



COMMONWEALTH SPORT CANADA ALUMNI COMMUNIQUE

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DR. ANDREW PIPE - A REMARKABLE CAREER AND A SIGNIFICANT CONTRIBUTION TO CANADIAN SPORT AND MEDICINE



Dr. Andrew Pipe, C.M., M.D., LL.D. (Hon), D.Sc (Hon) has had a remarkable medical career. Over the past 50 years, he has made a significant contribution to sport and medicine in Canada, particularly in the areas of smoking cessation, anti-doping in sport, and the prevention of cardiovascular disease.

Previously the-President of the Canadian Academy of Sport and Exercise Medicine and the Founding Chair of the Canadian Centre for Ethics in Sport, Dr. Pipe has served as Team Physician to Canada's National Men's Basketball and Canadian Women's National Soccer Teams. A member of the Canadian Olympic Hall of Fame (Builder) and the recipient of the International Olympic Committee's Award for "Sport, Health and Well-Being", Dr. Pipe has also been a member of the Board of ParticipACTION and the Heart and Stroke Foundation of Ontario.

Dr. Pipe was President of Commonwealth Sport Canada from 2007 to 2014 and was Chief Medical Officer for the Canadian team at the Melbourne 2006 Commonwealth Games.

You can read more about Dr. Pipe's achievements [HERE](http://www.queensu.ca). (www.queensu.ca)



COMMONWEALTH GAMES FEDERATION APPOINTS CLAIRE CARVER-DIAS REGIONAL VICE-PRESIDENT FOR THE AMERICAS



Commonwealth Games Federation (CGF) and Commonwealth Sport Canada (CSC) are proud to announce the appointment of Claire Carver-Dias as CGF Regional Vice-President for the Americas until the 2024 General Assembly. Claire has more than 20 years of dedicated service to the Commonwealth Sport Movement, both on and off the field of play. She has served on a variety of Commonwealth Sport Canada Committees and in 2014 was elected to the Commonwealth Sport Canada Board of Directors, becoming President in 2022. A decorated athlete in her own right, Claire won multiple medals at international competitions, including two gold medals in synchronized swimming at the 2002 Commonwealth Games. In 2018, she led Team Canada as the Chef de Mission, with the team equalling their best ever medal haul. She also served as Co-Chef de Mission for Team Canada at the 2022 Commonwealth Games. Claire is an active contributor to several multi-sport organizations in Canada, including the Canadian Olympic Committee, Coaching Association of Canada, AthletesCan and Olympians Canada.

Chris Jenkins, President of the CGF said: “We are delighted to have such a highly respected, athlete-centric, sport leader, and communications and marketing expert, join the Commonwealth Games Federation’s Executive Board. Her extensive experience and commitment to innovation, good governance, and clear communication will be invaluable as we work to implement Commonwealth United, our Strategic Plan 2023-34.”

Claire Carver-Dias expressed her excitement: “I am deeply honoured to have been appointed and will work hard to advance the Commonwealth Sport Movement.”

Alongside her work in sport, in 2004 Claire launched Clearday, her own communications coaching consultancy, combining her appreciation of effective business coaching techniques and keen understanding of teaming, performance management, brand and communications to help corporate leaders and their organizations achieve their full potential.



COMMONWEALTH GAMES ALUMNI REPRESENTING CANADA AT THE PARIS 2024 OLYMPIC GAMES



We are pleased to see that a number of Commonwealth Games athletes have been nominated to represent Canada in Paris this summer.

The Board, Staff and Members of Commonwealth Sport Canada would like to wish all our Canadian athletes good luck

at the Olympic and Paralympic Games. We're sure you'll make our country proud!

Commonwealth Games alumni who have qualified or been nominated to the Canadian Team so far include:

ATHLETICS

Malindi Elmore	Women's Marathon
Cameron Levins	Men's Marathon

BOXING

Tammara Thibeault	75kg Women
Wyatt Sanford	63.5kg Men

WRESTLING

Hannah Taylor	57kg Women	Ana Godinez Gonzalez	62kg Women
Justina Di Stasio	76kg Women		
Alex Moore	86kg Men		
Amar Dhesi	125kg Men		

We look forward to seeing more of our alumni named to the team as we get closer to the Games.
Go Canada!



