



Manitoba Fencing Association

Annual General Meeting - Agenda

7:00 PM on Monday June 28, 2021

Conducted over Zoom Conference software

1. Registration

Brian Gilchrist b.w.gilchrist@gmail.com
Daria Jorquera Palmer dariajp@gmail.com
Neil Smith neilandkarensmith@gmail.com
Alison Maxwell Diacos alisonmaxwell.diacos@c21.ca
Maire Prokopowich dancer@mymts.net
Sean Rathwell fencing@sportmanitoba.ca
Bill Johnson coachbilljohnson@gmail.com
Kyle Turcotte kyleturcotte16@gmail.com
Ayach Bounachada FencingCoach@sportmanitoba.ca
Dominique Reynolds dominiquereynolds72@gmail.com
Julie Lessard julie_22_lk@hotmail.com
Anthony Densmore anthonydensmore@gmail.com
Zach Allard zachjal@gmail.com
Wanda Cain Johnson wlccda@gmail.com
Robert Hornford rhornford@shaw.ca
Julie Lessard julie_22_lk@hotmail.com
Xavier Slocombe x.slocombe1@gmail.com

2. Call to Order

7:02pm

3. Adoption of the Agenda

Motion: THAT the agenda be approved – Daria/Maire seconds. None opposed.
Approved as presented.

4. Appointment of Scrutineers

Maire appointed as scrutineer

5. Reading and Adoption of 2020 AGM Minutes

Motion: THAT the minutes of the Annual General Meeting of June 23, 2020 be approved – Neil/Julie seconds. None opposed. Motion carried.

6. Reports of Officers and Staff

6.1 President report attached at the end of the Minutes

Not much has happened fencing-wise, but it is noted that there was a lot of work done on Ayach's side of the business, as well as Sean to keep things going over pandemic. Thanks to the board for being flexible and accessible. Special thanks

goes to Daria for her work on the RTP (return to play/practice) document; for the meetings, the time taken in putting a lot of things together behind the scenes.

6.2 Treasurer

No written report as Financial Statements (FS) were provided just before the meeting. Fort Group (the auditor) did a great job getting the MFA FS – timelines were pushed back due COVID. Maire reviewed the financial statements.

Received a clean audit.

Audited financial statement will be posted on the MFA website

6.3 Provincial Coach report attached at the end of the Minutes

Additional

-Misha was training to hopefully make the Olympic team. He trained a bit here in Winnipeg, as well as in Quebec and Vancouver as health restrictions were very heavy in MB.

-If the province allowed sport in MB as they did with HP programs in other provinces, and allowed Misha to train, Misha would've had a much greater chance to qualify if he had been given the same opportunity. He will fight for a spot on the 2024 team.

-Provincial team training- ended up with 5-7 months. Daria did a great job with the Canada Games athletes.

-Sean and Daria are currently in assistant coach positions

-Currently working on better organization of the provincial team programs

-Coaching development – 6 coaches just were certified.

6.4 Executive Director report attached at the end of the Minutes

7. Audited Financial Report and Forecast

Motion: THAT the draft audited financial statements for 2020-2021 season be approved. Anthony/Robert seconds. None opposed. Motion carried.

Motion: THAT Fort Group be named auditor for 2021–2022 fencing season. Maire/Julie seconds. None opposed. Motion carried.

Note: Fort Group has been excellent to work with.

8. Amendments to the By-Laws

None

9. Election of Officers and naming of Members-at-Large

Motion: THAT the membership ratify the business of the MFA Board fencing year 2020-2021. Neil /Daria seconds. None opposed. Motion carried.

Board dissolves for elections

President term 2021-2023 Daria Jorquera Palmer nominates Kyle Turcotte, Daria/Maire seconds. Kyle accepts. Position awarded to Kyle Turcotte by acclamation. No abstentions.

Secretary term 2021-2023 Nomination form for Anthony Densmore received by head office. Position awarded to Anthony Densmore by acclamation. No abstentions.

VP Technical term 2021-2023 Nomination form for Katy Lupien received by head office. Position awarded to Katy Lupien by acclamation. No abstentions.

Director at Large term 2021-2022 Daria motions to nominate Alison Diacos, Linda Thorlakson seconds. Alison accepts. Board position awarded to Alison Diacos by acclamation.

Zach nominates Simon Scott as a second Member at Large.

Motion: To accommodate a second member at large on the Board of Directors
Zach

President declares motion out of order as it is contrary to the bylaws.

