



APPLICATION TOOLKIT | TEAM CANADA OLYMPIC DAY GRANT

The following are included in the 2024 Team Canada Olympic Day Grant toolkit:

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A COPY OF APPLICATION QUESTIONS

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If you have any questions regarding this program or need support with completing the application, you can always contact the Olympic Education team at cosp@olympic.ca or book a 30 minute session to discuss your application [here](#).

PROGRAM DESCRIPTION

In celebration of Olympic Day, Team Canada is opening applications for the Team Canada Olympic Day Grant for Canadian schools with the goal of empowering students to play and stay in sport.

Recognized annually on June 23, Olympic Day is a worldwide celebration of the Olympic Movement. Based on the pillars of “Move, learn, discover – Together for a better world”, Olympic Day is a day to promote a healthy and active lifestyle.

HOW IT WORKS

A total of up to 10 grants of up to \$5,000 are available for schools across the country to fund programs and projects that enable more students to access sport and/or support students to stay in sport by promoting the inclusion of underrepresented groups and creating safe and positive sporting experiences.

Successful schools will also receive a Team Canada Olympian speaking engagement to inspire students to participate in sport and develop the skills to thrive and succeed in their daily lives.

The COC will be photographing and recording the athlete speaking engagements to share highlights on Team Canada’s channels on June 23, to encourage more schools to empower their students to play and stay in sport and celebrate Olympic Day.

APPLICATION INSTRUCTIONS

Application Deadline: November 10, 2023, 11:59pm (23:59) Eastern Time.

Application Link: <https://www.surveymonkey.ca/r/2024olympicday>

Contact Information: If you have any questions regarding this program or need support with completing the application, you can always contact the Olympic Education team at cosp@olympic.ca or book a 30 minute session to discuss at <https://calendly.com/lmuzzo-coc/30min>

Before You Begin:

1. Read the Grant Application: Familiarize yourself with the grant eligibility criteria and application question, which can be found in this toolkit.
2. Prepare Your Materials: Although no documents are required for the application, if you have any supporting documents you'd like to add, please gather them prior to starting the application.

Application Instructions:

1. Access the Application: The application is available at <https://www.surveymonkey.ca/r/2024olympicday>
2. Review and Complete the Application: Review the application questions thoroughly prior to completing the application. Application questions are available in this toolkit as well as at <https://www.surveymonkey.ca/r/2024olympicday>. As you complete the application, you will be able to edit your responses. Your responses will automatically be saved as you complete the application. To access your application, always use the same internet browser. Once you "Submit" your application, you will no longer be able to edit your responses.
3. Submit Your Application: Once you have completed all sections and uploaded any supporting documents, click the "Submit" button. Once you have submitted your application, you will no longer be able to edit your responses. You will NOT receive a confirmation email.
4. Application Revision: Applications will be reviewed by the Canadian Olympic Committee Selection Committee. You will be notified of the results by January 12, 2023. Successful applicants will receive further instructions regarding grant disbursement and reporting.

ELIGIBILITY CRITERIA

The primary Applicant must be an individual who works for a registered school/board/division in Canada such as:

- Elementary, intermediate, or secondary publicly funded schools;
- First nations, métis, and Inuit elementary, intermediate, secondary schools and educational programs; and
- Educational institutions in Canada (e.g., First nations education departments, school boards/divisions, etc.).

Applicants must also meet all other eligibility criteria set out in the Team Canada Olympic Day Grant Terms and Conditions. These include:

- Funding must be used before May 1st, 2024;
- Proposed projects must link to an Olympic Day Pillar (Move, Learn, Discover, Together for a Better World);
- Successful Applicants must agree to complete an impact report by June 15th, 2024, which shall include:
 - a detailed financial report for the project;
 - key statistics on the project including the number of students participating, impact and qualitative/anecdotal feedback.

OLYMPIC DAY PILLARS

Themes for 'Move':

- **Promoting active lifestyles and physical wellbeing:** Encouraging participation in diverse physical activities and sports, emphasizing the importance of regular movement for physical health and wellbeing, and providing opportunities for students to engage in year-round physical activities.
- **Inclusion and accessibility:** Ensuring all students, including marginalized groups, can participate in sports and physical activities through creation of inclusive environments that promote active engagement for everyone.
- **Outdoor engagement and exploration:** Using and enhancing outdoor spaces for activities like skating, hiking, and nature walks.

