

INFO.E-MAIL LES NOUVELLES/NEWS le 08 octobre / October 08, 2004

Greetings/Bonjour:

Please note that the FCA MICA co-ordinator, Jacqui Jenskey, was able to send out all the MICA 2004 medals to Canadian winners, finally. Congratulations to everyone!

All FITA star pin awards have been updated on the web at:

<http://www.fca.ca/fitastars/fitastarpage.html>

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1. Young People Have Their Own Ideas About Sport In Canada

OTTAWA, ON, (6 October 2004) - Sport is a topic currently on the minds and lips of countless Canadians, and many people, including young people, have ideas about the current and future roles of Canadian sport. Canadian youth want to do more than just speak out about sport. They are ready to become positive change agents within their communities through sport! The ACTIVATE 2004 youth leadership conference, to be held next month in Winnipeg, Manitoba, will give young people the platform they deserve to make their voices heard!

ACTIVATE 2004 is a brand new conference created by youth, for youth, that will provide a national forum for forty young Canadians, aged 16-25, to come together to talk about sport and share what it means to them - the good, the bad, and how it could be better. For the first time ever, young people will have the opportunity to connect with Canada's sport leaders attending the Petro-Canada Sport Leadership Conference, to share their visions and help make sport what they want it to be!

As word about ACTIVATE 2004 spreads, young people are already showing their excitement! When asked what ideas they had to make a difference through sport within their community, one applicant told us that creating more opportunities to participate in sport would help young people "make better choices other than just being on the street..." When asked about sport, an applicant noted that "sport brings people of all cultures, backgrounds, races, and personalities together as one." As another applicant

emphasized, ACTIVATE 2004 will be about young Canadians "getting the message out," adding that all Canadians "need to know that sport is universal. (offering) something for everyone."

ACTIVATE 2004 is not just about speaking out - it is about taking action! This event will help delegates develop the skills and plans they need to translate their visions into positive action within their communities so that they can help to improve sport in Canada for everyone!

ACTIVATE 2004 is organized by the Esteem Team Association and its volunteers, in partnership with the Government of Canada, the Canadian Centre for Ethics in Sport, the True Sport Secretariat, and the Coaching Association of Canada. The Esteem Team Association is a national non-profit youth development organization that supports young people to develop themselves and their communities through sport and education.

The Government of Canada, through the Department of Canadian Heritage is responsible for national policies and programs that promote Canadian content, foster cultural participation, active citizenship and participation in Canada's civic life, and strengthen connections among Canadians.

The True Sport Strategy, is a collaboration of governments and members of the sport, recreation and physical activity sectors committed to the belief that values-driven sport makes a powerful, positive contribution to the development of individuals, communities and Canadian society.

The Coaching Association of Canada, recognized as a world leader in the development of coach education and training, is committed to serving the needs of Canada's coaches and to strengthening Canada's sport system.

For further information please contact:
Shannon Butters, ACTIVATE 2004 Conference Chair
Tel: (613) 789-3333
Email: shannon@esteemteam.com
Web: www.esteemteam.com

2. Bravo, Canada!

Info.E-mail brings you the first biography of medallists from this year's successful teams. This week's athlete is **Emerald Lemke**, silver team medallist, junior compound team, 2004 world championships in Lillehall, GBR.



Over the past two years my tournament accomplishments have been:

2003

- FCA indoor regionals (fourth)
- Cec Meehan Memorial shoot (third)
- Western Canada Games, individual (third) and team (first)
- Canadian Nationals field (third) FITA (third)
- BC Outdoor Championships (second)

2004

- FCA indoors
- BC indoors (second)
- Ontario spring classic
- World Junior championships, individual (twenty seventh) and team (second)

The junior world championships were an amazing experience. I loved travelling to the other side of the world. I especially liked meeting new people and becoming close with some of my teammates. I overcame some personal trials of both my mind and my equipment and shot a personal best, meeting the goals that I had set out in preparing for this tournament. The atmosphere of this tournament was one I had never encountered before and was glad that I had the chance to be part of it.