Motion: Bypass (as a temporary override) the bylaws to accept a second Member at Large on the Board of Directors for fencing season 2021-2022 (until the next AGM). Zach/Maire seconds. Brian opposed. Carried.

Note: This is something that keeps coming up that should be addressed via bylaw change.

10. Election of Athlete Member-at-Large (Athlete Representative)

Will be completed with new provincial team.

Motion: Athlete representative until the next fencing camp.
Maire/Neil seconds. None opposed.

Kyle given power to preside over the meeting.

11. New Business (if any)

None.

12. Adjournment

Motion: Adjournment 8:21 pm. Daria/Wanda seconds. Carried unanimously.

REPORTS ATTACHED

6.1 President

President's Report June 28, 2021

Last year I started this report with the following statement “This has certainly been an unprecedented year for us all.” Little did we know then what this past year was going to look like!

With the announcements from the province this afternoon that some restrictions were being lifted and vaccination rates are rising as fast as infection rates are dropping it truly feels like there's a light at the end of the tunnel and the possibility of a normal fencing season is on the horizon for this fall. That being said, not a lot happened this past year. We followed all guidelines set out by the province and had people fencing early the fall prior to the second wave and for another brief period prior to the third wave.

I would like to commend all those who worked hard to ensure that their clubs operated within the guidelines and to Ayach and Sean for ensuring that our provincial team athletes were also able to train.

I'd like to also like to thank Daria for going above and beyond with all the work that she did throughout the pandemic to ensure that we had a well thought out return to training/play protocol.

As with many indoor and outdoor sports there is going to be work ahead to get people interested in participating in fencing this fall. We look forward to the challenge and this association will be focused on bringing fencers back and introducing new people to the sport as well.

Here's to a better 2021-2022 season!

Sincerely,

Kyle Turcotte

6.3 Provincial Coach

PROVINCIAL COACH/TECHNICAL DIRECTOR REPORT



PROVINCIAL COACH/TECHNICAL DIRECTOR

ANNUAL REPORT 2021

Submitted by Ayach Bounachada, Provincial Coach/Technical Director

- **PROVINCIAL TEAM ACTIVITIES**
 - 1- **Olympic Qualification**
 - 2- **Training**
 - 3- **Other Activities**
 - 4- **Numbers**
 - 5- **Staff**

- **COACHING DEVELOPMENT**
 - 1- **Instructor Beginner Coaching Course**
 - 2- **Coaching Evaluation.**
 - 3- **Coach Guide.**
 - a- **Summary**
 - b- **Lesson Plan Example.**

- **OFFICIALS DEVELOPMENT**

- **FENCING PROMOTIONS**

- **FENCING MANITOBA CHALLENGES**

- **PROVINCIAL TEAM/PC ONLINE ACTIVITIES PICTURES**

Provincial Team Activities:

1- Olympic Qualification: It was a great honor for us to have a Manitoba fencer running for the 2021 Olympic Team as Misha was ranked in the **top five fencers in Canada**. With the Covid-19 Pandemic it was difficult to schedule normal training for him. His Preparation started **August 1, 2020**, and we were able to train with him until **October 30th, 2020**, which at that point we had to stop for two months due to restrictions. After many requests to Sport Manitoba and the provincial government for authorization for him to train and prepare as the others across Canada, we received get approval to continue preparing and started training again from **December 26, 2020, to February 2021**. Misha's training was based on the following area:

- a-** Physical training: 2 - 3 times a week with the **Canadian Sport Center experts**. It was a great training to help Misha with physical preparation.
- b-** Fencing: The technical and tactical part was done at Sport Manitoba. We had three sessions in the morning and two in the afternoon. As we were limited with only 3 people in the gym, I had to chose only one sparring partner with him to practice what we worked on in the lessons. The training was based only on individual lessons, bouting with tasks and free bouting.
- c-** From February to March Misha moved to Vancouver and then to Montreal to train with the national team. There he had more bouting and training competitions to prepare himself for the qualifier in Doha, Qatar.
- d-** Qatar Qualifier: Unfortunately, he did not attend as he had an injury from the week before in Montreal during training.

I was not disappointed that he missed this great opportunity to be a part of the Canadian Team. Misha is still young and has a very strong base with great technique, that he can be back in the top 3 in Canada very quickly. I believe that he can qualify for the 2024 Olympics in Paris.

2- Provincial Team Training:

With the Covid-19 pandemic starting last year, it affected us in terms of preparation, but with great organization we succeeded to still train and where we focused a lot on the technical and tactical formation for fencing.