Themes for 'Learn':

- **Life skills development:** Encouraging participation in sports to teach valuable life skills and Olympic Values like collaboration, decision-making, responsibility, respect, excellence, personal growth, and dedication.
- **Skill development and empowerment:** Providing opportunities to learn new sport skills, techniques, and rules, thus enhancing self-confidence and determination. Highlighting the value of dedication and determination required for success in sports.
- **Cultural awareness and personal growth:** Exposing students to diverse sports and activities, fostering cultural awareness and understanding. Recognizing sports' contribution to personal development, confidence, and character-building.

Themes for 'Discover':

- **Exploring, discovering, and appreciating new activities:** Encouraging students to engage in a variety of physical activities and sports and discover their interests and talents through exposure to new activities they may not be familiar with. This includes introducing students to non-traditional sports that include students from diverse backgrounds and promote cultural engagement.
- **Community engagement:** Establishing partnerships and sports clinics for community engagement and providing opportunities for students to connect with mentors, athletes, and local businesses.
- **Inclusive opportunities:** Ensuring sports and activities are accessible to all students, regardless of backgrounds or abilities.

Themes for 'Together for a Better World':

- **Unity through inclusive sports:** Fostering a sense of community by engaging students from diverse backgrounds and abilities. Creating opportunities for students to come together, celebrate, and learn from one another through participation in diverse activities and sports.
- **Teamwork and values:** Promoting social engagement, teamwork and values like respect and sportsmanship through sports and physical activities.
- **Positive community impact:** Using sports to connect students, form friendships, and build positive relationships in addition to contributing to a positive and supportive environment within the school and community.

IMPACT PROJECTS AND FUNDING OPPORTUNITIES

Funding can be used to support the continuation of already existing programs and/or fund new projects. Program and project should focus on empowering students to play and stay in sport, specifically touching on at least one of the following themes:

Overcome participation barriers

- Remove various participation barriers such as financial constraints, lack of equipment, registration fees, and limited sports facilities.
- Specific focus on addressing challenges faced by marginalized groups, newcomers, smaller schools, rural areas, and low-income communities.

Promote physical and mental health and wellbeing

- Highlight the potential benefits of improved cardiovascular health, reduced sedentary behavior, skill development, and enhanced self-esteem.
- Emphasis on holistic development encompassing skills like teamwork, communication, and leadership.

Diversify of activities and exploration

- Broaden students' horizons by offering diverse sports and physical activities.
- Efforts to expose students to a wide range of activities, often facilitated by professionals and field trips.

Build community engagement and teamwork

- Recognition of sports and physical activities as community-building tools that foster teamwork, cooperation, and positive relationships.
- Involvement of various stakeholders such as parents, professionals, athletes, and local facilities to enrich students' experiences and promote belonging.

Educate and awareness

- Highlight the educational value of sports beyond physical skills, including skills like problem-solving, communication, and leadership.
- Interest in using sports as a platform for education, awareness, and life skills teaching.

Foster inclusivity, accessibility, and diversity

- Aim to ensure access for all students regardless of background or ability, especially females, Indigenous students, newcomers, and those with disabilities.
- Desire to include adapted and traditional games to promote inclusivity and empathy.
- Focus on providing specialized activities in remote areas.

Curriculum enhancement and enrichment

- Integration of physical activities into curriculum for holistic education and development.
- Emphasis on supporting educators, coaches, and professional development to elevate physical education quality.
- Introduction of innovative programs and technologies for engaging lessons.

A COPY OF APPLICATION QUESTIONS

Profile Information

- Contact information:
 - Name,
 - Email address
 - Telephone number

- School information:
 - Name
 - Address
 - City and Province (BC, AB, MB, SK, ON, QC, PEI, NB, NS, YK, NWT, NU, NFL)
 - Role at School (teacher, administrator, support staff, other)
 - Grade level (Elementary school, Middle school, High school, other)
 - Size of school
 - Number of students impact by the proposed project

Project Information

- Please provide a project/program description, outlining projected timelines and activities, while also specifying the Olympic Day Grant Pillar(s) with which your proposal aligns. Your proposed project/program must be connected to at least one of the following themes:
 - Overcoming participation barriers
 - Promoting physical and mental health and wellbeing
 - Diversifying activities and exploration
 - Building community engagement and teamwork
 - Education and awareness
 - Fostering inclusivity, accessibility, and diversity
 - Curriculum enhancement and enrichment

- What significance or benefits would the proposed project/program bring to the students in your school?

