

MEDIA GUIDE

TEAM CANADA 2022

BIRMINGHAM, ENGLAND
JULY 28 – AUGUST 8, 2022



PRIME MINISTER • PREMIER MINISTRE

July 28–August 8, 2022

Dear Friends:

I am pleased to extend my warmest greetings to everyone participating in the 2022 Commonwealth Games, taking place in Birmingham, England.



Over the course of the next twelve days, spectators will have the opportunity to witness remarkable moments of strength, skill, perseverance and sportsmanship as athletes from across the Commonwealth gather to compete for a chance at the podium. The COVID-19 pandemic presented a number of challenges for athletes both at home and around the world. That is why I would like to commend all those competing in these Games for the incredible sacrifice and commitment that has led you to this day. You are a source of inspiration to us all, especially our youth, and I am certain that you will come away from this experience with a great sense of accomplishment.

To our Canadian athletes: thank you for being proud ambassadors for our country. You remind us that if we work hard, remain disciplined, and give it our best, we can make our dreams come true.

Finally, I would like to commend the host city of Birmingham for their incredible hard work and dedication in planning these Games.

Please accept my best wishes for an exciting and memorable experience.

Sincerely,

The Rt. Hon. Justin P. J. Trudeau, P.C., M.P.
Prime Minister of Canada

Welcome to Birmingham!

It is a privilege and honour to be your co-Chefs de Mission for Team Canada for the 2022 Commonwealth Games in Birmingham, England. Both of us have had a great love for the Commonwealth Games for many years, built from our own experiences when we competed ourselves (Claire in 2002, Sam in 2010 & 2018). These Commonwealth Games are undeniably unique and will provide us with opportunities to build lifelong friendships between teams and countries.

The Commonwealth Games are a world-class sporting event that play an important role in the Canadian sport development pathway and the international sport calendar. Canada hosted the first Commonwealth Games in Hamilton, ON in 1930, these Games hold a special place in our hearts as Canadians, as Canada is the birthplace of the Commonwealth Games.



Many thanks to the Birmingham Organizing Committee for their outstanding efforts to overcome unprecedented challenges within these challenging global times. Thank you also to the citizens of the West Midlands region in England for their warm welcome and renowned hospitality.

The 2022 Commonwealth Games are themed by Birmingham 2022 as the **Games for Everyone**. The Commonwealth Games unite us all in our mutual passion for all the good things sport gives us, from the joy of representing your country, to the pride of athletic achievement. The 2022 Birmingham Commonwealth Games represent our time to shine. Together there is nothing we can't achieve. As a country and as a team, we can celebrate where we come from and all those who helped us on our journey.

We congratulate every single member of our 2022 Canadian Team on their selection to Team Canada, and wish all of you an excellent Games here in Birmingham. For the athletes: may these Games be a highlight in your career. Take the time to truly live in the moment and make unforgettable memories.

As you put your physical and mental strength to the test here in Birmingham, know that Canadians are behind you, celebrating you as an individual as well as your outstanding athletic achievements. We as your Chefs, joined by the dedicated members of our Mission team, will do everything in our power to wholeheartedly support you along the way.

For Team Canada at the 2022 Commonwealth Games, **We CAN!**

Claire & Sam

Claire Carver-Dias and Sam Effah
co-Chefs de Mission Team Canada
Birmingham 2022



Ottawa, Canada K1A 0M5



Welcome to the 2022 Commonwealth Games.

This year marks the 22nd edition of the Games, which bring together talented athletes from around the world. This competition is also a key milestone for our Canadian athletes, as they strive for glory in their sports.

More than ever, these games have come to represent the values of international cooperation, respect, inclusion and friendship. After Canada's success at the 2022 Olympic and Paralympic Winter Games, I am confident our athletes will make our country proud in Birmingham. Our government supports them at every step of their journey, because we know they are role models to our youth and wonderful ambassadors for our country's values.

As Minister of Sport and Minister responsible for the Economic Development Agency of Canada for the Regions of Quebec, I'd like to wish all competitors the very best.

Go Canada Go!

Bienvenue aux Jeux du Commonwealth de 2022.

Ces 22^{es} Jeux rassemblent des athlètes de grand talent en provenance des quatre coins du monde. Il s'agit d'une étape charnière pour les athlètes d'ici, qui visent la gloire dans leur sport.

Plus que jamais, les Jeux du Commonwealth en sont venus à représenter les valeurs internationales de coopération, de respect, d'inclusion et d'amitié. Après les exploits d'Équipe Canada aux Jeux olympiques et paralympiques d'hiver de 2002, je suis certaine que nos athlètes feront la fierté de toute la population canadienne à Birmingham. Notre gouvernement les soutient à chaque étape de leur parcours, car nous savons qu'ils sont des modèles pour nos jeunes et incarnent à merveille les valeurs qui nous sont chères.

À titre de ministre des Sports et ministre responsable de l'Agence de développement économique du Canada pour les régions du Québec, je souhaite la meilleure des chances à tous ceux et celles qui prennent part aux compétitions.

Allez Canada!

The Honourable / L'honorable Pascale St-Onge

Canada

Table of Contents

Athletics	Page 5
Badminton	Page 54
Basketball 3x3	Page 66
Beach Volleyball	Page 71
Boxing	Page 77
Cycling	Page 86
Diving	Page 108
Hockey	Page 121
Gymnastics (Artistic)	Page 161
Gymnastics (Rhythmic)	Page 176
Judo	Page 182
Lawn Bowls	Page 193
Rugby Sevens	Page 206
Squash	Page 235
Swimming	Page 242
Table Tennis	Page 274
Triathlon	Page 285
Wheelchair Basketball	Page 295
Weightlifting	Page 305
Wrestling	Page 322

Appendices

Team Canada 2022 Mission Team	Page 338
CGC Board of Directors	Page 339
Canadian Medal Summary	Page 340
History of the Games	Page 341
Canadian Team Flag Bearers	Page 342
Commonwealth Games Held in Canada	Page 342
Websites of Interest	Page 343

ATHLETICS

Team Canada in Birmingham

A total of 43 athletes will represent Team Canada in Athletics in Birmingham.

The team size of 33 able-bodied athletes was dictated by a quota allocation from Commonwealth Sport Canada. Athletes were ranked and selected to the team based on their proximity, in World Athletics points, to the AC Ranking Standard in their respective event(s). The AC Ranking Standards were calculated using the average top-three performances among Commonwealth nations (limited to three per country) over the 2018, 2019 and 2021 competition seasons (COVID-disrupted 2020 season excluded).

Ten Para-athletes, meanwhile, were invited by the Commonwealth Games Federation (CGF) based on being ranked in the top-seven in the WPA World Rankings between December 31, 2020 to April 25, 2022 (max 3 per country, among Commonwealth nations).

At the last Commonwealth Games in Gold Coast, Australia, Team Canada was led by Alysha Newman and Christabel Netthey's respective first place finishes in the pole vault and long jump, and came away with a total medal haul of two golds, six silvers and one bronze. On the para side, Alex Dupont won Canada the gold medal in the men's 1,500m (T54), and Diane Roy earned bronze in the women's 1,500m (T53).

Dates

August 2-7, 2022

Venue(s):

Alexander Stadium, Birmingham

Number of events:

Athletics

58 - 29 for men, 29 for women

Para Athletics

13 – Six for men, Six for women, one mixed.

HISTORY

Athletics is a sport stripped of its barest essentials: running, walking, jumping, and throwing are the basics of human activity. As such, most athletics events date back to prehistory. The discus throw and various running events, for example, were part of the ancient Olympic Games, while the marathon was introduced at the first modern Olympic Games in 1896 to honour the ancient Greek soldier Pheidippides. According to legend, Pheidippides ran 26 miles from Marathon to Athens with news of a Greek victory over the Persians and later died from exhaustion. Events such as the pole vault may have originated with European farmers who used long poles to help them vault over ditches, and naval gunners hefting cannonballs in battle may have been the originators of the shot put.

Para Athletics

Over the past decade, Athletics Canada has welcomed under its umbrella, high-performance athletes from four disability groups: wheelchair athletes joined the association in 1997, followed by athletes with cerebral palsy, visually impaired athletes, and amputee athletes in 2002. Inclusion of these disability groups was a natural step given that the focus of the association has broadened to include the delivery of similar services to all track and field high-performance athletes.

OVERVIEW

Track and road running events

Running events are divided into sprints (100m, 200m and 400m), middle distances (800m and 1,500m), long distances (5,000m and 10,000m), road running (marathon and 20 km race walk), 4 hurdles (110m-men, 100m-women, 400m and the 3,000m) and relay races (4 x 100m and 4 x 400m). Except for the marathon and race-walking events, all races take place on a 400-metre track. The object of each race is to reach the finish line first (judged from the torso). In races of less than 800m, runners must stay in their assigned lanes for the whole race. However, in the 800m, runners can leave their lanes after the track's first turn. A baton is passed from the lead runner to each successive runner in relay events. Hurdle events and the steeplechase combine running and jumping (the steeplechase contains water jumps as well as hurdles); hurdle heights vary according to the events (men's 110m hurdles stand 1.067 metres, women's 100m hurdles stand 0.840 metres, men's 400m hurdles stand 0.914 metres and women's 400m hurdles stand at 0.762 metres) and there is no penalty for knocking them down. Racewalkers must maintain contact with the ground with at least one foot and straighten the leg completely on each stride.

Jumping events – high jump, long jump, pole vault, triple jump

Competitors in the four jumping events use a running start to build momentum. Depending on the event, the object jumps the highest or the furthest. In the horizontal jumps (long and triple), competitors are allowed three attempts in the preliminary round, while the top eight can secure three more attempts in the final round. In the vertical jumps (high and pole vault), competitors get three attempts to clear a given height. Competitors may choose to proceed to the next round without having cleared the height or using all three attempts. Three consecutive misses eliminate the competitor. The crossbar is raised with each round until only one competitor is left.

Throwing events – shot put, discus, javelin, hammer.

Competitors put a shot or throw the discus, hammer, or javelin a maximum distance from within a fixed throwing area. The implement must land entirely within a wedge-shaped field that begins at the throwing area and fans outward. Competitors are allowed three throws in the preliminary round; the top eight throwers are allowed three more attempts. The shot put is held in one hand beside the neck, and then it is released while driving it upwards and outwards. The javelin must land point first for the throw to count.

Throwing event equipment

Shot Put: the men's shot weighs 7.26 kg, and the women's weighs 4 kg.

Discus: The men's discus weighs 2 kg, and the women's weighs 1 kg.

Javelin: The men's javelin weighs 800 g, and the women's weighs 600 g.

Hammer: the men's hammer weighs 7.26 kg, and the women's weighs 4 kg.

Combined Events – decathlon (men), heptathlon (women)

The decathlon for men and the heptathlon for women combines ten and seven running, jumping, and throwing events, respectively. Scores are awarded based on tables that set performance standards for each section. Some rules for the individual sections vary from rules for single events. For example, in the long jump, each combined-events competitor is allowed only three attempts, whereas, in regular five competitions, the Top 8 receive an additional three attempts. Events are held over two days with a minimum 30-minute break between sections and a minimum 10-hour gap between the first and second days.

Elite athletes with a disability (EAD)

There will be six EAD events for both men and women in Birmingham: the 100m (T12), 100m (T38), 100m (T47), 1,500m (T54), marathon (T54), and the shot put (F38/F55). All competitors must have an internationally authorized classification at the time of entry. Athletics Canada has representation from four athletes in the T54 wheelchair racing categories. These athletes compete while sitting that do not have increased tone or uncontrollable movements - Spinal cord injury involving lower extremities, good sitting balance with abdominal muscle activity.

