

INFO.E-MAIL LES NOUVELLES/NEWS le 14 novembre / November 14, 2003

Greetings/Bonjour:

The FCA outdoor target/field championships will be held in Caledon, ON from July 31 to August 07, 2004. Please contact Bruce Savage for further details.

bruce_savage@rogers.com

Le championnats de tir à l'arc sur cible fixe/en campagne aura lieu à Caledon, ON du 31 juillet au 07 août, 2004. SVP contactez Bruce Savage pour obtenir les plus amples informations - bruce_savage@rogers.com

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1. HPC minutes & reports

The minutes and all the reports are at:

<http://www.fca.ca/Meetings/2003/03HPCOct26.htm>

1. Les Procès-Verbaux et rapports du CHP

Les procès-verbaux ainsi que tous les rapports sont disponibles à:

<http://www.fca.ca/Meetings/2003/03HPCOct26.htm>

2. 31st Annual Canadian Sport Awards presented by Investors Group:

Spirit of Sport Foundation Announces Call for Nominations

New program recognizes sporting excellence in Canadian communities
Ottawa, ON - November 12, 2003 - The Spirit of Sport Foundation (SSF) today announced its call for nominations for the 31st annual Canadian Sport Awards (CSA), presented by Investors Group. The nomination period begins today and closes on January 15, 2004 and will recognize excellence in sport in 2003. The nomination package is available at www.spiritofsport.ca.

The SSF is launching a new initiative in 2004, called the True Sport Community Recognition Program. It promotes the importance of fair and ethical sport, inclusion, accessibility and a positive sport experience at the community level. In this inaugural year, one Canadian community will be recognized as a True Sport Community, honoured for its best practices, commitment and accomplishments in furthering its community based sports programs.

31st Annual Canadian Sport Awards categories:

-Athletic Performance Awards: These awards recognize and celebrate outstanding athletic performance in 2003.

Male Athlete of the Year (The Norton H. Crow Award)

Female Athlete of the Year (The Velma Springstead Award)

Junior Male Athlete of the Year (The Viscount Alexander Award)

Junior Female Athlete of the Year (The Elaine Tanner Award)

Male Team of the Year (The Dick Ellis Trophy)

Female Team of the Year (Edmonton Grads Trophy)

Partners of the Year (The Wilson and McCall Trophy)

- Leadership Awards: These awards recognize and celebrate an individual's outstanding contribution to the betterment of sport.

Athlete Leadership Award (The Bruce Kidd Award)

Volunteer Achievement Award (The Bryce Taylor Award)

Leadership in Sport Award

Coach of the Year Award

- Corporate Excellence Awards: These awards recognize and celebrate corporations who provide outstanding support to Canadian sport.

National Team Support

Individual Athlete Support

National Initiative Support

- Spirit of Sport Story of the Year Award

- True Sport Community Recognition Program

Nomination Eligibility

Any Canadian citizen can nominate an individual, team or corporation for the Canadian Sport Awards. Individuals and corporations can also self-nominate. Eligible entries are for performances or contributions from January 1, 2003 through to December 31, 2003.

Submissions must be received at the SSF no later than 5:00 p.m. EST, Thursday, January 15, 2004. Late submissions will not be accepted. Completed ORIGINAL submissions should be sent to:

Spirit of Sport Foundation

C/o CSA Selection Advisory Committee
2197 Riverside Drive, Suite 300
Ottawa, ON K1H 7X3

For complete nomination rules and guidelines, and more information about the Canadian Sport Awards, please visit www.spiritofsport.ca.

2. La Fondation de l'Esprit du sport lance son appel de candidatures pour la 31e édition annuelle du Prix sportif canadien présenté par le Groupe Investors

Nouvelle initiative reconnaît l'excellence sportive dans les collectivités canadiennes
Ottawa, Ontario, le 12 novembre 2003 - La Fondation de l'Esprit du sport (FES) a lancé aujourd'hui son appel de candidatures pour la 31e édition annuelle du Prix sportif canadien (PSC) présenté par le Groupe Investors. La période de mise en candidature débute aujourd'hui même et prend fin le 15 janvier 2004 et reconnaîtra l'excellence sportive pour l'an 2003. La trousse de mise en candidature est offerte à www.espritdusport.ca.