- Please provide an overview of the proposed budget for your project, highlighting the major expense categories and their corresponding allocations. This high-level budget summary should offer a clear sense of how the grant funding will be utilized to support your project's objectives.

- Would you like to provide additional information or documentation to strengthen your grant application? If so, please consider sharing insights or evidence related to the following areas that could enhance your application:
 - **Rural and Remote Locations:** Describe any unique challenges or opportunities related to your project's location in rural or remote areas and how your project addresses them.
 - **Serving Underrepresented Groups:** Share any details about how your project prioritizes, and benefits underrepresented or marginalized communities, demonstrating a commitment to inclusivity and equity.
 - **Financial Need:** If applicable, provide context on your organization's financial situation, explaining how the grant funding will make a meaningful impact and contribute to the success of your project.
 - **Project Sustainability (Beyond Grant Funding):** Outline your plans for sustaining the project's impact once the grant funding has been utilized, emphasizing long-term strategies for continued success.
 - **Partnership with Other Organizations:** Describe how partnering with other sport or community organizations will enhance the impact and reach of your project.

Feel free to upload any supporting documents or information that you believe will enhance your application in these areas.

- Please upload any additional documents or information that you believe will enhance your grant application.

Acknowledgement

By submitting my application for the Team Canada Olympic Day Grant, I agree to the Team Canada Olympic Day Grant Terms and Conditions.

By submitting my application for the Team Canada Olympic Day Grant, I agree to the Consent to the Collection, Use and Communication of Personal information.

TERMS AND CONDITIONS

APPLICATION

Application Deadline: November 10, 2023, 11:59pm (23:59) Eastern Time.

To be considered for this year's Team Canada Olympic Day Grant (the "Team Canada Olympic Day Grant"), eligible individuals ("Applicants") must go to the Olympic Education website at olmpic.ca/education (the "Website") and complete and submit the application form ("Application") in advance of the Application Deadline. Applicants can submit a maximum of one (1) Application. Once submitted, Applicants cannot modify their Applications.

Submission of an Application signifies that you declare that you meet all eligibility criteria and any additional criteria, and that all information provided in your Application is true and accurate and that you have read and agreed to these Team Canada Olympic Day Grant Terms and Conditions (the "Terms and Conditions").

ELIGIBILITY CRITERIA

The primary Applicant must be an individual who works for a registered school/board/division in Canada such as:

- Elementary, intermediate, or secondary publicly funded schools;
- First nations, métis, and Inuit elementary, intermediate, secondary schools and educational programs; and
- Educational institutions in Canada (e.g., First nations education departments, school boards/divisions, etc.).

Applicants must also meet all other eligibility criteria set out in the Team Canada Olympic Day Grant Terms and Conditions. These include:

- Funding must be used before May 1st, 2024;
- Proposed projects must link to an Olympic Day Pillar (Move, Learn, Discover, Together for a Better World);
- Successful Applicants must agree to complete an impact report by June 15th, 2024, which shall include:
 - a detailed financial report for the project;
 - key statistics on the project including the number of students participating, impact and qualitative/anecdotal feedback.

GRANT DETAILS

The Team Canada Olympic Day Grant Selection Committee (the “Selection Committee”) will review and evaluate Applications and will make a final recommendation to the Canadian Olympic Committee of 10 (10) successful Applicants. Successful Applicants will be offered the following:

Grant: \$5,000 CDN to be used before May 1st, 2024

Team Canada athlete speaking engagement at the Applicant’s school.

In addition, the COC will be photographing and recording the athlete speaking engagements. Highlights will be shared on COC-controlled platforms such as the Team Canada website (olympic.ca) and/or Team Canada social media channels (Instagram, Twitter, etc.) on June 23, to encourage more schools to empower their students to play and stay in sport and celebrate Olympic Day.

If for any reason whatsoever, a successful Applicant is determined to be ineligible, is otherwise unable to accept the Team Canada Olympic Day Grant, or does not agree to the terms of the Team Canada Olympic Day Grant Agreement, the Team Canada Olympic Day Grant will be forfeited without compensation or liability to the Canadian Olympic Committee, the Selection Committee and any partners, or sponsors.

GENERAL RULES

To be proclaimed eligible, Applicants, Projects and Applications must meet all conditions and eligibility criteria set out in these Terms and Conditions. The decisions of the Canadian Olympic Committee and the Selection Committee with respect to all aspects of this Team Canada Olympic Day Grant are final and binding.