In the future my short-term goals are to go to the Canadian Nationals in New Brunswick, and to be a contender for a medal in the Junior category. For the year of 2006, I hope to try for the team to the Pan American Championship in Brazil. One day I hope to compete in the adult World championships.

3. Information for FITA Indoor World Championships 2005 REVISED

<http://www.fca.ca/ex/2005/05JulWorldIndoor.htm>

**Information for
FIT A Indoor World Championships
Aalborg, DEN – March 23-27, 2005**

Who Can Go On This Team

The maximum number of archers that Could represent Canada at this event are:

- 3 junior & senior compound women
- 3 junior & senior compound men
- 3 junior & senior recurve women
- 3 junior & senior recurve men

An archer may compete in the Junior Championships when the competition takes place up to and/or in the archer's 18th year.

Proof of birth date is required to accompany the archer's entry form.

How can I get on the team?

The FCA standard selection process will be used.

Four FITA scores for each archer shot between **October 1, 2003 and January 09th, 2005** will be averaged. A maximum of two of those scores can be from the indoor season 2003-2004. As per MOTION HPC #03-15, the average of the four scores must be equal to or greater than the Blue Squad criteria. The top three archers with the highest average in each equipment category will be named to the Canadian Team for the World Championships. If there more archers interested than are allowed to attend, then the top-ranked archers will be named to the team. If an archer is unable to attend, the next archer on the list will be selected, providing they meet the above criteria.

If archers were not members of the Excellence 2008 programme and wish to use scores from the year 2003, they must join Excellence 2008 (when available) and submit their year 2003-2004 scores to the FCA office or Bruce Malmberg by November 1, 2004.

Please note that only two scores from the 2003-2004 indoor season can be used in the team selection average but archers do not have to use scores from 2003-2004. Three scores from 2004-2005 and 1 from 2003-2004 could be used.

If you intend to try to make this team, please contact Bruce Malmberg right away. This will help us anticipate how many archers will be going and assist us with budgeting.

When Do Scores Have To Be Submitted and To Whom?

Scores must be shot in **registered** Canadian FITA or international FITA events and must be submitted to either the FCA office fax (613) 260-2114 or Bruce Malmberg fax 613-727-1439 **by midnight on January 09, 2005.**

The team will be announced by email or phone to team members on January 10th and listed in the weekly FCA e-mail bulletin for that week and posted on the FCA web site.

Where is the Competition?

The competition will be held in Aalborg, DEN. Check FITA's web site for further information – www.archery.org, or www.archeryindoor2005.com.

What Will This Cost and What Funding Is There For This Event?

Sadly, the FCA has very little funding available for this team. However, they will try to pay the registration fee for each competitor and for each team. The FCA will also try to pay for the team uniform for each archer.

FCA will provide the team uniform for the archers and team support staff. More information on team uniforms is below. You received a uniform sizing sheet when you join Excellence 2008. Please fill it out and return them if you have not done so already – the time to arrange the uniform is very short so we must have this information well ahead of time. If you wish to purchase the tracksuit from the FCA web site in advance of team selection that would be helpful. When you make the team the FCA will reimburse part of the cost of the tracksuit.

All other costs for transportation from your home to Denmark, accommodation, meals must be paid for by the archer.

The support staff must also pay for their expenses.
FCA must register you for the tournament and make hotel reservations on your behalf.

50% of the cost for accommodation must be paid to the Organising Committee at the time the Canadian Team is registered. The remainder must be paid when the team arrives in Aalborg.

Who Are The Support Staff?

A call for the Team Leader has been made in the FCA weekly email bulletin and should be selected shortly. The team leader can then select up to 3 additional people to assist in managing the team. The Canadian Team is not allowed more than 4 support staff. If you know of people willing to travel with the team, please have them apply – we need all the help we can get.

