

## 2022 BREAKFAST OF CHAMPIONS



CONGRATULATIONS to all the award winners at the 22<sup>nd</sup> Annual Breakfast of Champions, that celebrated sports excellence and recognized local athletes and teams who have won provincial championships during the 2022 season at Carmen's Banquet Center on December 5 with over 450 participants.

Thanks to our special guests Ontario Minister of Tourism, Culture and Sport- Neil Lumsden, as well as PJ Mercanti, Hamilton2030 Commonwealth Games Bid Committee Chair.

**[CLICK HERE to view the 2022 BOC photos, video, and program.](#)**



The 23<sup>rd</sup> Annual Breakfast of Champions will take place on **Thursday, December 7, 2023**, at Carmen's Banquet Center at 1520 Stone Church Road East in Hamilton.

If your team or athlete becomes a Provincial Champion during the 2023 season, don't miss out and register, as **[registration will open on April 1 and will close by the final deadline of November 1, 2023.](#)**

## OCSS-MARCH 25<sup>TH</sup>



Top sports experts at Ontario's premiere event on March 25, 2023.

<https://pheedloop.com/ocssmarch/site/home/>

# 2023 SPORT FOR LIFE SUMMIT

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St. Catharines, Ontario, hosted by Quality Sport Niagara / facilitated by Ridley College.

**Dates: March 30-31, 2023**

## Theme: Thriving through Changing Times

Our means of connecting, engaging, innovating, and experiencing quality sports and physical literacy have been re-envisioned to meet the challenges and opportunities of a post-pandemic world. Across sectors, and from the municipal to the national scale, we have all evolved. As we continue to embed Long-Term Development and physical literacy into our communities, there is no better time to share the ways we have learnt, grown and expanded our policies, programs and resources to meet current needs, engage and support diverse communities—and imagine new, exciting ways forward.

For more information, visit [sportforlife.ca/summit/](https://sportforlife.ca/summit/)

## Keynote Speakers:



# 2023 ONTARIO PHYSICAL LITERACY SUMMIT

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Attention coaches, educators, recreation leaders, parents, athletes.... Join in on the longest-running physical literacy summit in Canada. Reserve your spot and save the date for the Ontario Physical Literacy Summit coming up in Sept/Oct 2023. More details are to be announced soon, so stay tuned and visit the OPLS website for resources and past keynote presenters.

Go to [www.ontariophysicalliteracysummit.org/](https://www.ontariophysicalliteracysummit.org/) and learn more about physical literacy developments. [CLICK HERE-BUILDING GOOD PEOPLE THROUGH BASKETBALL with Coach Theresa Burns.](#)

# COMMONWEALTH GAMES 2030 UPDATE

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As many of you know, for the past 5 years there has been an enthusiastic and knowledgeable group of committed Hamiltonians working to bring the Games to Hamilton and region to celebrate the centenary of the birthplace of the Games. However, it was announced on February 13 Commonwealth Games Canada that the Hamilton bid and location was no longer the preferred location due to the fact that the Province of Ontario did not meet the deadline to outline their commitment to the Games and the Hamilton

bid. SportHamilton would like to sincerely thank the many volunteers, led by PJ Mercanti and Louis Frapporti, who gave so generously of their time, effort and at their own cost, to develop this extensive bid working with many partners and other municipalities to make these Games a MOVEMENT not just an event. The social impact of these games included so many benefits for Hamilton, building affordable housing and infrastructure that Hamilton so desperately needs and now this will not happen. These Games would have brought both private and public investment to provide for the needs of Hamilton.

However, the comment below from Louis Frapporti, executive member Hamilton 2030 committee, indicates that potentially talks may continue and hope is still alive to bring these Regional Games to Hamilton.

[CLICK HERE to read the article from Louis Frapporti.](#)

## FREE E-LEARNING SAFE & FUN SPORT

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New FREE eLearning creating safe & fun sport for everyone.

<https://safesport101.coachesontario.ca/playbook/>

# KIDSPORT HAMILTON



KidSport ensures that no kid is ever left watching on the sidelines. KidSport Hamilton supports local children who need financial assistance with sports registration fees. We believe that the power of sport participation promotes the development of children's social, mental, and physical well-being. Through increasing access to quality sports programs, KidSport strengthens the Hamilton community.

Through a confidential application process, we provide grants of between \$200-\$300 to help cover sport registration costs so that all kids aged 18 and under can play a season of sport.

For more information, to apply for a grant or to volunteer with KidSport Hamilton, please visit:

<https://kidsportcanada.ca/ontario/hamilton>



# HAMILTON FLAG FOOTBALL ACADEMY



Hamilton's premier flag football training academy and rep program.

The "Flag Football Academy" is an organization whose goal is to develop the sport of Flag Football in the city of Hamilton.

We provide seasonal monthly skills and drills sessions for boys and girls. We have a single U11 rep team with plans to expand to more age groups in the fall. Our rep teams compete in tournaments provincially, nationally, and internationally.

The Academy has been chosen as the official Flag Football coordinators and coaches for the 2023 Hamilton CANUSA games.

We ♥ Flag football!