The Team Canada Olympic Day Grant is not transferable and includes only what is specifically mentioned in these Terms and Conditions. If the Team Canada Olympic Day Grant cannot be delivered as described in these Terms and Conditions, the Canadian Olympic Committee reserves the right to substitute one or more components with another, in its sole discretion.

The Canadian Olympic Committee reserves the right to amend these Terms and Conditions which may include changes to criteria, eligibility, categories, and timelines or to terminate the Team Canada Olympic Day Grant process at any time, without any liability to any Applicant. Any amendments to these Terms and Conditions will be posted on the Website. These Terms and Conditions shall govern in case of conflict with any other document.

The Canadian Olympic Committee, the Selection Committee and any partners, sponsors, agents as well as their respective directors, officers and employees, assume no liability for any loss, damage or injury in connection with the Team Canada Olympic Day Grant, including without limitation: (i) lost, delayed, damaged, misdirected, late, destroyed, incorrect, illegible or incomplete Applications; (ii) loss, theft or damage to software or computer or telephone data, including any breach of privacy; (iii) inability of any person to participate in the grant process for any reason including mistaken addresses on mail or e-mail; technical, computer or telephone malfunctions or other problems with computer on-line systems, servers, access providers, computer equipment, or software; congestion on the Internet or at any website, or any combination of the foregoing; or (iv) damage to any person's computer, including as a result of playing or downloading any materials.

You, on behalf of your organization, and yours/its heirs, successors and assigns, release the Canadian Olympic Committee, the Selection Committee and all partners, sponsors, agents as well as their respective directors, officers and employees, from all liability for any loss, damage, or injury, whether compensatory, direct, incidental, consequential or otherwise, arising from the Team Canada Olympic Day Grant including but not limited to your Application, actions or omissions of the Selection Committee, or the awarding, acceptance or use of the Team Canada Olympic Day Grant (if awarded).

CONSENT TO THE COLLECTION, USE AND COMMUNICATION OF PERSONAL INFORMATION

Names, addresses, telephone numbers and emails, funding opportunity details and other information provided by Applicant in connection with the Team Canada Olympic Day Grant (“**Personal Information**”) may be collected, used and/or communicated (collectively “**Use(d)**”) with the Selection Committee, sponsors, or partners for purposes related to the Team Canada Olympic Day Grant, which may include without limitation for reviewing, evaluating and administering the Application and for promotional and/or marketing purposes in connection with the Team Canada Olympic Day Grant. The Canadian Olympic Committee and/or the Selection Committee may also Use personal information to contact Applicants with questions or clarifications related to their Application. Personal information may be communicated outside of the Province of Quebec and outside of Canada. Applicants may access, rectify and may withdraw the consent to the Use of their personal information at any time by contacting the COC at cosp@olympic.ca.

EVALUATION SCORECARD

- 1. **Eligibility:** Minimum standards that all applications must meet to be considered for selection. Applications that receive at least one “No” will not be considered for selection.
- 2. **Project Quality:** Criteria relating to the quality of the proposed project and alignment with the objectives of the grant. Projects are given a score of 0, 3 or 5 on three different categories, for a total score out of 15.
- 3. **Additional Considerations:** Factors that strengthen the application but are not mandatory for selection. Projects are given one “bonus point” for each additional consideration that they fulfill. Applicants may receive up to 5 bonus points, which are added to the total score out of 15.

ELIGIBILITY		
1. Does the applicant work for a school/board/division in Canada?	Yes	No
2. Is there a clear connection to an Olympic Day pillar?	Yes	No
3. Is there a clear opportunity to remove barriers and increase access to sport?	Yes	No
4. Did the applicant agree to the acknowledgements?	Yes	No
<p><i>If the applicant received at least one “No” in Eligibility, the minimum standards have not been met and application is rejected. Do not complete the remainder of the Scorecard.</i></p>		