For more information:

Athletics Canada

2141 Thurston Drive, Suite 105

Ottawa, ON K1G 6C9

Tel: (613) 260-5580

Website: www.athletics.ca

Twitter: @AthleticsCanada

International Association of Athletics Federations (IAAF): www.iaaf.org

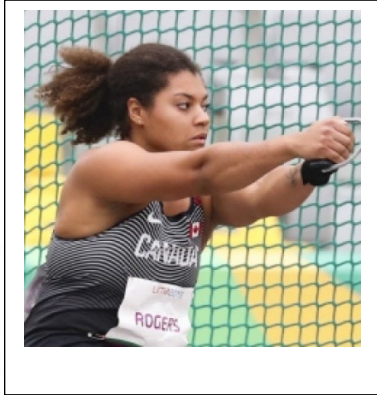
Media attaché in Birmingham: Caroline Sharp - caroline.sharp@athletics.ca

Athletics Team for Birmingham

Athlete Name	Events (s)	Hometown	Coach	Club
David Johnson	100m (T12)	Victoria, BC	Geoff Harris	Vic City Elite
Zachary Gingras	100m (T38)	Markham, ON	Geoff Harris	Vic City Elite
Tristan Smyth	1500m/Marathon (T54)	Maple Ridge, BC	Geoff Harris	Vic City Elite
Josh Cassidy	1500m/Marathon (T54)	Port Elgin, ON	Amanda Fader	Ottawa Lions
Jessica Frotten	1500m (T53)	Whitehorse, YK	Geoff Harris	Cyclones
Sarah Mickey	Shot Put (F55)	Redcliff, AB	Kim Cousins	CALTAF
Alex Dupont	1500m (T54)	Clarenceville, QC	Rick Reelie	Saint-Laurent sélect
Nandini Sharma	1500 (T54)	Brampton, ON	Lisa Myers	Cruisers Sports
Thomas Normandeau	100m (T47)	Peace River, AB	Geoff Harris	Vic City Elite
Natalie Thirsk	100m (T38)	Edmonton, AB	Taylor Ehrhardt	Green and Gold
Camryn Rogers	Hammer Throw	Richmond, BC	Mohamad Saatara	Kajaks Track and Field Club
Sarah Mitton	Shot Put	North York, ON	Richard Parkinson	SISU Throws
Adam Keenan	Hammer Throw	Victoria, BC	Sheldan Gmitroski /Anatoliy Bondarchuk	Athletics Victoria
Evan Dunfee	10km Race Walk	Richmond, BC	Gerry Dragomir	Race Walk West
Kyra Constantine	4x400m Relay	Brampton, ON	Quincy Watts	Project Athletics
Natassha McDonald	4x400m Relay	Brampton, ON		Project Athletics
Lauren Gale	4x400m Relay	Ottawa, ON	John Riese	Ottawa Lions
Aiyanna Stiverne	4x400m Relay	Laval, QC	Ronald Morency	Dynamique De Laval
Zoe Sherar	4x400m Relay	Toronto, ON	Jason Kerr	Royal City AC
Andre De Grasse	4x100m Relay	Markham, ON		Speed Academy
Aaron Brown	4x100m Relay	Toronto, ON	Dennis Mitchell	Star Athletics / Phoenix Athletics
Jerome Blake	4x100m Relay	Kelowna, BC	Dennis Mitchell	Okanagan Athletics Club

Brendon Rodney	4x100m Relay	Etobicoke, ON	Jermaine Hamilton	Unattached Ontario
Malachi Murray	4x100m Relay	Edmonton, AB	Rob Fisher	Capital City Track Club
Pierce LePage	Decathlon	Whitby, ON	Gregory Portnoy	Unattached Ontario
Jillian Weir	Hammer Throw	Kingston, ON	Larry Steinke	Unattached Ontario
Rowan Hamilton	Hammer Throw	Chilliwack, BC	Garrett Collier	Kajaks Track and Field Club
Elizabeth Gleadle	Javelin	Vancouver, BC	Larry Steinke	Vancouver Thunderbirds
Alysha Newman	Pole Vault	Delaware, ON	Doug Wood	Bolton Pole Vault
Malik Metivier	400mH	Toronto, ON	Godfrey James	Monte Cristo
Ethan Katzberg	Hammer Throw	Nanaimo, BC	Dylan Armstrong	Kamloops Track and Field
Christabel Netey	Long Jump	Surrey, BC	Nick Newman	Unattached BC
Lindsey Butterworth	800m	North Vancouver, BC	Brit Townsend	Coastal Track Club
Lucia Stafford	1500m	Toronto, ON	Terry Radchenko	Royal City AC
Michelle Harrison	100mH	Saskatoon, SK	Jason Reindl	Saskatoon Track Club
Brittany Crew	Shot Put	Toronto, ON	Richard Parkinson	Unattached Ontario
John Gay	3000m Steeplechase	Kelowna, BC	Chris Johnson	Vancouver Thunderbirds
Madeleine Kelly	800m	Pembroke, ON	Terry Radchenko	Royal City AC
Anicka Newell	Pole Vault	Saskatoon, SK	Brookelyn Dickson	Project Athletics
Kaila Butler	Hammer Throw	Port Coquitlam, BC	Derrick Vicars	Unattached
William Paulson	150mm	Quebec City, QC	Mark Rowland	Oregon Track Club Elite
Noelle Montcalm	400mH	Windsor, ON	Don Garrod	U Windsor AC
Julie-Anne Staehli	5000m	Lucknow, ON	Mark Coogan	Team New Balance Boston

Athlete Information:



Athlete Name: Camryn Rogers

Sport/Event: : Hammer Throw

DOB: 06/07/1999

Hometown/Residence: Richmond, BC

Club/Coach: Kajaks Track and Field Club/Mohamad Saatara

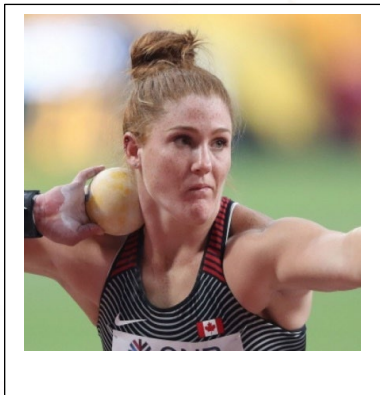
Social Media:

Career Highlights: 2020 Olympic Games. Winning gold at the 2018 World Athletics Championships.

Major Competitions:

- 2022 NCAA Athletics Championships: 2022 – Gold
- 2020 Olympic Games – 5
- 2019 Pan American Games - 6
- 2018 World Athletics Championships (U20) – Gold
- 2016 World Athletics Championships (U20) – 24
- 2017 Pan American Championships (junior) - Gold

Complete Bio [Here](#)



Athlete Name: Sarah Mitton

Sport/Event: Shot put

DOB: 06/20/1996

Hometown/Residence: North York, ON

Club/Coach: SISU Throws/ Richard Parkinson

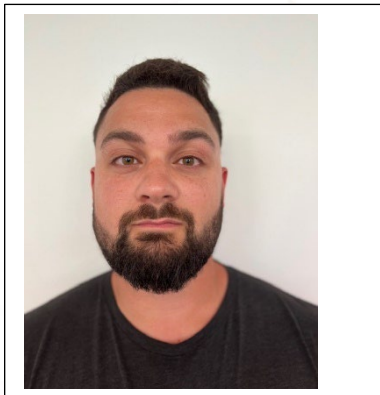
Social Media:

Career Highlights: Sarah won gold at the 2019 FISU Universiade.

Major Competitions:

- 2020 Olympic Games – 28
- 2019 Pan American Games - 6
- 2019 FISU Universiade - Gold
- 2017 FISU Universiade -10
- 2019 World Athletics Championships – 24

Complete Bio [Here](#)



Athlete Name: Adam Keenan

Sport/Event: Hammer Throw

DOB: 09/26/1993

Hometown/Residence: Victoria, BC

Club/Coach: Athletics Victoria/Sheldan Gmitroski /Anatoliy Bondarchuk

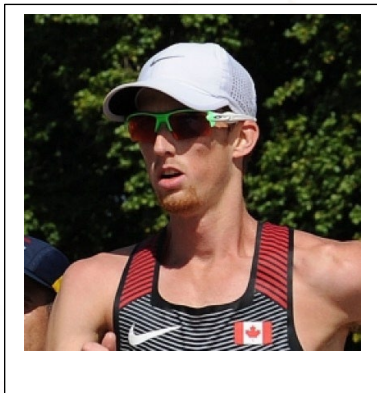
Social Media:

Career Highlights: Adam narrowly missed the podium at the 2018 Commonwealth Games.

Major Competitions:

- 2018 Toronto NACAC Championships – Bronze
- 2018 Commonwealth Games - 4

Complete Bio [Here](#)



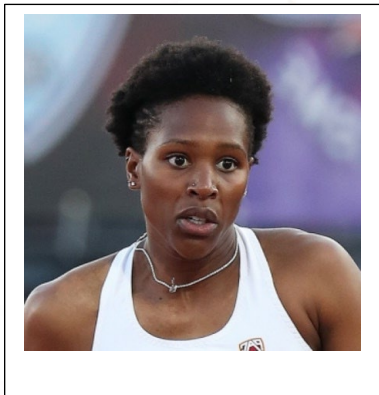
Athlete Name: Evan Dunfee
Sport/Event: 10km Race Walk
DOB: 09/28/1990
Hometown/Residence: Richmond, BC
Club/Coach: Race Walk West/ Gerry Dragomir
Social Media:

Career Highlights: Evan won an Olympic Bronze Medal at the 2020 Olympic Games. Evan won gold at the 2015 Pan Am Games held in Canada.

Major Competitions:

- 2020 Olympic Games- Bronze (50km race walk)
- 2016 Olympic Games - 4 (50km race walk)
- 2016 Olympic Games - 10 (20km race walk)
- 2019 Pan American Games – 5 (20km race walk)
- 2015 Pan Am Games – Gold (20km race walk)
- 2018 Commonwealth Games - 8th (20km race walk)
- 2010 Commonwealth Games – 6 (20km race walk)
- 2019 IAAF World Championships – Bronze (50km race walk)
- 2017 IAAF World Championships – 14 (50km race walk)
- 2016 IAAF World Race Walking Team Championships – Silver (team)
- 2016 IAAF World Race Walking Team Championships – 16 (20km race walk)
- 2015 IAAF World Championships – 12 (20km race walk),
- 2015 IAAF World Championships – 12 (50km race walk)
- 2013 IAAF World Championships – 35 (50km race walk)

Complete Bio [Here](#)



Athlete Name: Kyra Constantine

Sport/Event: 4x400m Relay

DOB: 08/01/1998

Hometown/Residence: Brampton, ON

Club/Coach: Project Athletics/Quincy Watts

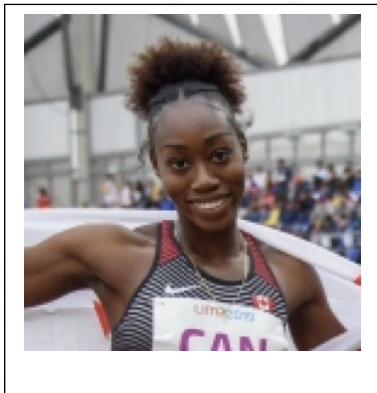
Social Media:

Career Highlights: Kyra won the Silver Medal at the 2019 Pan American Games as part of the 4x400 relay.

Major Competitions:

- 2020 Olympic Games - 15 (400m),
- 2020 Olympic Games - 4 (4x400m Relay)
- 2019 Pan American Games – Silver (4x400m Relay)
- 2019 Pan American Games – 5 (400m)
- 2014 Youth Olympic Games – 5 (400m)
- 2015 World Athletics Championships (youth) – Bronze (4x400m mixed relay)
- 2015 World Athletics Championships (youth) – 4 (400m)

Complete Bio [Here](#)



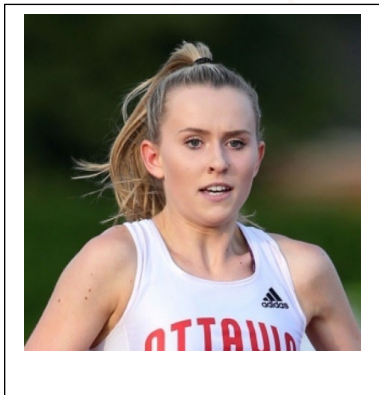
Athlete Name: Natassha McDonald
Sport/Event: 4x400m Relay
DOB: 01/27/1997
Hometown/Residence: Brampton, ON
Club/Coach: Project Athletics
Social Media:

Career Highlights: Natassha won a Silver Medal as part of the 4x400 relay team at the 2019 Pan American Games.