En l'an 2004, la FES propose la nouvelle catégorie de prix « Reconnaissance de la collectivité adhérant à l'initiative Sport Pur ». Cette démarche vise à promouvoir l'importance des initiatives sportives justes et éthiques, l'inclusion, l'accessibilité et l'expérience positive du sport au niveau communautaire. En cette année d'inauguration, une collectivité canadienne recevra le prix Collectivités Sport Pur afin de célébrer ses meilleures pratiques, son dévouement et ses réalisations au niveau des programmes de sport communautaires.

Catégories de Prix de la 31e édition annuelle du Prix sportif canadien :

- Prix de performance sportive: Ces prix visent à reconnaître et à célébrer les performances sportives exceptionnelles de 2003 :
 - Athlète masculin de l'année (Prix Norton H. Crow)
 - Athlète féminine de l'année (Prix Velma Springstead)
 - Athlète masculin junior de l'année (Prix Viscount Alexander)
 - Athlète féminine junior de l'année (Prix Elaine Tanner)
 - Équipe masculine de l'année (Trophée Dick Ellis)
 - Équipe féminine de l'année (Trophée Edmonton Grads)
 - Partenaires de l'année (Trophée Wilson et McCall)

- Prix de leadership: Ces prix visent à reconnaître et à célébrer la contribution exceptionnelle d'un individu à l'amélioration du sport.
 - Leadership sportif (Prix Bruce Kidd)
 - Bénévole exemplaire (Prix Bryce Taylor)
 - Chef de file du sport
 - Entraîneur de l'année

- Prix d'excellence aux entreprises: Ces prix visent à reconnaître et à célébrer les sociétés qui offrent un appui remarquable au sport canadien.
 - Appui à une équipe nationale
 - Appui à un athlète individuel
 - Appui à un programme national

- Prix de l'histoire de l'année de l'Esprit du sport
- Prix de la Reconnaissance de la collectivité adhérant à l'initiative Sport Pur

Critères d'admissibilité

Tout citoyen canadien peut proposer la candidature d'une personne, d'une équipe ou d'une entreprise pour le Prix sportif canadien. Les personnes et les entreprises peuvent également poser leur propre candidature. Le prix est accordé pour des exploits ou des contributions réalisés entre le 1er janvier 2003 et le 31 décembre 2003.

Les candidatures doivent parvenir aux bureaux de la Fondation de l'Esprit du sport avant 17 h, HNE, le jeudi 15 janvier 2004. Les candidatures reçues après cette date seront refusées. Faites parvenir le dossier de candidature ORIGINAL à :

La Fondation de l'Esprit du sport
 a/s Comité consultatif de sélection du Prix sportif canadien
 2197, promenade Riverside, bureau 300
 Ottawa (Ontario) K1H 7X3

Pour obtenir tous les règlements et les directives ainsi que de plus amples renseignements sur le Prix sportif canadien, veuillez visiter www.espritudusport.ca.

3. In Brief

- 2004 3D championships Silvertip Archers, in Prince George, BC
- 2004 Target/Field Championships - Archers of Caledon bruce_savage@rogers.com
- 2005 3D/target/field championships Saint John, NB
- 2005 Indoor 3D nationals, **Medicine Hat**, AB, contact archery@monarch.net
- If you would like the results for your club or province's FCA events posted, use <http://www.fca.ca/Resultsfolder/FCAScoreTemplateSep15.xls>
- All background information, as well as the minutes, for the Presidents' Conference is listed at: <http://fca.ca/PRES%20CONF/presconfmain.html>
- Educating archers and coaches on abuse use: <http://www.fca.ca/policy/harassmentlinks.html>

