



Parents Guide to the 2009 Canada Summer Games

“All We Want to Know and Don’t Know Who to Ask”

This Guide is intended to provide you with Team BC and Host Society information to help you plan for your son or daughter’s participation in the 2009 Canada Summer Games. More detailed information is available in the “Athletes Handbook” which is posted on the Team BC website at www.teambc.org. A hard copy of the Handbook was distributed to the teams on May 30 and all athletes should receive their own personal copy.

Before the Games

Who is Team BC?

- Every four years the Province of British Columbia assembles a team of athletes, coaches, managers and mission staff to represent the province at the **Canada Summer Games**. They represent the best in BC and are known as Team BC. The Canada Games are a national multi-sport competition with participation from every province and territory in Canada and take place on an alternating summer/winter cycle every four years.
- Team BC athletes are the best provincial athletes in their respective age groups in the Training to Compete phase of Canadian Sport for Life Model. Team BC athletes range in age from 12 to 23 years of age.
- The Sport and Recreation Branch of the Provincial Government oversees the TEAM BC program. The Branch appoints the Chef de Mission and acts as the guardian and interpreter of the general philosophy, policies, rules and logos of TEAM BC. For more information about the Sport and Recreation Branch, go to www.hls.gov.bc.ca/sport.
- Mission Staff volunteers are selected from experts in the sport and recreation system to support the athletes, coaches and managers leading up to and at the Games. The Mission Staff support athletes towards optimizing performance at the Games by performing duties that require expertise, competency and commitment. Each Mission Staff is assigned 2 sports. In addition, Mission Staff work closely with the Executive and Managers to organize and deliver all components of the Operations, Communications, Special Events and Performance Service areas. If you have any questions or problems, please feel free to contact your Mission Staff at any time. During the Games, mission staff will have a cell phone at all times and their number will be made available to you.

EXECUTIVE MISSION STAFF

- Chef de Mission Ajay Patel
- Assistant Chef de Mission Chris Graham
- Operations Manager Tami Tate
- Media Manager Judy Joseph-Black
- Special Events Manager Kyna Fletcher
- IT Coordinator Keven Dubinsky

SPORT PERFORMANCE TEAM

- Sport Performance Director Marc Bowles
- Sport Performance Planner Anita Cote
- Medical Manager Gavin Leung
- Mental Trainer Anne Muscat
- Mental Trainer Bruce Pinel

MISSION STAFF AND SPORTS

- Athletics Jennifer Halfhide
- Athletics Geoff Paynton
- Athletics Geoff Welham
- Baseball Kyna Fletcher
- Basketball, men Andree-Anne LeRoy
- Basketball, women Andree-Anne LeRoy
- Canoe/Kayak Carolyn Boomer
- Cycling Geoff Welham
- Diving Becki Edwards
- Golf Michelle Collens
- Rowing Darren Stolz
- Rugby Joseph Hitchcock
- Sailing Geoff Paynton
- Soccer, men Adam Olsen
- Soccer, women Adam Olsen
- Softball, women Carolyn Boomer
- Swimming Darren Stolz
- Swimming Andree-Anne LeRoy
- Tennis Jennifer Halfhide
- Triathlon Kyna Fletcher
- Volleyball, men Joseph Hitchcock
- Volleyball, women Becki Edwards
- Volleyball, beach Michelle Collens
- Wrestling, men Keven Dubinsky
- Wrestling, women Keven Dubinsky
- National Artist Program Keven Dubinsky

Team BC will consist of 361 athletes (from 17 sports), 75 coaches and managers, 4 national artists and 20 Mission Staff at the 2009 Canada Summer Games in PEI.

The 2009 Canada Summer Games will be staged across the entire province of Prince Edward Island and are going to be unique in the sense that week one sports will be held in Summerside and week two sports will be held in Charlottetown.