Training Schedule: To respond to the health authorities' rules regarding the 2 meters distance and area occupancy, we developed a very precise schedule and divided our groups into small cohorts.

- Monday:** 4:30 – 6:15 Group 1 and from 6:15 to 8:00 pm Group 2
- Tuesday:** 7:00 am to 9:00 am **Individual Training**
4:30 – 6:15 Group 1 and from 6:15 to 8:00 pm Group 2
- Wednesday:** 4:30 – 7:00 pm only one Group (HP/Int)
- Thursday:** 7:00 am to 9:00 am **Individual Training**
4:30 – 6:15 **Canada Games Group.**
4:30 – 6:15 **Strength Training** with Neal and Davis
- Friday:** 7:00 am to 9:00 am Individual Training
4:30 – 6:15 Group 1 and from 6:15 to 8:00 pm Group 2

Even during the group training in the afternoon, within each group, we divided the athletes into two small groups by weapon or level to take extra precautions regarding the covid.

- We were able to train from **August 1st to October 30th**, 2020, and From **February 16th to May 10th**, 2021.
- **Out of these periods**, we did not stop training and we did our best to keep our athletes active. Our schedule was as follow:
 - a- One or two **home training:** We made a training plan based on technical and physical exercises, accompanied with a video that was made specifically for it. The exercises are very simple to work a precise technique or physical skill that is needed in fencing.

Technique:

- Footwork (Guard position and its stability, Step forward and its variation with a rhythm changing, Lunge and Step-Lunge attack).
- The hit on place or with movements.

- Some tactical situations that we can be practised in a small distance.
- **Physical:** The Sport Manitoba Strength Trainer developed a lot of great videos for different skills development. We choose the ones specific to fencing requirements.
- - b- One **Online Training Session** for the Canada Games Group was run by **Daria**. It was every Tuesday evening.
 - c- One **Online Group Training session** during the week was with me where we repeated one of the home training sessions that I posted on Dropbox.
 - d- Another **online session** was for **target training** for those who have a target at home.
 - e- **Canada Games Online Performance Analysis**. One session every two weeks.

For these training sessions, we not only succeeded to bring the training online but also, we worked and developed technique and physical skills. For that, I have to thank the athletes for being present at every session and also of course my Assistant Coach Daria who was great with the Canada Games/Squad Group.

- 3- **Provincial Team Other Activities:** Beside training, our fencers had opportunities to attend several workshops in different areas that had a positive impact on their development.
 - a- **Online Strength Training** with Neal, based only on body work: **Once a week.**
 - b- **Mental Training** with **Kevin Kristjanson** and **Jocelyn McCleod**. 6 sessions
 - c- **Nutrition workshops** with **Janelle Vincent**: 4 Sessions.
 - d- **Injury Preventions** with **Dr Nader Abdelkader**: 4 Sessions.
- 4- **Provincial Team Numbers:** We were very happy that even with Covid-19 pandemic, we succeeded to bring back almost all the athletes to training. And the actual numbers are 26 participants. Also, with the club coach's involvement, we have recruited 3 new young athletes.
- 5- **Provincial Team Staff:**

- Provincial Coach: **Ayach Bounachada**
- Assistant Coach Epee / Canada Games Team: **Daria Jorquera Palmer**
- Assistant Coach Sabre: **Sean Rathwell**.

Coaching Development:

- a- Coaching Course:** During this year, we were able to finish the coaching course for the Instructor Beginner level that we started last year and did not have a chance to finish due to the covid-19 pandemic.

Candidates:

- **James Hussmann - Foil - Cavalier Fencing Club**
- **Jordan Diacos - Sabre - Lightning Fencing**
- **Haden Laudin - Foil - Cavalier Fencing Club.**
- **Noah Merz Lakser - Foil - Lightning Fencing Club**
- **Sean Rathwell - Sabre - Independent**
- **Xavier Slocome - Sabre - Rapier Fencing.**

b- Coaching Evaluation:

We have contacted a coach evaluator from Quebec to run the evaluation sessions. The coach developer and evaluator is **Ildemaro Sanchez**. The evaluation was based on video and were filmed at the Sport Manitoba facility. We sent the 18 videos to Ildemaro should have results this month. With these coaches joining the list of coaches we have; it will be a big boost for fencing development in our province. Especially, as an association we really need to put a lot of effort on developing our membership.