What About Team Uniforms?

The team uniform consists of a high quality tracksuit, a white polo shirt with your name and a stylised maple leaf on the back, a T-shirt with a similar pattern and black shorts. Photos and information on the tracksuit is available on the FCA web site. Black shorts have always been a problem both in terms of fit and appearance. Therefore the FCA has decided to ask archers to bring their own black shorts. The only stipulation is that they are all black and are long enough to extend to your fingertips when standing normally (FITA rule).

The tracksuit is made from water-resistant material and can also serve as a rain suit. The jacket is red with some white and the pants are black. The sleeves zip out of the jacket leaving a very attractive vest. The pants legs zip off leaving a pair of black shorts. The tracksuit is available for purchase now through the FCA web site. Team members will receive a patch for their jackets saying National Team/Equipe National and a separate patch with the name of the team. This tracksuit will not change for the next four years. Photos are available on the FCA web site.

This notice is as much information as the FCA has at the moment. I also need to know *immediately* if you are trying to make this team. Based on this information, the team leader will book accommodations and begin investigating airfares. You may have better resources for searching for airfares and we would appreciate any information you find.

As soon as we get any more information from the organising committee, we will send it to you.

If you have any questions, please don't hesitate to contact:

Kathleen Millar
Interim Team Selection Co-ordinator
Phone: 613-260-2113
Fax: 613-260-2114
Email: information@FCA.ca

Intent to Compete in the World Junior/Senior Championship, Aalborg, DEN, March 23-27, 2005

L'intention de concourir aux championnats mondiaux jr/sr, Aalborg, DEN, du 23 au 27 mars, 2005

Please review the attached information sheet about the 2005 World Junior/Senior Indoor Championships. To plan this event, the FCA needs to know as soon as possible if you are planning to go to the Championships. Even if you are not currently qualified, but will go if you do qualify, please let me know. You can send me the following information by either:

Fax: 613-260-2114 Phone: 613-260-2113
Email: information@FCA.ca Mail: Kathleen Millar, FCA Executive Director
#200-2460 Lancaster Road, Ottawa, ON K1B 4S5

S'il vous plait lisez bien les informations concernant le championnat mondial junior/senior en salle 2005. Afin de planifier cet événement la FCA doit savoir le plus tôt possible si vous êtes intéressé à faire partie de cette équipe. Même si vous n'êtes qualifié présentement, mais vous iriez si vous vous qualifiez, veuillez SVP me laisser savoir. Vous pouvez me faire parvenir cette information de la façon suivante; soit:

Télécopieur: 613-260-2114 Téléphone: 613-260-2113
Courier: information@FCA.ca Poste: Kathleen Millar, FCA Executive Director
#200-2460 Lancaster Road, Ottawa, ON K1B 4S5

Name/nom: _____

Address/adresse: _____

Phone: _____ Fax/ télécopieur: _____

Email/courrier: _____

Passport # _____ Expiry date d'expiration: _____

Date of Birth/ date de la naissance _____

I plan to attend the World Championships Yes/oui ____ No/non ____
Je planifie participer au championnat mondial

I will arrange my own travel to Aalborg Yes/oui ____ No/non ____
Je ferai mes propres arrangements pour le voyage à Aalborg

I would like the Team Leader to book my travel to Aalborg Yes/oui ____ No/non ____
Je préfère que le gérant fasse tous les préparatifs pour le voyage à Aalborg

I would like to share a room at the hotel Yes/oui ____ No/non ____
Je préfère partager une chambre avec quelqu'un(e)

I would like a single room, if possible Yes/oui ____ No/non ____
Je préfère une chambre privée (seul) si possible

I understand that there is only sufficient funding from the FCA to cover my registration fee and a portion of my team uniform Yes ____

Je comprends que la FCA n'a que les fonds nécessaires pour mes frais d'inscription et une partie du prix de mon uniforme. Oui _____

Signature

4. FITA Indoor World Championships 2005 - Call for coach, team leader and support staff

The FCA is calling for Team Leader, Coach and support staff to accompany the Canadian team to the World indoor Championship in Aalborg, DEN, March 23-27, 2005. The team will comprise a maximum of 18 archers, male and female, compound and recurve, junior and senior. Under FITA rules, a maximum of 4 staff are permitted to accompany a team. The team selection criteria can be seen on the FCA web site in the Excellence section.