Week One: August 15 to August 22 - Summerside

SPORT	Venue/Location	Start Date*	End Date*
Basketball	Summerside Wellness Centre	Aug 16	Aug 22
Cycling	Brookvale Winter Activity Park	Aug 16	Aug 21
Diving	Central Area Recreational Centre Centennial Pool (Halifax)	Aug 15	Aug 21
Rowing	Southwest River	Aug 15	Aug 21
Rugby	Three Oaks Senior High School	Aug 16	Aug 22
Sailing	Summerside Yacht Club	Aug 16	Aug 21
Soccer – female	New Summerside Field Kensington Field Westside Field	Aug 16	Aug 22
Softball	Summerside Kensington Alberton Memorial Field Ecole Evangeline Field O’Leary Softball Field	Aug 16	Aug 22
Tennis	Victoria Park	Aug 16	Aug 21
Triathlon	Summerside Waterfront	Aug 17	Aug 21
Volleyball – beach	Summerside Wellness Centre	Aug 16	Aug 21
Wrestling – men	Slemon Park Arena	Aug 17	Aug 21

Week Two: August 22 to August 29 - Charlottetown

SPORT	Venue/Location	Start Date*	End Date*
Athletics	UPEI	Aug 23	Aug 28
Baseball	Charlottetown Stratford Cardigan	Aug 23	Aug 28
Canoe/Kayak	Southwest River	Aug 23	Aug 27
Golf	Brudenelle River Golf Course	Aug 24	Aug 27
Soccer – male	UPEI Montague Complex Souris Complex	Aug 23	Aug 29
Swimming	Central Area Rec Centre Southwest River	Aug 23	Aug 29
Volleyball – indoor	UPEI MacLauchlan Arena	Aug 23	Aug 29
Wrestling – women	Montague Arena	Aug 24	Aug 28

* **NOTE: Dates subject to change.** Please visit the Host Society’s website for complete details on venues and schedules (<http://www.2009canadagames.ca/en>)

Where do I find out more about Team BC and the Games?

- Check out the Team BC website at www.teambc.org. The website has all the information you need to know about Team BC and the Games including: results, athletes' profiles and accomplishments, general Games and Team BC information, athlete and coach education, resources and support to help optimize performance at the Games, a link to previous Games, partners and the Host Society websites, an alumni section and more!
- Mission staff and the media team will be taking photos of the teams in action and uploading them on the Team BC website. Parents will have the ability to post pictures to the website as well. For information please go to: <http://teambc.org/photos/upload/?rules>.

Why do the athletes, coaches, managers, artists and mission staff have to register for the Games?

- All Games participants must register in order to participate in the Canada Summer Games. Registration information is used for accreditation tags (which must be worn at all times during the Games), sport discipline and event information, medical information (which the Team BC Medical Manager and Host Society Chief Medical Officer have on file), emergency contact and media information.
- Team BC also uses the information for the Team BC website. All athlete profile information and pictures are linked to the Team BC website.
- All Host Society and Team BC registration documents can be found through the Team BC website at www.teambc.org. The registration system is now open and all participants must be registered by July 1, 2009.

What are the travel dates for Team BC at the 2009 Canada Summer Games?

- Team BC will be traveling via charter to the Games.
- Week 1 teams will depart on Friday, August 14th (and possibly Thursday, August 13th) and return on Saturday, August 22nd. Week 1 sports attend the Opening Ceremonies.
- Week 2 teams will depart on Saturday, August 22nd and return on Saturday, August 29th. Week 2 sports attend the Closing Ceremonies.

What are the athletes responsible for taking to the Games?

- The residences are equipped with bunk beds, a fitted sheet and a sleeping bag which the athletes can keep. Athletes are responsible for bringing their own pillows. Athletes will also receive a backpack at the end of the week to transport their sleeping bag in.
- Athletes Personal Checklist:
 - Pillow (required)
 - Towels and facecloth
 - Personal toiletries (including soap and shampoo)
 - Personal medication (be sure to have declared these on your medical form when you register)
 - Eyeglass or contact prescription
 - Medical Care Card
 - Telephone calling card
 - Summer clothing
 - Shower footwear (flip flops)
 - Alarm clock

- Camera, memory card and cables
- Spending money / bank card
- Sunscreen (Sun Protection Factor (SPF) 15 or higher. Sunscreens that say “broad-spectrum” are preferred.
- Sunglasses
- Ear plugs
- Personal address / phone / email list
- Water bottle
- We recommend labeling all your personal gear.