[www.TheFlagFootballAcademy.com](http://www.TheFlagFootballAcademy.com)



# SCHOOL PERMIT FEES INCREASED? FINDING IT HARD TO ACCESS SPACE IN SCHOOLS?



Saving Public  
Access to Community  
Space Everywhere

The SPACE Coalition (Saving Public Access to Community space Everywhere) wants to hear from you. SPACE believes in affordable, accessible, and equitable access to public

space that is welcoming to all residents. And we believe that as Ontarians adapt to life with COVID, community use of schools will help address COVID's impact on neighbourhoods, communities, and individuals. Right now, we're focusing on the need for funding to offset permit fee increases and COVID impacts. In fact, we just made our 2023 Ontario Pre-Budget Submission highlighting these much-needed investments.

However, SPACE needs your help! Your stories will bring the issues alive -- which will get more attention to the need to improve community access to schools. Have you resumed your program in a school? How has your usage changed since the pandemic? Did the fees change, and if so, how and how much? Are you navigating new regulations or protocols?

Please contact SPACE via [SPACECoalitionON@gmail.com](mailto:SPACECoalitionON@gmail.com) or [SHARE YOUR STORY HERE](#).



## CYCLING WITHOUT AGE



### Hamilton & Burlington Chapter of Cycling Without Age



Cycling Without Age is a world-wide initiative that provides people with mobility issues (whether young or not-so-young) an opportunity to once again experience nature. Passengers may be previous cycling enthusiasts or simply have a desire to get outdoors. The Dutch-inspired and Dutch-built three-wheeled trishaw is propelled by a trained pilot using an e-assist motor. Each pilot is accompanied by a separate volunteer cyclist for support and traffic safety.

## Would you like a carefree, escorted ride in the summer of 2023?

CWA Hamilton offers rides to community members who are unable to cycle on their own. There is no cost for the rides, and they can include a caregiver or family member. Rides are typically up to one hour, and the route taken depends on the pickup location.

## What are the locations for rides?

- Williams Fresh Café 47 Discovery Drive. Rides along the beautiful Bayfront Trail.
- Burlington Seniors' Centre, 2285 New St, Burlington. Rides on a Burlington bike pathway or through quiet neighbourhoods.

## How do I arrange for a ride?

Rides can be arranged on Saturdays, Mondays, Tuesdays and some evenings in the summer, depending on pilot availability. To book a ride for you or a family member, send an e-mail to [cwapassenger@gmail.com](mailto:cwapassenger@gmail.com)

## Would you like to be a volunteer pilot?

For more information email [cwahamilton@gmail.com](mailto:cwahamilton@gmail.com). Info sessions will take place on Zoom in March, with indoor on bike training in April, and outdoor on route training in May. <https://cyclingwithoutage.ca/getinvolved/>.

For more information see (both videos are also available on the CWA website at <https://cyclingwithoutage.ca/hamilton-burlington/> .

# CANUSA GAMES – AUGUST 11-13, 2023



For more information, please visit

<https://canusagames.com/>

# INTERVAL HOUSE HAMILTON/ MENTORACTION

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MentorAction’s “Be More Than A Bystander” training provides participants with increased awareness and understanding of gender-based and sexual violence, its impacts, and how we can safely intervene when we witness or experience it. The training uses a mixture of group discussions, activities, PowerPoint, and videos to engage participants in reflection on issues of gender-based and sexual violence, consent,

gender messaging, and bystander intervention. Participants leave the training with increased knowledge of gender-based violence in Canada and a myriad of skills to intervene when it is happening. MentorAction partners with the Hamilton Tiger Cats, Hamilton FORGE FC, the Hamilton Bulldogs, McMaster University, and SportHamilton to engage youth athletes and coaches in conversations about creating safer and more inclusive sport cultures.

Coaching Boys Into Men (CBIM) is an evidence-based program that engages male athletes and coaches in conversations about healthy relationships, consent, mental health, and building safer and more supportive sports cultures. We know athletes are uniquely positioned to engage in these discussions based on their social influence, leadership, and the gender messaging that often gets associated with athleticism (e.g. being tough, aggressive, etc.). We also know that coaches are significant figures in youth athletes’ lives; by equipping coaches with the tools to engage their teams in conversations about these topics, the major takeaways will be internalized and applied in a community- and team-based way. CBIM involves one 90-minute training for coaches led by MentorAction staff, where we provide coaches with the knowledge, materials, skills, and resources to effectively facilitate the program. After this training, coaches commit to leading 15-minute weekly drop-down conversations with their teams in accordance with the CBIM curriculum. These 15-min sessions are dialogical in nature and are designed to create space for athletes to engage with each other about these topics in a supportive, non-judgmental, and open environment. The program is 12 weeks long with 12 associated topics to discuss in the CBIM card series.

# ABOUT SPORRHAMILTON

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SportHamilton, the official sport council for the city of Hamilton, endeavours to assist local sport organizations in various ways such as coaching education,

volunteer training, and recognition events such as the Annual Sports Volunteer Appreciation Awards and the Annual Breakfast of Champions. Our volunteer board of director leaders' mission is to enrich sport and physical activity experience in the City of Hamilton by activating a values-based system that promotes, supports, and enhances opportunities for all.

Follow SportHamilton on Twitter, Instagram, Facebook. To learn more about us and access many links and sources, and sport news and events, visit our website at

<https://www.sporrhamilton.com/>

Be sure to have your sport, club or organization represented on our Sport Club pages

<https://www.sporrhamilton.com/sport-clubs>

Contact us by email [info@sporrhamilton.com](mailto:info@sporrhamilton.com)

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