The Team Leader is responsible for the smooth administration of the team including assisting with travel arrangements, accommodation, entry fees and on site management. He/she works with the coach to ensure the smooth operation of the team both on and off the field. Both bilingualism and coaching certification would be assets but are not mandatory. In some case, the team coach and the team leader may be the same person.

The additional support staff will work with the Team Leader and Coach to assist with team management and to assist the archers in any way on the field of play during the competition. Some time will be required to work with the individual archers to determine how best to assist them. This is an opportunity for people with an interest in working with National Teams to gain the experience necessary to be a Team Leader and/or Coach for future teams. Both bilingualism and coaching certification would be assets.

It is probable that the FCA will not cover your travel costs with the team.

Applications should be sent to the FCA office by email or regular mail and must be received by Wednesday, October 13th, 2004.

E-mail: Information@FCA.ca

Please note that FITA has published revised dates for the Aalborg, DEN championship as March 23-27, 2005. For further information on the world indoor championship, a web site has been posted at: www.archeryindoor2005.com.

5. Canadian Olympic Committee's Newsletter

The September FITA INFO has just been published on our website.
Vol. 2, Issue 10, October 2004

PODIUM is a monthly electronic newsletter aimed at keeping athletes, the sport community, our members and our partners informed about our activities and initiatives. Our online newsletter features:

- [Go Active! Olympic Fitness Challenge](#)
 - [Post-Olympic Excellence Series: Athletes Prepare for Success after Sport](#)
 - [Dairy Farmers of Canada delivers \\$200,000 to promising athletes](#)
 - [Site Visit to Torino, Italy](#)
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6. Canada Cup 2005

The FCA Executive is calling for official bids to host the 2005 Canada Cup. Clubs from the provinces of British Columbia, Alberta, Saskatchewan and Manitoba may submit bids for this major tournament.

Please send all official bids to the FCA national office before October 30, 2004.

7. Changes to WADA Prohibited List for 2005

Please note that as of January 1st, 2005 a revised WADA (World Anti-Doping Agency) Prohibited List will come into effect. This is to notify you that changes have been made to this list that you should be aware of. The way some common medications are handled will change as a result of the revisions to the list, as well as changes in the way the list itself is structured.

The revised listing for 2005 has been structured in such a way to make it clearer to athletes what drugs are prohibited both in and out of competition, and what drugs are only prohibited out of competition.

In the last revision for 2004, some forms of drugs that previously did not require notification were changed to require it. For instance, the current list that is active until December 31st, 2004 requires a Therapeutic Use Exemption (TUE) for **any** form of glucocorticosteroids such as those used in dermatological (skin creams) applications, ophthalmic (eye drops), aural (ear drops), anal (cream), nasal (sprays), intra-articular and local injections, and by inhalation. When the new list comes into effect on January 1st, 2005, dermatological preparations containing glucocorticosteroid will no longer require a TUE, but should be declared at the time of testing. All other forms of glucocorticosteroids are prohibited, and if medically necessary would still require a TUE.

Another change for the 2005 list is that all beta-2-agonists are now prohibited both in and out of competition. If the use of this class of drug is medically necessary, it will require a TUE. It should be noted that four particular types of beta-2-agonists (formoterol, salbutamol, salmeterol, and turbuteline) will only require the abbreviated form of the TUE, where all other types will require the standard TUE form. Please consult the 2005 Prohibited List for further details as the route of administration, and the concentration of the drugs in an athlete's system are also subject to certain restrictions.