COMMONWEALTH SPORT TRIVIA CONTEST

Test your knowledge of Commonwealth Sport!

1. How many times have the Commonwealth Youth Games been held?

- A. Five
- B. Six
- C. Seven
- D. Eight

2. Which sport made its debut at the 2022 Commonwealth Games in Birmingham?

- A. 3x3 Basketball
- B. Cricket
- C. Beach Volleyball
- D. Judo

3. Lawn Bowler David Calvert of Northern Ireland holds the record for competing at the most Commonwealth Games. How many Games has he attended?

- A. Seven
- B. Eight
- C. Nine
- D. Ten

4. Rugby Sevens, Field Hockey and Netball have become a regular fixture at the Commonwealth Games. When did those team sports first appear at the Games?

- A. Auckland 1990
- B. Victoria 1994
- C. Kuala Lumpur 1998
- D. Manchester 2002

5. Dick Pound, former President of the World Anti-Doping Agency, competed for Canada at the 1962 Commonwealth Games in which sport?

- A. Swimming
- B. Athletics
- C. Boxing
- D. Cycling



**EMPOWERING EXCELLENCE: CELEBRATING WOMEN IN SPORT
ACROSS THE COMMONWEALTH**



Since its inception in 1930, the Commonwealth Games has stood as a testament to the power of athletic prowess, unity, and inclusivity.

Throughout its rich history, women have played a pivotal role in shaping the Games into the global event it is today. From pioneering participation to breaking records, their journey is a story of resilience, determination, and triumph against the odds.

The inaugural edition of the Commonwealth Games in Hamilton, 1930, marked the modest beginnings of women's participation. The aquatics program included the only women's events of the games, where they were limited to just five swimming events and two diving events. Joyce Cooper's remarkable feat of winning four gold medals showcased the potential of female athletes and laid the foundation for future generations. Cooper's versatility in the water, excelling in events like the 100 yd freestyle and 400 yd freestyle, highlighted her dedication and skill, breaking boundaries in a time when women's sports were still in their infancy.

Four years later, at White City in 1934, women's athletics events were introduced, albeit with modifications to fit societal norms of the time. Eileen Hiscock's four gold medals in sprinting events defied notions of what was considered "ladylike," challenging stereotypes and paving the way for women to excel on the track. Hiscock's victories in the 100 and 200-yard sprints broke barriers, showing the world that women could compete at the highest level in traditionally male-dominated sports.

The Games of Sydney in 1938 witnessed the emergence of Decima Norman, who overcame bureaucratic hurdles to claim five gold medals. The absence of the Women's Amateur Athletic Association of Australia and a West Australian women's athletics club did not deter Norman; instead, it fuelled her determination to establish these organizations herself. While this delayed her qualification for the 1934 competition, her proactive approach not only paved the way for her own participation but also laid the foundation for future female athletes in Australia.

In Auckland 1950, Yvette Corlett etched her name in history as the first New Zealand woman to win a gold medal. Her victory in the long jump was followed by a silver in the women's javelin. The 1954 edition in Vancouver saw the introduction of shot put and discus events for women. Corlett won gold in both of these events as well as defending her long jump title from Auckland, cementing her legacy as one of New Zealand's top athletes of the 20th century. Meanwhile, Marjorie Jackson-Nelson's dominance in sprinting events solidified her status as a track legend.

The 1960s witnessed the rise of Dawn Fraser, whose unparalleled success in swimming events made her a household name. Fraser's accomplishments not only brought glory to Australia but also highlighted the growing influence of women in sports. Fraser's victories in events like the 100m freestyle and 400m freestyle demonstrated her exceptional talent and determination, inspiring a new generation of female swimmers to follow in her footsteps.

The Games continued to evolve, with new events and disciplines introduced over the years. Raelene Boyle's stellar performances in Edinburgh 1970 and 1974 underscored the increasing competitiveness of women's athletics, showcasing their versatility and athleticism. Sabina Chebichi became the first Kenyan female athlete to win a medal at the Commonwealth Games, winning bronze in the 800m Women's race.