Major Competitions:

- 2020 Olympic Games – 36 (400m)
- 2019 Pan American Games - Silver (4x400m relay)
- 2019 Pan American Games - 9 (400m)
- 2017 World Athletics Championships - 11 (4x400m relay);
- 2016 World Athletics Championships (U20) - Bronze (4x400m relay)
- 2016 World Athletics Championships - 7 (400m)
- 2016 World Athletics Championships - 9 (4x100m relay)

Complete Bio [Here](#)



Athlete Name: Lauren Gale
Sport/Event: 4x400m Relay
DOB: January 1, 2000
Hometown/Residence: Ottawa, ON
Club/Coach: Ottawa Lions/ John Riese
Social Media:

Career Highlights: Lauren won a Silver Medal as part of the 4x400 relay team at the 2019 Pan American Games.

Major Competitions:

- 2017 Youth Commonwealth Games - 4th in SF (200m)
- 2017 Youth Commonwealth Games - Bronze in heat (400m)
- 2018 World Athletics Championships (junior) - 31 (200m)
- 2019 Pan American Championships (junior) - 7 (400m)
- 2019 Pan American Championships (junior) - Silver (4x400m relay)

Complete Bio [Here](#)



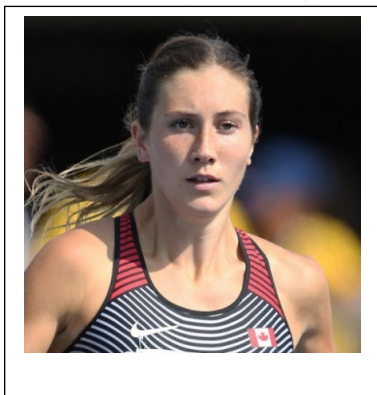
Athlete Name: Christabel Nettey
Sport/Event: Long Jump
DOB: 06/02/1991
Hometown/Residence: Surrey, BC
Height/Weight (optional):
Club/Coach: Unattached BC / Nick Newman
Social Media:

Career Highlights: 2018 and 2014 Commonwealth Games, 2020 and 2016 Olympic games, 2019 and 2015 Pan American Games and 2017, 2015 and 2013 World Athletics Championships

Major Competitions:

- 2018 Commonwealth Games – Gold
- 2014 Commonwealth Games – Bronze
- 2020 Olympic Games – 22
- 2016 Olympic Games – 20
- 2019 Pan American Games – 14
- 2015 Pan American Games – Gold
- 2017 World Athletics Championships – 19
- 2015 World Athletic Championships – 4
- 2013 World Athletics Championships – 20

Complete Bio [Here](#)



Athlete Name: Lindsey Butterworth

Sport/Event: 800m

DOB: 09/27/1992

Hometown/Residence: North Vancouver, BC

Height/Weight (optional):

Club/Coach: Coastal Track Club / Brit Townsend

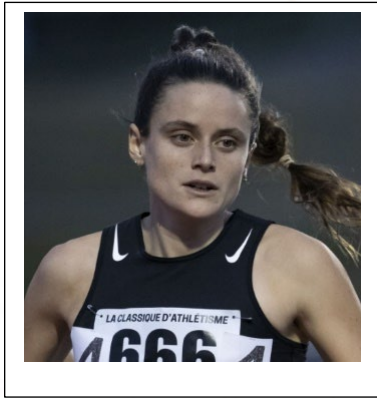
Social Media:

Career Highlights: 2020 Olympic Games, 2019 Pan American Games, 2015 FISU Universiade, 2019 and 2017 World Athletics Championships, 2018 NACAC Championships and 2011 Junior Pan American Championships

Major Competitions:

- 2020 Olympic Games – 32 (800m)
- 2019 Pan American Games – 5 (800m)
- 2015 FISU Universiade – 7 (800m)
- 2019 World Athletics Championships – 9 (800m)
- 2017 World Athletic Championships – 36 (800m)
- 2018 NACAC Championships – 5 (800m)

Complete Bio [Here](#)



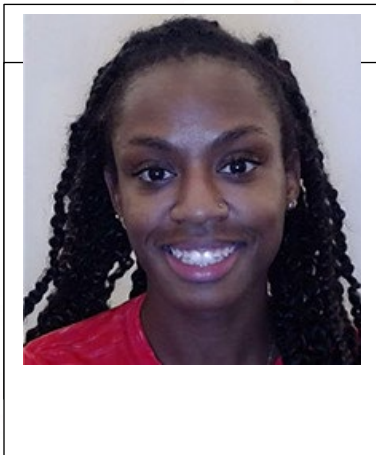
Athlete Name: Lucia Stafford
Sport/Event: 1500m
DOB: 08/17/1998
Hometown/Residence: Toronto, ON
Height/Weight (optional):
Club/Coach: Royal City AC / Terry Radchenko
Social Media:

Career Highlights: Lucia finished fifth in the 1500m and the 4x400m relay at the FISU Universiade in 2019. She also qualified for the Olympic Games and finished 13th in the 1500m event.

Major Competitions:

- 2020 Olympic Games – 13 (1500m)
- 2019 FISU Universiade – 5 (1500m) and 5 (4x400m Relay)
- 2017 Pan American Championships (Junior) – Gold (1500m)
- 2016 World Athletics Championships – 13 (1500m)

Complete Bio [Here](#)



Athlete Name: Aiyanna Stiverne

Sport/Event: 4x400m Relay

DOB: 02/20/1995

Hometown/Residence: Laval, QC

Club/Coach: Dynamique De Laval/ Ronald Morency

Social Media:

Twitter: @yanni_taughtyou

Career Highlights: Aiyanna Stiverne was a two-time Florida High School Athletic Association 4A Champion who went on to compete at the University of Texas – El Paso, later transferring to the University of Miami. She was an alternate member of the American team sent to the 2014 World U20 Championships and, while she did not compete, she has used this appearance on the international stage as motivation to improve. In 2015, Stiverne represented Canada for the first time as a member of the 4x400m relay team which finished eighth at the 2015 IAAF World Championships in Beijing. In 2017, she competed individually at the IAAF World Championships in the 400m. In 2018, Stiverne won the 400m at the Canadian championships in a personal best time less than an hour after she took silver in the 200m. She also stood on the 400m podium at the NACAC Championships. In 2019, Stiverne won silver with the 4x400m mixed relay team at the IAAF World Relays.

Major Competitions:

- 2019 IAAF World Championships – 27 (400m), DQ (4x400m relay)
- 2017 IAAF World Championships – 32 (400m), 11 (4x400m relay)
- 2015 IAAF World Championships – 8 (4x400m relay)
- 2019 IAAF World Relays – Silver (4x400m mixed relay)
- 2019 Pan Am Games - Silver (4x400m mixed relay)

Fun Fact: Aiyanna Collects keychains for herself and magnets for her mom from places where she competes

Complete Bio [Here](#)



Athlete Name: Zoe Sherar

Sport/Event: 4x400m Relay

DOB: 11/07/1999

Hometown/Residence: Toronto, ON

Club/Coach: Royal City AC/ Jason Kerr

Social Media:

Instagram: zoe_sherar

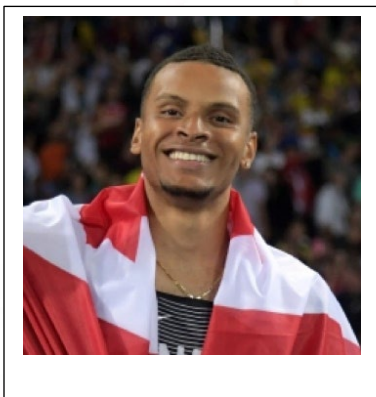
Career Highlights: Zoe Sherar won 5th place at the 2019 Universiade Games in the 4x400 Metres Relay and won a silver medal at the 2019 IAAF World Relays in the 4x400 Metres Relay Mixed.

Major Competitions:

- 2019 Universiade Games - 5 (4x400 Metres Relay)
- 2019 IAAF World Relays - Silver (4x400 Metres Relay Mixed)

Fun Fact: Zoe is in the Tourism and Hospitality program at the University of Guelph

Complete Bio [Here](#)



Athlete Name: Andre De Grasse
Sport/Event: 4x100m Relay
DOB: 11/10/1994
Hometown/Residence: Markham, ON
Club/Coach: Speed Academy
Social Media:

Facebook: <https://www.facebook.com/andredegrasse1>

Twitter: @DeGrasse

Instagram: de6rasse

Website: <https://andredegrasse.com/>

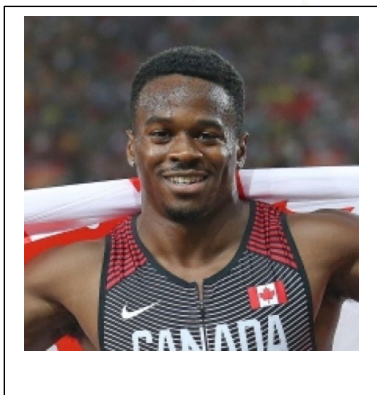
Career Highlights: Andre De Grasse has won six Olympic medals in his first two Olympic Games, reaching the podium in every event in which he has competed to become Canada's most decorated male Olympic medallist and tying for second on the country's all-time list. De Grasse made history at Rio 2016 when he became the first Canadian athlete to win Olympic medals in all three sprint events. At Tokyo 2020, De Grasse won gold in the 200m, bronze in the 100m, and silver in the 4x100m relay.

Major Competitions:

- 2014 Commonwealth Games – 5 in SF (200m), DNF (4x100m relay)
- 2020 Olympic Games - Gold (200m), Bronze (100m), Silver (4x100m relay)
- 2016 Olympic Games – Bronze (100m), Silver (200m), Bronze (4x100m relay)
- 2015 Pan American Games – Gold (100m), Gold (200m), DQ (4x100m relay)
- 2019 World Athletics Championships – Bronze (100m), Silver (200m), 6 in Heat (4x100m relay)
- 2015 World Athletics Championships – Bronze (100m), Bronze (4x100m relay)

Fun Fact: Andre's favourite motto is "Never let your successes go to your head. Never let your failures go to your heart."

Complete Bio [Here](#)



Athlete Name: Aaron Brown

Sport/Event: 4x100m Relay

DOB: 05/27/1992

Hometown/Residence: Toronto, ON

Club/Coach: Star Athletics, Phoenix Athletics/ Dennis Mitchell

Social Media:

Twitter: @KingsleySC

Instagram: kingsleysc

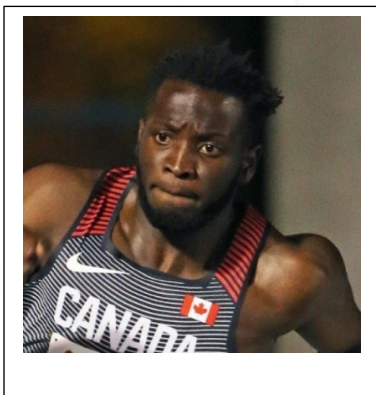
Career Highlights: Aaron Brown is a two-time Olympic medallist in the 4x100m relay. He won silver at the 2020 Olympics and Bronze at the 2016 Olympics. Aaron attended two previous Commonwealth Games in 2018 winning a silver medal and in 2014 coming in 9th place.

