purists to give change a chance.

The Women's Karate World Cup is being held this summer in Tokyo, Japan. At this point it is unlikely that Muslim women will be competing in Tokyo.

Spreading the Message of Sport

SCORE (Sport Coaches' OutReach) is a non-profit South African organization that focuses on sustainable sports development initiatives. Since 1991, SCORE is involved in rural South African communities and uses teams of international and local volunteer trainers to fulfill its mission, to "set up sustainable sport and recreation activities for disadvantaged children and youth, and to use sport as a medium to teach life skills, empower people, and build community."

Katrina Blanch is a remarkable female athlete from Vancouver with a desire to use sport and physical activity to positively impact the lives of others. In January of this year, she began a position with SCORE in South Africa—a fully volunteer, self-fundraised position. An avid long-distance runner, Katrina created her own unique fundraising campaign called "Make a Sport of It," which involved a four-day 200 kilometer solo run through Vancouver's Lower Mainland. This accomplishment is evidence of her dedication to sport for herself and for others. Stay tuned for updates about her adventures in South Africa. http://www.score.org.za

Twist Conditioning's Performance Tip of the Month: From the Gym to the Field

By Carmen Bott, MSc (c), CSCS

Now that the days are getting longer and the sun is shining brighter, it is time to take your training and exercise routine outside! Vancouver, with its incredible beauty and recreational diversity provides the perfect setting for a variety of outdoor endeavors. Golf, tennis, softball, ultimate, hiking, rollerblading, and running are just a few of the great activities you can get involved in during Vancouver's spring and summer months.

The shift from the gym/weightroom, to the outdoors is one that should not be taken lightly. The fitness centre, or gym environment is often one that is both PREDICTABLE and CONTROLLED, meaning . . . a treadmill cannot provide you with uneven running terrain, a stairclimber doesn't replicate a rocky incline and multiple sets of leg exercises on machines will not prepare you to move explosively or laterally in games like tennis or ultimate.

Since the time is upon us to head outside, it is important that we prepare our bodies for the activities we are about to face. Following a DYNAMIC WARM-UP not only prepares our body in all movement planes and ranges of motion, it also wakes up our minds and the connection between our body and our brain (that can fall asleep when riding a stationary bike). It helps to create a less controlled and predictable environment through a series of exercises and movements.

A dynamic warm-up can begin with some light jogging: forwards and backwards, with increasing speeds and more confined spaces as you feel your body temperature increase. Zig-zag patterns and stops and starts must also be incorporated if they occur in your activity. Lateral shuffle movements and hopping/skipping movements should also be incorporated next to "awaken" joint stabilizers and cue muscles to contract and allow smooth transitions in all movement patterns. Furthermore, joints should be taken through their full range of motion with forward, backward and circular motions. A dynamic warm-up should finish with quicker, sharper movement patterns and drills that challenge your balance and reaction skills, two critical components of sport performance.

You do not have to be a professional athlete to benefit from this type of pre-game or pre-work-out preparation. A dynamic warm-up can benefit all activity participants! It is important to note that static (stationary) stretches are NOT part of the dynamic warm-up. Instead, they should be performed at the end of the workout to aid in the recovery process.

If you have any questions or comments or would like a dynamic warm-up designed specifically for you, please contact Carmen Bott at 604.904.6556, or cbott@sportconditioning.ca.

Carmen Bott is the Manager of Training and Camps at Twist Conditioning. Twist Conditioning is a leader in the field of exercise prescription; the Twist team of Strength and Conditioning Specialists work with clients with all types of performance goals. You can find out more about Twist Conditioning's Training Division at www.sportconditioning.ca.

Study indicates partnering up for exercise helps maintain physical fitness

Finding ways for women and girls to overcome barriers to physical fitness remains a priority. According to a study done by Nicole Vaugeois, a University-College Professor and Laureen Garteig, Dean of Health and Human Services at Malaspina University-College, one of the best ways is to find a friend.

Runners and friends themselves, Vaugeois and Garteig observed over time that most of the women they passed while running were with another female partner. Aware of the role their partnership had in their own physical fitness program, the researchers decided to explore the nature of the running experience for women recreational runners in Nanaimo.

Vaugeois and Garteig interviewed close to 20 women who run with another female companion. They were interested to know why women run in partnership and what benefits they get out of the experience.

"One of the interesting things we found," says Garteig, "was that women who run with a friend sustain the activity over time. The average length of time women in our study had run together was a bit over 3 years." Vaugeois added "while most people can start some form of physical activity, the difficulty for most is sustaining it over time."