Edinburgh 1986 saw another historic moment with the inclusion of the women's marathon event at the Commonwealth Games. Lisa Martin of Australia clocked a world-class time of 2 hours, 26 minutes, and 7 seconds. Martin's success continued as she went on to defend her title four years later in Auckland.

At the 1990 Commonwealth Games in Auckland, Cathy Freeman made history by becoming the first female Aboriginal athlete to win a gold medal in the 4x100 meters relay at just 16 years old. Four years later, at the 1994 Commonwealth Games in Victoria, Freeman continued to break barriers by carrying both the Aboriginal and Australian flags during her victory laps after winning gold in the 200 and 400 meters race. This act of displaying both flags sparked controversy but also highlighted Freeman's pride in her Indigenous heritage and her identity as an Australian athlete. Freeman's actions symbolised a powerful statement of unity and representation on the international stage, solidifying her legacy as an iconic figure in Australian and global athletics.

The 2002 Commonwealth Games held in Manchester marked a significant milestone as athletes with disabilities were fully integrated into their national teams, becoming the first truly inclusive international multi-sport Games. This groundbreaking decision meant that their achievements were officially recognised and counted towards the overall medal tally. Chantal Petitclerc made history by securing the first Commonwealth Games gold medal in Para-sport, triumphing in the wheelchair 800 meters event over Australian Paralympic pioneer Louise Sauvage.

South Africa's Natalie Du Toit won the multi-disability 50m and 100m freestyle events. Her remarkable feat extended beyond Para-sport as she also qualified for the 800m able-bodied freestyle final, a historic moment as the first athlete with a disability to achieve such a milestone in an able-bodied event.

Women's boxing events were introduced at the Commonwealth Games in Glasgow 2014. England's Nicola Adams won a gold medal in the flyweight division while her teammate Savannah Marshall was triumphant in the middleweight division. This marked a significant moment for women's boxing, showcasing the growing recognition and inclusion of female athletes, and contributing to the advancement and visibility of women's boxing globally.

24 years after rugby sevens was introduced to the men's programme, the women's rugby sevens competition made its debut at Gold Coast 2018. Canada's Caroline Crossley scored the first-ever Commonwealth Games Women's Sevens try, while New Zealand went on to win the gold medal after beating Australia 17-12 in extra time.

At Birmingham in 2022, Emma McKeon emerged as the most triumphant athlete in Games history with a remarkable 11th gold medal victory in the women's 50m freestyle event. This historic achievement coincided with a significant milestone in the Games' evolution, marking the first instance where more medal events were made available for women than men. This progressive step towards gender equality underscores the ongoing efforts to promote inclusivity and diversity within the realm of sports.

In a display of athletic prowess and determination, Nigeria's very own Goodness Nwachukwu made history as the first GAPS athlete to clinch a gold medal, triumphing in the F42 discus event.

The GAPS program stands as a beacon of hope and support within the Commonwealth Games framework, dedicated to nurturing and empowering para-athletes from member nations. Through its pioneering initiatives and unwavering commitment to inclusivity, GAPS continues to pave the way for a more inclusive and accessible sporting landscape, where athletes of all abilities can shine on the global stage.

And as a poignant tale of legacy, 36 years after Liz Lynch took the gold medal in the 10,000 meters at the Commonwealth Games, her daughter Eilish McColgan followed in her mother's footsteps and claimed victory in the same event at Birmingham 2022. This remarkable achievement not only signifies the enduring impact of Liz Lynch's triumph but also showcases the power of family, determination, and the indomitable spirit of women in sports.

From pioneers who defied expectations to champions who broke records, their legacy will forever inspire future generations to dream big, defy barriers, and strive for excellence in all endeavors. Through their resilience, determination, and unwavering spirit, women athletes have not only left an indelible mark on the Commonwealth Games but have also enriched the fabric of sports worldwide.

Source: Commonwealth Games Federation - www.commonwealthsport.com



CANADIAN SPORTWORKS OFFICER MAKING A DIFFERENCE AT HOME FOR NEWCOMERS



From Trinidad and Tobago to Calgary, Tyler Powell is using the power of sport for community development.

Tyler Powell has always felt a profound connection to sports, particularly to the icy allure of curling - a sport in which players slide heavy, polished granite (also called rocks) across the ice sheet towards a circular target marked on the ice. More than a pastime, it is a passion. So, when the opportunity arose for him to participate in Commonwealth Sport Canada's (CSC) SportWORKS program, he didn't hesitate.

