



M A S R C



Manitoba Aboriginal Sports and Recreation Council

NAIG 2020 in Halifax, Nova Scotia has been postponed to 2021.

NAHC 2020 in Regina, Saskatchewan has been cancelled due to COVID-19. Visit MASRC.com to celebrate our athletes!

Follow #RecYourPandemic on Instagram!

Spring 2020

**Community
Visits**

**Coaches
&
Athletes**

COVID-19
#RecYourPandemic



Community Visits

Since the new year, the MASRC staff have travelled 30 times to 21 different communities throughout Manitoba! Travelling to communities is a great opportunity for the MASRC to build relationships and to listen and learn more about how to better build sport and recreation in each community. As we continue to work with communities, we hope to help empower Indigenous people and walk with them to create sustainable programming that will benefit everyone. If you'd like us to visit your community in 2020 please contact us!

Outdoor Rink in Bloodvein

Bloodvein, MB is a participant in our Sport for Social Development program (see page 4). After a couple community visits and discussions with leaders and community members, our program facilitator helped identify a need in the community and encouraged them to build an outdoor rink.

Chief and Council agreed to fund the material for the outdoor rink and the MASRC took on the role of rallying youth in the community to help build the outdoor rink.



After 4 days of hard work, Bloodvein now has a new recreation facility and 7 youth who now know what it takes to build and maintain an outdoor rink.



Lost in a Snow Maze on Louis Riel Day

In celebration of Louis Riel day the MASRC hosted free snowshoe clinics at the largest snow maze in the world!

We were set up in a wonderful fire pit snow shelter and equipped 94 participants to try snowshoeing for the first time. And even with all of the activities offered at the Snow maze we were very pleased to have enhanced the winter experience for these people. We also had kids try snowshoe soccer and snowshoe hockey.



NAIG 2020 UPDATE

The North American Indigenous Games (NAIG) Council and NAIG 2020 Host Society have announced that the scheduled games to be held July 12-18 in Halifax, Nova Scotia have been postponed due to the ongoing situation with COVID-19.

At this point the MASRC does not have any further information about the rescheduling, other than the Host Society is working very hard to get things confirmed as soon as possible for July of 2021.

Here's what we do know:

1. It will still be called 2020 NAIG
2. There will not be another set of tryouts for any Team Manitoba NAIG 2020 teams. All teams will remain as they currently are. This is the same for coaches and chaperones.
3. No refunds will be processed. If an athlete would like to give up their roster spot and no longer attend 2020 NAIG – a refund can be processed, and the spot will be offered to an alternate player.
4. No athletes “age out” – age eligibility years stay the same.

We will keep everyone updated on new information as it comes to us.

This is incredibly hard and uncharted times for all of us. We appreciate your patience, time and commitment in giving our youth the opportunity for athletic excellence.

Keep an eye out for updates, athlete and coach recognition and upcoming virtual programming by following us on:

www.masrc.com



@MASRCManitoba



@_MASRC



@_masrc

COVID-19 UPDATE

The MASRC has been taking precautions and following the rules and regulations put in place by both the Federal and Provincial governments with regards to the COVID-19 outbreak. As a result the MASRC office is closed, but staff remain hard at work.

The MASRC will continue to monitor the situation and will advise if there are any changes to that decision as Manitoba works hard to flatten the curve.

The MASRC understands that families and communities are feeling anxious and worried about the occurrence of COVID-19 in Manitoba. We would like to reassure you that the health and safety of our youth and communities is always the MASRC's first priority.

We are working hard to continue to offer programs virtually! Follow the hashtag #RecYourPandemic to participate in our virtual programming!

2020 National Aboriginal Hockey Championships

On March 12th the Aboriginal Sport Circle (ASC) was advised of Hockey Canada's cancellation of all sanctioned events until further notice. As a result the ASC announced the postponement of the National Aboriginal Hockey Championships (NAHC) May 9-16, 2020 in Regina, Saskatchewan.

In an effort to honour and celebrate the athletes that will be aging out of eligibility for the NAHC this year, the MASRC will be showcasing these 12 athletes individually with features on our social media. Each week an athlete from each team (male and female) will be featured. Full write-ups will be posted on the MASRC website as well.

Let's show our athletes some love!

Introducing Sport for Social Development

The Sport for Social Development program began in August 2019 with the MASRC.

