

# STRIVE



THE YOUTH  
OLYMPIC GAMES

+

RED  
MITTENS  
ARE  
BACK



FOUNDATION  
FONDATION



## FROM OUR EXECUTIVE DIRECTOR

In less than one year, Toronto and 15 municipalities in Southern Ontario will host the Toronto 2015 Pan American Games. More than 7,500 athletes will compete in 36 sports in 30 venues. Among those athletes will be Team Canada, expected to be the largest Team in Canada's history.

To host these Games, a number of new facilities are being built, including the track cycling velodrome in Milton. It will be the second velodrome in North America that meets the top international standards for the sport, making it an excellent venue just for Canadian cyclists.

As a comparison, a number of venues were also built for the 1988 Olympic Winter Games in Calgary. Those venues are not only still in use, but are, in fact, used by a large number of Sochi Olympians. For example, Canada Olympic Park is the training centre for all 30 team members from the sliding sports (bobsleigh, luge and skeleton). On flat ice, 15 of 17 long track speed skating team members train at the Olympic Oval. The Canmore Nordic Centre outside of Calgary was the training centre for 17 of the 21 biathlon and cross-country skiing team members.

Those facilities are a legacy of Calgary 1988. To be the best in the world, Canadian athletes must have access to training at great facilities. Now, finally, our summer sports will have such facilities.

While the Canadian Olympic Foundation does not directly support the bricks and mortar buildings being built and/or refurbished for the Pan Am Games, it does support the athletes, coaches and officials that will be representing Canada at the Games.

The Foundation also supports the athletes of future generations that will be able to use these world-class facilities. Currently, athletes who are 6-12 years from competing at the highest level face many financial barriers to training. Through the Foundation's support of the Canadian Sport Institutes, for example, these athletes gain access to nutritional, medical and scientific support.

The Canadian Olympic Foundation is proud to support both high performance athletes as well as the next generation of athletes. We will have an incredible opportunity to see both competing next year right here in Canada. You, our donors, are a vital part of supporting these athletes and for that we thank you.

Please enjoy this edition of Strive. And please share your comments with us by sending an email to [foundation@olympic.ca](mailto:foundation@olympic.ca)

Leanne Nicolle, Executive Director

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published by the  
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We would love to hear  
from you! Please send your  
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ATHLETE  
PROFILE

# Dylan French

2014 has been a pretty good year for Dylan French. The Richmond, B.C. native earned bronze in the Cadet World Fencing Championships back in April, and recently led Team Canada as flag bearer at the Youth Olympic Games (YOG) in Nanjing, China. The Canadian Olympic Foundation chatted with Dylan recently about his YOG experience, and his goals for the future.

An active child, Dylan participated in a number of sports in his hometown, but his introduction into fencing came as a bit of a surprise.

“When I was six years old, a fencer came to our school and did a demonstration. I thought it’d be a cool thing to try, so I started taking lessons shortly after that. I was hooked.”

Fencing quickly became a key part of Dylan’s life. Now 17 years old, Dylan attends Magee Secondary School in Vancouver and is enrolled in their SPARTS (Sports and Arts) program.

Introduced in 1985, the SPARTS program was designed to allow high performance athletes and youth heavily involved in the arts to attend high school while still maintaining their rigorous training and competition schedule.

“During the school year, I attend class from 7 a.m. to 1 p.m. and then I train from 2 to 4 p.m., break for dinner and homework, and train again from 6 to 9 p.m.”

In the summer, Dylan trains for approximately six hours

a day. Sundays are reserved for competing and logging time in the gym. It’s a torrid pace to maintain, but his recent success at Worlds and competitions like the Youth Olympic Games reaffirm his commitment to sport.

“The YOG was an amazing experience. The village was incredible – a bit overwhelming, but very exciting.”