The study also found that by running in partnership, women overcame obstacles like safety, weather conditions or lack of time. "Women felt they were making an obligation to their friend vs. exercise, which is harder to break," says Vaugeois. Many women indicated that they didn't run when their partner was unable to join them. For those who did run alone, the experience was "more like work" than when running with a partner. Other benefits to running in partnership were that women felt more connected to themselves, their friend and the environment.

To extend the benefits to other communities, Vaugeois and Garteig suggest that recreation and sport practitioners become more aware of the role that social support plays in motivating and maintaining exercise for women. Programs could seek to connect females who have similar exercise goals, and promote the role that partners can have on activity maintenance.

For more information on this study contact Nicole Vaugeois, Department of Recreation and Tourism Management or Laureen Garteig, Dean of Health and Human Services at 250.753.3245 or via email at Vaugeois@mala.bc.ca or garteigl@mala.bc.ca.

Check out these women in Action!

BC Sports Hall of Fame Inductions 2003

Three amazing women are being inducted into the BC Sports Hall of Fame this summer . . . Basketball player Bev Smith, Rower Kathleen Heddle and Track and Field Athlete Charmaine Crooks. For more information on Bev, Kathleen and Charmaine, go to the current news section of the pro*MOTION* plus website, www.pro*MOTION*plus.org.

UVIC Field Hockey – Champions Again!

In the winter issue of the Network News, we covered UBC's silver medal performance in field hockey at the CIS championships without highlighting the UVIC field hockey team's Championship-winning performance. Our apologies to the UVIC team, whose November gold medal represents the team's record 10th national title since coach Lynne Beecroft became head coach in 1984. The dedication of the UVIC field hockey athletes and their coach has not gone unnoticed by the sport community. Recently the UVIC women's field hockey team was named Victoria's Team of the Year and Lynne Beecroft was presented with Coach of the Year honours at the Annual Sport BC Athlete of the Year Awards. Continued success like UVIC has seen doesn't happen by coincidence. pro*MOTION* plus's Lesley Magnus, who played five years of field hockey for rival UBC, remembers that the most daunting aspect of playing UVIC teams was their team confidence: "They were a team in the true sense of the word. You should have heard the cheering from the UVIC bench every time one of their players got the ball. Most of the time their faith in each other translated into some pretty inspired hockey." Congratulations to this "inspired" team of young women for yet another outstanding year!

Congratulations also to the UVIC Women's Rowing and Basketball Teams as they both clinched 2003 National Titles. For more information on UVIC athletics, go to www.uvic.ca/vikes.

Congratulations to the following Award Winners!

2003 Sport BC Athlete of the Year Awards:

The 37th Athlete of the Year Annual Awards were held at the Hyatt Regency Hotel in Vancouver on March 13, 2003, and recognized individual female athletes as well as their teams and coaches. Congrats to: Lynne Beecroft – *Coach of the Year (Field Hockey BC),* Kellie Besseling – *College Athlete of the Year (Langara College),* Charmaine Crooks – *Daryl Thompson Award,* Bonnie Pronk – *Master Athlete (Swim BC),* Kate Richardson – *Harry Jerome Comeback Award (Gymnastics BC),* Jodi Schaufele – *Female High School (Holy Cross Regional School),* Christine Sinclair – *Senior Athlete of the Year (BC Soccer Association),* and the SFU Women's Basketball Team – *Team of the Year.*

2003 Premier's Athletic Awards:

Premier Gordon Campbell recognized eighty of the province's top athletes on March 6, 2003 for their achievements during the past year. Female recipients of the Premier's Athletic Awards were: Molly Alexander, *Soccer;* Jessica Anderson, *Cycling;* Lyndsay Belisle, *Wrestling;* Hawley Bennett, *Equestrian;* Jacqui Benson, *Cross Country;* Christine Bonish, *Volleyball;* Natalia Cretu, *Tennis;* Lara Cubitt, *Boxing;* Diane Cummins, *Athletics;* Jessica Deglau, *Swimming;* Leigh Dewar, *Canoe Racing;* Sonya Erasmus, *Biathlon;* Kirsten Fox, *Curling;* Carli Halpenny, *Rowing;* Rufi Huang, *Table Tennis;* Emiko Ihara, *Fencing;* Stephanie Jameson, *Field Hockey;* Courtney Knight, *Blind Sports;* Christina Lustenberger, *Alpine Skiing;* Gael Mackie, *Gymnastics;* Karen March, *Wheelchair Sports;* Tanya Matson, *Synchronized Swimming;* Britanny McMillan, *Archery;* Monica Pinette, *Modern Pentathlon;* Jasmine Reeves, *Speed Skating;* Rachel Riddell, *Waterpolo;* Nikki Rudy, *Hockey;* Sophia Sandhu, *Weightlifting;* Christin Schroeder, *Water Skiing;* Lisa Sigurdson, *Basketball;* Jennifer Spalding, *Sailing;* Chantel Spicer, *Target Sports;* Kimi Suda, *Judo;* Julia Sugawara, *Rugby;* Erin Thomas, *Softball;* Hidemi Uchiage, *Karate;* Sophina Verjee, *Badminton;* Nikki Westra-Luney, *Diving;* Olesia Zakon, *Rhythmic Gymnastics.*

Amazing Graces

Women have made inroads into many male dominated sports, such as basketball, tennis, and hockey, but car racing is one sport in which women remain virtually invisible. Sam and Jo Grace are changing all of that! The nineteen-year-old twins from Abbotsford began karting at age eight and today race against men several decades their senior.

