

WOOD BUFFALO SPORTS CONNECTION

A QUARTERLY NEWSLETTER FOR OUR SPORTS COMMUNITY

SEP. 2022, ISSUE 3



SEPT 8-10 | BRIGETTE LACQUETTE

We had the privilege of partnering with **Fort McKay Recreation and Cultural Society** and **Athabasca Chipewyan First Nation** to bring Brigette Lacquette to our region. With the help of our sponsors, this was made possible. Thank you to **Bouchier** as our title sponsor, **Muessle Flett Law LLP** and **SureHire** as our platinum sponsors, and **Sunbelt Rentals** as our gold sponsor. Also thank you to the **Syncrude Sport and Wellness Centre** for aiding us with the venue. *To view photos, visit our website.* Thank you to **Nicole Maclean Photography** for capturing our Bouchier Women in Sport Event.



Community Champion

The WBSC and **Mix 103.7** with the support of **Direct Workwear**, celebrate the heroes in our sport community! Read the interviews of all of the winners on our [website](#)!



WBSC AGM November 28

Join us for our Annual General Meeting on November 28 at 6:00 pm at the Doug Barnes Cabin. Reflect on the past year, and hear plans for the future of our sport community. Email darcy@wbsportconnection.com to let us know if you'll be in attendance.



Coach Education

The WBSC is looking for feedback from our sport community! We are trying to gauge interest on if we should organize an in-person coach education seminar. **Please complete this survey if this interests you.**



TIME TO SHINE VOLUNTEER



2023 ARCTIC WINTER GAMES

The Arctic Winter Games are coming up from January 29 - February 4, 2023 and we couldn't be more excited!

In order for the games to be a success, they still need volunteers of dedicated community sport members like you to help with a variety of different areas. If you're interested in volunteering, [find more information and register here](#).

The WBS is also pleased to announce that we are organizing the sport science sessions for the Team Alberta North Athletes in Fort McMurray in December.

We will be bringing in specialists to lead the athletes through a sport nutrition session and a mental training session! Stay tuned for more details and whether or not we'll be opening these sessions up to the public.

Pandemic-Related Challenges & Opportunities for Physical Activity

We're only beginning to understand how COVID-19 has impacted the health and movement behaviours of children (5-11 years) and youth (12-17 years) in Canada.

These four key grades from the 2022 ParticipACTION Report Card on Physical Activity for Children and Youth highlight how many structured opportunities to get active and play were lost during the pandemic, but many families and community leaders still found ways to get kids active.



Overall Physical Activity



Only **17.5%** of children met the moderate-to-vigorous physical activity (MVPA) recommendation of 60 mins/day at the height of the pandemic.¹



The percentage of youth meeting the MVPA recommendation dropped from **51%** pre-pandemic to **37%** during the pandemic.¹

Sedentary Behaviours



16.5% of children met the screen time recommendation of 2 hours/day at the start of the pandemic.^{2,3}



Only **3%** of youth met the screen time recommendation of 2 hours/day at the start of the pandemic.⁴

Active Transportation



46% of parents indicated that their children either solely commute actively to school or commute partially in an active way.⁵

Active Play



25% of children and youth achieved >840 mins/week (>2 hours/day on average) of total time engaged in indoor and outdoor unstructured play.⁶



At the height of the pandemic, children's and youth's time spent outdoors and engaged in active play increased compared to the start of the pandemic but was still below pre-pandemic levels.⁷

References

- Watt & Colley. (2021). Youth - but not adults - reported less physical activity during the COVID-19 pandemic. *StatCan COVID-19 Data to Insights for a Better Canada*. Catalogue no. 85-28-0001.
- Moore et al. (2020). Impact of the COVID-19 virus outbreak on movement and play behaviours of Canadian children and youth: A national survey. *International Journal of Behavioral Nutrition and Physical Activity*, 17(1).
- Moore et al. (2021). Few Canadian children and youth were meeting the 24-hour movement behaviour guidelines 6 months into the COVID-19 pandemic: Follow-up from a national study. *Applied Physiology, Nutrition, and Metabolism*, 46(10):1225-40.
- 2020-21 COMPASS, University of Waterloo. Custom Analysis.
- 2021-2022 Parent Survey on Physical Activity and Sport, CFLRL Custom Analysis.

Read the ParticipACTION Report Card on Physical Activity for Children and Youth to learn more.

ParticipACTION.com



We've received the 2022 update of Physical Activity for Children and Youth in Canada. To download the full report card, click [here](#).

Let's bring these numbers up and keep not only our youth active, but our whole community!

WE ARE LOOKING FOR SPORT ORGANIZATIONS!

We are busy trying to plan our next Sport Passport Program from January to March and we need sport organizations to participate and run 2-3 sessions! If you would like your organization to be a part of our program or are interested in hearing more information, reach out to communications@wbsportconnection.com



FUND DEVELOPMENT FOR BOARDS

BY: [FUSE SOCIAL](#)

This is an upfront conversation about the challenges, successes and dynamics of the two groups. The goal of this session is to bridge any gaps in these important relationships.

[Register here](#) for \$25 per organization.

FUND DEVELOPMENT FOR BOARDS:

What Every Fundraiser Wants Every Board Member To Know

The session includes a deep dive into fundraising from two perspectives: the fundraising professional/non-profit staff and the Board Member.

Date: October 20, 2022
Time: 6:00-7:30pm
Facilitated By: Sam Laprade
Cost: \$25 per board



VARIETY - THE CHILDREN'S CHARITY VOLT HOCKEY PROGRAM

ARTICLE WRITTEN BY: Variety - The Children's Charity of Alberta

Volt Hockey is a new accessible sport brought to Canada by Variety - the Children's Charity. Volt Hockey originated in Denmark and is played in many European countries today.

Volt Hockey is played in specially designed electric sport chairs which allow participants with various types of disabilities including full-body disability to participate in sport. This sport is designed to allow those living with a disability to play alongside or against their friends and families as equals.

Variety - the Children's Charity of Alberta (Variety Alberta) currently runs Volt Hockey in three cities across Alberta: Calgary, Edmonton and Fort McMurray. The Fort McMurray team was the newest addition running two successful programs at MacDonald Island Park beginning in January 2022.

Variety Alberta was invited to bring Volt Hockey participants to partake in the World Cup Volt Hockey in Sweden in September 2022. Variety Alberta along with Variety Ontario will be bringing 8 children/youth each to form the Volt Canada Hockey Team. In Alberta, representation is the following: one participant from Calgary, two participants from Edmonton and five participants from Fort McMurray! The participants will be wearing Team Canada uniforms and jerseys. This will be live broadcasted, so watch for the links in the Wood Buffalo Sport Connection's social media.

With one year of running Volt Hockey, Variety Alberta is looking for more participants - both athletes and assistant coaches, for the upcoming year. Fall season begins in September with two more seasons running from January to March and April to June respectively.

For more information on Volt Hockey or to get involved or register, visit our [website by clicking here](#), or email the Volt Coordinator at volt.coordinator@varietyalberta.ca.

To see Volt Hockey in action and learn from participants on how important and impactful the sport is for them, check out this video: <https://youtu.be/siuUzzWDyVw>



Check them out on Social Media:
Instagram: [@varietyab](#)
Facebook: [Variety - the Children's Charity of Alberta](#)
Twitter: [@VarietyAlberta](#)
LinkedIn: [Variety - the Children's Charity of Alberta](#)

Photos from Variety of the Participants from their First Provincial Volt Hockey Tournament.