The words overwhelming and distracting are common ways for many young athletes to describe their first multi-sport Games experience. While being surrounded by athletes, coaches, and representatives from around the globe make for a great environment for spectators and sport enthusiasts, it can be disruptive for young athletes who are accustomed to a more standard competition routine.

The Youth Olympic Games are a great dress rehearsal for the real thing – an opportunity to live the Olympic experience while eradicating some of the extra jitters that accompany competing on such a grand scale.

While Dylan didn’t win a medal at the YOG, he still has his eye on the prize. He’ll be too old for the Cadet class after this season, and he hopes to take home a medal at the Junior World Championships over the next couple of years and eventually land a spot on the Senior National Team.

Between Dylan’s talent, focus, and dedication, and help from Olympic supporters like you, expect to see Dylan fencing in the Olympic Games at Rio 2016 or Tokyo 2020.



**Left**  
Dylan French leads Team Canada into Nanjing Olympic Sports Centre Stadium at the Youth Olympic Games Opening Ceremony.

**Above**  
Dylan in competition, Nanjing.

Xinhua News Agency  
Devin Marky



# What it's like to be a Canadian team in a Youth Olympic Games semifinal.

Olympic.ca  
senior writer  
Callum Ng  
covered the  
Youth  
Olympic  
Games in  
Nanjing,  
China.  
This is an  
excerpt  
from his  
blog.



**Above**  
Members of the Youth  
Olympic Games men's  
hockey 5s squad.

Callum Ng

This Canadian hockey team saunters across the Village lawns on a warm, sleepy morning.

They hardly speak. Nine players, (enough for two shifts), are all quietly focused in transit. The first order of business is to lengthen muscles, some aching, some just in need of gravity to set them straight after a night in bed.

They play Hockey 5s, a Youth Olympic adaptation closest to indoor field hockey, but played outdoors. It's fast and entertaining.

At 9:45 am tonight's semifinal is still in the distance. After setting their intentions the team walks for breakfast. Balraj Panesar and Vikram Sandhu, two 18 year-olds from Surrey, BC hang behind to talk to me. They are teammates on the same club team back home, where field hockey is a little more popular, but not much. "There's no professional league," says Panesar, a fact that leads a lot of young players around his age to drop off for other interests.

At 10:30 am sharp it is time for a team meeting. Yao Ming is at the basketball courts next door, an ambassador for these Games. A Brazilian player

sheepishly edges up to Yao and steals a spot for a photo in which only she poses. Later, I ask the hockey boys if they saw Yao. "No, we missed him," they say. No one is late for the meeting.

Both coach Inderpal (Indy) Sehmbi and manager Scott Sandison exchange strategic bites, over carefully cut game tape of tonight's opponent, Spain. Sandison tells me they are one of the best teams out of the 10. But not one synonym to 'underdog' is spoken. Instead, defensive systems are re-hashed and Spanish weaknesses are translated into short sentences lit up on the projector wall.

After some rest the team bus leaves at 3:45 pm, to make the 20-minute drive to Nanjing Youth Olympic Park.

This afternoon, the lights are already on at the field hockey pitch, with lower seeding games already being contested. Crowd and announcer noise bounces all the way to the Canadian dressing room. After changing they begin their deliberate warm-up. Then it's back to the room, to count the minutes to game time.

*continued on next page >*

“I can’t even describe it,” Amrit Sidhu tells a TV reporter after the match, equally spilling his emotions and demonstrating his coolness under pressure. Later to me, “You gotta’ stay in the moment, you can’t get thinkin’ too much about it,” he impresses. ”



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At 5:30, half-an-hour in advance of game start the main field is opened to the players. Every corner of the field is lit up. There is no place to hide, and more enticing for the peak performer, no camera will miss a brilliant play. Sandison muses as we observe the players, lined up in their bright white jerseys. “It’s always interesting to watch how the players respond,” he says moving his hand in a wave-like motion, “there’s so much up and down.”

