

Nova Scotia Disc Sport Society (DiscNS) Annual Report

Reporting for 2021-2022

DiscNS acknowledges that we are in Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaq people. This territory is covered by the treaties of Peace and Friendship, which Mi'kmaq and Maliseet people first signed in 1725. The treaties did not deal with surrender of lands and resources but in fact recognized Mi'kmaq and Maliseet title and established the rules for what was to be an ongoing relationship between nations.

DiscNS also gratefully acknowledge the support of the Department of Communities, Culture and Heritage in Nova Scotia in supporting the Society through the year.

Overview in relation with Covid-19

The 2021-2022 year began under covid-19 restrictions in the sport throughout the province with gradual removals of restrictions towards the end of 2021.

Some of the DiscNS plan for the year were contingent on an ability to engage in with schools and with youth. Conditions did not allow that level of contact until the spring of 2022.

The following covid-related items were of significance for the year:

- The Board chose to not collect DiscNS membership fees to ease the pressures on individuals and on affiliate organizations.
- We reduced the number of individuals covered by our liability insurance to reflect the play restrictions until the policy renewal in December, 2021. Insurance rates for players saw an unexpected increase, which had the DiscNS Board conclude that it was time to review the DiscNS membership fees.

Governance (Mike M)

In terms of overall management, we

- Went through our 4 year review by Sport Nova Scotia. The review involves the preparation of documentation for SportNS and an interview process. The review determines our standing in SportNS and our funding levels from the province for the next four years. We do not have their assessment of our review yet.
- Waived all DiscNS membership fees for the year to help the community sport organizations focus on re-engaging in the sport.
- Developed per-role transition documents for each of the committees and positions in DiscNS.
- Participated in the National Ultimate Committee every month to two months to remain current and consistent with the state of ultimate across Canada.
- Began to develop a policy on grants for ultimate and disc golf players.

- Raised the number of individuals to be covered by our insurance policy, with the re-start of the sports in the province.
- A single individual responded to our request for interest in discussions on strategic planning that was announced in conjunction with the 2021 AGM. We did not follow up on the discussion, given the low response from the membership.
- Provided a \$600 grant to the individuals representing Nova Scotia in the disc golf Chowder Cup. While the budget did not anticipate competition in the year, and so did not budget for player grants, competition in disc golf opened earlier than expected and the Board chose to respond to the request as an extraordinary request to the budget.

Competition

Covid continued to place constraints on tournament play in the region. Consequently, there were no special activities on the competitive scene for the year. There were hopes for C4UC, but Ultimate Canada eventually chose not to advance the event.

We reached out to the touring ultimate teams to find out which supports they would appreciate from the provincial sport organization. Only one team engaged with us in the discussion. Their main ask was the continued development of youth ultimate in the province.

One of the goals for the year was to investigate high performance development of select individual athletes in the province. The one touring team who responded to our request for discussion expressed no appetite at present for that option.

Youth

The youth committee took shape in the fall of 2022. We gratefully recognize the participation of the following individuals:

- Stuart Shupe, Jr Chairperson
Spencer Leslie, Junior Development Coordinator
Jillian Morris, Social Media Coordinator
Greg Webb, High School Coordinator
Eben Tebay, Halifax ultimate Coordinator
Ben Wortman, Junior High Coordinator
Elizabeth Weld, Event Coordinator

The key outcomes for the year were the creation of the committee, including a division of tasks within the committee, and beginning the efforts to re-connect with the schools:

- Reached out to Coaches to run High School teams
- Reached out to High Schools to determine interest
- Reached out to Jr High schools to offer In class demonstrations

The group began to arrange for individual coaches to visit schools and introduce young athletes to ultimate.

Organization also went into preparing for three clinics to be held in May and one youth tournament to be held in June.

Coaching

We had few opportunities for hands-on coach development in the last year. Our provincial LFs co-delivered one of the few competition development coaching courses across Canada.

We have started to do more work in mentoring exiting coaches. We have started to reach out to coaches and review their current status including next steps towards certification.

The National Coaching Certification Program (NCCP) offered free training courses in the province to develop coaches.

Observers

2021 was a challenging year for Observers in Nova Scotia. We had very few opportunities to ply our trade within the region. Some of our members were able to get some games in having travelled to other regions; members were active in a series called "Observer U", a series of interactive zoom sessions where aspects of the practice were discussed, and video was analyzed; and some touring team scrimmages were Observer supported to help prepare players for competitive tournaments.

Disc Golf

The Maritime Disc Golf Association is currently the only disc golf member of DiscNS. We report on some of the wider activity on disc golf in the province for interest to the DiscNS membership.

While there was still some disruption to competitive play during the past year due to Covid restrictions, Disc Golf again saw tremendous growth in participation numbers, events and new courses being installed in Nova Scotia. Records for number of participants in local and regional tournaments were broken, showing the tremendous growth in not only recreational but competitive participation in disc golf.

Cape Breton University (CBU) installed a new 18 hole course on their property, and significant improvements were made and will continue to the other courses in the Sydney/New Waterford area. New holes were added to the New Minas and Waterville courses as well. The new North Nova Forest "pay to play" course now has 12 holes open, and will be expanded throughout the upcoming year. One of the proposed designs released to the public for the Rehab Lands Park in Cole Harbour included a 9 hole beginner friendly disc golf course. There was tremendous public

support and interest for disc golf to be included in the park design. The final design concept for the park is yet to be released to the public at this point, but is expected soon.

Last season the weekly ladies league was held in July/August at Hammonds Plains DGC, organised by Tanis Trainor, Breagh Wallbeck and Lara Kesteloo. There were 34 unique participants during the league season, and it is running again on Tuesday nights this spring and summer. There were also 18 female identifying participants for a pop up clinic/event in New Minas this past September as well. There were over 40 participants in the Women's Global Event (WGE) last August, organised by Tanis, Breagh, and Lara as well. The 2022 WGE is scheduled to take place again this year on August 7th. We are seeing increasing participation by underrepresented populations, more specifically females, in disc golf and these initiatives have contributed to this. Weekly competitive leagues are currently being run at Hammonds Plains, Windsor, New Minas and CBU/Rotary Park.

There are still very few juniors known to be participating in disc golf at this point, and though some initiatives were planned to address this last year, Covid restrictions made this difficult. A couple of MDGA members were able to visit HRM Rec Day Camps to teach and give the campers a chance to try disc golf. There was a junior clinic run in Windsor and New Minas by members of the Bushwackers DGC last fall. With fewer to no restrictions hopefully going forward, we will be looking to run some junior clinics and pop up events this season in HRM, with HRM Rec and possibly Truro, NS.

The National Sport Organization (NSO) for disc golf, CanDiscGolf, has been making progress and on January 4th released a Request for Proposal to the general public regarding the establishment of a Community Coaching Certificate program for Canada. On March 15, 2022 it was announced that they awarded the proposal to Creative Coaching Academy (CCA) and Uplay Disc Golf. This partnership is the first step in the long-term development of a standardized language and pathway to lifelong learning in the disc golf industry in Canada. The first task at hand will be to formalize a community coaching certification program that will allow players, teachers and interested parties of all kinds to be recognized as official community coaches. This will follow the NCCP coaching pathway in Canada and will be a long-term project that sees varying levels of coaching modules made available over time.

In November the Chowder Cup Maritime Provincial Team Championship tournament was played between teams from New Brunswick, Prince Edward Island and Nova Scotia. This tournament is a mixed format that follows the WFDF World Team Disc Golf Championship format, where players play a combination of alternate shot doubles, best disc doubles and individual match play. New Brunswick took the victory to defend the cup again in back-to-back seasons.