“Sport for social development is defined as the use of sport for social development for the purpose of achieving targeted social outcomes.”

The Sport for Social Development in Indigenous Communities (SSDIC) component is a response to the Truth and Reconciliation Commission of Canada’s Calls to Action, which identified 4 key social development needs of Indigenous communities.

Those needs form the specific targeted social outcomes of the SSDIC component:

- *improved health, education, and employability; and*
- *the reduction of at-risk behaviour.”*

We are grateful for the contribution of the Government of Canada through Sport Canada as this has allowed the MASRC to increase its capacity as well as increase our ability to work closely with our communities throughout Manitoba.

In 2018 our sport consultants travelled throughout Manitoba to engage in discussion about sport and recreation needs in Indigenous communities. A common response was that recreation leaders and community champions were tired. There is a lack of *relevant* education opportunities and a lack ongoing professional support.

Communities also stated that if there were more sport and recreation opportunities in the community, then we would see an increase in youth participation and as a result we would see an increase in school attendance. Their theory behind this statement is that with an increase in participation comes physical literacy and enhanced confidence in being physically active. With this confidence we will see a higher interest in school

sports and because of this we will see a higher academic attendance.

In order to test this theory, the MASRC has developed a mentorship program. The MASRC has pre-selected 14 communities to participate in the first few years of the program. We have hired 3 full time program facilitators whose responsibilities are to help communities identify potential leaders who are interested in learning how to create and implement sport and recreation programs for their community. The facilitators will act as mentors and offer resources and ongoing support for the community leaders.

Since October, our program facilitators have travelled 32 times to 21 communities. During this time, our facilitators and sport consultants have been able to build significant relationships with community members, school teachers, health care professionals, and chief and council members. With the focus on building relationships, the MASRC is able to provide ongoing communication and support.

In addition to the mentorship program, the Sport for Social Development program includes the urban bike program “Cycle Indigena Winnipeg” (see page 5), the Inclusive Sport program, and the Urban Youth Nights on Saturdays.

If you want to know more about Sport for Social Development, please contact Meaghen Fillion at fillion@masrc.com.

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du Canada

Canada 



"I was very fortunate to have been introduced to the Sport for Social Development program by Season Kirkwood and her colleagues when they attended Grand Rapids School for programming. Before I met Season with MASRC I had this goal to bring rec programs back to our community but had tons of barriers. There was lack of funding, equipment and volunteers. But that wasn't the only barrier. I felt stuck. I felt like I didn't know how to get started or where to get started. We then met Season and she gave me the guidance and confidence I needed to get started. The Sport for Social Development program has helped me gain a position with MCN band as a recreation director. It has helped me gain access to online coaching programs and certification. They have gave me opportunities to provide the community with other sport programs that the community is desperately in need of. They have provided me with ideas and touch base weekly to see how planning is going and if I need any supports. I am thankful that I have had the opportunity to be involved with this program. They are very helpful and their guidance and supports are more than I can ask for. I look forward to the future of our recreation program and that is because I know we have support through this program. Thank you." - Jeremy Ballantyne

Cycle Indigena Winnipeg

In October the MASRC launched its first urban bike initiative: *Cycle Indigena Winnipeg*. Cycle Indigena Winnipeg was designed to address one of the barriers that Indigenous students face when moving to Winnipeg for their studies: transportation.

Through this initiative the MASRC aims to give Indigenous students the ability to address this barrier by giving a bike to 35 students. A bike can give Indigenous students a sense of freedom, comfort, and safety in the city of Winnipeg. This will also help in alleviating the sense of isolation due to the culture shock of living in a busy, fast-paced urban environment.

The MASRC worked closely with the WRENCH Winnipeg, a local community bike shop, to design a bicycle that would fit the needs of a Winnipeg commuter. These bikes were built as simple single speed bikes that are easy to ride and easy to fix. The WRENCH also incorporated a number of theft proof features. Along with the bicycle each participant will receive the highest rated ABUS lock, a helmet, a battery powered light set, a hand pump, front and rear full fenders, and a heavy duty basket.

This initiative was met with excitement and this showed us that there is a need in the community for accessible and active transportation for Indigenous students living in Winnipeg. That being said, there are a few more bikes available and applications are still welcomed! Please visit www.masrc.com for more information.



Figure 1 Richard Spence from Gillam, MB picking up his bike at The WRENCH!