Major Competitions:

- 2018 Commonwealth Games - Silver (100m)
- 2014 Commonwealth Games – 9 (100m), DNF (4x100m)
- 2020 Olympic Games – Silver (4x100m relay), 6 (200m)
- 2016 Olympic Games – Bronze (4x100m relay), 31 (100m), 16 (200m)
- 2012 Olympic Games – 4 in SF (200m)
- 2015 Pan American Games – DQ (4x100m relay)
- 2019 World Athletics Championships - 8 (100m), 6 (200m), 6 in heat (4x100m)
- 2017 World Athletics Championships - 6 (4x100m)
- 2015 World Athletics Championships – Bronze (4x100m relay), 17 (100m), 27 (200m)
- 2013 World Athletics Championships – Bronze (4x100m relay), 13 (100m)

Fun Fact: Aaron collects mascot dolls from the meets at which he competes.

Complete Bio [Here](#)



Athlete Name: Jerome Blake

Sport/Event: 4x100m Relay

DOB: 08/18/1995

Hometown/Residence: Kelowna, BC

Club/Coach: Okanagan Athletics Club/ Dennis Mitchell

Social Media:

Twitter: @JeromeBlake11

Instagram: _jeromeblake

Website: <https://jeromeblake.ca/>

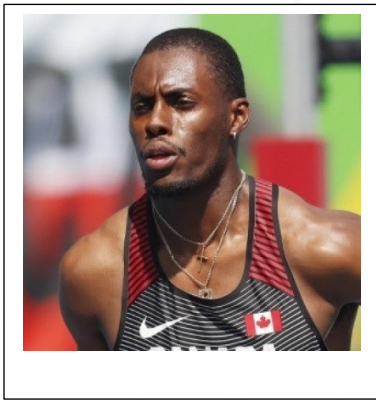
Career Highlights: Jerome Blake made his Olympic debut at Tokyo 2020 where he was a member of the 4x100m relay team that won silver as he ran the second leg in both the first round and the final. Blake made his international debut for Canada at the 2018 NACAC Championships in Toronto. He was named to the team after winning 200m silver while running a personal best 20.38 at the 2018 Canadian Championships. He finished fifth in the 200m at the NACAC Championships and won a gold medal with the 4x100m.

Major Competitions:

- 2020 Olympic Games - Silver (4x100m relay)
- 2019 Pan American Games - 6 (200m)
- 2019 Pan American Games - 4 (4x100m relay)
- 2018 NACAC Championships - Gold (4x100m relay)
- 2018 NACAC Championships - 5 (200m)

Fun Fact: Jerome's biggest role model is Muhammad Ali because he stood up for what he believes in.

Complete Bio [Here](#)



Athlete Name: Brendon Rodney
Sport/Event: 4x100m Relay
DOB: 04/09/1992
Hometown/Residence: Etobicoke, ON
Club/Coach: Unattached Ontario/ Jermaine Hamilton
Social Media:

Twitter: @RodneyGetEm
Instagram: buckkyjr

Career Highlights: Brendon Rodney is a two-time Olympic medallist in the 4x100m relay. In his Olympic debut at Rio 2016, he ran the third leg of the 4x100m relay that broke a 20-year-old national record to win bronze. He also competed in the 200m after winning the event at the 2016 Canadian Championships where he set a personal best time of 19.96 seconds, becoming just the second Canadian to run sub-20 seconds.

Major Competitions:

- 2014 Commonwealth Games - 7 in SF2 (200m), DQ (4x400m relay)
- 2020 Olympic Games – Silver (4x100m relay), 27 (200m)
- 2016 Olympic Games - Bronze (4x100m relay), 25 (200m)
- 2019 Pan American Games - 9 (200m), 4 (4x100m relay)
- 2015 Pan American Games - 9 (200m), DQ (4x100m relay)
- 2019 World Athletics Championships - 13 (200m), 8 (4x100m)
- 2017 World Athletics Championships - 35 (100m), 6 (4x100m relay)
- 2015 World Athletics Championships - Bronze (4x100m relay), 19 (200m)
- 2019 World Athletics Relays - 11 (4x100m)
- 2017 World Athletics Relays - Gold (4x200m relay)
- 2013 FISU Universiade - 5 (200m), DQ (4x100m relay), Gold (4x400m relay)

Fun Fact: Brendon enjoys playing Xbox and board games with teammates.

Complete Bio [Here](#)



Athlete Name: Malachi Murray
Sport/Event: 4x100m Relay
DOB: 03/18/2000
Hometown/Residence: Edmonton, AB
Club/Coach: Capital City Track Club/ Rob Fisher
Social Media:

Instagram: malmurray_

Career Highlights: Malachi Murray won 5th place in the 100m at the 2022 Bell Canadian Outdoor Championships at the McLeod Stadium in Langley. At the 2022 Pre World Championships Invitational, Foote Field, Edmonton he earned 5th place in the 100m. In addition to the Commonwealth Games, Malachi will compete in the 2022 Canada Summer Games in Niagara.

Major Competitions:

- 2022 Bell Canadian Outdoor Championships - 5 (100m)
- 2022 Pre World Championships Invitational - 5 (100m)

Complete Bio [Here](#)



Athlete Name: Michelle Harrison

Sport/Event: 100m

DOB: 12/06/1992

Hometown/Residence: Saskatoon, SK

Height/Weight (optional):

Club/Coach: Saskatoon Track Club / Jason Reindl

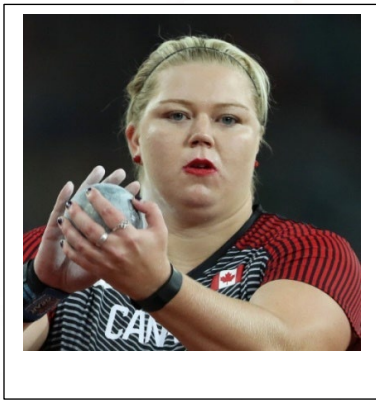
Social Media:

Career Highlights: Michelle won the silver medal at the 2022 Pre-World Championships invitation in Edmonton

Major Competitions:

- 2015 Universiade
- 2022 World Athletics Indoor Championships
- 2022 Pre World Championships Invitational Edmonton – Silver

Complete Bio [Here](#)



Athlete Name: Brittany Crew

Sport/Event: Shot Put

DOB: 03/06/1994

Hometown/Residence: Toronto, On

Height/Weight (optional):

Club/Coach: Unattached Ontario / Richard Parkinson

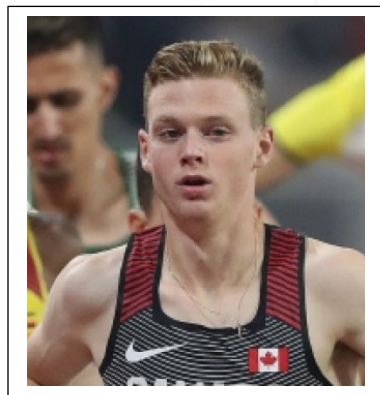
Social Media:

Career Highlights: At her past Commonwealth Games, Brittany won the bronze medal in Shot Put. In 2019, she participated in the Pan American Games and added a silver medal to her collection.

Major Competitions:

- 2018 Commonwealth Games – Bronze (Shot Put)
- 2020 Olympic Games
- 2016 Olympic Games – 18 (Shot Put)
- 2019 Pan American Games – Silver (Shot Put)
- 2019 FISU Universiade – 7 (Shot Put)
- 2017 FISU Universiade – Gold (Shot Put)
- 2015 FISU Universiade – Bronze (Shot Put)
- 2019 World Athletics Championships – 8 (Shot Put)
- 2017 World Athletics Championships – 6 (Shot Put)

Complete Bio [Here](#)



Athlete Name: John Gay

Sport/Event: 3000m Steeplechase

DOB: 11/07/1996

Hometown/Residence: Kelowna, BC

Height/Weight (optional):

Club/Coach: Vancouver Thunderbirds / Chris Johnson

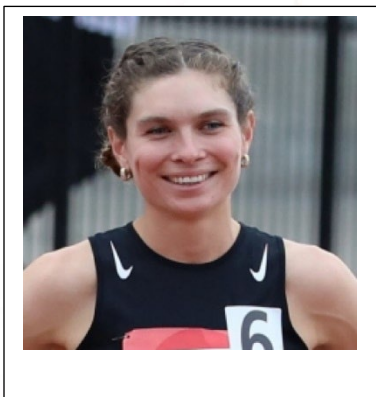
Social Media:

Career Highlights: John Gay participated in his first Olympic Games in the past 2020 Summer Games in Tokyo where he finished 15th.

Major Competitions:

- 2020 Olympic Games – 15 (3000m)
- 2019 World Athletics Championships – 32 (3000m)
- 2017 FISU Universiade – 10 (3000m)
- 2017 Jeux de la Francophonie – 4 (3000m)

Complete Bio [Here](#)



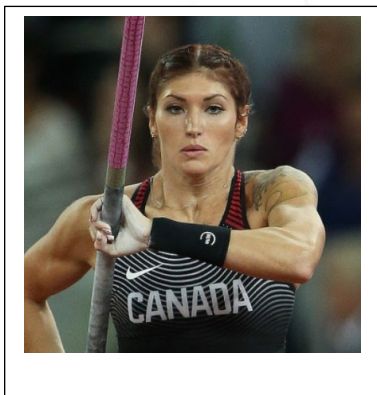
Athlete Name: Madeleine Kelly
Sport/Event: 800m
DOB: 12/28/1995
Hometown/Residence: Pembroke, ON
Height/Weight (optional):
Club/Coach: Royal City AC / Terry Radchenko
Social Media:

Career Highlights: Madeleine Kelly made her Olympic debut at the past summer Olympics in 2020 in Tokyo. She finished 31st in the 800m event.

Major Competitions:

- 2020 Olympic Games – 31 (800m)
- 2022 World Athletics Indoor Championships – 11 (800m)

Complete Bio [Here](#)



Athlete Name: Anicka Newell
Sport/Event: Pole Vault
DOB: 08/05/1993
Hometown/Residence: Saskatoon, SK
Height/Weight (optional):
Club/Coach: Project Athletics / Brookelyn Dickson
Social Media:

Career Highlights: Anicka participated at the past Commonwealth Games in 2018 at Gold Coast. She finished 7th in the Pole Vault.

Major Competitions:

- 2018 Commonwealth Games – 7 (Pole Vault)
- 2020 Olympic Games – NM in final → Not sure about this!!!! This is how it was written in the document
- 2016 Olympic Games – 29 (Pole Vault)
- 2017 World Athletics Championships – 12 (Pole Vault)
- 2018 NACAC Championships

Complete Bio [Here](#)

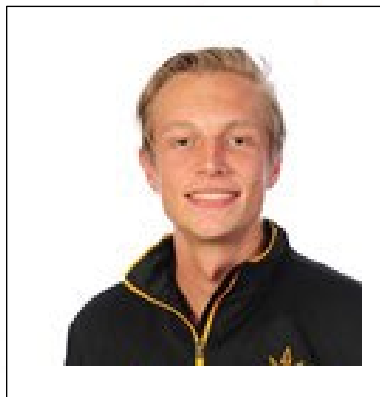


Athlete Name: Kaila Butler
Sport/Event: Hammer Throw
DOB: 07/16/1998
Hometown/Residence: Port Coquitlam, BC
Height/Weight (optional):
Club/Coach: Unattached / Derrick Vicars
Social Media:

Career Highlights: 2019 Universiade, 2022 NCAA

Major Competitions:

- 2019 Universiade
2022 NCAA Div. 1 Outdoor Championships – 13 (Hammer Throw)



Athlete Name: William Paulson

Sport/Event: 1500m

DOB: 11/17/1994

Hometown/Residence:

Club/Coach: Oregon Track Club Elite / Mark Rowland

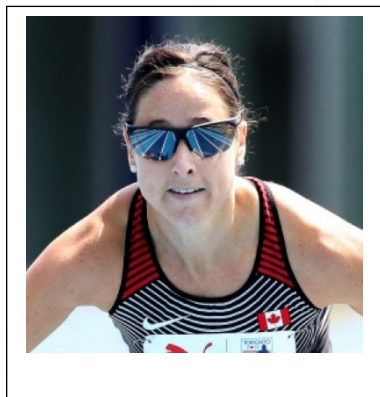
Social Media:

Career Highlights: In the 2019 Pan American Games, William Paulson won the bronze medal in the 1500m event.

