

Highlights of Service Delivery

Engage Sport North advances sport participation and excellence throughout Northern BC!

Dawson Creek, Fort St. John, Mackenzie, New Aiyansh, Old Massett, Prince George, Quesnel, Smithers, Taylor, Terrace, Williams Lake



Providing **2950** athletes, coaches, officials & participants with opportunities to play, try, learn, train, compete, win, coach, mentor, and officiate in **11** northern communities.

Athletes train!



Individual Training **12** hours



Team Training **572** hours



Varsity Athletics **8640** hours

Performance Services: **425** athletes striving for excellence

43 athletes compete!



217 sessions > 112 athletes **3200+** hours training



80 sessions > 16 athletes **420** hours training

Metabolic & Physical Testing **162** athletes tested

Inspirational Speakers **316** athletes coaches parents community members

Canadian SportSchool Northern BC
17 athletes, 160 sessions = **5440** hours of training

Athlete { Mental Performance Training Sessions
Strength & Conditioning Consultations
Mental Performance Consultations

Aspiring athletes & sport enthusiasts participate!



Families in Motion **366** hours > **244** participants
11 sessions

- Nusdeh Yo After School Program **37** sessions > **149** participants > **2200** hours
- Sport Discovery Community Try-It! Events **20** sessions > **321** participants > **400+** hours
- Sport Accessibility Sessions **5** sessions > **108** participants > **259** hours
- Physical Literacy Skill Assessment **10** sessions > **221** participants > **332** hours
- Play in the Park **2** sessions > **371** participants > **560+** hours
- Community Events **2** sessions > **245** participants > **245** hours



Park Play **4** days **135** participants **270** hours

Ladies find your stride > **18** sessions **91** hours

SPORT discovery CAMPS **20,000+** hours **478** participants

Coaches, officials & sport leaders develop skills and make a difference!



Athletic Taping **16** } sport leaders/coaches trained
Concussion Management **13** }

36 Sport Development: **Training & Development sessions** to ensure quality sport is available to everyone in the north.



Centre for Advancement of Women in Sport Workshops
16 sport leaders trained



United Nations **Sport in a Box:**

13 youth sport leaders trained

- National Coaching Certification Introduction to Competition Modules **51** coaches trained
- National Coaching Certification Competition Development Modules **2** coaches trained
- Sport Accessibility Training for Coaches and Leaders **35** sport leaders trained
- High 5 Principles of Healthy Child Development **35** sport leaders trained
- Fundamental Movement Skills **20** sport leaders trained

Run, Jump, Throw, Wheel!



> **6** sessions > **52** leaders trained



Strive to Thrive.



250-960-5348

EngageSportNorth.com