PROJECT QUALITY

	0	3	5	
<p>Will the proposed funding opportunity remove barriers to students' sport participation?</p> <p><i>Barriers include but are not limited to lack of confidence or skills to participate in sport, concerns about body image or belonging, access to coaches and instructors, cost of equipment or registration fees, access to transportation, access to facilities, accessibility of equipment, facilities and spaces, program quality or safety, lack of culturally relevant programming.</i></p>	<p>The proposed funding opportunity does NOT remove barriers to sport participation.</p>	<p>The proposed funding opportunity removes at least one barrier to sport participation in general, or for a specific demographic.</p>	<p>The proposed funding opportunity removes multiple barriers to sport participation, and the barriers are intentionally removed to increase access to sport for the project's target population (for example, based on age or grade level, gender, ability, race, or any other factor).</p>	/5
<p>Will the proposed funding opportunity increase students' participation in sport?</p> <p><i>Beyond removing barriers, the application must demonstrate how the project will increase the number of students participating in sport or the number (and quality) of opportunities that students must participate in sport.</i></p>	<p>The application does NOT demonstrate how the proposed funding opportunity will increase the number of students participating in sport, or the number of opportunities that students must participate in sport.</p>	<p>The application clearly demonstrates how the proposed funding opportunity will increase the number of students participating in sport or the number of opportunities that students must participate in sport.</p>	<p>The application clearly demonstrates how the proposed funding opportunity will increase the number of students participating in sport or the number of opportunities that students must participate in sport. In addition, the proposed funding opportunity provides students with unique experiences or opportunities to try non-traditional sports that have meaningful benefits.</p>	/5
<p>Is the proposed funding opportunity safe and inclusive?</p> <p><i>Safe sport environments are free of maltreatment of any kind and promote positive, satisfying, and enjoyable sport experiences for all participants. Inclusive sport environments are welcoming, accessible, and allow all participants to fully contribute possible.</i></p>	<p>The proposed funding opportunity does NOT promote safe and inclusive sport experiences.</p>	<p>The proposed funding opportunity promotes safe and inclusive sport experiences.</p>	<p>The proposed funding opportunity optimizes sport experiences for everyone involved through informed and intentional efforts to promote safety and inclusion.</p>	/5
TOTAL				/15

ADDITIONAL CONSIDERATIONS

Financial Need: Does the school demonstrate financial need, or will the project funding be particularly impactful given the school's current resources and capacity or the socio-economic status of the student population?	/1
Population: Does the project serve a higher proportion of equity-deserving student populations, particularly those disengaged from sport and physical activity? (Examples include, but are not limited to, students who are girls or gender-diverse, students who are new to Canada, and students who live with disabilities.)	/1
Location: Is the school located in an area (urban, rural, or remote) that is underserved with respect to sport participation opportunities, or in which students face unique barriers (such as limited transportation options or access to facilities) to sport participation?	/1
Collaboration and Partnerships: Is the school partnering or collaborating with any local organizations that could enhance the reach, effectiveness, or overall impact of the project?	/1
Project Sustainability: Does the application outline a sustainability plan that demonstrates how the school plans to sustain the program or initiative beyond the time period covered by the grant funding?	/1
TOTAL	/5

TOTAL SCORE**PROJECT QUALITY****ADDITIONAL CONSIDERATIONS**

EXAMPLES OF SUCCESSFUL APPLICATIONS

School #1 in Alberta

- Grade 9-12
- 60 students impacted by project.
- How would the proposed Project benefit the students at your school?

As Canada's National Summer Sport, lacrosse has seen a consistently growing profile in Alberta over the past decade. We have recently started a lacrosse focused Physical Education class for our grade 9s and 10s. This Project benefit would allow more students to access this class by providing the equipment which is the primary barrier to most to participating in this sport. The initial goal for this class was to introduce the sport in its various forms to students who may not have originally had the opportunity to participate in community sports because of high-cost barriers and allow those who currently play more opportunities to participate.

- How would the proposed Project provide students with more opportunities to play and stay in sport?

The Project will allow more students to access lacrosse focused classes in our school and expand opportunities for them to participate in sport beyond their final mandatory Physical Education 10 class. It will allow those currently taking part in other school sport teams such as basketball and football to engage in multi-sport opportunities, while also providing a new sport to explore for those who have been unable to access community or club sports in the local area due to a variety of barriers. The equipment purchased through the funds accessed through this grant would allow us to expand our offerings and bring more students into the class. Those who do not have access to the proper safety equipment needed to participate would now be able to using school provided gear. We could purchase Women's Field specific equipment which would allow us to increase the profile of this branch of lacrosse and engage new students. In addition to creating a pool of lacrosse equipment for students in need to use for the class, we will be able to utilize this equipment to collaborate with our local middle schools to offer lacrosse clinics to their classes. This will allow us to expose even more students to the sport and encourage them to consider joining the class when they reach high school or even sign up for local community programs. We have the interest currently, but not the equipment to make these sorts of opportunities available. We specifically would like to purchase lacrosse equipment for a Women's Lacrosse program (sticks, goggles), as well as equipment that can be used by students in our current class offerings (helmets, pads, sticks). Finally, we would like to purchase lacrosse sticks that can be used when we travel to local middle schools for younger students to learn the basics of the sport as taught by the students in our program.