MEETINGS

Winnipeg, MB

09:30

03-11-29/30

Coach Committee Meeting / Réunion du comité des Entraîneurs

Ottawa, ON

09:00

04-01-24/25

Executive Committee Meeting / Réunion du comité exécutif

RÉUNIONS

3. En Bref

- championnats 3D 2004 - Les Archers Silvertip, de Prince George, C-B
- champs 2004 cible fixe/campagne - Archers de Caledon bruce_savage@rogers.com
- championnats 3D/cible fixe/en campagne 2005 Saint John, N-B

- championnats 3D en salle 2005, **Medicine Hat**, AB contactez archery@monarch.net
- Si vous voulez publier les résultats de la FCA du niveau club ou du niveau provincial, SVP utilisez <http://www.fca.ca/Resultsfolder/FCAScoreTemplateSep15.xls>
- Toutes les informations, ainsi que le procès-verbal, de l'importante Conférence des Présidents sont disponibles à: <http://fca.ca/PRES%20CONF/presconfmain.html>
- renseigner nos archers et entraîneurs sur le sujet d'abus à: <http://www.fca.ca/policy/harassmentlinks.html>

MEETINGS

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09:30

03-11-29/30 Coach Committee Meeting / Réunion du comité des Entraîneurs

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RÉUNIONS

4. Funding Sport in Canada (uniquement en anglais)

Our thanks to the Commonwealth Games Clipping Service for bringing this important series of articles to our attention.

Vancouver Province series on Sport Funding (Part 1)

The Price Of Gold -- How Canada Funds And Develops Elite Amateur Athletes

The first part of a six-part series examines how Canada funds and develops elite amateur athletes.

Terry Bell - The Province - Vancouver - Sunday, October 26, 2003

Victoria's Simon Whitfield clasps his hands in joy during the medal ceremony after winning the triathlon at the Sydney Olympics. He earned a reward of \$45,000 for the medal, but later said athletes need the money while struggling to get to the top.

In 2010 the world's Olympians will come to BC to compete for gold, silver and bronze medals.

Canada will try to avoid a dubious three-peat. Canada has hosted two Olympiads --Montreal in 1976 and Calgary in 1988 -- and remains the only host country not to win a gold medal.

It's hard to imagine Canada getting blanked seven years from now. But inadequate funding for athletes, particularly in their critical development stages, a shortage of training facilities and petty bureaucratic and inter-provincial rivalries all sabotage the viability of the grandest dreams.

However, with Vancouver-Whistler's winning bid comes cautious optimism that the miserly attitudes toward funding elite Olympic sport will change. "I think we have a golden opportunity here, having won the 2010 Games, and we can't let that opportunity go by," says Paul DeVillers, secretary of state for physical activity and sport. "I'm confident that everything's in place." That sounds good

but DeVillers knows Canada's athletes are under-funded and that there will be few podium trips if the purse strings don't loosen. "We have to get going on this," he said. "The 2010 Olympics are now just over six years away. The sooner you put money into the stream, the better the results will be. The answer isn't only money; it's the system and how it's used. But money sure helps."

Canada has been doing things on the cheap. Ottawa currently invests \$90 million per year on sport, but not all of that goes to elite athletes. They get \$16 million directly, plus \$34 million indirectly from the national sports organizations that run their programs -- for a total of about \$50 million. By comparison, Germany spends \$231.6 million annually on elite athletes alone. England spends \$376.9 million on sports, while Australia spends \$118.7 million and splurged for \$280 million in the calendar year leading up to the 2000 Olympics in Sydney.

The penny pinching means 70 per cent of Canada's Olympic athletes live below the poverty line. In track and field barely one per cent of Canada's athletes earn the \$35-40,000 per year needed to pay for training expenses. Alberta's Beckie Scott won a silver medal in cross-country skiing at the 2002 Games in Salt Lake City. But before she put on the skis, she and her teammates took off their clothes and posed semi-nude in a calendar to raise funds. This year, the national team could afford to take only six of its 10 members to a preseason training session in Alaska. Only four will compete in European races this winter.