Spain slams Canada early scoring at 1:38. Another Spanish goal makes it 2-0 before four minutes. The Spanish players are faster. They possess better. Their stick work in close is deft. The Canadians are soaked in sweat. Between shifts the players wipe perspiration from their eyes, trying to see a way through the Spanish flanks.

Then at 6:25, someone does. Amrit Sidhu speeds a ball past Spanish goalkeeper Marco Giralt Ripol. The Canadians, bolstered by witnessing the success of their activated plan hang in it and with one 12-minute period left, it’s only 3-2 Spain.

To their credit, Canada dominates the final frame. They solve a Spanish team who up to this point have

outscored opponents four to one. The score is tied 4-4 at the end of regulation time.

In this tournament, tie games trigger a challenge shootout. The shooters begin on the 11-metre line, and the goalkeeper must be a minimum of four metres away, between the player and goal line. It’s a straight up one-on-one.

After three shooters each, nothing is decided. In sudden death, 17 year-old Amrit Sidhu sets the Canadians apart. His teammates erupt from the sidelines.

“I can’t even describe it,” he tells a TV reporter after the match, equally spilling his emotions and demonstrating his coolness under pressure. Later to me, “You gotta’ stay in the moment, you can’t get thinkin’ too much about it,” he impresses.

Nine bodies move along in the steaming night. Still together going on twelve hours. They have a little more between them now. They might even have something intangible that goes beyond marks on a whiteboard. Maybe they have a concept, “We just want to play our Canadian hockey,” said Sidhu repeatedly to reporters after the game.

Our Canadian hockey has found life in Nanjing.

**Left**  
Chinese basketball star Yao Ming speaks with Youth Olympic Games athletes.

**Right**  
Team Canada celebrate their victory over Spain at the Youth Olympic Games.

Callum Ng



# Red Mittens are back!

The Dufour-Lapointe sisters show off their new mittens

Hudson's Bay



Hudson's Bay Red Mittens are back! On September 4, Olympians and official Red Mitten ambassadors, the Dufour-Lapointe sisters, along with Hudson's Bay, launched the 6th edition of its Red Mitten, the nation's most iconic symbol of the Canadian Olympic pride and the source of millions of dollars in direct athlete funding through the Canadian Olympic Foundation (COF).

"The 6th edition of the Red Mitten will help raise money for our athletes and Canadian sport system during the crucial Olympic off-season as Canada prepares for Rio," said Marcel Aubut, President of the Canadian Olympic Committee and Chairman of the COF. "Maxime, Chloé and Justine are symbols of Canadian sporting success and will be fantastic ambassadors."

"Since 2009, Hudson's Bay has raised more than \$26 million from the Red Mitten initiative, funneling much-needed funds to our athletes and the Canadian sport system," said Liz Rodbell, President, Hudson's Bay. "We are proud to welcome the Dufour-Lapointe sisters as the official 6th edition Red Mitten ambassadors."

Earlier this year, the Dufour-Lapointe sisters captured the heart of our nation when they became the first Canadian set of three siblings to compete in the same individual event at the same Games. Justine and Chloé went on to win gold and silver respectively in the ladies' moguls in Sochi. In addition to years of dedication and sacrifice, it takes the best coaching, training and competition, medical support and sports science to produce champions. Funds raised from the Hudson's Bay Red Mittens sales help provide our athletes with performance resources, propelling Olympians like the Dufour-Lapointe sisters onto the podium.

"It is an honour for my sisters and I to be included in a campaign that gives so generously back to Canadian athletes," said Sochi 2014 gold medallist, Justine Dufour-Lapointe. "We encourage all of our fellow Canadians to get behind this cause and buy a pair of the 6th edition Red Mittens to help Canadian athletes with

the funding they need as we head toward Rio. With this support, we will be able to compete at our best."