Tyler's journey began as a Canadian SportWORKS Officer in the Queen Elizabeth Scholars Program (QES), a partnership between Mount Royal University (MRU) and CSC. This initiative is made possible through the Rideau Hall Foundation, in collaboration with Community Foundations of Canada, Universities Canada, and Canadian universities. For this particular project, students complete international experiential learning opportunities in Commonwealth countries working with local partners on sport for development and peace (SDP) and sport development projects. Since 2015, more than fifty Canadian students have participated in the SportWORKS QES program in the Caribbean and Africa, while developing as global citizens through community engagement and learning. Over the next four years, there will be sixteen additional placements made possible by new QES funding. It was this partnership that led Tyler to Trinidad and Tobago for the Commonwealth Youth Games in the summer of 2023.

In the Caribbean, Tyler's love for sports synchronized with his desire to make a difference. Assisting in the planning and execution of the Commonwealth Youth Games sparked something within him, putting on full display the truly

transformative power of sports, especially for youth. It wasn't just about competition. It was about camaraderie, growth and inclusion.

Upon returning to Calgary, Tyler knew he couldn't let his experience abroad be simply a memory. He wanted to continue making an impact through sports, especially for newcomer youth in Canada.

Ryan Pelley, SportWORKS Program Manager at Commonwealth Sport Canada, facilitated an introduction to Neelam Madan, Manager at the Centre for Newcomers (CFN) in Calgary – an introduction which proved pivotal in the launch of the initiative. With the support of MRU, CSC and CFN, Tyler organized a try-it event in the sport he loves, curling. Through collaboration, Tyler's initiative gained traction. Neelam's support of the program, in addition to promoting the event among their members, was a testament to the power of partnerships in fostering community engagement and spreading the word about amazing opportunities.



The Try-It Curling Event wasn't just about introducing a new sport. It was about creating connections and opportunities. Over five weeks, 24 participants took part in the Rock the House program. What started as tentative steps on the ice grew into a shared passion for curling, with several newcomer participants joining local junior curling clubs when the program finished.

Through the initiative, Tyler witnessed firsthand the impact on the youth. Not only did they learn the basics of curling, but they also formed friendships that transcended cultural barriers.



Meanwhile, parents cheered from the sidelines, forging bonds of their own. Reflecting on his journey, Tyler gained an expanded understanding of the significance of his SportWORKS placement. More than a resume booster, it was a catalyst for change. His experience in Trinidad and Tobago opened his eyes to the universal language of sport and the potential it held for building strong, resilient, and connected communities.

Reflecting on his SportWORKS experience, Tyler realized that it wasn't just about the games or the events. It was about the connections created and the lives touched along the way. His journey from Trinidad and Tobago to Calgary is a testament to the power of sports as a universal language, capable of bridging divides and fostering unity.

Through his continued efforts in Canada that made a difference, Tyler exemplified the essence of SportWORKS, inspiring others to recognize the potential of sports as a tool for social change. It is about the endless effects of our collective actions on others and our communities. As a SportWORKS alum, Tyler remains committed to being a builder for sport and community, weaving threads of inclusivity and empowerment. Tyler's efforts have left an indelible mark on the lives of newcomer youth, proving that sport truly has the power to change the world, in this case, one curling stone at a time.


2026



COMMONWEALTH GAMES BIDS

Commonwealth Games Federation is considering multiple proposals to host the 2026 Games

The Commonwealth Games Federation (CGF) has announced that it is working collaboratively with the relevant Commonwealth Games Associations (CGAs) to undertake further detailed assessments and aim to announce the 2026 Commonwealth Games Host in May 2024. CGA proposals will remain confidential while this process is on-going.

Alongside this process, the CGF continues to accelerate work to refresh the Games, including exploring innovative new concepts and event opportunities and consulting with leaders across the global sporting landscape. Importantly, CGF have been focusing on how they can transform the Games to a collaborative and truly sustainable model, minimising costs and reducing its environmental footprint, whilst increasing social impact. Through this work CGF aims

to create a modern, flexible blueprint for the future that inspires athletes, excites International Federations and potential Hosts, and is in the best interests of the wider Commonwealth Sport Movement.