Major Competitions:

- 2019 Pan American Games – Bronze (1500m)
- 2019 NCAA Championships – 5 (1500m)

Complete Bio [Here](#)



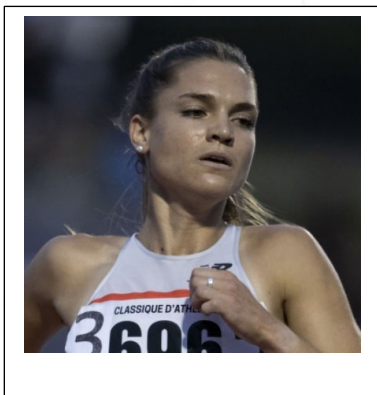
Athlete Name: Noelle Montcalm
Sport/Event: 400m
DOB: 04/03/1988
Hometown/Residence: Windsor, ON
Club/Coach: U Windsor AC / Don Garrod
Social Media:

Career Highlights: At the 2014 Commonwealth Games, Noelle participated in two events. The 400m hurdles and the 4x400 m relay. She won fifth place in both these vents.

Major Competitions:

- 2014 Commonwealth Games – 5 (400m hurdles) and 5 (4x400m Relay)
- 2020 Olympic Games – 26 (400m hurdles)
- 2016 Olympic Games – 18 (400m hurdles) and 4 (4x400m relay)
- 2017 World Athletics Championships – 33 (400m hurdles)
- 2013 World Athletics Championships – 24 (400m hurdles) and 11 (4x400m relay)
- 2017 World Athletics Relay – 9 (4x400m relay)
- 2014 World Athletics Relay – 11 (4x400m relay)
- 2018 NACAC Championships – 7 (400m hurdles)
- 2015 NACAC Championships – 4 (400m hurdles) and 4 (4x400m relay)

Complete Bio [Here](#)



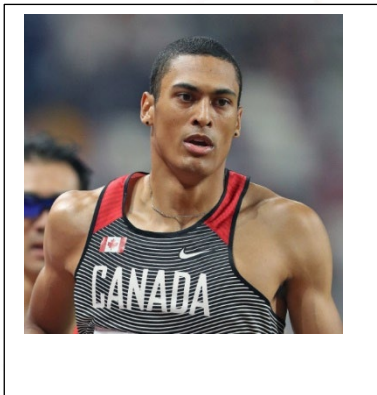
Athlete Name: Julie – Anne Staehli
Sport/Event: 5000m
DOB: 12/21/1993
Hometown/Residence: Lucknow, ON
Height/Weight (optional):
Club/Coach: New Balance Boston / Mark Coogan
Social Media:

Career Highlights: In 2014, Julie-Anne won the bronze medal at the NACAC Championships. She then participated in the 2020 Olympic Games in Tokyo where she finished 32nd in the 5000m event.

Major Competitions:

- 2020 Olympic Games – 32 (5000m)
- 2014 NACAC Championships – Bronze (3000m steeplechase)
- 2017 World Cross Country Championships – 58

Complete Bio [Here](#)



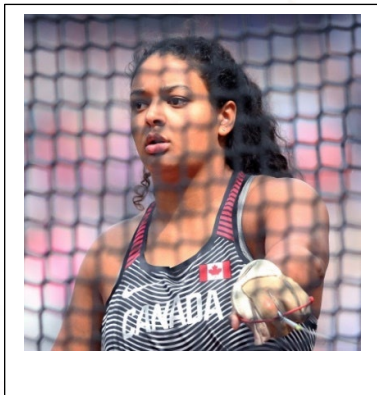
Athlete Name: Pierce LePage
Sport/Event: Decathlon
DOB: 01/22/1996
Hometown/Residence: Whitby, ON
Height/Weight (optional):
Club/Coach: Unattached Ontario/ Gregory Portnoy
Social Media:

Career Highlights: Pierce represented Canada at the 2020 Tokyo Olympic Games where he places 5th in the decathlon event. He also earned a Silver medal at the 2018 Commonwealth Games in Gold Coast.

Major Competitions:

- 2020 Tokyo Olympic Games – 5
- 2019 Pan American Games – Bronze
- 2019 World Athletics Championships – 5
- 2018 Commonwealth Games – Silver

Complete Bio [Here](#)



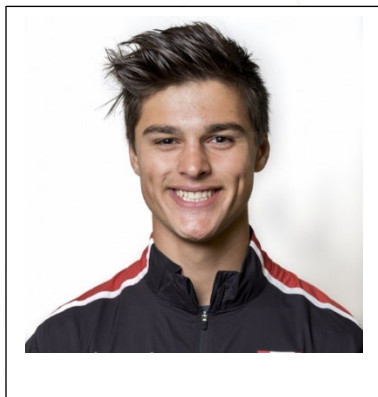
Athlete Name: Jillian Wier
Sport/Event: Hammer Throw
DOB: 02/09/1993
Hometown/Residence: Kingston, ON
Height/Weight (optional):
Club/Coach: Unattached Ontario/ Larry Steinke
Social Media:

Career Highlights: Jillian placed 19th at the 2020 Tokyo Olympic Games. She also represented Canada at the 2018 Commonwealth Games in Gold Coast.

Major Competitions:

- 2020 Tokyo Olympic Games – 19
- 2019 Pan American Games – 8

Complete Bio [Here](#)



Athlete Name: Rowan Hamilton

Sport/Event: Hammer Throw

DOB: 01/29/2000

Hometown/Residence: Chilliwack, BC

Club/Coach: Kajaks Track and Field Club / Garrett Collier

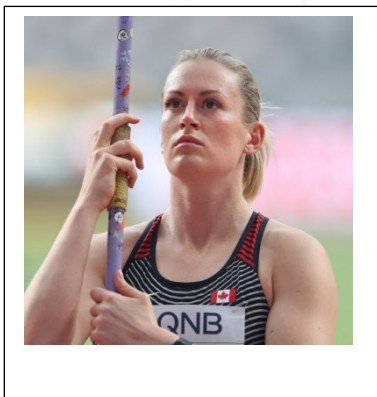
Social Media:

Career Highlights: Rowan won the 2022 Oregon Twilight and claimed a bronze medal at the 2022 Pre World Championships Invitational.

Major Competitions:

- 2022 Oregon Twilight – Gold
- 2022 Pre World Championships Invitational – Bronze
- 2017 Pan American U20 Championships – 7

Complete Bio [Here](#)



Athlete Name: Elizabeth Gleadle

Sport/Event: Javelin

DOB: 12/05/1988

Hometown/Residence: Vancouver, BC

Height/Weight (optional):

Club/Coach: Vancouver Thunderbirds/Larry Steinke

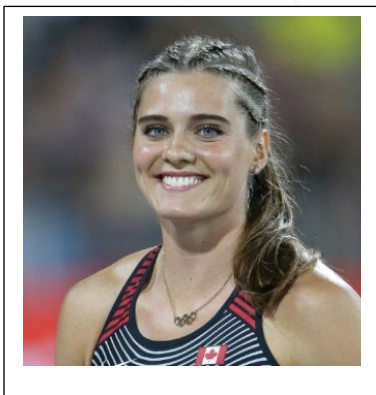
Social Media:

Career Highlights: Elizabeth represented Canada at the 2020 Tokyo Olympic Games where she placed 23rd in the javelin event. She also joined Team Canada at the 2018 Commonwealth Games where she placed 4th.

Major Competitions:

- 2020 Tokyo Olympic Games – 23
- 2019 Pan American Games – Silver
- 2019 World Athletics Championships - 16
- 2018 Commonwealth Games - 4
- 2014 Commonwealth Games – 5

Complete Bio [Here](#)



Athlete Name: Alysha Newman
Sport/Event: Pole Vault
DOB: 06/29/1994
Hometown/Residence: Delaware, ON
Height/Weight (optional):
Club/Coach: Bolton Pole Vault /Doug Wood
Social Media:

Career Highlights: Alysha competed in the pole vault event at the 2020 Tokyo Olympic Games and the 2016 Rio Olympic Games. She also won the pole vault event at the 2018 Commonwealth Games and earned a bronze medal for Team Canada at the 2014 Commonwealth Games.

Major Competitions:

- 2020 Tokyo Olympic Games
- 2019 Pan American Games – Bronze
- 2019 World Athletics Championships - 5
- 2018 Commonwealth Games – Gold
- 2016 Rio Olympic Games – 17

Complete Bio [Here](#)



Athlete Name: Malik Metivier

Sport/Event: 400m

DOB: 10/09/1998

Hometown/Residence: Toronto, ON

Height/Weight (optional):

Club/Coach: Monte Cristo / Godfrey James

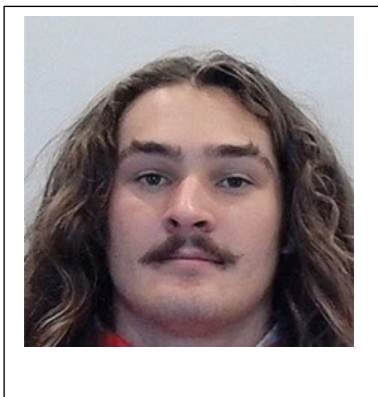
Social Media:

Career Highlights: Malik earned a silver medal at the 2022 NCAA Div. I Outdoor Championships.

Major Competitions:

- 2022 NCAA Div. I Outdoor Championships – Silver (400 metres hurdles)
- 2018 Toronto NACAC Championships – 6 (400 Metres Hurdles)

Complete Bio [Here](#)



Athlete Name: Ethan Katzberg

Sport/Event: Hammer Throw

DOB: 04/05/2002

Hometown/Residence Nanaimo, BC

Height/Weight (optional):

Club/Coach: Kamloops Track and Field/Dylan Armstrong

Social Media:

Career Highlights: Ethan won the 2022 Oregon Relays. He also placed 5th at the 2022 Edmonton Pre World Championships Invitational.

Major Competitions:

- 2022 Oregon Relays, Hayward Field – Gold
- 2022 Edmonton Pre World Championships Invitational – 5
- 2021 World Athletics U20 Championships – Finalist

Complete Bio [Here](#)

Para Athletics



Athlete Name: Alexandre Dupont

Sport/Event: Para Athletics / 1500m (T54)

DOB: 09/03/1985

Hometown/Residence: Clarenceville, QC

Club/Coach: Saint-Laurent Sélect / Rick Reelie

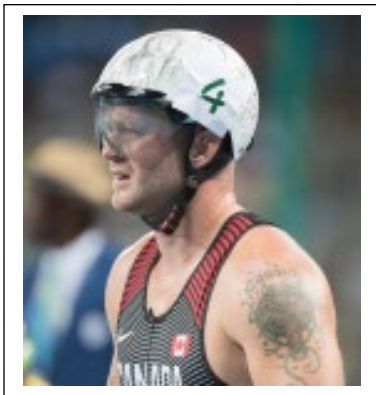
Social Media:

Career Highlights: 2018 Athlete Ambassador Paralympian Search in Montreal, Gold medal in 1500m at 2018 Commonwealth Games. Four-time world championship team member (2013-2019).