"The Canadian Olympic Foundation is thrilled to be the beneficiary of the Hudson's Bay Red Mittens initiative. Funds raised from Red Mitten sales will go a long way towards supporting high performance sport programs recommended by Own the Podium," said Leanne Nicolle, Executive Director, Canadian Olympic Foundation. "Financially investing in our athletes' performance equals results, and Hudson's Bay is helping Canada win medals."

The latest Red Mitten design builds on the success of the mittens created for Sochi by using colour blocking again as a design element. This version is mainly black, with red and white accents, allowing the embroidery to stand out. The mittens coordinate with the fall 2014 range of Hudson's Bay's Canadian Olympic apparel, and are fleece-lined with a knitted outer layer. A fun approach was taken with the design by embroidering the word "Go" on the inner right palm. Athletes and fans have the option to hold up the word "Go" next to a red maple leaf, or the words "Go Canada" in moments of patriotism.

The launch of the 6th edition Red Mitten brings a variety of additions to help Canadians celebrate and support their Olympic athletes and hopefuls. The Red Mittens will again be available in an "infant" size, allowing the whole family to show their Canadian pride. In addition, a new collectors' pin in the shape of the 6th edition Red Mitten will also be available in stores. Like the Red Mittens they emulate, each pin purchased will deliver \$3.33 to the COF.

To get your new pair of Red Mittens visit your local Hudson's Bay store or [www.thebay.com/olympics](http://www.thebay.com/olympics)

The Road To The CANADIAN CULINARY CHAMPIONSHIPS

## GOLD MEDAL PLATES

Presented by **Deloitte.**



**Winnipeg**  
October 2nd

**Halifax**  
October 16th

**Edmonton**  
October 23rd

**Victoria**  
October 30th

**Saskatoon**  
November 8th

**Montreal**  
Private Event

**Toronto**  
November 12th

**St. John's**  
November 13th

**Ottawa**  
November 17th

**Regina**  
November 21st

**Canadian Culinary  
Championships,  
Kelowna**  
February 2015



## Supporting our Olympians never tasted so good!



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[www.goldmedalplates.com](http://www.goldmedalplates.com)

Net proceeds from Gold Medal Plates are given to the Canadian Olympic Foundation which supports athletes and high performance programs such as Own the Podium. To date, over \$8.2 million has been raised.







# THANK YOU ! TO OUR AMAZING CORPORATE DONORS



Hudson's Bay is a Premier National Partner and Official Outfitter of the Canadian Olympic Team. Launched in 2009, Hudson's Bay's Red Mitten initiative has raised over \$26 million for the COF through the sale of their mittens, sunglasses and red mitten pins. Over 6 million Foundation items have been sold! In addition to this amazing initiative, Hudson's Bay hosts an annual golf tournament in celebration of Canadian athletes and makes a generous corporate donation.



As a National Partner, Petro-Canada fuels the dreams of Canadian athletes through their generous support of the Canadian Olympic Team and the Canadian Olympic Foundation. Through initiatives like the Petro-Canada FACE program (Fuelling Athletes and Coaching Excellence), the sale of Sochi glassware, the distribution of HBC Red Mittens and donations of Petro Points, Petro-Canada is a key contributor to the development of sport in Canada. In addition to the above programs, Petro-Canada makes a generous donation to the COF.



Canadian Tire is a Premier National Partner of the Canadian Olympic Team. As part of this relationship, Canadian Tire makes a substantial annual donation to the COF. In addition to their financial commitment, Canadian Tire went above and beyond last fall. With the help of Sportsnet, Canadian Tire produced a special, limited-edition magazine, titled 'Why we play', that showcased Canadian Olympic athletes. The magazines were sold in Canadian Tires across the country and partial proceeds were donated to the COF.



BMW Canada is a proud supporter of the Canadian Olympic Team and the Canadian Olympic Foundation. From October 24th to November 14th, BMW Canada ran the 'Drive for Team Canada' program. Dealerships across the country hosted 60 Olympian visitors and donated \$25 for every BMW automobile test drive. This promotion raised an impressive \$50,000 for the COF.