- Please describe how students will engage with the Olympic Day pillar(s):

Move + Discover + Together for a better World: Through the addition of a new class, we are providing another opportunity for students in our school to engage in physical activity. As Canada's national summer sport, lacrosse is growing in popularity, but it still has a much smaller profile in this

area compared to sports like basketball or hockey. We are hoping to engage current participants, while drawing in new players through this program. With Sixes coming to the Olympics in a few years, we feel that this is an opportune time to expand on our new course offering and draw in even more students. One long term goal for the program is to expand from our current coed program into having enough student enrollment to also run a separate class which empowers female students to explore both Sixes and Women's Field lacrosse. We currently have much higher rates of participation in sport by our male students, but intentional programming like this will allow more access for female students to take part in active opportunities.

- Please provide any additional information that you'd like to be considered:

In addition to our three primary goals for the program (expanding enrollments by removing cost barriers of equipment, encouraging more females to participate and build toward a second branch of the program which focuses primarily on Women's lacrosse, and community outreach through providing mentorship clinics to area middle schools), we believe that it is vital to respectfully acknowledge the roots of the sport, by teaching students about Indigenous culture and the relevance of the teachings of the "Medicine Game" that are relevant to the positive growth of young athletes today. The more students that we can reach through the program, the more students that we can educate about these important aspects of our history and culture.

School #2 in Manitoba

- Grade 7-8
- 180+ students impacted by the project
- How would the proposed Project benefit the students at your school?

During the Pandemic, our school focused on developing and using our outdoor spaces more. One of the activities that the students identified as being of interest to them was installing outdoor volleyball courts. We installed 3 courts in grassy areas around the school property. They are used at every break, lunch, before and after school. The community has also recently started looking to use them to run programs for all ages, and we have a property and equipment share contract with our Local Rec Center which also facilitates this. The local High school is also looking at starting a beach volleyball program, and would be able to use our courts for this, and the local Elementary school has also helped support us in running a development program for U14 and U12 through volleyball Manitoba - the kids in those programs are also keen to continue into summer and outside - so this would impact more than just our small school community. We also plan to use the courts for Phys ed options and electives, as well as our local club team.

- How would the proposed Project provide students with more opportunities to play and stay in sport?

At the moment, our current courts are not usable for 2-4 days after a rain. (they are totally mud!) Similarly - we can only use them from June to Sept - depending on how quickly the snow melts. If the courts were converted to sand courts, drainage would be improved, and the courts would not require drying off time, and would be able to be used from the time the snow melts (usually April) right through until it snows in November with no days of the courts being unusable.

- Please describe how students will engage with the Olympic Day pillar(s):

MOVE: Kids have already been using our existing outdoor courts regularly since they were installed - as long as the grounds permit. By increasing the amount of time the courts are open for, (in terms of wet days and months usable) we will be able to get kids moving for double the months and estimated 35% more days gained back from closed courts on Wet Days

LEARN & DISCOVER: By offering beach volleyball specific programming in Phys Ed, as an extra-curricular, skills sessions, and also intramurals, kids will be learning a ball sport and being introduced to multiple forms of the game - our community has a vast recreational volleyball program that we hope kids will keep engaging with to stay active as adults as well - and being introduced properly to the sport will increase this

DISCOVER: At the moment, there are 2 teachers (myself included) that coach at the school. We have started implementing intramurals for indoor volleyball, skills workshops and clinics at lunch times, and multiple team options. The kids would love to see this grow so that there can be more opportunities at more levels for them to participate.

TOGETHER FOR A BETTER WORLD: As our community has grown over the last few years, we have become increasingly multicultural What was at first a Mennonite settlement on Treaty 1 (homeland to the Metis nation, and the Anishinaabe people of Southern Manitoba), has now become a major destination for Filipino immigrants, a large Syrian population, and several east African Countries over the last 10 years. We have also experienced a high West Asian Migration including Ukrainians, Russians, Uzbekistan, and German immigration in the last 5 years. Sports beyond hockey are a major way that the kids from different backgrounds; indigenous, settler, and newcomer alike are starting to come together more often. Even better - when kids participate, families and parents also start to get to know one another. Altona's first club volleyball team was born out of this scenario and includes most of the groups mentioned above from the school and surrounding schools in our division. This is making our school a meeting place to bring our different family communities together - and it is a WONDERFUL thing to see, be a part of, and look forward to growing.

