

2024 - 2025 YEAR IN REVIEW

Executive Summary

As the Board Chair of Pacific Sport Fraser Valley, I am pleased to present some highlights from the past year. We have had a successful year in promoting physical activity and supporting participants in our region.

As we finish up the final year in our current strategic plan, it has been exciting to see our vision and goals come to life as we actively engaged with the local community, promoting sports and physical activity through numerous programs and training that created awareness about the benefits of sports participation and healthy lifestyles. Collaborations with schools, community centers, and Provincial and Local Sports Organizations have fostered a culture of active living.

Strong partnerships with sponsors, government agencies, and community organizations have secured much needed funding and resources. We are grateful for the generous contributions and ongoing support from our partners. We have continued to experience growth in program offerings, staff capacity, and community reach. We have been fortunate to grow and welcome new employees in our staff team. This year marks the last year with our current Executive Director and the board would like to express a formal thank you to all Stephanie Rudnisky has done for the organization and sport. Stephanie embodies the true meaning of sport and community and we are so thankful for all she has done for PSFV. "We are excited to welcome our new Executive Director, Tara Cleave, who brings extensive experience in leadership, sport promotion, and community partnerships."

Looking ahead, we remain committed to promoting inclusive sports and fostering a vibrant sports community in the Fraser Valley. We look forward to creating a new Strategic Plan to continue to support participants and engage with the community to inspire a lifelong passion for sports.

Thank you to the Pacific Sport Fraser Valley team, Board of Directors, partners, and participants for your dedication and achievements. Together, we have made a positive impact and will build upon this success in the coming year.

-Stephanie Eby

WHO ARE WE?

PacificSport Fraser Valley is a non-profit organization dedicated to strengthening sport at every level—from grassroots participation to high performance. Each year, we support more than 470 athletes and coaches while offering community sport programs that engage participants of all ages. In collaboration with local partners, we deliver Canadian Sport for Life initiatives that improve the quality of sport and physical activity across our region and beyond.

OUR VISION - To enhance and support communities who move and play together.

OUR MISSION - PacificSport Fraser Valley educates and facilitates inclusive physical literacy, sport, and physical activity for all.

OUR VALUES - Collaboration - Accountability - Inclusion- Sustainability - Respect

STAFF

- Kevin Berar - Communications & Sport Development Coordinator
- Larisa Dillon - Manager, Athlete & Coach Services
- Teagan Johnstone - Manager, Physical Literacy & Community Sport
- Katie Miyazaki - Coordinator, School Physical Activity & Physical Literacy
- Connor Ranspot - Manager, Athlete Coach Services
- Stephanie Rudnisky - Executive Director

BOARD MEMBERS

- Lisa Craig - Secretary
- Stephanie Eby - President
- Rick Irving - Treasurer
- Grant Rawstron - Vice President
- Leah Wood - Member



Multi-Sport & More

PacificSport Fraser Valley delivered a variety of affordable programs across the region this year, including after-school sessions and seasonal camps during winter, spring, and summer breaks. These programs engaged youth of all abilities through more than 20 unique sports, led by our highly trained program leaders. We are grateful to our Provincial Sport Organization partners for their collaboration and to Jumpstart and ParticipACTION for their generous support in making these initiatives possible.



Coach Education

PacificSport Fraser Valley offered 21 multi-sport NCCP courses over this past year. We intentionally developed relationships with various PSOs, LSOs, and municipalities to deliver multi-sport modules to upskill their coaches. PSFV also ran 8 Professional Development workshops including: All Youth Matter, Physical Activity and Literacy in the Early Years, Mental Health, Financial Literacy and Philanthropy, High Five Sport, Aboriginal Coaches Module, and Diversity & Inclusion.



SPA/PL

The School Physical Activity and Physical Literacy project was successful in seven elementary schools across the Fraser Valley. Through this program, 39 educators were taught how to increase movement throughout the school day. Thank you to Sport for Life and the Ministry of Health for funding this program.



Athlete and Coach Services

This year, PacificSport Fraser Valley transitioned to a streamlined online registration system in partnership with Canadian Sport Institute - Pacific, resulting in record enrolment of 757 athletes and 75 coaches (up from 405 and 68). New initiatives included Lululemon discounts, diverse workshops, and "Guide to the Games" sessions for BC Summer Games participants.



Community Sport

- 20 weekly programs
- 10 week long programs
- 5 girls only programs & classes
- 800+ participants

Coach Education

- 21 NCCP Courses
- 249+ coached educated
- 8 Pro-D-Day Workshops

School Physical Activity and Physical Literacy

- 1200 students reached
- 39 educators mentored
- 87 different schools

Jumpstart Grant

PacificSport Fraser Valley was once again awarded a Community Development Grant from Jumpstart in the amount of \$24,725. This grant helped us provide programming for kids between the ages of 4-18 in financial need or youth with disabilities between the ages of 4-25 as well as help run our Coaching Courses at a discounted rate.



Community Impact

~ Testimonials ~

“The summer camps are so much fun for the kids. They learn so much from these young leaders. Keep up the awesome work and programs!”

“My daughter enjoyed every class. And its affordable. I have already registered her for the upcoming program. It will help my child decide what she wants to do in sport.”

“Thank you for giving us these kinds of good opportunities at schools.”

“I just wanted to say thank you. I enjoyed this program, and the teachers here were so nice and amazing they really taught me how to confidently play and have fun in sport.”

“It was great experience for my child and it made my kids healthy and strong. Definitely needed for kids!”

Funding

Thank you to all our funding partners for their generous support, which enables us to enhance and expand our community impact.



Newcomers & Girls Only Programs

PacificSport Fraser Valley introduced a brand-new Newcomers Program at Douglas Park Elementary in Langley. The programs are aimed at welcoming young children new to Canada. The program ran after school and during spring break, offering participants the chance to experience a variety of sports for the first time. Beyond physical activity, the program fostered confidence, inclusion, and friendships, helping newcomer families feel more connected to their community through the power of sport. Over 70 participants took part in the program.

PSFV also ran three different Girls Only programs in Abbotsford and Delta. Over 60 girls between the ages of 5-13 took part in the programs where we are inspiring and building a confidence multi-sport experience that not only introduces them to a range of sports, fostering the development of diverse sport-specific skills, but also instills confidence, competence and motivation through our program. We introduced girls to many different sports such as cricket, soccer, basketball, flag football, volleyball, pickleball and more. Each of these sports are taught by our trained program leaders or experienced coaches that strive to create a safe and friendly environment.