Coaches Guide: (Guide pour entraineurs)

The fencing coach is a key element in the club development. They are a teacher who should have a strong knowledge of the sport, control the teaching process and their principals, and know how to put in place a training program to improve the students to bring them to a good level. They develop adaptative programs for the students based on their individual characteristics, their learning stage, their assimilation level, and at their development phase level. They should also control the performance evaluation of the students to give them precise feedback to help their development. For that reason, we decided to work on developing a **document or cahier to provide guidance for the instructor beginner coach to help them to:**

- **Organise and control training sessions.**
- **Organise and evaluate competitions.**
- **Lead the group.**
- **Prepare exercises for different training sessions.**
- **Evaluate group performance.**

- **Gives feedback to students.**
- **Assure the safety of students.**
- **Inform parents regarding their child's progression.**

This guide will contain 12 lessons plans to use for a **10 classes program** or **Yellow/Orange arm band** program for fencing introduction and even **for after school programs**. The varieties of exercises offered to be used for footwork, drills in pairs and individual lessons are illustrated with draws. Also, have all the necessary methodological information to lead and help the beginner coaches. That guide will be built based on **the LTAD requirements and directions**. I am working personally with Daria to try to finalize that document for **the three weapons**. We started with foil first. Hope it will be ready by fall this year.

The Guide will look like that:

MANITOBA FENCING ASSOCIATION



Manitoba Fencing

Initiation Program

**Yellow/Orange
Arm Band**
2021-2022

SUMMARY

1- The Sport

- a- Introduction
- b- Why Fencing?
- c- History
- d- Activity Rules

2- Fencing Activity Organisation.

- a- Equipment
- b- Safety
- c- Training form organisation
 - Group Training Class
 - Individual Training Class
 - Teaching Forms
- d- Teaching Methodology
- e- Class organization and construction

3- Yellow Arm Band Program Content

- a- Footwork and Technical Element
- b- Preparation and Tactical Plan
- c- Refereeing.

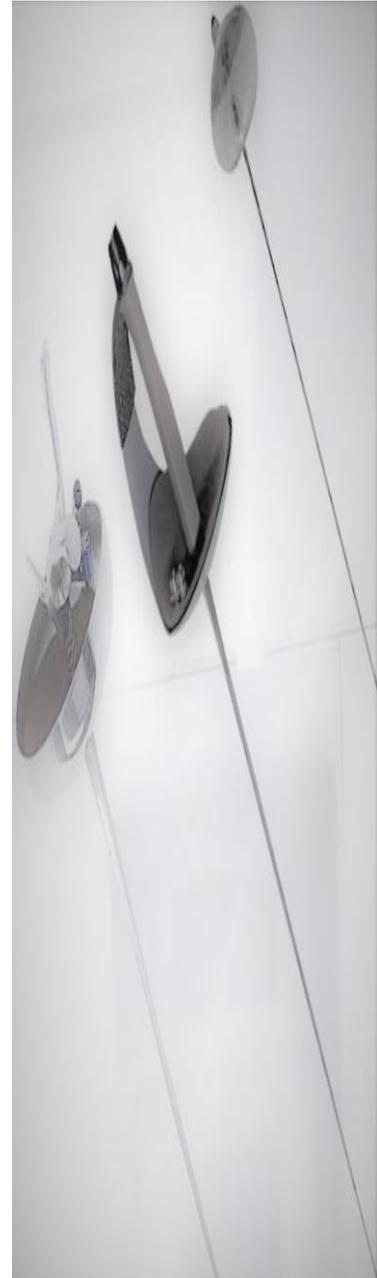
4- 12 Classes Plan (FOR 12 WEEKS)

- Foil
- Epee
- Sabre

5- Competition Organisation.

- Competition Format

6- Arm Band Evaluation:



COACH GUIDE LESSON PLAN #1 EXAMPLE

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PARTS/SKILLS	Content	Loads/Description
<p>Introductory</p> <p>General</p> <p>Specific</p> <p>Keep proper balance.</p>	<ul style="list-style-type: none"> - 3 Labs around the Gym. - Execute exercises from Warm up section. - Directed footwork: <ul style="list-style-type: none"> a- Step forward, Step Back on commend. b- Execute 8 slow lunges on commend. c- Same as a but adding Lunge. d- Game 	<p>6-10 min</p> <p>10 -15 min</p> <p>Keep your body straight, Elbow inside, In a good low guard. Remind them to do slow. Etc.</p>
<p>Main Part</p> <p>Technique and point control</p> <p>Technique and attack timing</p>	<ol style="list-style-type: none"> 1- F1: Short dist. in 6 pos, execute a few direct hits nonstop. F2: Stay in 6 Position. 2- F1: Lunge dist. in 6 pos, extends arm and direct hit with Step Forward. F2: Stay in guard 6 Position, 3- F1: Lunge dist. in 6 pos, extends slowly the arm and direct hit with Lunge. F2: Stay in guard 6 Position. 4- F1: Lunge dist. in 6 pos, moves from 6 to low arm position. F2: Stay in guard 6 Position, tiptoes on place when F2 moves to low hand pos (8) extends slowly the arm and direct hit with Lunge. 5- F1: Lunge dist. in 6 pos, moves forwards and backwards, with directions change, he moves to low arm position when he wants. F2: Stay in guard 6 Position, keep the distance when F1 moves to low hand pos (8) attack direct with Lunge. 6- F1: Lunge dist. in 6 pos, moves forwards and backwards, with 	<p>30 min</p> <p>3/4 repetitions each. Stay in low guard pos. Relax your shoulder. Hold gently your foil.</p> <p>One execution each. Repeat for 8-10 times. Shoulder should be relaxed.</p> <p>One each. Repeat for 8=10 times. Shoulder should be relaxed. Hand high, make a good stop in Lunge.</p> <p>6-8 each. Shoulder should be relaxed. Hand high, make a good stop in Lunge. Look for a perfect technique. Body stays straight on the lunge.</p> <p>F1 make sure to stop when you want your partner attacks. The attacker should not look for speed.</p> <p>F1 make sure to give the signal slowly when you want your partner attack. The attacker should not look for speed and make sure to finish the step.</p>

	<p>directions change, he moves to low arm position with step back when he wants.</p> <p>F2: Stay in guard 6 Position, keep the distance when F1 moves to low hand pos (8) attack direct with Step-Lunge.</p> <p>7- Game time</p>	
Cool Down	<ul style="list-style-type: none"> - 2 relax Labs around the gym. - Stretching in a group and briefing at the same time. 	<p>5-8 min</p> <p>Just jogging and not running.</p> <p>Give general feedback regarding the session and mostly positive things.</p>

LESSON EXAMPLE #1 SPECIFIC OBJECTIVES

Specific Objectives:

- 1- Teach the simple direct Attack.
- 2- Work on point control movement.
- 3- Develop the student's balance.
- 4- Attack tempo.

Key Instructional Points:

- 1- The point control should be executed with your fingers.
- 2- Take a good guard position to get better balance; the balance is a basic skill required for execution of any action.
- 3- Do not try to look for doing fast while you are working on the technique.
- 4- Do not take off your mask during the group drills; make sure to follow the coach instruction.
- 5- Take your time between the drill's execution.

That section will have illustrations for more informational feedback.

Official Development:

A refereeing course was given last year, and we run an evaluation this year. We had only one candidate.

Candidate: Hope Johnson. Weapon: Epee

Fencing Promotion.

a- Hors Quebec Show (TVA)

We had a chance to participate in a TV show with the national **channel TVA**. The Shows name is “**Hors Quebec**” they talk about a French people leaving out of Quebec. So, they selected three French speaking fencers (Khloe L, Zacharia B and Xavier S) and two coaches (Zach Allard and me). It took them about three to days of filming here in Winnipeg. A lot of people French community saw it. It was a great exposure of our sport and fencers within the French school.

b-Sport Manitoba Article:

An excellent article made by Sport Manitoba regarding how fencing Manitoba adapt their activities with Covid-19 pandemic.

“How Manitoba’s Fencing Community Continues to Adjust to a Changing Environment”.

c- Fencing on CTV SportStar: Our Provincial Coach was the start of the week.

d- Misha Sweet On CTV: Another coverage of fencing on TV. And this was for the Olympic Games Qualifier Preparation.

Fencing Challenges

When comparing the success Manitoba had in the past and now, we see that there is a significant difference in terms of results. We have declined in results and the main reasons are:

- **Athletes Level:** Most of the athletes who joined the provincial team do not have the expected level to perform after 2 years for fencing experience. The only ones who had results are those who trained a lot and competed nationally.
- **Clubs' organization:** The clubs need to open more programs and give advantage to those who compete. Training once a week will not give them the necessary level to compete regionally or nationally. The MFA can help these clubs if they are willing to open program that develop fencers to the competitive level.
- **Professional Development:** Our coaches need to focus more on their own professional development. They can go out of province to participate in coaching clinics or visit/observe the provincial team training sessions. Coaches can learn a lot by observing others working in different environments.
- **Full time coaches:** The MFA has to work towards having more professional coaches. Compared to other provinces, we are the only one who has only one full time coach. A province like Saskatchewan has at least three coaches working full time. I do not want to compare Manitoba to Quebec or BC or Ontario where the numbers pass 10 full-time high-level coaches as it is not easy to compete against them.
- **Provincial Team Staff:** Only in Manitoba is there just one Fencing Master working with three weapons and all categories and all levels. Performance is one of the MFA strength for almost two decades, and to keep that level and go further, the MFA has to make serious decisions on staffing. I know we are limited in the budget, but we need to find more solutions to use the budget effectively to increase staffing and capacity.
- **Membership:** Another extremely important point. Without more members it is hard to succeed at all levels in fencing. For more than a decade the MFA membership has not passed 200 members. We need to put the right strategies in place in term of presenting and promoting our sport to the general public. When it's do it in a certain way and we do not have success and we keep doing it, we have a problem. We do have very good coaches who are excellent in that area, we just have to use them properly and make a long-term project with them, perhaps even hire them in a part time position to increase membership.
- **Facility:** Training Conditions for the provincial team should correspond to the success of that province. Training in a specialised gym, will have a big impact on the development for our sport. Having a full-time training facility should be one of our top priorities.

- **Competition System:** With the absence of competitions at local, regional, and national levels, it has negatively affected the motivation and the enthusiasm of many of our athletes. We did our best to keep them motivated and happy during our training activities this year. For the future, we must now start thinking to prepare our competition calendar for the next season and review the competition system to accommodate certain weapons or categories characteristics to help the sport to develop.
- **Coaching Development:** The MFA has to develop more coach developers and evaluators. Right now, we only have one person who is at the same time a Provincial Coach, Technical Director, and a Coach Developer. Daria and Maia already started taking the first modules. We need to support and push them to finalize that course.

PROVINCIAL TEAM/ P-COACH ONLINE ACTYIVITIES

Some Pictures regarding our activities during this Pandemic.