RBC has been involved with the Canadian Olympic Movement since 1947 and is proud to be the longest-standing corporate supporter of Canada's Olympic Team. To celebrate the Olympic Winter Games in Sochi, RBC produced a limited edition Team Canada RBC Gift Card that featured an image of the gold-medal winning Canadian women's hockey team from the Vancouver 2010 Olympic Winter Games. \$2 from the sale of every card was donated to the Foundation.



Mondelez Canada, the parent company of beloved snack food brands like Cadbury, Christie and Dentyne is another generous supporter of the Foundation. This past winter, Mondelez Canada donated partial proceeds from the sale of specialty branded Christie products and Pride and Joy, their Sochi Games viewing app, to the Foundation. These sales generated nearly \$40,000 of additional revenue for Canadian athletes.



Canadian telecommunication leader Bell Canada has long been a supporter of Canadian Olympic Team and amateur sport across the country. In addition to the Bell Athletes Connect program that provides Olympians with communications devices that help athletes stay connected with their coaches and families, Bell also makes a sizeable donation to the COF.



General Mills is an Official Supporter of the Canadian Olympic Team and an annual corporate donor to the Canadian Olympic Foundation.

“I did the best I could in Scotland. The Games are such an amazing experience, being surrounded by all the other athletes,” said Max.



ATHLETE  
PROFILE

# Max Plaxton



**Above/Right**  
Max Plaxton competing at the Glasgow 2014 Commonwealth Games.

Canadian Cyclist

Mountain bike racer Max Plaxton is a veteran of the Canadian Olympic cycling team. Max made his first Olympic appearance at London 2012 and won a silver medal at the 2011 Pan American Games in Guadalajara, Mexico. He is ready to chase down a medal at the Toronto 2015 Pan Am Games and Rio 2016.

Growing up in Tofino, B.C., Max participated in a number of sports, but never considered a career as an athlete. That slowly started to change at the beginning of high school. Max's family was relocated to Spain when he was 13 and biking quickly became a way to make friends. Similar to how kids in Canada may play road hockey with their friends and neighbours, Max quickly observed that kids in Spain rode their bikes.

“I brought an old, beat-down CCM mountain bike with me when I moved to Spain. I started out with trail rides and mountain biking, and then got into road cycling and did both for quite a while.”

Cycling quickly became a major part of Max's life. He earned the Canadian Junior Mountain Bike

Championships titles in both 2002 and 2003, and had a successful U23 career winning a World Junior Championship bronze medal in 2006.

Max was fortunate to have such an illustrious Junior career, as it paved the way for relationships with sponsors. In addition to cycling for Team Canada, Max competes for the Sho-Air/Cannondale Factory racing team.

“My personal trade team is my greatest source of income. Aside from that, I've been a nationally carded athlete for a number of years, which is really helpful.”

Max also counts Scott Tedro, a major player in the cycling circuit, as a personal sponsor – a relationship that he calls ‘like family’.

However not all mountain bikers are as successful or lucky as Max.

“There's a lot of mountain bikers, and not a lot of paid opportunities in North America. There's a lot young kids that train really hard and try to make it, but you can only support your racing on a low

income salary for so long,” said Max. “I have a lot of friends who tried to make it to the next level, but it's a big jump between having your bike and travel paid for, to actually making a living out of it. It's very frustrating for young people.”

Max finished just outside of the podium, in fourth place, at the recent Commonwealth Games in Glasgow. He's using that strong, yet frustrating, result as motivation for his upcoming competitions.

“I did the best I could in Scotland. The Games are such an amazing experience, being surrounded by all the other athletes,” said Max. “I can't wait for the Pan Am Games in Toronto. We've had nationals the last two years at the Hardwood Mountain Bike Park, it's a great course and I'm familiar with it. I'm definitely looking forward to that for next year.”