"To compete at the international level requires much more than the federal government and organizations like the COC (Canadian Olympic Committee) are providing," said Scott, whose national team will get \$270,000 in funding from Vancouver-based Haywood Securities this season. "There's no way without that money that we'd be able to compete."

"It's not about coming up and congratulating athletes after the work's been done. It's about providing support and enabling athletes to develop." Victoria tri-athlete Simon Whitfield hit the nail on the head after his gold medal win in Sydney. "The way the system is set up you get support when you don't need it, but you don't have the support when you start" he said. "They've got a program that rewards you when you win a gold medal, which is totally illogical. When you're trying to get better, that's when you need it (support)." If it weren't for loans and second mortgages by the Bank of Mom and Dad, bills for travel expenses, coaching fees and equipment might never get paid.

There's no shortage of critics of the status quo. "Many people are saying they'd like to see us perform better and we're not going to do it with the sport system that's in place now," says Chris Rudge, president and chief executive officer of the Canadian Olympic Committee. "It's not just a case of more dollars. Certainly, proper funding for athletes is a crucial part of it but there has to be a way for those athletes to access a system that allows them to use the funding more effectively."

"There needs to be better access to world class facilities, better access to world-class competition. You're not going to produce great athletes if they're competing within a very finite framework. They have to compete with the very best on a regular basis and that becomes expensive."

Retired Toronto businessman Paul Henderson (not the guy who scored the goal in 1972), one of three Canadian International Olympic Committee members, is more outspoken. He calls Canadian athletic "banana republic" and says the 2004 Athens Games will be "our athletes' Dieppe." Henderson has twice resigned his position as a director on the Canadian Olympic Committee because he felt they weren't pressuring Ottawa enough. He has also called for athletes to boycott photo-ops with politicians.

"No more receptions. No more getting their pictures taken," said Henderson. "The politicians can't have it both ways. Every time a Canadian wins, the politicians are there. The government has no idea what's going on. They have no idea what it takes to go into world level competition."

Case in point: In the federal budget last February, Ottawa promised \$45 million to grassroots sports programs. Elite sport got a raise of \$5 million a year for the next two years but that promise initially came with an asterisk -- the money was contingent on Vancouver winning the 2010 bid. The sport community nearly rioted and government said it was all a misunderstanding.

DeVillers keeps his chin up. Having helped secure \$310 million in funding for 2010 facilities, he's optimistic that his government will agree to a request for additional funding for athletes. "It's an entire package that went to cabinet and now we just have to make sure that we get the funding," DeVillers said. "I can't get specific with figures but I can tell you there's a plan there. We have a plan that's approved in principle. Now we just have to get the actual numbers."

Here's hoping those actual numbers turn into actual support for Olympic athletes.

tbell@png.canwest.com

Later this series in Province Sports:

At Omega Gymnastics Academy in Coquitlam, committed parents raise money, hire coaches, sweep floors and change the light bulbs.

Toronto go-getter Jane Roos has spent the last six years raising money to help Canadian athletes train for and reach the Olympics, through her website seeyouinathens.com.

Australia sets the standard among nations for athlete development, while Quebec sets the standard among Canadian provinces.

Canadians are faced with a number of priority decisions -- between social services and Olympic medals, between fringe sports and those at which we know we can excel.

Some ideas for the future: What it will take to see Canadian athletes succeed on the level of Olympic giants like Australia.

Distributed by
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Toronto M3C 3C6
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emorse@sportalliance.com

5. Call for tournaments

All clubs, with the exception of those in Québec and Manitoba, should send their FITA Star tournament requests to the national office NO LATER THAN JANUARY 31, 2004. Pre-payment is mandatory. Clubs in Québec and Manitoba should contact their provincial archery office. The costs remain the same: \$40 per round + \$2.80 GST = \$42.80 per round. Send requests to the FCA national office at:
#200 - 2460 rue Lancaster Road, Ottawa, ON K1B 4S5