Outside Training
Training in the Gym



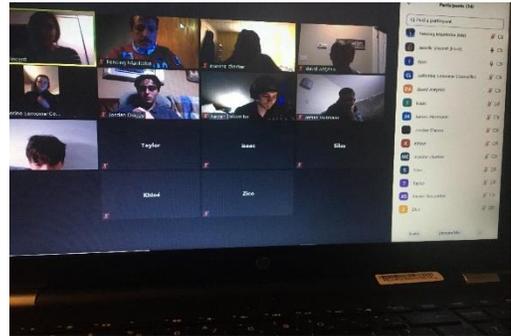
Hors Quebec Show



Online Training w PT
Workshop



Nutrition



Strength Training



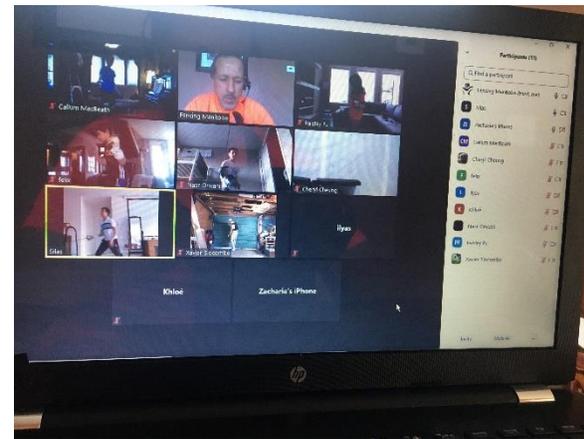
Training



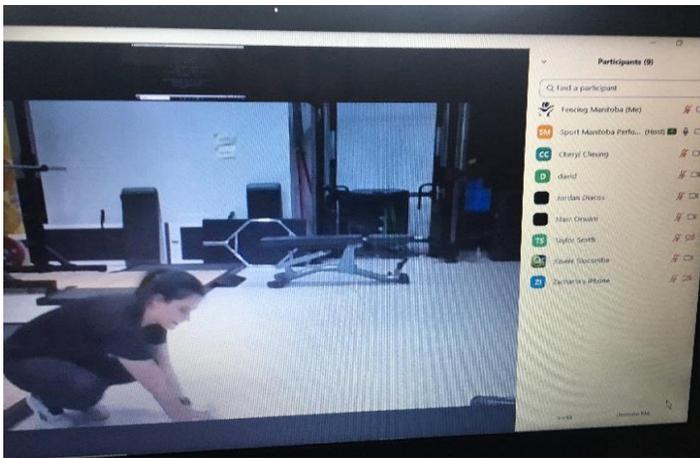
Canada Games



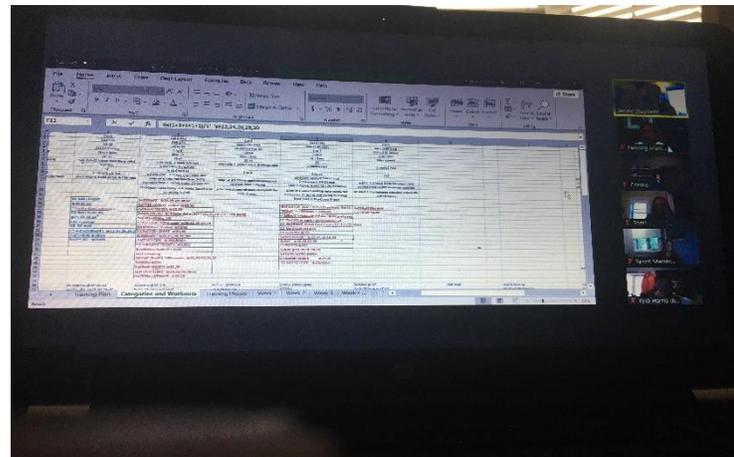
Provincial Team
Online Group
Session



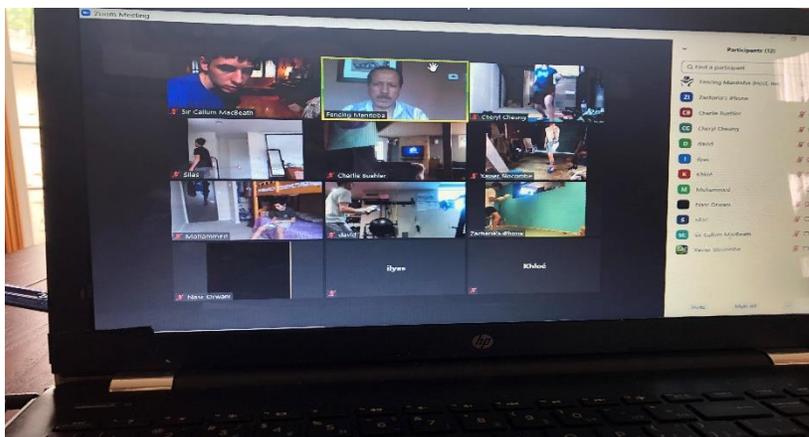
Provincial Team
Target Training



Online Strength Training



High Performance
Coaches Biweekly
Chat



Provincial Team
Online Training

MFA Executive Director's Report 2021

ADMINISTRATION/OFFICE

-Call for board members or committees – Thank you to all the volunteers for your tremendous efforts this year! We have stars that continually rise to our challenges, but we do not want to burn them out. Much work is required on policy/bylaw revision. Tasks can be delegated into bite-sized pieces to assist in completion.

Documents to revise.

- Policies
- By-laws

-Concussion protocol- Currently posted on our website. Included in club packages and our newsletter provincial newsletter at least once a year to generate awareness.

-Gender Equity Committee- Created with Daria as the chair.

-Remote access to Sport Manitoba's secured shared drive was set up. There was an IT Migration issue that has since been fixed.

-Return to Practice (RTP)- creation and use of attestations, health checks, other return to play/practice support documents, constant checks, changing procedures. The RTP is a living document and should be reviewed as the season goes on; this ensures up to date information and policies to keep our members safe.

-Sport Insurance - 10% increase in insurance premiums this year. Contact the MFA office if your club requires an insurance certificate for regular operations or for special events.

As communicated to the clubs, at-home training is now covered under our policy for online training programs under specific guidelines. Recent changes to the policy and practices related to COVID include contagion exclusion, and the use of waivers and letters of attestation to mitigate risk.

-Teamsnap- Electronic health checks to reduce burden to fencing participants and administration. If clubs need any assistance with the setup or functionality of the app, contact the MFA office.

CANADIAN FENCING FEDERATION (CFF)

-CFF AGM- last one was Sunday, August 23.

- New president Yan Bernard elected
- Stopped receiving \$20,000 grant from Jackson Wang, previous CFF President
- This year's AGM will be held online August 22
- There are CFF board positions opening, please apply if you are interested.

-All CFF events camps and competitions are cancelled until further notice.

- **Ontario Fencing Association** has been offering free footwork and conditioning sessions all CFF license holders, as well as yoga, strength training (for youth athletes), etc.

CLUBS

-**Club Packages**- Implementation of club packages -this is general information that should be always kept available at head office for insurance purposes. Assistance from the MFA office as always available to complete this task. Please provide an updated list of directors after your AGM.