- Please provide any additional information that you'd like to be considered:

If successful, this application would be used to put towards installing sand in the existing grass/dirt outdoor courts in partnership with support from Town Recreation Department and purchasing higher quality nets with tension as well as lines for the courts.

School#3 in Ontario

- Grade 9-12
- 60+ students impacted by this project.
- How would the proposed Project benefit the students at your school?
- Grant will be used to purchase strength training equipment that will be used to serve three programs that are created specific with girls and gender-diverse students in mind. It is a one-time up-front cost in purchasing the equipment, but it will serve multi-faceted programs and be sustainable for many years. The first program is the creation of “Better Tomorrow Barbell Club” at Centre Wellington District High School for female and gender-diverse students and staff members. The sport of powerlifting and Olympic weightlifting help participants develops body awareness, mobility, coordination, strength, power and improve their overall health. These are sports that have traditionally been cis-gendered male dominant domains. It would be very empowering to have a space and a program dedicated to show female and gender-diverse students and staff that they too have strength and can be powerful individuals when given the opportunity. The intention is to purchase the equipment when funding is received and begin offering training and coaching sessions in the mornings, lunch time, and after school as soon as possible. Some of the funding will be used to register participants with the respective provincial sport organizations (Ontario Powerlifting Association and Ontario Weightlifting Association) to ensure the Better Tomorrow Barbell Club operation is compliant with the highest standards of safety set out by each PSO. Also, the registration with each PSO gives the individual participants the option to compete in sanctioned events if they choose to. The second program is called “Girl Grit” and it specifically targets grade eight students who identify as females going into grade nine. The school board has agreed to run it as a Continuing Education course which will be available at no cost to participants. The program encompasses martial arts, Olympic weightlifting, freestyle wrestling, self-development strategies, and mental wellness related topics. The third program is an “all gender” Phys-ed program geared at gender-diverse students. The focus is on developing fitness skills, training mindsets, emphasizing mental health strategies, and exploring social justice issues in sports, fitness, and activities. This program strives to foster student leaders who will advocate active living, kindness, and inclusion in sports and schools. The programs are designed to be sustainable year after year with the intention of creating an inclusive culture where people of all identities feel welcomed and empowered to participate in sports and physical activities.
- Please describe how students will engage with the Olympic Day pillar(s):

Centre Wellington District High School is in Fergus Ontario, and it currently supports a population of approximately 28,000 residents. The community has experienced tremendous population growth over the last decade and is projected to continue to grow and increase in diversity. At Centre Wellington District High School, traditional sport-based Health and Phys-ed classes (HPE), Outdoor Ed and one Fitness focus course are offered. Sports teams consist of basketball, volleyball, hockey, soccer, wrestling and rugby. While it seems, the school has a comprehensive HPE program and sports teams, many of these options are Eurocentric sports and competition focused activities. The percentage of students who are taking HPE courses is less than 50% of the student population and less than 20% participate in inter-school sports. Many students have cited

reasons for not taking HPE courses due to its non-inclusivity of skill levels, competitive nature, lack of relevance and feeling unsafe in the learning space, especially amongst newcomers to the community and students with identities on the margins. Though there are fitness facilities in the community, cost and transportation accessibility to get to them are often common barriers to students.

- Please provide any additional information that you'd like to be considered:

Many students, especially those with identities on the margins, do not have exposure to sports at early ages or outside of school days. Although school sports in theory are accessible to students, most often it is the students who are already privileged participants. Using the funding from Canada Olympic Day Grant, we hope to introduce non-traditional sports (powerlifting & Olympic weightlifting) to students in school, in an effort to level the playing-field for all, and in hopes that all students can experience success and feel participation in sports is an option for them. Students may develop a passion for weightlifting and continue to pursue strength-based sports in their future beyond school. The funding will be used to purchase equipment for three proposed programs (Better Tomorrow Barbell Club, Girl Grit, and All-gender PE) that will introduce powerlifting and Olympic weightlifting to students and staff, especially those who identify as female and those with identities on the margins.