You can read the full CGF release [HERE](#).



ALUMNI PROFILE

Heather Moyse

SportWORKS Officer - Canadian Sport Leadership Corps 2001/02
Trinidad & Tobago, Camp Able (Active Bodies, Leadership and Esteem)
Commonwealth Sport Canada Member at Large (2006 to 2014)



Heather Moyse is a former Commonwealth Sport Canada SportWORKS intern, a former CSC Member-at-Large, and an elite athlete who represented Canada in three different sports.

Moyse, a two-time Olympic gold medallist in the sport of bobsledding, as well as member of the World Rugby Hall of Fame, participated in Year 1 (2001) of the Canadian Sport Leadership Corps program, when she was assigned to Trinidad & Tobago. Her initial responsibility was as a “Disability Sports Program Officer”, working with the Special Education section of Trinidad & Tobago’s Ministry of Education. She started a Sports Leadership Camp for children who are deaf or hearing impaired – Camp ABLE (standing for Active Bodies, Leadership, and Esteem), with participants coming from Trinidad & Tobago, Barbados and St. Lucia.

“I took sign language courses”, she says, “in order to break down the language barrier. To see their faces light up when they realized I was making the effort to communicate with them had a big impact on me. And to see the kids signing to their parents when getting picked up after camp, their hands flying when sharing their excitement about their weekend, it was an awesome feeling.”

She continued to work with people with disabilities, and teamed up with another Canadian consultant to develop a proposal for the government that would provide incentives and awareness to taxi drivers to provide rides to people with disabilities. “The biggest thing I was proud of”, she said, “was running workshops and teaching about inclusion and finding ways to include people with disabilities, as well as creating that camp that has continued on for so many years.”

From an initial internship of nine months, Heather ended up remaining in Trinidad & Tobago for almost three years, turning down an initial request to join the national bobsleigh team before the Salt Lake City Olympic Games to do so. Having helped coach rugby during her time there for her initial contract, she was hired by the Trinidad & Tobago Rugby Union as a Women’s Rugby Coach and Development Officer. She built up one club team from the ground up, starting with two young women, who each brought a friend the next week, and so on. Then she worked with other clubs, and then developed a league.

She and teammate Kaillie Humphries captured the gold medal in the women’s Olympic Bobsleigh event at the Vancouver 2010 Winter Olympic Games (fellow Canadians Helen Upperton and Shelley-Ann Brown won silver). The pair repeated the feat four years later, winning Gold at the Sochi 2014 Winter Olympics.

Moyse was also a star in Rugby and represented Canada at many international competitions. She was leading scorer at the Women’s Rugby World Cup in 2006. After injuring her ankle at the 2010 Rugby World Cup, Moyse began cycling during her rehabilitation and earned a spot on Canada’s 2012 Pan American Track Cycling Championships team. Moyse was also named to the Canadian team for the 2013 Rugby World Cup Sevens where she helped the team win a silver medal.

Today, in referring to her Olympic gold medals and other incredible sporting achievements, Heather says: “It’s not about the medals, it’s the journey you were on and the people you were able to impact. It’s about getting to the “underlying why” and not the “surface why” – getting to the root causes for actually pursuing something. I am proud that my Olympic medals have afforded me a platform from which I can go and empower other people to discover and fulfil their own potential.”



WHERE ARE THEY NOW?



Ian Bird

Athlete (Field Hockey) - Kuala Lumpur 1998 Commonwealth Games

Results: 3rd place in Pool B

Now: Chief Executive Officer, Community Foundations Australia



Angela Whyte

Athlete (Athletics) - 2002, 2006, 2010, 2014, and 2018 Commonwealth Games

Results: 2 x Silver Medals - Women's 110m Hurdles (2006 and 2010)

1 x Bronze Medal - Women's 110m Hurdles (2014)

Now: Manager, High Performance - Athletics Ontario



Richard Ikeda

Athlete (Gymnastics) - 1994, 1998 and 2002 Commonwealth Games

Coach (Gymnastics) - 2011 Commonwealth Youth Games

Results: 1 x Gold - Team Competition - Men (1994)