-**Insurance certificates** are available through the MFA office to clubs in good standing that require proof of insurance for venues or events.

COACHING

-**Electronic coaching resources** available to all MB coaches, courtesy of Ayach.

-**Respect in Sport** MB expects 100% of our coaches (even volunteer) be Respect in Sport certified (free, 3 hours).

-**SafeSport**- Available for free online and is mandatory for to coach at CFF events.

-**First Aid**- All coaches should have Emergency First Aid, CPR A, & AED training or similar. Clubs to send a list of interested coaches (paid and volunteer) for approval to the MFA office. Coaches with completed Respect in Sport (RiS) will be reimbursed after confirmation.

-**Background Checks**- Standard background check and vulnerable sector check are covered by the MFA office. Coaches with completed Respect in Sport (RiS) will be reimbursed after confirmation.

FINANCIAL

-**Canadian Emergency Wage Subsidy (CEWS)** - 75% (and decreasing) of full-time staff wages for eligible periods was collected from the start of COVID in 2020 until September 2021.

-**Grants** - Continuing to receive HP Coach Support Grant, Program Support Grant, Base Funding from Sport Manitoba.

-**Internal Funding Framework (IFF) Submission**- was completed and submitted to Sport Manitoba. This extensive series of documents outlines key elements of our growth strategies, financial plan, stakeholder demographics, etc. Partnering with Sport Manitoba is critical to our operations.

-**IFF Presentation to Sport MB** - Overall, Sport Manitoba was pleased with our business plan and presentation. A reminder that they are looking for 100% Respect in Sport certification from coaches and promotion of Concussion Awareness materials.

-Manitoba Bridge Grant –Received \$20,000 through this grant

-Canadian Emergency Funding received 3 rounds of funding – MFA portion and community (club) portion totaling \$24,000 was received. Thank you to the clubs for getting me their COVID-related expenses to me in usually short turnaround times.

OUTREACH AND COMMUNICATIONS

Media-

-Show: Hors Quebec- did a full episode (22 minutes) on some of Manitoba's Francophone fencers. This series gives voice to the new face of the Canadian Francophonie outside Quebec. Our leaders go out to meet communities that have adapted to live in their language and culture daily. It was very well done- episode can be found here:

<https://www.qub.ca/tvaplus/tva/hors-quebec/saison-2/episode-23-les-passionnes-de-l-escrime-au-manitoba-1041320452>

-National Coaches Week was September 19-27, 2020. Ayach was featured on CTV as the Sport Star of the week, and had a separate piece done on him as a coach working through COVID. **Ayach and Misha** were featured on another CTV news story, and in an episode of Sport Manitoba Sports Stories

-Movie shoot in Winnipeg for 'Esther'- Pistes and electric equipment were rented out. Fencers, referees, and coaches answered the casting call and may make it to the big screen!

-Social Media Starting with regular postings to Instagram. Currently, the action has been well-received, with an average of 45-50 views per story post. This is just the beginning to building a Social Media presence that will hopefully be leveraged for upcoming events and communication with members.

Generally, story posts are as follows:

Monday- Motivational, Tuesday- Technical (armoury, referee, coach, etc),
Wednesday- Epee, Thursday- Break; Friday- Foil; Saturday- Break;
Sunday- Sabre.

- **Newsletter**- frequency changed to quarterly. Any ideas to help engage, inform, and inspire our membership are always welcome.

The newsletters are continuing to be distributed and are well received, averaging 64% click rate.

- **Outreach** – last season, a dozen clinics/sessions were booked with coaches lined up to facilitate but were put on hold due to COVID. This year, we have several outdoor and indoor camps tentatively booked, that we are eagerly waiting to conduct, if safe to do so.

Very positive feedback was received from outreach clinics were able to conduct before lockdown in fall.

Currently-

-10 week programs- one hard booking with others to follow. Looking at fall or winter rollout. A few schools have been approached and potential programs have been discussed for once things settle with COVID.

-Day camps- 4 separate camps have been booked with a total of 11 weeks of programming to be delivered.

-Requests for fencing- 7 requests from interested parents have been received over the last few weeks. Each were provided with club information, Sport Manitoba Summer Camp info, and each have asked to be put on a notification list if other 'try fencing' events are held this year.

-Website- After much collaboration and work, the new website has been launched. Some pages/content are still being populated and will be posted as it becomes available. Check it out and provide feedback is appreciated!

TOURNAMENTS

-Thank you for your patience and flexibility this season; we are hoping to move back to tournaments this coming season.