



Sport, Physical Activity and Recreation Branch – SPAR –

September 2024 Newsletter

Congratulations to all our Alberta athletes who participated in the 2024 Olympic Summer Games (July 26-August 11, 2024) and Paralympic Games (August 28 – September 8, 2024) held in Paris, France!

Here are a few highlights:

- 38 athletes from Alberta competed at the Olympic Games.
- 19 Alberta athletes competed at the Paralympic Games.
- 41 athletes have received funding from the Podium Alberta Program.
- Six athletes are Alberta Games Alumni athletes.
- 20 athletes are Team Alberta Alumni athletes.

Olympic Results

- Christa Deguchi – Lethbridge – GOLD – Judo
- Marco Arop – Edmonton - SILVER – 800M
- Eleanor Harvey – Calgary BRONZE – Women’s Fencing Foil
- Women’s 7s Rugby – SILVER – Krissy Scurfield- (Canmore), Fancy Bermudez – (Edmonton), Piper Logan – (Calgary), Keyara Wardley – (Vulcan)
- Women’s 8 Rowing – SILVER – Kasia Gruchalla-Wesierski-Calgary, Jessica Sevic – Strathmore
- Caeli McKay – Calgary - Women’s 10m Synchro – Fourth – 10M - Fourth
- 3x3 Basketball – Fourth- Kacie Bosch, Paige Cozon – Lethbridge, Michelle, and Katherine Plouffe - Edmonton

Paralympic Results

- Nicholas Bennett - Red Deer - GOLD, GOLD, SILVER - Swimming
- Kate O'Brien – Calgary – BRONZE – Cycling – C4 TimeTrial
- Reid Maxwell – St. Albert – SILVER – Swimming - S8 400m Freestyle
- Women’s Sitting Volleyball -BRONZE – Angela Dolezar - St. Albert, Allison Lang -Edmonton, Sarah Melenka – Vegreville, Jennifer Oakes – Calgary, Heidi Peters- Neerlandia, Jolan Wong – Vermillion, Katelyn Wright – Edmonton
- Amanada Rummery – Edmonton – Athletics - Fifth- T46/47 400m
- Womens Wheelchair Basketball – Fourth – Airnn Young - St.Albert
- Men’s Wheelchair Basketball -Fourth – Reed De’Aeth -SherwoodPark, Chad Jassman – Calgary

Alberta Concussion Awareness Day: September 25, 2024

Did you know that there is an estimated 1-in-5 lifetime risk of concussion, with children and adolescents accounting for over 50 per cent?

A study conducted by the Injury Prevention Centre determined 41 Albertans sustain a concussion each day. That is 14,876 concussions per year being diagnosed in Alberta’s emergency departments.

It is important to note this number does not include concussions treated at physicians' offices, walk-in clinics, or those that go unrecognized or untreated.

Although concussions can affect individuals of all ages, the study found that young people between the ages of 10 and 19 had the highest average number of emergency department visits due to concussions. This emphasizes the importance of promoting concussion awareness, prevention, detection, and management within our communities.

In recognition of this important issue, Tourism and Sport is partnering with the Alberta Sport Medicine Council to recognize **September 25 as Alberta Concussion Awareness Day**, which falls within National Concussion Awareness Week (September 23-29, 2024).

To better prepare Albertans with the knowledge they need, we encourage everyone involved in sport, physical activity, and recreation to join us in creating greater public awareness about the tools available for prevention, detection, management, and support for those who have sustained a concussion.

For further information and resources on concussion recognition, management, and recovery, please visit www.sportmedab.ca/aca or the [SPAR Concussion and Injury Prevention Page](#).

Concussion Awareness Training Tool (CATT): Translating the expanding concussion evidence into publicly accessible resources.

Informed by evidence-based research and international concussion experts, CATT launched its new online platform at the end of June 2024. CATT is accessed widely to educate targeted audiences on concussion prevention, recognition, treatment, management, and recovery.

CATT materials have been updated to reflect current recommendations from the 2023 International Consensus Statement on Concussion in Sport, as well as other evidence-based resources (e.g., guidelines, position statements).