Sam and Jo have had many successes over the years and 2003 will see them sharing a Formula Ford at club races in the Pacific North West. Karting and Formula Ford racing are steps on the path to racing Indy Cars, Formula 1 and other professional motor sports.

Not only are they successful on the track, but the sisters are also involved in fundraising for the Juvenile Diabetes Association and the Greg Moore Foundation.

We wish Sam and Jo Grace continued success as they pursue their love for driving high into the ranks of elite male drivers. Of course, their success is contingent upon being able to meet the financial burden of racing. Two young twin sisters successful in a highly visible male-dominated sport make for a great sponsorship opportunity! For more information about Sam and Jo's racing careers and about sponsorship opportunities go to www.SamandJo.com.

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News Items

Last October, the NHLPA Goals and Dreams Fund joined forces with Cyclone Taylor Sports to donate 100 sets of hockey equipment to the KidSport fund. David Thompson Secondary School Girls Ice Hockey Team was a donor recipient, coached by 2003 pro*MOTION* plus Leadership Award Winner Mori Hamilton. The KidSport Fund began in 1993 and provides financial grants for sport registration fees to children in financial need. Since their beginning, KidSport has helped more than 10,000 kids realize their dreams. Thank you to the NHLPA, Cyclone Taylor Sports, and KidSport for supporting Girls' Hockey!

At the beginning of this heated NHL playoff season, professional women's hockey was wrapping up its playoff schedule. The NWHL, which includes BC's own Vancouver Griffins, had a great 02/03 season. The championships were held April 18th and 19th in Brampton, Ontario. For the first time, the game was broadcast on WTSN! Although it was the team's first advancement to the Finals, The Calgary X-Treme won the contest 3-0 against the Toronto Aeros who have been winners of the tournament on several occasions. The Vancouver Griffins made the playoffs this year, but were defeated by the eventual champions, the Calgary X-Treme. www.nwhlhockey.com has the scoop on the season.

Go Whitecaps! Support your local professional women's soccer team! The Vancouver Whitecaps (formerly Breakers) took to the soccer pitch when their season began April 27th. For a schedule of games, go to www.whitecapssoccer.com, and click on "women."

Stacey Levitt Memorial Scholarship – High school and university/college-age women are encouraged to apply to The Stacey Levitt Women and Sport Scholarship. This scholarship was established in memory of Stacey, a superior athlete, top student, and cherished friend who was struck by a car in 1995. Five recipients will share the $2,500 bursary. For more information, go to the CAAWS website: www.caaws.ca. Applications are due May 31, 2003.

Go Girl Go! Nike/CAAWS Girls@Play Grants – Individual female athletes, teams, coaches and event organizers are able to apply for the Grant-A-Week program to request funding assistance with expenses such as training, travel, equipment, and resource materials. Please refer to www.caaws.ca Girls@Play for information regarding eligibility, applications, and the grant selection process.

The Online Canadian Journal for Women in Coaching has recently published an article entitled "Tales of Transition: From Star Athlete to Career Coach". You can read this article at www.coach.ca/e/journal/index.htm. If you are inspired to be a coach, go online to www.coaches.bc.ca to find out when the next NCCP theory courses are being offered in your area.

Only a few weeks to go . . . the IOC decision regarding the location of the 2010 Olympic and Paralympic Winter Games will be made on July 2, 2003.

Martial Artists for Kids Island Challenge – Martial Artists of all ages are invited to participate in this special event supporting the mentoring programs of Big Brothers Big Sisters. The competition will take place at St. Margaret's School gymnasium, 1080 Lucas Avenue, Victoria on May 24, 2003. Martial Artists will compete in weapons divisions, point sparring, continuous sparring and forms competition. This will be a fun tournament promoting healthy competition.

Get Active!

The Victoria branch of pro*MOTION* plus is hosting its' second annual Golf Tournament on May 21, 2003 at the Juan de Fuca Golf Course. Funds raised will go towards sport and physical activity registration fees for financially disadvantaged girls and boys, and to the advocacy work of pro*MOTION* plus. For registration information, to become a sponsor, or to donate to the silent auction, contact Patti Hunter at patti_hunter@telus.net.