For some sports specific drugs may be prohibited, where those same drugs are allowed in other sports. In archery, beta-blockers were prohibited in-competition only with the

current prohibited listing. As of January 1st, 2005, beta-blockers will be prohibited both in and out of competition.

Both the Canadian Center for Ethics and Sport (CCES) and FITA require that you declare the use of such medications no less than 21 days in advance of competition. Please see the "Guide for Medical Declarations" on the FCA web site for information regarding the current declaration process. Please note that this notice is not a comprehensive listing of the changes. Please visit the CCES, FITA, and WADA web sites for further information on the implementation of the new list and the requirements for declaring medications prior to competition.

If you require additional information, please contact me at the email address below.

Regards, Al Jenskey
HPC Doping Control Education
allen.jenskey@sympatico.ca

8. Excellence Programme Ranking List Update

Please use the links from the FCA's website to view Ranking List updates. If you have any questions, please send them to Ms. Joan McDonald Joan McDonald at jmcdonald@attglobal.net

9. 2004 3D Canadian Nationals photographs

Bowzone.ca has released a CD of the 2004 Canadian Nationals photographs, available for \$5.00 Canadian + Shipping. They accept PayPal, Cheque or Money Order.

Please copy and paste the following text into the search bar at the top of ehunt.ca: 2004 Canadian 3D Championships. If you are not a member of ehunt.ca you will need to register. CDs will be shipped by regular Canada Post.

10. In Brief

- FCA outdoor championships rotation schedule is available at: <http://www.fca.ca/policy/champrotation.html>
- The Face 2 Face Tournament 9 - 12 December in Amsterdam, the Netherlands www.face2face-archery.org email info@face2face-archery.org.
- Olympic Coach's Diary" at: <http://www.fca.ca/weeklys/2004/OlympicCoachDiaryAthens2004.doc>
- FITA Star award application procedure <http://www.fca.ca/fitastars/fitastarpage.html>.
- FCA Privacy Policy <http://www.fca.ca/policy/Privacy.html>
- New generic scorecards at: <http://www.fca.ca/forms/formspage.html>
- Qualification process for 2005 World Target Team – Madrid, ESP

- Three scores are required, with one major event.
- The effective dates will be Jan 01, 2004 to May 16, 2005
- In order to assure that Canada sends archers who are shooting international-level scores, 1 score must be shot in 2005.
- Anti-doping link at: <http://www.fca.ca/antidoping.html>
- 2005 Indoor 3D nationals February 19-20 Medicine Hat, AB www.spitz3d.com
- 2005 3D/target/field championships Saint John, NB
- 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

RÉUNIONS

Kitchener, ON

04-10-16/17 High Performance Committee / Comité de la Haute Performance

Winnipeg

04-10-29 Athletes CAN Forum 2004

Ottawa

05-01-29/30 Executive Committee / Comité exécutif 09:00

11. Championship Results Needed

Thank you to those who have contacted me with results, I have been able locate many of the results, I am still in need of:

- **1990 Men's Field (Brandon)**

- **1996 3D**

- **1984 indoor**

- **1987 indoor**

If anyone has these results, please contact me.

Thanks again!

Al Wills

758 Cuaulta Crescent,

Victoria, BC V9C 3R7

alwills@shaw.ca

(250) 474-4909 Fax 4970 Cell 727-8351

12. 2004 national Aboriginal Coaching Awards

Do you know a certified Aboriginal coach who is making a difference in your community?

If so, this is your opportunity to recognized that coach by nominating him/her for the 2004 National Aboriginal Coaching Awards.