With his extensive resume and experience having now competed at the Commonwealth Games, Pan Am Games, and Olympic Games, Max Plaxton is on course for continued success.





# Two weeks in Olympia

Steve Boudreau is a community editor for the Canadian Olympic Team. In June 2014, Steve had the privilege of representing Canada at the International Olympic Academy in Greece. This is an account of his experience.

Last June, participants from all corners of the world were invited to attend the 2014 International Olympic Academy (IOA) youth session in ancient Olympia. I was one of about 200 fortunate students chosen to make the trip to Greece. Joining me on this two week journey were Canadian Olympians Martine Dugrenier (wrestling) and Philippe Beaudry (fencing). Little did we know we were about to embark on a once in a lifetime trip that would end up transforming our view of culture and sport.

...we not only respected diversity, we embraced it.

Each year the IOA focuses its curriculum around a particular theme, “respect for diversity” in our case. We would soon realize that we weren’t so much studying it as living it, every single day. A five-hour drive north from Athens, the Academy is surrounded by a majestic mountain landscape which we would have little time to admire as the days were packed with a plethora of activities.

Scholars from all over the globe were flown in to share their knowledge of Olympism. Also taking the stage were some of our Olympian classmates, including Martine and Philippe, who generously opened up about their Olympic experience. Surprisingly, some of the most inspirational tales dealt with overcoming disappointment. A feeling all of us could relate to.

Evenings were reserved for social events with the 2014 FIFA World Cup serving as the perfect excuse for students to gather in the common area and celebrate their respective countries.

Certain nights were set aside for participants to showcase their nation’s heritage through song, dance and performance art.

In forging life-long connections with people that were essentially complete strangers not so long ago, we not only respected diversity, we embraced it.

In the end, participation in organized sports such as tennis, soccer, volleyball or basketball, proved to be the ultimate unifier where flags, language barriers and cultural differences seemed to suddenly disappear every time we would step on to one of the Academy’s numerous fields. A testament to the power of sport and the Olympic movement.



**Left**  
Delegates from the International Olympic Academy.

**Above**  
Martine Dugrenier and Philippe Beaudry.

Steve Boudreau



# Your donation at work

## IGNITE ATHLETE DEVELOPMENT PROGRAM

**Above**

Samuel Edney and Helen Upperton demonstrate an exercise to young athletes at the CSI-Calgary.

**Right**

Helen Upperton at the Sport Chek Sports Clinic at Winsport in Calgary, Canada on June 5, 2014.

Winston Chow 

In the last edition of STRIVE e-magazine, we shared with you, our donors, about how the Canadian Sport Institutes (CSI) facilities and services contribute to podium performances.

At the Canadian Sport Institutes (CSI), the team of sport scientists, medical experts, and trainers provide programs and services to athletes and their coaches to ensure they have every advantage to win medals for Canada. Some of these services include training program design, advanced performance testing and a battery of health professionals that assist with the athlete's physical, mental and emotional well-being.

These world-class facilities service over 1,800 carded athletes and 2,400 coaches, most of whom are primed to compete at the Olympic Games. It makes sense that the best athletes have the best training team behind them.