Staff Introduction



MEET CARALYNN!

I am the Operations Coordinator which means I am a part of how our office works day to day and planning our events. If you've registered for something with us, chances are you've talked to me! I also teach yoga and Lacrosse holds a special place in my heart.



You can reach by email at operations@sportmanitoba.ca. She would be happy to help with any questions!

Warehouse Update



Our equipment warehouse is still open! Equipment can be shipped; however, it will be at the applicant's expense. If you need equipment, we can prepare your order and let you know when it is ready for picked up at our warehouse location in Winnipeg.

To apply for sport equipment, please email Tara George at tara.george@sportmanitoba.ca.

Upcoming Contests

Participate in our #RecYourPandemic Challenges and Virtual Day Camp for a chance to win some great prizes!!!

Follow us on Instagram and Facebook and watch for our challenges that will be posted on Fridays. Tag us in your video of you doing the challenge. Your name will be entered in a draw to win a prize!

RE-CONNECT
RE-CREATE

WELCOME TO THE MASRC DAY CAMP



On Wednesday, May 6, the MASRC launched its first virtual day camp! We will be hosting more in the next few weeks. To access the camp, you can request to join the Facebook Group "Virtual Day Camp - #RecYourPandemic" You will be asked a series of questions and you will be registered for the camp. There is no fee to register! Our activities are at little to no cost. Most activities can be done with items you have around the house. Sign up and participate in our virtual day camp and you can be entered to win a prize!

If you have any questions about the virtual day camp, please email Season at masrckirkwood@gmail.com.

2019 Awards

Female Athlete Award - Heaven Moneyas Lake St. Martin First Nation

In 2019, Heaven played for Team Manitoba at the 2019 National Aboriginal Hockey Championships. Heaven also played for the AA Titans and was named MVP for the AA Titans at the end of their season.



In the fall of 2019 Heaven moved to Pilot Mound where she now plays for the Buffaloes.

She has taken a whopping 536 shots this year and has saved most of them!

Heaven is described by her friends as a funny and

very dedicated student athlete. Through her hard work and commitment, Heaven has done a great job representing herself, her family, as well as the program on and off the ice. Heaven made the transition to her new school, to follow her dream as a hockey player as well as to excel in academics. Not only is she a hockey player, but she is a MB provincial level boxer, and is tackling the sport of wrestling as well. She was named to represent Manitoba at the 2020 NAIG games in the sport of Wrestling.

Male Athlete Award - Conner Roulette Misipawistik Cree Nation



CONNOR ROULETTE, TEAM MANITOBA
TOP FORWARD MALE

After competing in Hockey for 12 years, Conner played his first WHL game with the Seattle Thunderbirds in January 2019, a huge accomplishment for a 16-year-old. He represented Manitoba at the Canada Winter Games in Red Deer in February 2019 and was awarded Impact Player of the Year at the annual Winnipeg AAA Hockey League Awards Night in April 2019. In May 2019, Conner played on Team Manitoba at the National Aboriginal Hockey Championships in Whitehorse. His team won the Gold Medal and he was named the Top Forward at the Championship. At the 2019 U16 World Junior Ball Hockey championships in the Czech Republic, Conner was named team captain and they won the GOLD medal. Conner was named Top Forward at Worlds. He was selected by Hockey Canada to participate at the National under-17 Development camp. The Canadian Ball Hockey Association awarded Conner with the Logan Schatz Memorial Award (top Jr Ball Hockey player). And to end things off, Conner was chosen to play with Team Canada at the 2019 World Under 17 Hockey Challenge Tournament.

Female Coaching Award - Danielle Daniels Opaskwayak (Long Plain First Nation)



Danielle Daniels is one busy Math teacher! In addition to her teaching, Danielle is also the Female Junior Varsity and Female Varsity Basketball coach for the Oscar Lathlin Collegiate Wolverines in

Opaskwayak Cree Nation (OCN). Her teams attended several tournaments including the "AA" Zone 11 Sr Girls Basketball Championships, the Swan Valley Credit Union Invitational Varsity Girls Basketball Classic and the St. Boniface Diocesan Centurion Classic. Outside of the school Danielle is the Head Coach for The Pas Thunder 16U Female Club team. The Thunder attended the 2019 Manitoba Club Basketball Championship in May in Winnipeg. And to top off her year, Danielle was selected to be the Head Coach for 19U Female Basketball for Team Manitoba that will be heading to NAIG.