Contact the Aboriginal Sport Circle at:

13. Athletes find voice in Victoria at Athletes CAN Forum

Athletes CAN, the collective voice of Canadian national team athletes, welcomed over 130 national team athletes and delegates to the 12th annual Athletes Forum this past weekend. Swimming sensation Joanne Malar delivered a keynote opening speech on the Forum theme of "building on opportunity", and touched on the importance of the Vancouver 2010 Winter Olympic and Paralympic Games. After a distinctly west coast opening ceremony, President Michael Smith outlined the very active year of advocacy and leadership by the Association. Smith noted that "Athletes have played a major role in shaping decisions and sport policy this year, and it is gratifying to see so many leaders with a stake in sport represented here this weekend. We look forward to the continued contribution of athletes toward building a stronger Canadian sport system".

Lessons learned from Athens 2004 were explored from the points of view of the coach, the athlete, dispute resolution and the Canadian organizing committees for the Olympic and Paralympic Games. An important panel discussion around the controversial topic of Games team selection included a passionate and eloquent presentation by top Canadian marathoner Bruce Deacon, who highlighted sport's "crisis of obscurity". Joining athlete panelists Dave Calder (rowing) and Athletes CAN Board member Ryan Savage (boxing) in the discussion, Deacon noted that "amateur sport must be seen and valued more than just during the short period of the Olympic and Paralympic Games". He continued "It is through inclusive selection standards, a factor within our own control, that more Olympic role models are created, which helps build the case for sport".

Athletes contributed their ideas and challenged principles on team selection criteria, amidst the Canadian Olympic Committee review process of the "top 12" standard and the setting of team selection standards for the 2006 Commonwealth Games. "Athletes passionately needed to be heard this weekend, and we commend representatives of Games organizations for being here to listen and discuss", said Athletes CAN CEO Thomas Jones. "Decisions which directly affect the lives of athletes require well thought-out processes, reliable and clearly communicated information, and above all, the engagement and direct involvement of athletes", continued Jones. "We hope that message was heard this weekend".

Marion Lay, President of Legacies Now and a Board member of Vancouver 2010, outlined the many opportunities linked to hosting the Games in a keynote speech Saturday. Federal Sport Minister Stephen Owen gave a brief "state of sport" address of upcoming government priorities for sport, noting the recent increase to the Athlete Assistance Program, and the Prime Minister's call for a sport plan for Canada. Athletes congratulated the Minister for his support and President Michael Smith encouraged Owen to strengthen links to Athletes CAN and commit to attending Forum each year. At roundtable talks on athlete support and recognition, delegates highlighted the priorities of professionalized coaching, direct athlete support, sport science and greater media coverage for amateur sport.

At the annual general meeting, Michael Smith was re-elected President of Athletes CAN, while Kirstin Normand returned as Vice President and new members Tonia Timperley (taekwondo) and Dominique Vallee (windsurfing) were elected to the Board. The Forum,

presented by Athletes CAN in partnership with PacificSport Victoria and the Province of BC, wrapped up with a review of athlete priorities around the Athlete Declaration, and a commitment to gather again next September at Forum 2005 in Regina, Saskatchewan.

Since its establishment in 1992 as the national representative organization of Canadian athletes, Athletes CAN provides leadership, advocacy and education to ensure a fair, responsive and supportive sport system for athletes.

FastForward - The Newsletter of Athletes CAN Vol. 10, No. 2 – September 2004

The latest edition of FastForward, the official newsletter of Athletes CAN is now available on our website (www.athletescan.com).

Inside you will find:

- Time for Canada to get serious about sport
- Putting Athens into perspective
- Delegates on their way to Victoria for 2004 Athletes CAN Forum
- New challenges beckon athletes' rights pioneer Lilo Ljubisic
- Boost your performance with a Dale Carnegie scholarship!
- Legal tips for athletes
- Where are they now? Kathleen Heddle – The greatest Olympian we never knew?
- Athletes CAN Board members busy in Athens

In Closing

The FCA national office will be closed on October 11. It will re-open October 12-15 from 07:30 to 15:30 ET. See you next week!