4 x Silver - Horizontal Bar (1994), Parallel Bars and Pommel Horse (1998), Team (2002)

3 x Bronze - Pommel Horse (1994), Rings (1994), Team (1998)

Now: Director and Head Coach, Twisters Gymnastics Club

Provincial Performance Advisor, BC Gymnastics



Pierre Luc Hinse

Athlete (Table Tennis) - Melbourne 2006 and Delhi 2010 Commonwealth Games

Results: Quarterfinals, Men's Team (2006), 9th Men's Doubles (2010)

Now: English Second Language Teacher - Suzhou, Jiangsu, China



Sally Bell

Assistant Coach (Field Hockey)

Melbourne 2006 Commonwealth Games

Now: Senior Boarding Supervisor - City Beach Residential College, Western Australia



Dr. Navin Prasad *BMed.Sci, MSc, MD, MCFP, Dip. Sport Med. (CASEM)*

Chief Medical Officer: 2008 Commonwealth Youth Games, 2010 and 2014 Commonwealth Games

Now: Physician at Allan McGavin Sports Medicine Centre

Clinical Associate Professor, UBC



Paddy Magill

SportWORKS Officer - Capacity Support Program 2011/12

Capacity Support Officer—Seychelles Olympic and Commonwealth Games Association: Victoria,

Mahe, Seychelles

Now: Constable - City of Ottawa Police Service



JOIN OUR NETWORK OF **ALUMNI**



To date, approximately 3,000 Canadian athletes have competed in the Commonwealth Games. Thousands more have attended the Games as officials or given their time as volunteers. Over 200 CSC SportWORKS Officers have taken part in sport development initiatives in Canada and throughout the Commonwealth. CSC is proud to have been a part of so many lives and we would cherish the opportunity to continue our relationship through the CSC Alumni Program!

Why should you become a CSC Alumni Program member?

Being a CSC Alumni Program member allows you to:

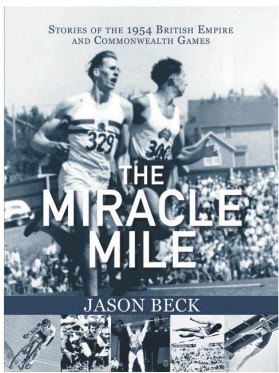
- Stay in touch with other CSC alumni.
- Receive regular CSC Alumni Newsletters containing news & information about the Commonwealth sport movement in Canada and abroad.
- Become a mentor and contribute to the success of current and future CSC alumni.
- Receive invitations to CSC Alumni events happening in your area.
- Receive exclusive access and offers on CSC/Team Canada clothing, Commonwealth sport events tickets and packages, etc.
- Have a chance to win an all-inclusive, VIP trip for two to the next Commonwealth Games!
- Receive exclusive CSC Alumni discounts!

As a Commonwealth Games Canada Alumni Program member, you are entitled to the following discounts:



20% DISCOUNT AT ALL RUNNING ROOM STORES

If you are a CSC Alumni Program member and have not received your Running Room discount card, please confirm your mailing address so we can send it to you. Email your details to [Chris Taylor](mailto:Chris.Taylor@runningroom.com).



10% DISCOUNT ON PURCHASE OF "THE MIRACLE MILE: Stories of the 1954 British Empire and Commonwealth Games"

By: Jason Beck

CSC Alumni price **\$26.95** plus tax & shipping
(Regular price \$29.95)

To order a copy of this book, please contact the BC Sports Hall of Fame: 604-687-5520 or email: sportsinfo@bcsportshalloffame.com

CSC is working to identify further benefits for Alumni Program members.



GET IN TOUCH. PASS IT ON!

We would love to hear your story. Don't be shy, drop us a note at: alumni@commonwealthsport.ca if you would like your profile published!

Please feel free to pass this newsletter on to any other Commonwealth Sport Canada Alumni who may not have already received it – and please encourage them to get in touch with CSC to become an Alumni Program Member!

To become a CSC Alumni Program Member simply complete the Alumni Program Opt In form [HERE](#). Visit our website for complete details on the [Alumni Program](#).

If Alumni want to network with other Alumni, they can also join our Alumni Facebook Group called Commonwealth Sport Canada Alumni.

Canada



GOWLING WLG



KUKRI