Male Coaching Award - Curtis Nepinak Waterhen (Skownan First Nation)

Curtis Nepinak has been coaching in Manitoba for the past 19 years! In 2019 alone, he coached Jr High and JV Volleyball, Floor Hockey and Basketball at Skownan school and in the community U11 and U9 Baseball and



is currently coaching Initiation and Novice Hockey for Winnipegosis!

Coach Nepinak makes it his responsibility, for students to not only succeed on the court/ice but in life as well. He teaches his athletes to be leaders, how to be organized and the importance of time management. He always encourages his students to persevere and to improve by practicing and taking the time to work on specific skills.

Coach Nepinak has been an everyday role model, not only to his athletes but to his colleagues as well. Coach Nepinak often goes beyond his coaching responsibilities from buying his athletes dinner and finding hand me down equipment to working one on one with kids who need extra help and showing up to every practice, game and team bonding activity. Many parents have seen the efforts Mr. Nepinak puts in and thank him for loving their children, teaching them, encouraging them to remain positive during harder losses. He is known for being patient and kind, and giving everything, he has to make kids sport better.

Female Volunteer Award – Emma Bear Peguis First Nation



Emma who is an accomplished young athlete herself, has dedicated many hours to volunteering with youth in the sports of wrestling, baseball and hockey in her community. Emma, who wrestles for Peguis Wolverines, always makes sure that she is helping the younger athletes around her with technique and positioning. Her

dedication shines through, as she travels from Peguis to Winnipeg 4 times a week to participate in practices. As a volunteer, Emma referees, along with timekeeping and scorekeeping for many minor hockey and minor baseball games in Peguis Emma

has been recognized as one of the most hard-working student athletes, maintaining a high GPA while volunteering and participating in sports. She displays the leadership and work ethic that every coach hopes for in their athletes and young volunteers. Emma attended the 2019 Western Canada Games, taking home 2 bronze medals!

Male Volunteer Award - Mike Sutherland Peguis First Nation

In his 35+ years of volunteering with Softball, Mike has proven himself to be a very determined volunteer and very dedicated family man, with a great work ethic. Over the past year, Mike was the Host Committee Chair of the 2019 Canadian



Native Fastball Champions - CNFC (a 70-team event with clubs from across Canada) held at Blumberg. For many years, Mike has coached the Peguis Senior A Redmen team, along with the U23 Redmen team. In 2019, Mike lead the Peguis Senior Redman in winning the seniors Men's division at the CNFC. Over the past year, Mike and his U23 and senior's Men's clubs both proudly represented Softball Manitoba at the National Amateur Fastball Association Championships in Las Vegas, the Fargo Memorial Tournament in North Dakota, and numerous 'A' and 'AA' championships throughout the United States. Aside from softball, Mike is a dedicated community member who also shares his values at hockey venues and by introducing youth to land based outdoor education.

Congratulations to all of our award winners. We wish we could formally celebrate your accomplishment at the annual Night of Champions,

but due to Covid-19, this event has been cancelled. Please know that we celebrate you in our hearts.

For more information on the award winners, please email Mel Whitesell, Executive Director, at mel.whitesell@sportmanitoba.ca.

Now Accepting Scholarship Applications!

The athlete scholarship is awarded to deserving male and female athletes from Manitoba who demonstrated their athletic skills and abilities in high school academics with evidence of continuing their education at a recognized post-secondary institute.

The coach scholarship recognizes one male and one female coach in Manitoba who have demonstrated dedication and skill at Coaching in their chosen sport, with evidence of plans for continued development in coaching.

Applications are available at masrc.com and must be submitted via email to Caralynn at masrcoperations@sportmanitoba.ca. Application deadline has been extended to June 1.



REACH FOR THE STARS
NAIG 2002 LEGACY SCHOLARSHIP
NOW AVAILABLE FOR INDIGENOUS ATHLETES AND COACHES

GO TO www.masrc.com to download the application form or email masrcoperations@sportmanitoba.ca for more information

APPLY NOW!

Must be enrolled in post secondary institute for the 2020-2021 Academic Year

deadline
May 15, 2020



CONGRATULATIONS

TO THE FOLLOWING ATHLETES FOR MAKING THE 2020 TEAM MANITOBA
FOR THE NATIONAL ABORIGINAL HOCKEY CHAMPIONSHIP IN REGINA, SASKATCHEWAN.