A women's cycling team/club has recently been formed in the Lower Mainland. Barb Zimich and Judy Latoski, have spearheaded this project and have just announced Dizzy Cycles of North Vancouver as the team's sponsor. James Wilson of Dizzy Cycles is pleased to be part of this project, which is focused on providing female riders with a supportive environment. Club members from road, mountain biking and triathlon backgrounds interested in group training, improving their riding skills, and assisting others in making a mark on the bicycle racing scene. Contact Barb at bzimich@shaw.ca, Judy at jlatoski@telus.net, or info@dizzycycles.com for more information on training rides and upcoming races.

Netball is a relatively unknown sport in North America, yet there are several teams currently active in the Lower Mainland and Victoria. A popular sport with women, netball is game similar to basketball, but two of the differences are that the basket has no backboard, and only two players from each team are allowed to score goals. This year's national championships will be held in Montreal from May 16-18, 2003. For more information or to join a team near you, go to www.bcnetball.com.

Women's water polo is expanding in Vancouver! A club team is looking for women with an interest in the sport, and especially those who have played before, who would like to participate in practices, scrimmages and the occasional tournament. This team emphasizes fun and learning in a welcoming atmosphere. Email Christine at cjh_gday@hotmail.com for more information.

The Vancouver Vixens is the only out queer women's soccer team playing in Vancouver. The Vixens recently finished their first season in the Metro Vancouver Women's Soccer League, losing only one game.The team prides itself on creating a safe and supportive atmosphere for players. For more information contact Kelly at kellyw57@hotmail.com.

"Big, Bold & Beautiful" Sports Camps for Girls is holding basketball and soccer camps this summer for teenage girls in Delta. The objective is to give girls the basic fundamentals and confidence to participate in sport as a life long activity. The basketball camp is being held July 14-18, 2003 with soccer camp dates still TBA. For more information please call: 604.268.4713.

Message from the Executive Director

Spring 2003 has been an exciting time for pro*MOTION* plus. Our Executive Director, Gina, has left to enjoy her maternity leave that started with the arrival of her son, Simon, in early March. Lesley is having fun fulfilling her obligations with the National Women's Field Hockey Team leading to the Pan Am Games in the Dominican Republic in August, and I am embracing all the experiences that come along with a new position in an incredibly busy, dynamic organization.

We continue to work in conjunction with our partners on programs such as **WISRAN**, Women in Sport and Recreation Administration Network, which provides a forum where women can share ideas, network and learn from each other, and **Girls Only**, which facilitates the development of new recreation programs tailored specifically for girls in BC communities.

Our focus this summer is to include our enthusiastic volunteers in our Recognition, Consultation, Education, Development and Administration Committees. Take a look at our website and let us know if there is a particular area that you would like to be involved with.

We would like to congratulate Irene Schell of Victoria. Last month, Irene was recognized with the Presidents' Award for her outstanding volunteer work and dedication to our organization. Thank you Irene!

Your comments and feedback are important to the growth of our organization. Thank you for your continued support! Enjoy your summer!

Sincerely,
Kathy McAusland
Interim Executive Director

To Order pro*MOTION* plus RESOURCES please contact our office

Membership Application and Donations

☐ **Membership:** ☐ Adult $35.00 ☐ Student/Senior $20.00 ☐ Organization $55.00

☐ **Donation:** ☐ $100 ☐ $50 ☐ $35 ☐ $_____

NAME: _____ DATE OF BIRTH: _____ GENDER: ☐ M ☐ F

ADDRESS: _____ CITY: _____

PROVINCE: _____ POSTAL CODE: _____ EMAIL: _____

WORK TEL: ( ) _____ HOME TEL: ( ) _____ FAX: ( ) _____

ORGANIZATION NAME: _____ JOB TITLE/POSITION: _____

AFFILIATION CATEGORY: ☐ Sport ☐ Physical Activity ☐ Education ☐ Community ☐ Government ☐ Health

Are you interested in volunteering? _____ What skills can you contribute? _____

For memberships and/or donations under $100: Please make cheques payable to pro*MOTION* plus.
Donations of $100 or more are eligible for a tax receipt: Please make cheques payable to the *National Sport Trust Fund*.

VISA ACCOUNT# _____ NAME ON CARD: _____ EXPIRATION DATE: _____

SIGNATURE: _____ DATE: _____

As a member I agree to adhere to the Society's Mission, Core Values and Principles; and in return I understand that I will receive voting privileges and all other services and benefits associated with membership in pro*MOTION* plus.

pro*MOTION* plus: Girls and Women in Physical Activity and Sport
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