How is Games travel being arranged?

- The Canada Games Council is responsible for organizing all external travel to and from the Games. Team BC will travel by charter from the Vancouver International Airport to Prince Edward Island and return. The Provincial Sport Organization is responsible for coordinating transportation to and from Vancouver (for out of town athletes). Details will be forwarded to each team as they are finalized.
- Only athletes, coaches, managers, mission staff and officials are allowed on the charters.
- All team members are expected to travel with TEAM BC unless approved well in advance.

Can parents/families be booked on the charter flights as well?

- Parents/families are responsible for making their own travel arrangements to and from the Games.

What accommodations are there in PEI for parents/families?

- Accommodations are at a premium in Prince Edward Island so please book as soon as possible. Please direct your inquiries regarding accommodations to Tourism PEI 1-800-463-4734 or visit www.gentleisland.com
- The [Venue Map](#) also provides details of venue locations, Island-wide.

How much is participation in the games going to cost?

- Provincial Sport Organizations are responsible for team development (training and competition) costs leading up to the Games. Contact your coaching staff for more information.
- The Host Society is responsible for ground travel, accommodations and food services costs during the Games in PEI for all athletes, coaches, managers and artists. Souvenir and entertainment money is up to each participant.
- Team BC will supply each athlete with a ceremonial uniform package (track jacket, track pants, shorts/capris, cotton t-shirt, dry fit t-shirt, tank top, hoodie and baseball cap). Sports are charged a portion of the cost for the uniforms which MAY be charged back to the participant.
- Each sport must provide their own competition uniforms for the Games. There MAY be a charge to the athletes. Please check with your Provincial Sport Organization.

Does my son or daughter need to have additional medical insurance for PEI?

- Participants are covered by the BC Medical Services Plan. There is no charge for medical services provided by the Canada Games Infirmary. Participants must present a current BC Medical Card when receiving treatment in Prince Edward Island.
- Medical transportation costs – Medevac flights or ground ambulance – are **NOT** covered by most health care systems. The Government of Prince Edward Island has urged everyone attending the Games to have up-to-date health care coverage; and obtain supplemental travel insurance to cover extraordinary costs such as Medevac flights or ground ambulance costs. As a result, Team BC may be participating in a group plan (with other Provinces and Territories) to purchase extended medical insurance for all Team participants (athletes, coaches, managers, artists and mission staff) while at the Games. Information will be forwarded to the Provincial Sport Organizations and coaches. If you are attending the Games, please make sure you have adequate medical coverage.

Who are the chaperones for the athletes and artists?

- The Provincial Sport Organization selects the coaching staff for the Games. The coaches and managers are responsible for their athletes at the Games. Teams with both genders must take male and female coaching staff. The coaches and managers travel to and from the Games on the BC charter, stay in the Athletes Village (Games accommodation) and travel to the venues with the team on transportation provided by the Host Society.
- Team BC selects and trains mission staff who are integrated with their assigned teams and are an important source of information regarding Team BC and Games matters. Please see the above list for the name of the mission staff assigned to your sport.
- The Province of BC is also responsible for the team delegation at the Games. All participants must read the Team BC Code of Conduct and sign the Consent and Waiver form before departing on the charter for the Games.
- Team BC has selected a National Artist Program Manager who will act as the team chaperone for the duration of the trip for the Team BC artists.

Do the Team BC Coaches and Managers have to be certified to coach at the Games?

- All coaches must be certified Level 3 under the National Coaching Certification Program (or new NCCP equivalent) in the sport that they are coaching at the Games. Managers must have completed Level 1 Theory under the National Coaching Certification Program or “Trained” status in the Ethics Module for NCCP. Selection criteria are established by each sport.