Major Competitions:

- 2018 Commonwealth Games – Gold (1500m)
- 2014 Commonwealth Games - Bronze
- 2016 Paralympic Games – Bronze (4x400m relay)
- 2012 Paralympic Games – Bronze (1500m)
- 2019 World Championship –
- 2013 World Championship – Gold (4x400 relay)
- 2011 World Championship – Bronze (4x400m relay)

Complete Bio [Here](#)



Athlete Name: Josh Cassidy

Sport/Event: Para Athletics / 1500m, Marathon (T54)

DOB: 11/15/1984

Hometown/Residence: Port Elgin, ON

Club/Coach: Ottawa Lions / Amanda Fader

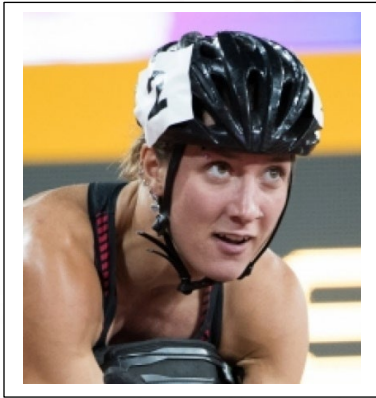
Social Media:

Career Highlights: 2008, 2012, 2016 Paralympic Games. 2015 Parapan American Games. World's fastest marathon - 1:18:25 (Boston 2012). Winner 2012 Boston Marathon, 2010 London Marathon and 2012 Chicago Marathon. 2010 and 2014 Commonwealth Games. 2006, 2011, 2013, 2015, 2019 IPC World Championships.

Major Competitions:

- 2014 Commonwealth Games
- 2010 Commonwealth Games
- 2016 Paralympic Games
- 2012 Paralympic Games
- 2008 Paralympic Games
- 2015 Parapan American Games
- 2012 Boston Marathon – Gold
- 2012 Chicago Marathon - Gold
- 2010 London Marathon – Gold

Complete Bio [Here](#)



Athlete Name: Jessica Frotten

Sport/Event: Para Athletics / 1500m (T53)

DOB: 04/23/1988

Hometown/Residence: Whitehorse, YK

Club/Coach: CYCLONES Athletics / Geoff Harris

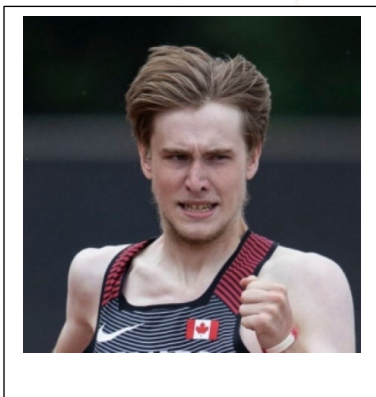
Social Media:

Career Highlights: 2020 Tokyo Paralympic Games, 2018 Commonwealth Games, 2017 and 2015 IPC World Championships. 2015 two bronze medals at Parapan American Games.

Major Competitions:

- 2018 Commonwealth Games
- 2020 Tokyo Paralympic Games
- 2015 Parapan American Games – 2x Bronze
- 2017 IPC World Championships
- 2015 IPC World Championship

Complete Bio [Here](#)



Athlete Name: Zachary Gingras

Sport/Event: Para Athletics / 100m (T38)

DOB: 07/30/2001

Hometown/Residence: Markham, ON

Club/Coach: unattached Ontario / Geoff Harris

Social Media:

Career Highlights: 2020 Paralympic Games, 2019 IPC World Championships 800m 8th, 2019 Parapan American Games 800m 2nd.

Major Competitions:

- 2020 Paralympic Games
- 2019 Parapan American Games – Bronze (800m)
- 2019 IPC World Championships – 8 (800m)



Athlete Name: David Johnson

Sport/Event: Para Athletics / 100m (T12)

DOB: 03/20/1999

Hometown/Residence: Victoria, BC

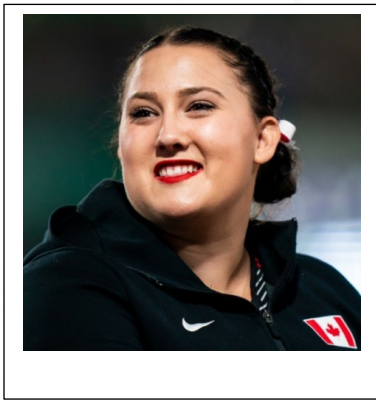
Club/Coach: Vic City Elite / Geoff Harris

Social Media:

Career Highlights: David Johnson made his major Games debut at the 2019 Parapan American Games in Lima.

Major Competitions:

- 2019 Parapan American Games

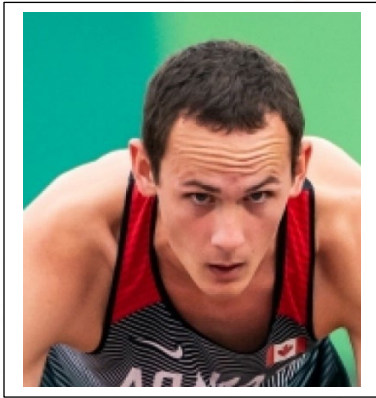


Athlete Name: Sarah Mickey
Sport/Event: Para Athletics / Shot Put (F55)
DOB: 07/10/1998
Hometown/Residence: Redcliff, AB
Club/Coach: CALTAF / Kim Cousins
Social Media:

Career Highlights: 4th in discus at 2019 Parapan American Games and 5th in 2019 IPC World Championships in discus.

Major Competitions:

- 2019 Parapan American Games – 4 (discus)
- 2019 IPC World Championships – 5 (discus)



Athlete Name: Thomas Normandeau

Sport/Event: Para Athletics / 100m (T47)

DOB: 07/30/1996

Hometown/Residence: Peace River, AB

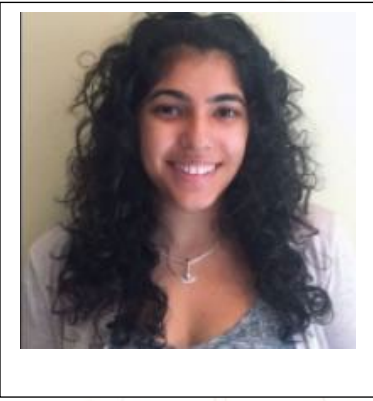
Club/Coach: Unattached British Columbia / Heather Hennigar

Social Media:

Career Highlights: 2020 Paralympic Games, 2019 Parapan American Games, IPC World Championships

Major Competitions:

- 2020 Paralympic Games
- 2019 Parapan American Games
- IPC World Championships

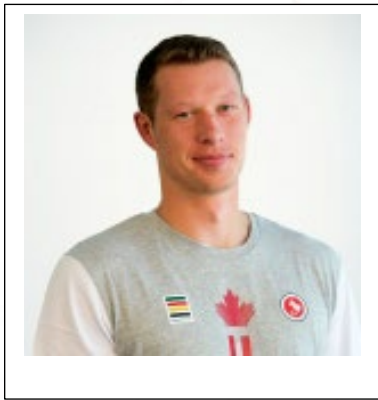


Athlete Name: Nandini Sharma
Sport/Event: Para Athletics / 1500m (T54)
DOB: 10/02/1997
Hometown/Residence: Brampton, ON
Club/Coach: Cruisers Sports / Lisa Myers
Social Media:

Career Highlights:

Major Competitions:

Fun Fact: She represented Canada in Para ice hockey at the 2016 Women's World Ice Sledge Hockey Festival in Skien, Norway.



Athlete Name: Tristan Smyth

Sport/Event: Para Athletics / 1500m and Marathon (T54)

DOB: 07/31/1986

Hometown/Residence: Lake Country, BC

Club/Coach: Vic City Elite / Geoff Harris

Social Media:

Career Highlights: 2014 and 2018 Commonwealth Games, 2016 Paralympic Games, 2017 and 2015 world championship team member and 2015 Parapan American Games.

Major Competitions:

- 2018 Commonwealth Games
- 2014 Commonwealth Games
- 2016 Paralympic Games – Bronze (4x400-m relay)
- 2015 Parapan American Games
- 2017 World Championships
- 2015 World Championships



Athlete Name: Natalie Thirsk

Sport/Event: Para Athletics / 100m (T38)

DOB: 11/18/2002

Hometown/Residence: Edmonton, AB

Club/Coach: Green and Gold / Taylor Ehrhardt

Social Media:

Career Highlights:

Major Competitions:

- 2018 Commonwealth Games
- 2014 Commonwealth Games
- 2016 Paralympic Games – Bronze (4x400-m relay)
- 2015 Parapan American Games
- 2017 World Championships
- 2015 World Championships

Overview on Coaches for Athletics:

Team Leader: Simon Nathan
Hometown: Ottawa, ON

Head Coach: Glenroy Gilbert
Hometown: Ottawa, ON

Para Lead: Carla Nicholls
Hometown: Regina, SK

Team Manager: Kristine Deacon
Hometown: Cambridge, ON

Team Coach: Charles Allen
Hometown: Toronto, ON

Team Coach: Geoff Harris
Hometown: Victoria, BC

Team Coach: Brett Lumley
Hometown: Windsor, ON

Team Coach: Mike Van Tighem
Hometown: Summerland, BC

Team Coach: Vickie Croley
Hometown: London, ON

Team Coach: Sheldon Gmitroski
Hometown: Victoria, BC

IST Lead: Ali Nagata
Hometown: Stouffville, ON

Team Physician: Dr. Sari Kraft
Hometown: Toronto, ON

IST (Physiotherapist): Brad Curry
Hometown: Victoria, BC

IST (Massage Therapist): Carolyn Daubeney
Hometown: Vancouver, BC

IST (Chiropractor): Elna Johnson
Hometown: Port Moody, BC

IST (Massage Therapist): Al Bodnarchuk
Hometown: Saskatoon, SK

IST (Biomechanist): Dana Way
Hometown: Winnipeg Beach, MB

BADMINTON

Team Canada in Birmingham

Badminton Canada is coming off a record performance at the 2020 Tokyo Olympics, having qualified a record eight athletes to the Games, while being one of nine countries to be represented in each event. With four of five events placing with a top 16 finish, Team Canada's badminton athletes look to build on their momentum and make an impact at the Commonwealth Games this summer.

The team will be coached by an experienced team at these Games including Head Coach Mike Butler.

The eight athletes were selected based on their performance results between September 2021 and June 2022. The 2022 team includes several returning Commonwealth Games team members, among them, 2014 Commonwealth Games Gold Medalist in Women's Singles, Michelle Li. In addition, rising star Brian Yang will look to make his mark in Men's Singles after being the youngest to compete in the event at the 2020 Tokyo Olympics. The Women's Doubles pair of Rachel Honderich and Kristen Tsai look for a strong performance after a heartbreaking loss in the group stage at the 2021 Olympic Games, losing to the eventual silver medalists in extra points in the third.

Dates

July 29 – August 7, 2022

Venue(s):

Nec Hall 5, Birmingham.

Number of events:

Six events — Single and Doubles for men and women. Doubles and Team for Mixed events

HISTORY

Variations of racket sports have been played for centuries throughout the world. In India in the mid-19th century, English army officers played a local racket game called "Poona," which caught on quickly when they brought it back to England. In 1873, as the story is told, a group of Poona players at the Duke of Beaufort's estate in Badminton, England, were forced inside by rain and decided to adapt Poona rules to indoor play. The first rules were drafted, laying the foundation for the sport of badminton as we know it today. Badminton was introduced to Canada by British troops in the late 19th century. First played in an organized manner in Ottawa, the sport quickly grew in popularity. In 1907, the Montreal Tennis and Badminton Club were formed. By 1914, the first club championships were held and, in 1921, the Canadian Badminton Association was formed. In 1934, Canada was a founding member of the International Badminton Federation (IBF) along with Denmark, England, France, the Netherlands, Ireland, New Zealand, Scotland and Wales. The IBF is now known as the Badminton World Federation. According to Statistics Canada, over two million people play a form of recreational badminton annually. Badminton is a core sport at the Commonwealth Games for men and women, which made its debut in Kingston in 1966. The 2018 Commonwealth Games feature some of the world's top badminton nations, including Malaysia, England, Singapore, and India.

