

## 2023 - 2024 YEAR IN REVIEW

### Executive Summary

As the Board Chair of Pacific Sport Fraser Valley, I am pleased to present the key highlights from the past year. We have achieved significant milestones in promoting physical activity and supporting participants in our region.

Our development programs have thrived, providing training and support to aspiring participants and coaches. We have actively engaged with the local community, promoting sports and physical activity through numerous events 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 additional funding and resources. We are grateful for the generous contributions and ongoing support from our partners. We have also experienced significant growth in program offerings, staff capacity, and community reach. Our dedicated team and Board of Directors have ensured smooth operations and strategic guidance.

Looking ahead, we remain committed to promoting inclusive sports and fostering a vibrant sports community in the Fraser Valley. We will 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.

## WHO ARE WE?

PacificSport Fraser Valley is a not-for-profit organization that powers sport by providing expert training, resources, and support from grassroots to high performance levels. We support over 470 athletes and coaches and host community sport programs for all ages. Through partnerships with local organizations, we deliver Canadian Sport for Life programs, enhancing sport and physical activity quality in Canada.

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





# xploresportz

PSFV successfully provided several low-cost programs across the Fraser Valley throughout the year. We were able to run successful after school programs, winter, spring and summer break programs as well as community events for youth of all abilities. We have been able to train a number of highly skilled program leaders and run over 20 unique sports with the help of our Provincial Sport Organization partners. We are thankful to Jumpstart and ParticipAction for their support in helping us fun these programs.



# coach education

PacificSport Fraser Valley offered a record number of NCCP courses over this past year. Intentionally partnering with various PSOs to deliver multi-sport modules to upskill their coaches. PSFV also ran a record amount of Professional Development courses including: Athletic Taping, All Youth Matter, Canadian Centre for Mental Health and Sport Trilogy, and partnered with two PSOs to run an Officials training course + a sport specific NCCP pathway.



# spapl

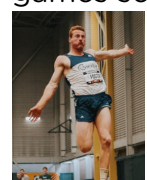
The School Physical Activity and Physical Literacy project was successful in seven elementary schools and one middle school across the Fraser Valley. Through this program, 51 educators were taught how to increase movement throughout the school day. Thank you to Sport for Life and the Ministry of Health for funding this program.



# athlete and coach services

This year, there have been significant changes to the registration process for athletes and coaches seeking access to our benefits and services. The transition to virtual and online registration, in collaboration with Canadian Sport Institute - Pacific, has been a pivotal shift. There has been a remarkable increase in enrolled athletes, totaling 405, and coaches, numbering 68, across the Fraser Valley Region.

In addition to our standard offerings, the Athlete and Coach Services team introduced several new initiatives. These include exclusive lululemon discounts, workshops on mental health and anti-bullying, an athletic taping courses, viaSport's All Youth Matter course and the guide to the games sessions for those attending the BC Winter Games.



## Community Sport

- 22 weekly programs
- 13 week long programs
- 8 girls only programs
- 15 55+ programs
- 900+ participants

## Coach Education

- 50+ courses
- 820+ coached educated

## School Physical Activity and Physical Literacy

- 1117 students reached
- 50+ educators mentored
- 8 different schools

# phac grant

Over the past 2023-2024 year, the Public Health Agency of Canada offered funding through the Coaching Association of Canada to organizations, including PSFV, to have the ability to remove the financial barrier of accessing coaching courses. Because of this grant, we were able to help a record amount of coaches access NCCP education opportunities this year. Thank you PHAC!!!

# community impact

## ~ testimonials ~

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

**My experience in this program makes me feel excited about being active in the future**

they [the leaders] made a huge positive impact on my child

**It's the best program we have encountered for teens [with different abilities]**

Being with other kids with no pressure . We had a lot of fun and everyone got along

**Inclusive, non competitive, no pressure**

I had fun and laughed alot!



## funding

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



## Indigenous work

Throughout the past year, PacificSport Fraser Valley has been actively involved in supporting Indigenous communities through a range of initiatives. One standout event was the sports day held at Shxwowhamel First Nation, fostering community engagement and promoting physical activity. Complementing this event was the distribution of printable Activity Bingo Sheets, designed to encourage community members to incorporate activity into their daily lives. PSFV organized the Indigenous Long-Term Participant Development workshop, thanks to funding received from ViaSport and the Rally Together grant. This workshops had Regional Sport Alliance Staff from across British Columbia attend, as well as members of Aboriginal Sport Circle, Sport for Life and staff from the Indigenous Sport, Physical Activity & Recreation Council. Additionally, PSFV facilitated specific educational opportunities, including multiple sessions of the Aboriginal Coaches Module and the Indigenous Communities: Active for Life program. These initiatives aim to promote sustained physical activity and overall well-being within Indigenous communities and for Indigenous participants. These efforts reflect PacificSport Fraser Valley's dedication to empowering Indigenous populations through sport and education.



CONTACT US!

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