Will the athletes from all the sport disciplines have a chance to meet each other before the Games?

- A Team BC uniform distribution day will be held on July 25th at Langara College and all teams are strongly encouraged to attend. Further details will be provided to the teams.
- Week 1 athletes will attend a Team BC Pep Rally at the Games prior to the Opening Ceremonies. There may be a Pep Rally for week 2 athletes depending on the arrival time of the charter.
- Athletes will assemble together at the airport prior to departure. All athletes must travel in their Team BC uniforms (track pants/shorts or capris, cotton t-shirt and hoodie).

Will Team BC provide pins for the athletes to trade?

- Each team member will be given Team BC pins for keep sake and trading at the Games. If a sport traditionally trades pins or other items before a game, the Provincial Sport Organization should provide sport specific pins to the athletes.

What will the Team BC Ceremonial Uniform package consist of?

- Far West Industries is the Official Clothing Supplier for Team BC at the 2009 Canada Summer Games. Team BC provides a package of clothing that is used for ceremonies, medal presentations, travel and other occasions. The uniform is designed to be comfortable and practical and consists of a waterproof jacket, track pants, shorts/capris, cotton t-shirt, dry fit t-shirt, tank top, hoodie and baseball cap. Athletes must not wear their Team BC uniform prior to staging for the Games and are encouraged to wear their uniform as often as possible at the Games.
- Team BC clothing cannot be traded until after the final competition is over for week 1 participants, and the closing ceremonies are over on August 29 for week 2 participants.
- Each sport is responsible for the cost and design of the competition uniform worn at the Games.

When will the uniforms be distributed?

- A Team BC uniform distribution day will be held on July 25th at Langara College. All teams are strongly encouraged to attend so we can take care of exchanges that day to ensure all athletes have the correct size of clothing.
- Sports that are not able to attend the uniform distribution day will be given a package to deliver to their athletes and coaches.

Can I purchase Team BC Ceremonial Uniform clothing items?

- The Team BC ceremonial uniform package is only for Games participants.
- Team BC and Far West have launched an on-line merchandising program for families and supporters to purchase other Team BC clothing and items. For more information, go to the Team BC website at <http://teambc.org/farwestmerch/>.

During the Games

What are the major milestone dates during the Games?

- August 14th (and possibly August 13th) is a travel day for week one sports.
- August 15th is an orientation/practice day and the Opening Ceremony. Some sports may start competition this day (refer to the sport schedule).
- August 16th to August 22nd are competition days
- August 22nd is turnaround day. Week one athletes fly back to Vancouver and week two athletes leave from Vancouver to PEI.
- August 23rd to August 29th are practice and competition days.
- August 29th is Closing Ceremony and departure.
- Sport specific competition schedules are available through the coaching staff. Please visit the Host Society's website for up to date information on competition schedules at (<http://www.2009canadagames.ca/en/>).

Where is the Team BC Logistics Centre for the Games?

- The Team BC Mission office is the main operations centre for all Team BC logistics and information. The Team BC website will have the mailing address for the Mission Office at a later date. Mission Office hours are from 7:00 a.m. to 12:00 a.m. daily
- For week one, the Team BC Mission Office (Logistics Centre) will be located at the Athletes Village at Slemon Park. For week two, the Mission Office will be located at the University of PEI campus. All Provincial and Territorial Mission Offices will be located in the same place.
- Access is restricted to mission staff, coaches and managers only. A Team Message Box for phone, email, telegrams and general information will be located in the Mission Office.
- The Team BC Mission Office contact information for week 1 and week 2 is:
 - 902-620-0918 – phone
 - 902-620-0880 – fax
 - teambc@2009canadagames.ca - email

Where will the athletes stay?

- Accommodations in Summerside for week one sports are at the Slemon Park Hotel and Conference Centre. Week two sports will stay at the University of PEI (UPEI) in Charlottetown.