OVERVIEW

Badminton is the world's fastest racket sport. The flight of the shuttlecock, a simple missile of cork and goose feather, has been recorded at speeds of 260 kilometres an hour. Players also need great stamina, as they have been

known to cover more than six kilometres in a single match. 52 Badminton is played between two or four athletes. To score a point, badminton players hit the shuttlecock with their rackets in an attempt to make the shuttlecock land on their opponent's court. Games are played to 21 points. You must win a game by at least two points, and there is a point cap of 30. The player or team that wins the best of three rounds takes the match. A coin is tossed before the first game to determine who will serve first. The winner of each rally scores a point, with the winner of the rally serving to start the next rally.

Equipment

The shuttlecock is made of a semi-spherical piece of cork coated with leather. On it are attached 16 goose feathers forming a cone. A shuttlecock must weigh between 4.74 and 5.50 g. A racket has the following parts: grip, head, shaft and strung area. It weighs between 85 and 100 g. Its length and width must not exceed 68 cm and 23 cm, respectively.

Field of Play

The court is a 13.40 m x 5.18 m rectangle for singles and a 13.40 m x 6.10 m rectangle for doubles. The same court is used for single and double contests, and only the line marks differ. The court is divided into two equal parts by a net attached to the posts at the height of 1.55 m.

For more information:

Badminton Canada

700 Industrial Avenue, Suite 401

Ottawa, ON K1G 0Y9

Tel: 613-748-5674

Email: info@badminton.ca

Website: www.badminton.ca

Twitter: [@canadabadminton](https://twitter.com/canadabadminton)

Badminton World Federation (BWF): www.internationalbadminton.org

Media attaché in Birmingham: Patrick Kenny – patrick@commonwealthsport.ca

Badminton Team for Birmingham

First	Last	Hometown	Event	Commonwealth Games
Brian	Yang	Richmond Hill, ON	Men's Singles	2018
Michelle	Li	Markham, ON	Women's Singles	2014 (Gold), 2018
Nyl	Yakura	Scarborough, ON	Men's Doubles	2018
Adam	Dong	Markham, ON	Men's Doubles	
Rachel	Honderich	Toronto, ON	Women's Doubles	2018
Kristen	Tsai	Vancouver, BC	Women's Doubles	2018
Ty	Lindeman	Edmonton, AB	Mixed Doubles	2018
Joséphine	Wu	Edmonton, AB	Mixed Doubles	

Athlete Information



Athlete Name: Josephine Wu
Sport / Event: Badminton, Team Event & Mixed Doubles
DOB: 01/20/1995
Hometown: Edmonton, AB.
Club / Coach: Modu Badminton / Roymond Kim
Social Media: Instagram: @josephinewuu

Career Highlights:

As a Junior National Team member, Josephine Wu represented Team Canada at the 2012 BWF World Junior Championships and the Pan Am Junior Badminton Championships from 2008 to 2013. In 2016, she won the Gold Medal in the Mixed Team event at the Pan Am Badminton Championships along with Gold Medals in the Women's Doubles in 2016 & 2017, and Gold in Mixed Doubles in 2018, 2019 and 2021 – ultimately winning Gold at the 2019 Lima Pan American Games. In June 2021, Wu was named to Canada's Olympic team for Tokyo Olympics. Most recently, she won Gold at the XXV Pan Am Individual Championships 2022 in Mixed Doubles and Silver in Women's Doubles.

Major Competitions:

- 2022 Pan American Championship – Gold (Mixed Doubles)
- 2022 Pan American Championship – Silver (Women's Doubles)
- 2021 Olympic Games – 9/16 – (Mixed Doubles)
- 2021 Pan American Championship – Gold (Mixed Doubles)
- 2019 Pan American Championship – Silver – (Women's Doubles)
- 2019 Pan American Championship – Gold (Mixed Doubles)
- 2019 Bulgarian Open – Gold (Mixed Doubles)
- 2019 Bulgarian Open – Silver (Women's Single)
- 2019 South Australia International – Gold (Mixed Doubles)
- 2019 YONEX/K&D Graphic International Series – Gold (Mixed Doubles)
- 2018 Pan American Championship – Silver (Women's Doubles)
- 2018 Pan American Championship – Gold (Mixed Doubles)
- 2018 Santo Domingo Open - Gold – (Women's Doubles)
- 2017 Pan American Championship – Gold (Women's Doubles)

Fun Fact: In her spare time, Josephine plays tennis, squash, and volleyball during the competitive season to keep in shape and enjoys hiking in the mountains during the off-season.



Athlete Name: Adam Dong
Sport / Event: Badminton / Team Event & Men's Doubles
DOB: 02/14/1994
Hometown: Suzhou, Jiangsu, China.
Club / Coach: Lions Badminton Club
Social Media:
Twitter: @AdamDong_bdmtn
Instagram: @adamdong214

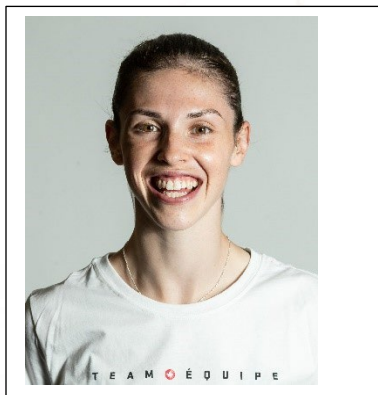
Career Highlights:

Adam Dong was born and started his career in China, where he picked up the racket at age of six. He was selected to the Jiangsu professional team at the age of 12, one of the greatest teams in the country. During his 14-year career in China, Adam won numerous awards including; the 7th China National Youth Games and was once considered one of China's most promising young men's doubles players. In 2014, Adam decided to move to Canada for academics. Adam won the Canadian Collegiate Athletic Association Nationals for three consecutive years in Men's Double from 2015 to 2017. On the international stage, Adam defeated Olympic representatives from Australia and the United States respectively at the Canada Open and the US Open in 2016. In 2021, Adam finished first in Men's Double at the XII Mexican International. Recently, he finished 3rd at XXV Pan Am Individual Championships 2022 in Men's Doubles.

Major Competitions:

- 2022 Pan Am Championship – Bronze (Men's Doubles)
- 2021 Mexican International – Gold (Men's Doubles)

Fun Fact: In addition to playing internationally, for the past few years, Adam has merged his passion and experience by coaching dozens of A-level players and some of Canada's National Team members.



Athlete Name: Rachel Honderich
Sport / Event: Badminton/ Team Event, Women's Doubles
DOB: 04/ 21/1996
Hometown: Toronto, ON.
Club / Coach: Canada Badminton Academy / Mario Santoso
Social Media:
 Twitter: @RHondo210
 Instagram: @rachelhonderich

Career Highlights:

Rachel Honderich has been one of the top-ranked women's individual and doubles players, and a regular contender in major international competitions. She has won numerous international titles since 2010 and has competed in all three events; Singles, Doubles and Mixed. Honderich won her first senior international title at the 2014 Czech International tournament in Women's Doubles partnered with Michelle Li. Honderich won her first gold medal at the Pan American Games in the Women's Doubles partnered with Kristen Tsai in 2019 Lima. In June 2021, Honderich was named to Canada's 2020 Olympic team. A veteran who competed at the 2014 and 2018 Commonwealth Games, she is ready to make an impact in 2022.

Major Competitions:

- 2022 Pan Am Championships – Gold (Women's Doubles)
- 2020 Olympic Games – 9/16 finish (Women's Doubles)
- 2021 Pan Am Championships – Gold (Women's Doubles)
- 2021 Scottish Open – Gold (Women's Doubles)
- 2019 Pan Am Championships – Gold (Women's Doubles)
- 2019 Pan American Games – Silver (Women's Singles)
- 2019 Pan American Games – Gold (Women's Doubles)
- 2019 Kharkiv International – Gold (Women's Doubles)
- 2019 Yonex Hungarian Championship – Gold (Women's Doubles)
- 2019 Yonex Belgian International – Silver (Women's Doubles)
- 2018 Brazil International – Gold – (Women's Single)
- 2018 Brazil International – Gold – (Women's Doubles)
- 2018 Pan Am Championships – Gold (Women's Doubles)
- 2018 Pan Am Championships – Silver (Women's Single)
- 2018 YONEX/K&D Graphic International Series – Gold (Women's Doubles)
- 2017 Pan Am Championships – Gold (Women's Singles)
- 2017 Pan Am Championships – Gold (Mixed Doubles)
- 2015 Pan American Games – Silver (Women's Singles)
- 2015 Pan American Games – Bronze (Women's Doubles)

Fun Fact: Rachel mentions being inspired by teammate Michelle Li for her ability to be one of the world's best players despite people believing that a Canadian could never be at the top.



Athlete Name: Michelle Li

Sport / Event: Badminton / Team Event, Women's Singles

DOB: 11/03/1991

Hometown: Markham, ON.

Club / Coach: Not Affiliated – Chao-Yu Kan

Social Media:

Twitter: @miichelleli

Instagram: @michellemsli

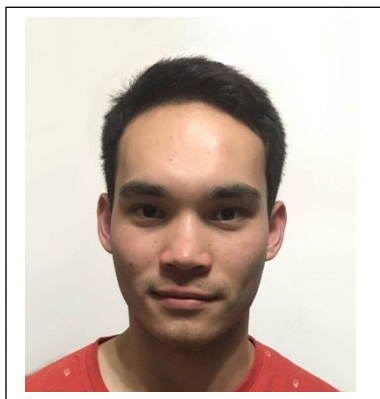
Career Highlights:

Michelle Li is the most successful Canadian female badminton player ever. She began at the Canada Games in 2007 and 2011, winning Gold in both the Women's Singles and Doubles events in her second appearance. In 2011 she made her debut at the Pan Am Games where she was also a double gold medal. Her doubles partner, Alex Bruce, with whom Li had a breakthrough at the London 2012 Olympic Games when they finished fourth, by far Canada's best-ever Olympic result in badminton. Li successfully defended her Singles Gold Medal at the Pan Am Games in 2015, where she also won Women's Doubles Bronze with Rachel Honderich. She returned to the Olympic Games at Rio 2016 and ranked 2nd in the group stage of women's singles. She took a year off due to injury and returned in 2018 in pursuit to qualify for her third Olympic Games in Tokyo. However, Li's most notable highlight is in 2014 when she became the first Canadian woman to ever win badminton Singles Gold at the Commonwealth Games.

Major Competitions:

- 2021 Pan American Championship – Gold (Women's Singles)
- 2020 Olympic Games – 9/16 Finish (Women's Singles)
- 2019 Pan American Championship – Gold (Women's Singles)
- 2019 Pan American Games – Gold (Women's Singles)
- 2019 Yonex Chinese Taipei – Gold (Women's Singles)
- 2019 Macau Open – Gold - Women's Singles)
- 2018 Pan American Championship – 1st place (Women's Singles)
- 2018 Macau Open – Gold (Women's Singles)
- 2017 Peru International – 1st place (Women's Singles)
- 2017 US Open – Silver (Women's Singles)
- 2017 Dutch Open – Silver (Women's Singles)
- 2016 Olympic Games – 9/16 (Women's Singles)
- 2016 Canada Open – Gold (Women's Singles)
- 2015 Canada Open – Gold (Women's Singles)
- 2015 Pan American Games – Gold (Women's Singles)
- 2014 Commonwealth Games – Gold (Women's Singles)
- 2012 Olympic Games – 9/16 finish (Women's Doubles)

Fun Fact: Although born in Hong Kong, Michelle grew up in Canada and started playing badminton at the age of 11.