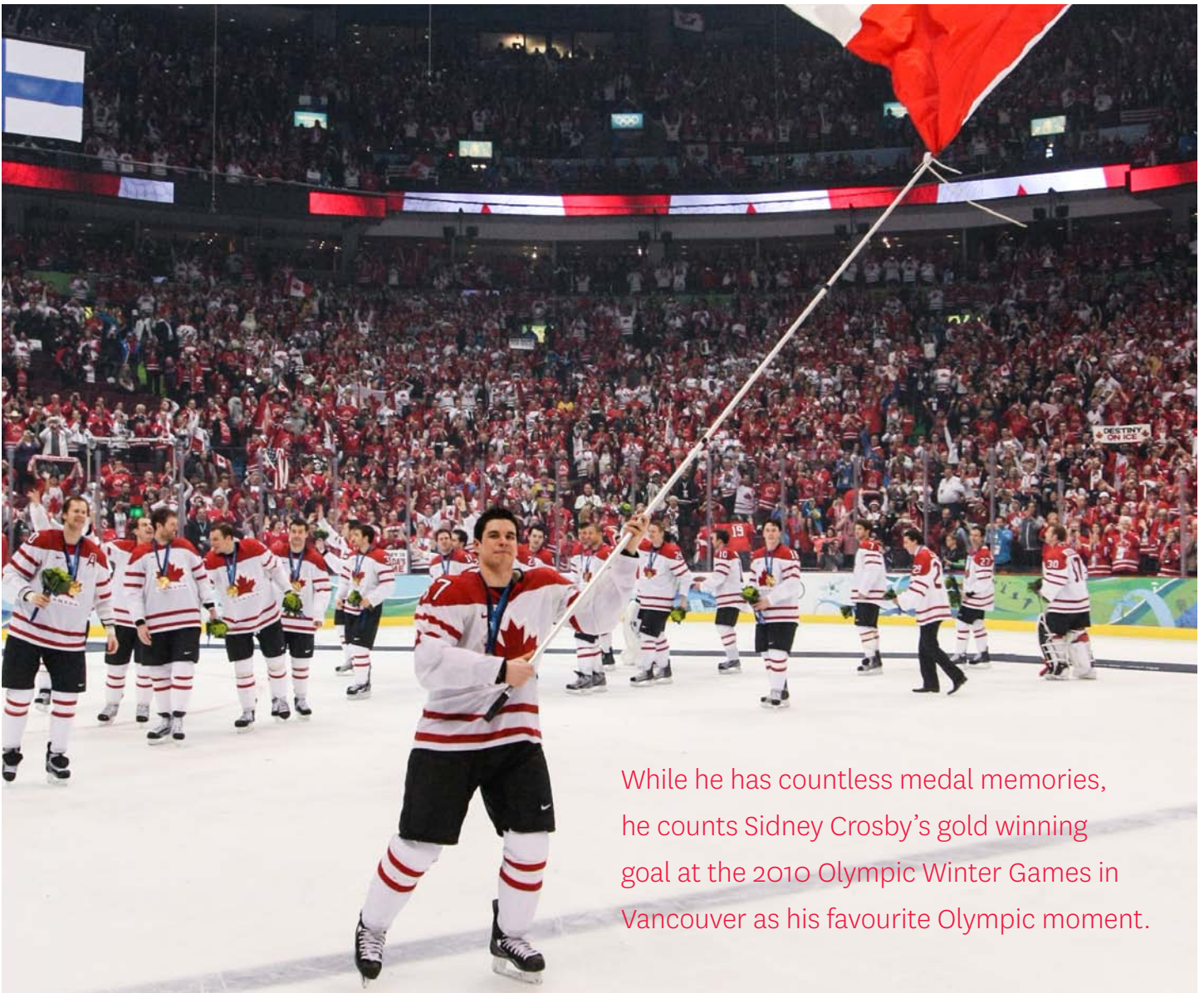
The Canadian Sport Institute network and the Canadian Olympic Foundation are investing in the IGNITE Athlete Development Program to ensure that the next generation of athletes also have the tools they need to achieve their Olympic dreams. Without access to the best available training environment, Canada's next generation athletes are at risk of missing critical milestones in their athletic development.

The IGNITE Athlete Development Program is a multi-sport foundational athletic skills program designed to develop athletes between the ages of 12 and 17 from any sport. The program introduces young athletes to a high performance lifestyle by improving their athleticism, physical literacy and fitness through a multi-sport training program, above and beyond their current sport-specific practice and competition schedules. This kind of fitness training allows athletes from a variety of sports to train together and learn to be more physically effective - from skiers to gymnasts to basketball players and everything in between, the IGNITE Athlete Development Program gives next generation athletes the sport building blocks they need to become Olympians.