Read more about the updates [on the website](#).

National Coaches Week

September 16-22, 2024 is the 10th annual [National Coaches Week](#)!! To celebrate and say #ThanksCoach throughout September, all [NCCP multi-sport modules](#) will be discounted up to 50 per cent off, and all Core Training modules will be \$25.

Take advantage of the FREE eLearning modules offered during National Coaches Week:

- **September 16:** [NCCP Coach Initiation in Sport](#)
- **September 17:** [NCCP Creating a Positive Sport Environment](#)
- **September 18:** [NCCP Sport Nutrition](#)
- **September 19:** [NCCP Coaching Athletes with a Disability](#)

Download a copy of the [Participant Guide](#) to access special graphics and event material that can be used to celebrate your local coaches.

Major Sport Event (MSE) Grant: Now Open

The MSE program provides financial assistance to enhance the capacity of organizations in their pursuit of, the planning for, and hosting of national and international and sport events that support the social and economic well-being of Albertans and the host communities.

Please visit [MSE webpage](#) for the program guidelines and application. The deadline for applications is **October 15, 2024, at 4:30pm MST**.

2024 Alberta Sport Recognition Awards – Nominations open October 1

It is that time of the year! Do you know an athlete, coach, team, volunteer, or official with outstanding results in your organization? Nominations will open on October 1 for the 2024 Alberta Sport Recognition Awards.

The Alberta Sport Recognition Awards program was established in 1987 to acknowledge the outstanding achievements and commitment of coaches, officials, and volunteers in the province.

The 2024 Alberta Sport Recognition Awards will be provided in the following categories:

- Junior Female and Male Athlete of the Year
- Junior Team of the Year

- Open Female and Male Athlete of the Year
- Open Team of the Year
- Coach and Technical Officials Recognition Award
- Sport Volunteer Recognition Award
- Don Watts Award – Coach Developer

For more information and nomination form, please visit the [Alberta Sport Recognition Awards webpage](#). If you have any questions, please don't hesitate to contact us at sparawards@gov.ab.ca.

ParticipACTION – Alberta's Most Active Community

Congratulations to **Red Deer** for being named the Most Active Community in Alberta in the ParticipACTION Community Better Challenge! This is Red Deer's third year in a row winning this challenge.

The ParticipACTION Community Better Challenge is an annual month-long, national physical activity initiative that encourages Canadians to get active in search of Canada's Most Active Community. Over 591,000 people and 1,250 communities across Canada participated in the challenge and competed for the title of Canada's Most Active Community. Hay River, Northwest Territories was victorious and named as Canada's Most Active Community in 2024!

Alberta Recreation and Parks Association (ARPA) Conference and Energize Workshop

Due to the recent wildfire and its impacts, the Fairmont Jasper Park Lodge and the Town of Jasper will no longer host the 2024 ARPA Conference & Energize Workshop as planned.

However, the event will still take place on the original dates, October 24-26, at a new location. Please go to the [ARPA website](#) for more updated information.

SPAR and the ARPA want to thank all first responders and fire crews for their tireless work in protecting Jasper and the surrounding land and animals. We also want to pass on our thoughts to all the people and businesses that are impacted by this wildfire.

2024 Petro-Canada Sport Leadership sportif Conference: November 14-15, 2024, in Regina, Saskatchewan

Join sport leaders from across the country at Canada's largest sport conference for two days of learning, professional development, and networking with the top minds and leaders of the sport, business, and education communities in Canada.

The theme of the 2024 Petro-Canada Sport Leadership conference is: **Amplifying Voices**. The focus of this year's conference is on the importance of amplifying voices across the sport community.

Through gaining a deeper understanding of the perspectives of others, sport leaders can create more inclusive and safe spaces and shift their focus towards improvement and growth, by gaining insights through wisdom from diverse narratives.

Registration is now open. For more details, visit the [conference website](#).

Concussion Awareness

The #Headstrong Canada campaign is based on the Government of Canada's Concussion Framework and the



[Concussion Awareness toolkit](#), is designed to give every sport organization the resources they need to show they are concussion smart and to learn the key points in Concussion Awareness



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