5. Les tournois homologués 2004

Tous les clubs, sauf que ceux de Québec et Manitoba, doivent envoyer leurs commandes des tournois Etoiles FITA à la FCA AVANT LE 31 JANVIER. Le paiement à l'avance est obligatoire. Clubs du Québec et Manitoba doivent contacter leur bureau de tir à l'arc provincial. Il coûte toujours 40 \$ par ronde + TPS 2,80 \$ = 42,80 \$ par ronde. Envoyez toutes les commandes au Bureau national de la FCA à:
#200 - 2460 rue Lancaster Road, Ottawa, ON K1B 4S5

6. COPANARCO Multi-Site Championship of the Americas (MICA) and FCA Regional Indoor Championships Dates

The FCA Regional Indoor Championships will be held on March 6/7, 2004.

The MICA Event may be held any time between January 1, and March 31, 2004.

It is recommended that these events be held separately, however the two events may be held jointly as in past years.

Online information and online registration forms for both the FCA Indoors and the MICA Event will be available in the next few weeks.

6. Dates du COPANARCO Multi-Site du Championnat de l'Amerique (MICA) et du Championnat régional de Tir en Salle

Le Championnat régional de Tir en salle de la FCA aura lieu le 6-7 mars, 2004.

COPANARCO, le Multi-Site du Championnat de l'Amerique (MICA) aura lieu du 1e janvier au 31 mars, 2004.

On peut recommander aux clubs de tenir les deux événements séparément, mais on peut les tenir ensembles comme dans les autres années.

Toutes les informations ainsi que les formulaires d'inscription des deux événements seront disponibles sur le site web de la FCA dans quelques semaines.

7. SIRC

FOCUS ON WINTER FITNESS:

For non-winter sports athletes, the onset of winter represents a time of rest, relaxation, recovery and re-focus. However, the best athletes know that an off-season plan needs to include a time for working out. The following articles offer advice on how to maintain your fitness level during the cold weather days.

- presents off season bike and run training for winter workouts
- describes a workout that can be used to improve strength and coordination
- how to use a simple exercise bicycle, regardless of your sport, to maintain a high level of fitness

SIRC VOUS DONNE LE POINT SUR LES EXERCICES D'HIVER:

Le début de l'hiver représente un temps de repos, de relaxation, de récupération et de reprendre le focus pour les athlètes moins intéressés aux exercices d'hiver. Par contre, les meilleurs athlètes savent qu'un plan de hors saison doit incorporer du temps pour des exercices. Les articles suivants fournissent des conseils qui peuvent aider à garder votre niveau d'exercices pendant les journées froides d'hiver:

- présente l'entraînement de hors saison pour la course et le bicycle pendant l'hiver
- décrit un régime d'exercice qui peut améliorer la force et la coordination
- comment utiliser une bicyclette d'exercice, indépendamment de votre sport, pour maintenir un niveau d'exercices élevés

Title: Hot workouts for cold, winter days - all you really need is pedals and a wheel.

Author: Anderson, O. Source: Peak performance
(London) (159) Jan 2002 SIRCEXpress Article No. S-801034(PDF format)

Title: Strength and coordination training: build your body this winter - without expensive exercise equipment.

Author: Anderson, O. Source: Peak performance

(London) (157) Dec 2001 SIRCEXpress Article No. S-797646 (PDF format)

Title: Winter workouts. Author: Scott, D.
Source: Inside triathlon (Boulder, Colo.) 16(2) Feb 2001
SIRCEXpress Article No. S-794828(PDF format)

SIRC ID: S-890394

Title: 7 steps to building mental muscle.
Author(s): Verity, J. Language: Eng Total Pages: 3
Call Number: GV481 P4 #940
Presents seven mental techniques for achieving fitness goals. Includes
inspirational anecdotes. SIRC has this Serial Analytic

