

2022-2023 YEAR IN REVIEW

Executive Summary

Stephanie Rudnisky, Executive Director

In the past year PSFV has been marked by significant achievements and growth. I would like to highlight a couple key accomplishments by the team.

1. Increased Grant Funding: Over the fiscal year PSFV successfully secured a substantial increase in our grant funding. These grants have allowed us to expand our programs, reach a broader audience and make a more significant impact on our community
2. Strategic Partnerships: We have made strategic partnerships with new organizations which will help to continue to strengthen our network and enhancing our ability to deliver quality programs. These collaborations have opened door to new resources, expertise and opportunities for our organization
3. Increased participation: Our goal is to get more kids active and we are proud of the work we have done offering programs across the Fraser Valley. Through our programs and outreach efforts we have seen an increase in number of youth engaging in physical activity.

This past year has been a remarkable journey for PSFV, characterized by increased grant funding, strategic collaborations, higher participation improved coach training and a growing community impact. These achievements are a testament to the staff and board in their commitment to fostering a inclusive and accessible space for physical activity. We look forward to building on this success in the upcoming year.

WHO ARE WE?

PacificSport Fraser Valley is a not-for-profit that is powering sport. We deliver expert training, resources, and capacity support to the sport community, from grassroots to high performance.

Our organization provides dedicated support to more than 250 registered athletes and coaches, in addition to hosting community sport programs and event for youth to adults. Through partnerships with recreation departments, school districts, health authorities and local sport organizations, PacificSport Fraser Valley delivers programming for the Canadian Sport for Life movement, improving the quality of sport and physical activity in Canada.





xploresportz

PSFV was able to offer numerous programs free of charge in thanks to funding from Jumpstart, ViaSport, Canadian Women and Sport. One of our main focuses this past year was implementing inclusive and accessible programs to the communities of the Fraser Valley, and something we were able to achieve.



coach education

PacificSport Fraser Valley offered numerous NCCP courses over this past year. Intentionally partnering with various PSOs to deliver multi-sport modules to upskill their coaches. We also ran the following professional development courses: All Youth Matter, Anti-Racism Workshops, Concussion Management and Injury Prevention.



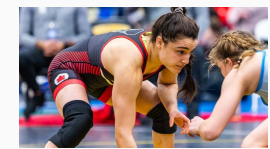
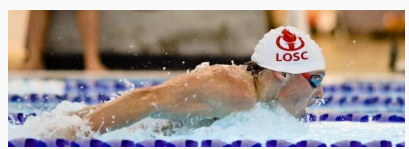
spapl

The School Physical Activity and Physical Literacy project is an in-person support program developed for educators in BC to help build the capacity in the delivery of the Physical Health and Education curriculum to elementary students from grades k-8. Through this program, educators are 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

PacificSport Fraser Valley hosted a variety of intakes this year to introduce new athletes and coaches to the benefits and services that PSFV offers. The benefits and services are in partnership with Canadian Sport Institute - Pacific. Continuing from last year, success was found in hosting these intakes via Zoom. The year end count was 248 athletes and 57 coaches in our Fraser Valley Region. In addition to the regular benefits and services, the Athlete and Coach services team offered an in-person workshop for all registered athletes and coaches who wished to attend. This workshop focused on: Flexibility and Stability for Injury Prevention and Improved Performance.



Community Sport
52 eight-week programs
11 week long programs
12+ girls only programs
1000+ participants reached
8 different communities reached
new community partners

NCCP
15+ NCCPs
205+ coaches educated
205+ coached educated
School Physical Activity and Physical Literacy
3750 students reached
150+ educators mentored
22 different schools

lead

This past year PSFV underwent the LEAD Self-Assessment Process through the Abilities Centre. This process is a system integrated approach for sport organizations, municipalities, non-profits and corporations to implement organization - wide accessibility and inclusion practices. From here PSFV is devoted to advancing accessibility and inclusion in all aspects of our operations.

I just wanted to thank everyone at [PacificSport Fraser Valley]. My daughter loves the [XploreSportZ] program, instructors, & has nothing but fun stories to tell afterwards. I love it for giving her more confidence both socially & with sports in general.

I simply love this program. It is so welcoming, inclusive, adaptable and just all around great for these youth.

I simply love this [Team Up XploreSportZ] program. It's so welcoming, inclusive, adaptable and just all around great for these youth.

Amazing - Inclusive - Wonderful

[My child] loves being able to try new activities and move his body and exert extra energy. I like that it gives the kids an outlet within the school for kids that don't necessarily like organized sports programs.

Fun - Social Skills Building - Great Exercise

[My child] has gotten so much out of XploreSportZ - the biggest thing would be connecting with peers in a inclusive group with no pressure

teamup grant

This year PacificSport was selected to receive the team up grant - this grant was designed to build capacity for community-based sport programming through sustainable, cross-sector partnerships. We teamed up with Inclusion Langley, ISS of BC, The City of Maple Ridge and the City of Langley to introduce our XploreSportZ program to participants with different abilities and those new to Canada. It was so successful, the program is continuing to run this upcoming year!

PSO x PSFV

In August 2022, PSFV was able to run a free, week long, girls only program in Surrey. This was made possible by partnering with Volleyball BC and Baseball BC. For most, this camp was the first and only camp experience of the year. It is so meaningful to be able to provide accessible opportunities that introduces new sports and increases the abilities and confidence of girls in our communities.



CONTACT US!

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