Will all the athletes be housed in the same accommodations?

- All athletes and coaches from the Provinces and Territories will be housed in the Athletes Village. Team BC athletes and coaches will stay in the same rooms. Access to the Athletes Village and accommodation units is limited to accredited individuals. Professional security personnel will provide 24 hour security at the Athletes Village. Male and female residences are separate.

What security will there be for personal belongings?

- There are no special secure areas for locking personal valuables at the Games. Dorm rooms will have locks, however athletes share accommodations and there may be more than one Team BC sport in the same residence room. We highly recommend that all athletes leave their valuables at home.

Where will the athletes eat?

- Meals will be provided at the Athletes Village from 6:00am to 10:00pm daily. There will be set meal times and athletes can “graze” between meals. Food will be served buffet style and each food station will have nutrition cards outlining the ingredients and nutritional values of all food items.
- Athletes who are away at competition for the day, will be fed at satellite cafeterias or have bag lunches.
- Bottled water will be available at all venues and at the Athletes Village. Athletes should bring their own water bottles.

What is the Athletes Village Information Centre?

- Centrally located in the Athletes Village, the Village Information Centre will provide a wide variety of services during the Games. The Village Information Centre is a friendly, service-orientated place, available to support the care and comfort of athletes. The Village Information Centre will be staffed from 7 a.m. until 11:30 p.m. each day. At Slemon Park (week one), the Village Information Centre is at the Aerospace Technology Centre and at UPEI (week two) it is located in Marion MacDougall Hall, School of Business.

The following services and information will be available through the Village Information Centre:

- Sport schedules
- Games bus schedules
- Transit schedules
- Postal unit
- Entertainment Schedule
- Village information/maps
- Meeting room booking
- Tourism information
- Crisis Counseling information
- Religious services information
- Lost and Found
- Information about other services

The following services are available in the Athletes Village:

- Cash machines
- Bookstore with a variety of supplies, including confectionery
- Canada Games Athlete Entertainment areas, including Internet Cafes

What services and activities are available for the athletes?

- There will be computer labs available for the athletes, as well as a common area, entertainment, store and lots more. The athletes won't want to leave the Village!

What medical facilities are there in PEI for care and comfort of the Games participants?

- The Games Medical Division will provide primary and emergency medical services specific to the needs of the Games participants. All medical equipment and supplies will be supplied by the Host Society. Tape will be provided unless an athlete prefers a specific type in which case they must bring their own.

Participant medical services will be provided at all competition venues, selected practice venues, Opening and Closing Ceremonies, and the Polyclinic (located at the Athletes Villages). Services provided at these venues are free of charge to all participants, and are administered by volunteer medical professionals. Participants include athletes, coaches, managers, mission staff, National Artist Program participants and officials. Proper accreditation will be required to access all medical areas. Medical services volunteers will be easily identified.

The Polyclinic will be open from 6 a.m. – 11:00 p.m. (or later for late competitions) for the duration of the 2009 Canada Summer Games. Medical service providers at the Polyclinic include volunteer physicians, nurses, physiotherapists, athletic therapists, massage therapists, chiropractors, pharmacists and medical support services. In week one, the polyclinic will be located in the Atlantic Police Academy building in Slemon Park. For week two, the Polyclinic will be located in the Steel Building at UPEI.

Athletes must be accompanied by a coach, manager or mission staff on their initial visit. The participant may return on their own for all subsequent treatments dealing with the same initial injury. A physician's referral is required for all services offered at the Polyclinic.

Medical services provided to participants at the Polyclinic will include:

- Medical assessment and treatment
- Physio/athletic therapy
- Massage therapy
- Chiropractic services
- In-patient services at the infirmary
- Pharmacy
- Taping
- On-call services for dental, optometry and mental health

Medical services will be available on-site one hour before and after competition. Medical services for participants at the competition venues will be determined based on risk level of the sport and will include, at a minimum:

- Basic Life Support at all venues and Advanced Life Support at high-risk sports
- Wound and injury assessment and treatment
- Return-to-play recommendations
- Taping reinforcement and modification

Each sport at the 2009 Canada Summer Games has been assigned a risk factor which will determine the level of volunteer and resource allocation.