SIRC ID: S-901728

Title: Intrinsic-external sport motivation as regards sex gender.
Author(s): Mroczkowska, H.
Language: Eng Total Pages: 12 Call Number: RC1200 #1780
The aim of this work was the analysis of the two dependencies. First of all,
examining if the self-evaluation of athlete's sport predisposition has some
connection with an internal or external motivation. Secondly, checking if so
called "male" motives oscillate around needs of winning and gaining some
social position and "female" around an affiliation and personal development.
The research was conducted on a group of fencers (W-29; M-41; aged from -6 to
-18 years old) using the self-evaluation scale (estimation of sport
predisposition, effort and abilities) and the 7 factors SRM scale (Sport
Rivalry Motives). Generally, the research showed that interior motives of the
sport practice are more important for athletes, regardless of the sex.
However, this regularity characterized more girls who turned to be
significantly stronger motivated by internal enforcements than boys. Motives
of affiliation and self-development are valued equally high and motive of the
financial gratification equally low by both sexes. The crucial differentiation
of boys and girls was seen as considering the valuation of the possibility of
the stress release and joy of motion (appreciated more by girls) and the
possibility of winning and gaining social appreciation (regarded higher by
boys). Thus the expectation that higher self-esteem is connected with the
exterior motivation did not confirm. Girls, despite of their significantly
lower self- evaluation of the sport predisposition are more strongly motivated
by the internal enforcements than boys are. SIRC has this Serial Analytic

SIRC ID: S-905068

Title: Involve your athletes in decision-making.
Author(s): Schonfeld, A. SIRC has this Serial Analytic
Language: Eng Total Pages: 2 Call Number: GV711.P4 #380

SIRC ID: S-889456

Title: Jitter control.

Language: Eng Total Pages: 1 Notes: Sound advice.

Call Number: SF277 #1021 SIRC has this Serial Analytic

A short discussion of how six top pros handle competition downtime jitters.

SIRC ID: S-880748

Title: Perfect conditions: 4th World University Archery Championship, Chonburi, Thailand - July 10th-13th, 2002. Des conditions parfaites: 4eme Championnat Universitaire Mondial de Tir a l'arc, Chonburi, Thaïlande 10-13 juillet 2002.

Language: Eng Total Pages: 4 Notes: Archery.

Call Number: GV347 P4 #320

Reports on the 4th World University Archery Championship, in Chonburi, Thailand on July 10-13, 2002. Includes participation and men's and women's event results. SIRC has this Serial Analytic

SIRC ID: S-892629

Title: Performance profiling: a coaching tool for pinpointing strengths and weaknesses, designing training strategies and building better communication with athletes.

Author(s): Crust, L.

Language: Eng Total Pages: 3 Notes: Sport psychology.

Call Number: GV1061 P4 #920

Discusses "performance profiling" as a coaching tool. Includes instructions and illustrative tables. Focuses on the development of coach/athlete relationships and communication. SIRC has this Serial Analytic

SIRC ID: S-905799

Title: The Tapas acupressure technique-super(sm).

Author(s): Fleming, T.

Language: Eng Total Pages: 7

This chapter describes the Tapas acupressure technique-super(sm) based on traditional Chinese medicine and yoga for the treatment of chronic cases of stress and trauma.

SIRC ID: S-905041

Title: When the empty bale fails...

Author(s): Pellerite, B.

Language: Eng Total Pages: 3 This Serial Analytic is available from AAIS

8. Tournament Schedule / Calendrier de tournois

In Closing

The FCA national office will be open November 17th to 21th from 07:00 to 15:00 ET. The latest version of the Paralympic Insider, the Canadian Paralympic Committee's monthly e-newsletter, is now available on-line at: www.paralympic.ca. As the next Paralympic Summer Games will commence in less than 12 months, we have added one full page dedicated solely to these Games.

See you next time!

Enfin

Le bureau national de la FCA sera ouvert du 17 au 21 novembre de 07h00 à 15h00 HdL.

La dernière parution du bulletin électronique Actualympique, publié par le Comité paralympique du Canada, est présentement en ligne sur notre site internet : www.paralympique.ca. Comme nous sommes à quelques mois des prochains Jeux paralympiques d'Athènes, vous retrouverez également une page entièrement dédiée à cette 12e paralympiade d'été.

A la prochaine!