FEMALE TEAM

PLAYER	HOME COMMUNITY	2019-2020 TEAM
Oceane Asham	Portage La Prairie (Métis)	JWHL Balmoral Hall Blazers
Aliya Baker	Winnipeg (Peguis FN)	Winnipeg Avros
Alexandrea Bednar	Vita (Métis)	Eastman Selects
Madelaine DesRosiers	Grande Pointe (Métis)	Eastman Selects
Dana Goertzen	Winnipeg (Peguis)	Balmoral Hall Blazers
Trinity Grove	St. Andrews (Métis)	Winnipeg Avros
Hayley Johnson	Winnipeg (Métis)	Winnipeg Avros
Jolyn LeClair	Notre Dame de Lourdes (Métis)	Pambina Valley Hawks
Joie Simon	Flin Flon (Ojibwa Mi'kmaq FN)	Yellowhead Chiefs
Tyla Turnbull	Carleton Place (Métis)	St. Mary's Flames Prep
Katie Bassett	Winnipeg (Métis)	Balmoral Hall Blazers
Harmony Chicoose	Pilot Mound (Pasqua FN)	Pilot Mound Hockey Academy
Keira Christensen	Winnipeg	Winnipeg Ice
Rachel Gottfried	Winnipeg (Métis)	Winnipeg Avros
Kali Hilderman	Winnipeg (Métis)	St. Mary's Flames Prep
Mya Kubrakovich	Dauphin (Pine Creek FN)	Yellowhead Chiefs
Jenna McLennan	Winnipeg (Métis)	Eastman Selects
Heaven Moneyas	Winnipeg (Lake St Martin FN)	Pilot Mound Hockey Academy
Avery Lebleu	Oakbluff (Métis)	Balmoral Hall Blazers

TEAM STAFF

Head Coach	Dale Bear	Winnipeg (Peguis First Nation)
Assistant Coach	Emily Middagh	Winnipeg (Métis)
Manager	Jacinta Bear	Winnipeg (Fisher River CN)

MALE TEAM

PLAYER	HOME COMMUNITY	2019-2020 TEAM
Colby Bear	Peguis First Nation	Pilot Mound
Jessiah Bennett	Winnipeg (Métis)	Rink Hockey Academy
Chase Bertholet	The Pas (Métis)	Prince Albert Mintos
Riley Borody	Portage La Prairie (Métis)	Central Plains Capitals
Daimon Gardner	Winnipeg (Eagle Lake FN)	Rink Hockey Academy
Garrett Hrechka	Dauphin (Métis)	Parkland Rangers
Matthew Mason-Vandel	Winnipeg (Peguis FN)	Interlake Lightning U18
Matthew McLeod	Winnipeg (Métis)	MJHL Winnipeg Blues
Jayden Perron	Winnipeg (Métis)	Winnipeg Warriors
Slade Stanick	Rapid City (Métis)	Yellowhead Chiefs
Brayden Stevenson	Peguis (God's Lake FN)	Rink Hockey Academy
Riley Zimmerman	Winnipeg (Métis)	OCN Blizzard
Logan Clarke	Sagkeeng First Nation	Arborg Ice Dawgs
Kieran Cooke	Winnipeg (Métis)	Rink Hockey Academy
Cheechoo Lathlin	Opaskwayak Cree Nation	Norman Northstars
Kyle Melo	Lorette (Métis)	Eastman Selects
Cole Mentuck	Waywayseecappo First Nation	Major Pratt Trojans
Prealey Lester	Winnipeg (Métis)	Winnipeg Thrashers
Donavan Bodnar	Peguis First Nation	Rink Hockey Academy

TEAM STAFF

Head Coach	Kevin Monkman	Winnipeg (Vogar)
Assistant Coach	Hayden Yaremko	The Pas (Métis)
Assistant Coach	Daniel Chartrand	Dauphin (Métis)
Trainer	Hudson Yaremko	The Pas (Métis)
Manager	Steven Daniels-Webb	Gunton (Peguis First Nation)



HARMONY CHICOOSE



DONAVAN BODNAR



For more information on the NAHC go to:
[HTTP://WWW.NAHC2019.COM](http://www.nahc2019.com)