What will the athletes do when they are not competing? Will they be chaperoned at all times?

- The Head Coach sets guidelines for the team. Most athletes will be allowed to watch other events and support fellow Team BC athletes in other sports. Internal games transportation (shuttles) will be available on scheduled runs. Many competitions are within a short distance of the residences.

If athletes want to view other Games sports events will there be a charge?

- No. Athletes can use their accreditation as their admission to all events. Access will be more restricted during medal rounds. Information about the events will be posted on the Team BC website or you can ask your mission staff.

How will the athletes get around while in Prince Edward Island?

- Scheduled GAMES shuttles (school buses) are provided to transport the athletes to and from the competition venues. Participants must show their accreditation tags to use Games transportation. Transportation schedules will be circulated to the coaches and managers prior to the Games.
- Athletes will also be able to access public transportation for free in week 2 in Charlottetown by showing their accreditation badge.

Are shuttles available for parents?

- Shuttles are available for accredited Games participants only. The public transit system in Charlottetown will provide access free of charge to all spectators that have a games ticket / wristband for competition that day. There is no transit system in Summerside.
- Rental Cars are at a premium in Prince Edward Island. You can try the following companies:

Enterprise	1-800-261-7331
Discount	1-800-263-2355
Avis	1-800-230-4898
Budget	1-800-268-8900

Can I take my son or daughter out for dinner or on a day trip while the Games are on?

- The Head Coach is responsible for setting rules and guidelines for the team during the Games in accordance with the Team BC Code of Conduct. Please ask the Head Coach for any special requests.
- All Games participants must sleep in the Athletes Village.

Are there any cultural events in Prince Edward Island that the athletes will be attending?

- The Canada Games National Artist Program (NAP) will bring together 39 young artists and managers from across Canada to collaborate in a two week interdisciplinary mentorship program. These artists will be performing at a variety of locations across PEI.
- The Opening Ceremony will take place on Saturday, August 15th at 1pm in Summerside at the Consolidated Credit Union Place.
- The Closing Ceremony will take place on Saturday, August 29th at 2pm in Charlottetown at the UPEI Alumni Canada Games Place.
- Please refer to the Host Society website at <http://www.2009canadagames.ca/en/> for more information about cultural events taking place throughout PEI during the Games.

How do I get tickets to the Games?

- Tickets are on sale now and some events are selling quickly! You can purchase tickets on the Host Society website at www.2009canadagames.ca or by phoning 1-877-694-4263.

How can I support Team BC?

- Please come out and support all Team BC athletes at the Games by purchasing weekly passes to all events. Tickets are now on sale. Be prepared to cheer loudly!
- Team BC recognizes parents, siblings and extended families as an important contributor to our 'Builders of Excellence' program for supporting athletes in their pursuit of excellence. Team BC will have t-shirts available for sale at the Games which can be ordered through your mission staff member and at the Coaches, Parents and Officials Reception which will take place in PEI. More information about the receptions will be provided before the Games. Team BC will send out invitations through the mission staff or coaching staff.

What is 'The Wave'?

- "The Wave" is the name of the Team BC newsletter that is published each day at the Games. All teams competing that week of the Games are profiled and it includes information about team members, results, upcoming events and activities and more!
- The Wave will be distributed in the Coaches and Managers mailbox in the Team BC Mission Office at the Athletes Village each morning of the Games. The Wave will also be available on the Team BC website.
- If you would like to receive an email copy of the Wave newsletter, please sign up through the Team BC website at www.teambc.org.
- Please feel free to contribute to the newsletter through your mission staff member.

**Have more questions... please feel free to contact your mission staff (at the Games)
OR
Team BC management team members through the contacts section of the Team BC
website (pre Games)**