Funds raised from the Future Olympians Fund will go towards providing more access to the IGNITE Athlete Development Program, and other programs that are central to creating a high performance development system for our next generation athletes.

To find out more about the Future Olympians Fund visit [olympicfoundation.ca](http://olympicfoundation.ca)





While he has countless medal memories, he counts Sidney Crosby's gold winning goal at the 2010 Olympic Winter Games in Vancouver as his favourite Olympic moment.

## DONOR PROFILE

# Douglas Lavallie

Mr. Douglas Lavallie of Saskatoon has been a loyal supporter of the Canadian Olympic Foundation since its inception in 2007. An annual donor, he has always been passionate about our Canadian athletes and the Olympic Games. While he has countless medal memories, he counts Sidney Crosby's gold winning goal at the 2010 Olympic Winter Games in Vancouver as his favourite Olympic moment. He enjoys watching all Olympic sporting events but particularly loves watching the men and women's hockey tournaments at the Winter Games.

Mr. Lavallie respects how hard our young athletes have to work to compete at the Olympic level of sport. He believes that all Canadians should support our athletes in whatever way they can. When our athletes stand atop the podium it creates a sense of national pride, and it inspires future generations to strive toward their own Olympic dreams. Mr. Lavallie is very proud of our athletes and the success that they have had on the world stage. He is happy to support the Canadian Olympic Foundation and knows that when he watches our up-and-coming Canadian athletes compete at future Games his investment helped get them there. Thank you Mr. Lavallie!



**Top**  
Sidney Crosby celebrates his game-winning goal at the Vancouver 2010 Olympic Winter Games men's hockey gold-medal final.

**Inset**  
Mr. Douglas Lavallie



# Upcoming competitions

The calendar below highlights upcoming sporting events across Canada.

Greg Kolz

| DATES                          | SPORT          | TITLE  | CATEGORY                          | LOCATION                |
|--------------------------------|----------------|--|-----------------------------------|-------------------------|
| October 2-5, 2014              | Swimming       | Synchronized Swimming – FINA World Cup             | World Cup                         | Quebec City, QC         |
| October 3-5, 2014              | Cycling        | Canadian BMX Championship                          | Sr. National Championship/ Trials | Toronto, ON             |
| October 13-19, 2014            | Badminton      | Badminton Pan Am Championships                     | Continental Cup/ Championship     | Toronto, ON             |
| October 16-19, 2014            | Cycling        | 2014 International Track Challenge                 | International / Other Competition | Milton, ON              |
| October 22-25, 2014            | Cycling        | Canadian Track Championship (Elite/Master/Jr/Para) | Sr. National Championship/ Trials | Milton, ON              |
| October 31-Nov 2, 2014         | Figure Skating | 2014 Skate Canada International                    | International / Other Competition | Kelowna, BC             |
| December 1, 2014               | Skiing         | Cross Country Skiing World Cup – Canmore, AB       | World Cup / Grand Prix            | Canmore, AB             |
| December 1, 2014               | Skiing         | Cross Country Skiing World Cup – Whistler, BC      | World Cup / Grand Prix            | Whistler, BC            |
| December 1-6, 2014             | Squash         | Squash – Women's World Team Championships          | World Championship                | Niagara-On-The-Lake, ON |
| December 16-20, 2014           | Badminton      | Badminton – 2014 Canadian International Challenge  | International / Other Competition | Moncton, NB             |
| Dec 26, 2014 – January 5, 2015 | Hockey         | IIHF World Junior Hockey Championships             | World Championship                | Toronto/Montreal        |







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# THANK YOU TO OUR GENEROUS DONORS ACROSS CANADA.

TEAM CANADA, SOCHI 2014 OLYMPIC WINTER GAMES

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