Athlete Name: Ty Lindeman

Sport / Event: Badminton / Team Event, Mixed Doubles

DOB: 09/15/1997

Hometown: Edmonton, AB

Club / Coach: Modu Badminton Club / Roymond Kim

Social Media:

Twitter: @TyLindeman

Instagram: @tylindeman

Career Highlights:

In 2015, Ty Alexander Lindeman represented Alberta and competed at the 2015 Canada Games. Lindeman has won two U23 national titles in 2016 for Men's Doubles with Austin Bauer and Mixed Doubles with Takeisha Wang. In 2017, Lindeman won Silver at the Pan Am Championships for Men's Doubles once again with Bauer. Post-pandemic, Lindeman has found a new event with a familiar teammate, Josephine Wu. The pair are taking the event by storm, winning the 2021 Pan Am Championships and qualifying for the 2022 Commonwealth Games. A returning veteran from 2018 where he competed at the Commonwealth Games in Gold Coast, Australia; Lindeman looks to build on his experience with his sights set on Paris 2024.

Major Competitions:

- 2022 Pan Am Championship – Gold (Mixed Doubles)
- 2021 Guatemala International Series – Gold (Men's Doubles)
- 2021 Guatemala International Series – Gold (Mixed Double)
- 2018 Pan Am Championships – Gold (Mixed Doubles)
- 2018 Commonwealth Games – (Team Event)
- 2018 Commonwealth Games – (Men's Doubles)
- 2017 Pan Am Championships – Silver (Men's Doubles)

Fun Fact: Tennis star Roger Federer has had a great influence on Ty.



Athlete Name: Kristen Tsai

Sport / Event: Badminton / Team Event, Women's Doubles

DOB: 07/11/1995

Hometown: Vancouver, B.C.

Club / Coach: Canada Badminton Academy & ClearOne Richmond / Mario Santoso & Darryl Yung

Social Media: Instagram: @kristentsaii

Career Highlights:

Kristen Tsai is a Taiwanese-born Canadian badminton player. She became the first Canadian ever to make it to the quarterfinals at the World Junior Championships. She won her first Pan Am Championships title in 2012 in the Women's Singles event, and shortly after spent a full four years – between 2013 and 2017– away from international competition. Her return came in 2018, when she competed at the Commonwealth Games in Gold Coast, Australia. Tsai would later win Gold at the Pan American Games in Women's Doubles with current partner, Rachel Honderich. In 2021, she captured her fourth Pan Am Championships title by winning the Women's Doubles event, and was named to Canada's Olympic Team.

Major Competitions:

- 2022 Pan Am Championships – Gold (Women's Doubles)
- 2021 Olympic Games – 9/16 finish (Women's Doubles)
- 2021 Pan Am Championships – Gold (Women's Doubles)
- 2021 Scottish Open – Gold (Women's Doubles)
- 2019 Pan Am Championships – Gold (Women's Doubles)
- 2019 Pan American Games - Gold (Women's Doubles)
- 2019 Pan American Games – Silver (Mixed Doubles)
- 2019 Kharkiv International – Gold (Women's Doubles)
- 2019 Yonex Belgian Championship – Gold (Women's Doubles)
- 2019 Yonex Hungarian Championship – Gold (Women's Doubles)
- 2019 YONEX/K&D Graphic International Series – Gold (Mixed Doubles)
- 2018 Pan Am Championship – Gold – Women's Doubles
- 2018 Pan Am Championship – Gold – Gold (Mixed Doubles)
- 2018 YONEX/K&D Graphic International Series – Gold (Women's Doubles)
- 2017 Yonex/K&D Graphics International Challenge – Gold (Women's Doubles)
- 2017 Yonex/K&D Graphics International Challenge – Gold (Mixed Doubles)
- 2013 Peru International – Gold (Women's Singles)
- 203 Peru International – Silver (Women's Doubles)

Fun Fact: Although a fierce competitor, Kristen lists airplanes, heights, the dark, spiders, and injuries as things that scare her.



Athlete Name: Nyl Yakura

Sport / Event: Badminton / Team Event, Men's Doubles

DOB: 02/14/1993

Hometown: Pickering, ON.

Club / Coach: KC Badminton Club / Kevin Cao

Social Media:

Twitter: @nylyakura

Instagram: @nylyakura

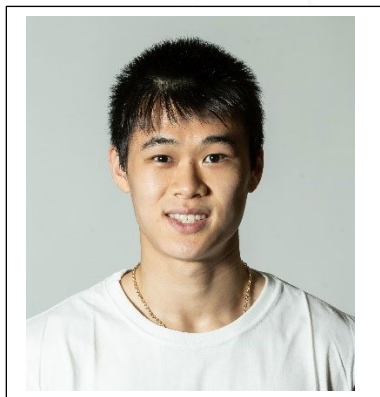
Career Highlights:

Nyl Yakura grew up in Pickering, Ontario and currently lives in Toronto. Yakura has been part of Canada National Team for several years competing in Men's Doubles and Mixed Doubles. Yakura is a returning veteran after competing at the 2018 Commonwealth Games in Australia, he now qualifies in 2022 with new partner, Adam Dong. Yakura brings talents and experience, winning Gold and Silver at the 2019 Lima Pan American Games in the Men's and Mixed doubles events respectively, along with qualifying into Canada's Olympic Team with partner Jason Ho-Shue in 2021. Yakura looks to lead his new partner and fellow team members to some breakout performances in Birmingham.

Major Competitions:

- 2022 Pan Am Championships – Bronze (Men's Doubles)
- 2021 Pan Am Championships – Silver (Men's Doubles)
- 2021 Mexican International – Gold (Men's Double)
- 2020 Olympic Games – 9/16 finish (Men's Doubles)
- 2019 Pan Am Championships – Gold (Men's Doubles)
- 2019 Pan American Games - Gold – (Men's Doubles)
- 2019 Pan American Games - Silver – (Mixed Doubles)
- 2019 YONEX/K&D Graphic International Series – Silver – (Men's Doubles)
- 2018 Pan Am Championships – Gold – (Men's Doubles)
- 2018 Pan Am Championships – Silver – (Mixed Doubles)
- 2018 Brazil International – Gold – (Men's Doubles)
- 2017 Pan Am Championships – Gold – (Men's Doubles)
- 2017 Pan Am Championships – Silver – (Mixed Doubles)
- 2017 Mexicano International – Gold – (Men's Doubles)
- 2016 Pan Am Championships – Gold – (Men's Doubles)
- 2016 Pan Am Championships – Gold – (Mixed Doubles)

Fun Fact: Some of Nyl's greatest comforts are bubble tea and watching big tournaments live on YouTube.



Athlete Name: Brian Yang
Sport / Event: Badminton / Team Event, Men's Singles
DOB: 11/25/2001
Hometown: Richmond Hill, ON.
Club / Coach: E-Badminton Training Centre / Efendi Wijaya

Career Highlights:

Brian Yang is a rising star for international badminton. At only 19 years old, Yang qualified for the Men's Singles event at the 2020 Tokyo Olympics – making him the youngest player in the field. Identified by the Badminton World Federation as a rising star in the sport, Yang brings a tremendous amount of talent and potential to the team. In his younger days, he was a top-25 (21st) in junior world rankings, and the youngest male ever to win a Senior National Championship title. At every stage, Brian has excelled; he has won countless Junior Pan Am Championship titles in all three events, he represented Canada in the 2018 Commonwealth Games, has been part of every major BWF and Games event since 2018 and is a 2019 Pan American Games Silver medalist in Men's Singles. Yang continues to develop, defeating and contesting players in the top 10 in his field – he looks to make an impact at the 2022 Commonwealth Games and claim his spot amongst the world's best.

Major Competitions:

- 2022 Pan Am Championship – Silver (Men's Singles)
- 2021 Olympic Games – 17/32 finish (Men's Singles)
- 2021 Peru International – Gold (Men's Singles)
- 2021 Pan Am Championships – Gold (Men's Singles)
- 2021 Victor Denmark Masters – Gold (Men's Singles)
- 2019 Peru International – Gold (Men's Singles)
- 2019 Pan Am Games – Silver (Men's Singles)
- 2019 Santo Domingo Open – Gold (Men's Singles)
- 2019 Suriname International – Gold (Men's Singles)
- 2019 Turkey Open – Silver (Men's Singles)
- 2018 San Salvador International – Gold (Men's Singles, (Mixed Doubles)
- 2017 Suriname International – Gold (Men's Singles)
- 2017 Guatemala International Junior – Gold (Men's Singles)
- 2017 Guatemala International Junior – Gold (Mixed Doubles)
- 2017 Pan American Junior Championships – Gold (Men's Singles)
- 2017 Pan American Junior Championships – Gold (Mixed Doubles)

Fun Fact: Brian counts Malaysian legend Lee Chong Wei as an inspiration for his work ethic on and off the court as well as his humble attitude.

Overview on Coaches:

Coach Name: Mike Butler

Sport/Event: Badminton

Role: Head Coach

Hometown: Saint John, NB

Coach Name: Roymond Kim

Sport/Event: Badminton

Role: Ass. Coach

Hometown: Edmonton, AB

BASKETBALL 3x3

Team Canada in Birmingham

Eight athletes from two teams – one Women's and one Men's - make up this year's Commonwealth Games Basketball 3x3 Canadian representatives.

Fresh off a gold medal with Canada at the inaugural GLOBL JAM, an international U23 tournament featuring some of the game's rising stars, Taya Hanson, Rosalie Mercille, Sarah Te-Biasu, and Tara Wallack will now turn their focus to 3x3. With over 90 combined games in the red and white, the four players are more than familiar with representing Canada on the international stage. Prior to this year, Hanson and Te-Biasu played together for Canada at the FIBA U19 Women's Basketball World Cup 2019 where Canada finished sixth, while Mercille and Wallack previously teamed up at both the FIBA U16 Americas Women's Championship 2019, as well as the FIBA U19 Women's Basketball World Cup 2021.

Canada's men's team will be led by 3x3 veteran Alex Johnson, who is currently the second-ranked Canadian and ranked 125th in the world according to the FIBA 3x3 Individual Rankings. Johnson previously played alongside teammate Bikramjit Gill, ranked third in Canada, at the inaugural FIBA 3x3 AmeriCup 2021 where the team finished fifth. He also has previously teamed up with Jordan Jensen-Whyte at several events, including the FIBA 3x3 Olympic Qualifying Tournament 2021 and several FIBA World Tour and Challenger events as a previous member of Team Edmonton. Adam Paige, who is currently playing for the Fraser Valley Bandits in the Canadian Elite Basketball League, rounds out the team and will make his much-anticipated 3x3 debut at the Games.

This is Basketball 3x3's first ever appearance at the Commonwealth Games. The more familiar 5x5 version of the game has been contested twice at the Games, first in Melbourne in 2006, and again on the Gold Coast in 2018.

In advance of the Games, both Canadian teams will participate in a four-team exhibition tournament, July 25-26 in Birmingham where they'll face England, Australia, and New Zealand.

Dates

July 29 – August 2, 2022

Venue(s):

Smithfield, Birmingham

Number of events:

Two - One men's tournament and one women's tournament

Number of Teams:

Eight – Women

Eight – Men

HISTORY

Basketball emerged from the mind of a school gym teacher and has since bounced its way throughout the world, settling in countries from Argentina to Angola to Korea. The game was invented in 1891 by Canadian gym teacher James Naismith – known to many as the founder of Basketball. The chairman of the School for Christian Workers (now Springfield College) in Springfield, Massachusetts, instructed Naismith to create a new game to entertain students during the winter months.

athletes in the winter. 60 He gathered 18 athletes, divided them into two teams and gave them a soccer ball. Each team tried to get the ball into peach baskets placed at either end of the gymnasium. Basketball is most popular in North America, Europe, and South American countries. The sport was first introduced into the Summer Olympics in 1904 as a demonstration but has been in every Olympics since 1936. 2018 will be the sport's second Commonwealth Games – it was introduced in the 2006 Melbourne games, with Australia taking home gold. The 2022 Commonwealth Games will mark the debut for the 3x3 basketball competition.

OVERVIEW

The 2022 Commonwealth Games will mark debut of 3x3 basketball at the Commonwealth Games. The much-anticipated competition will showcase the fast and furious game to a new audience.

The Basketball 3x3 (BK3) competition at the Birmingham 2022 Commonwealth Games (B2022) will be held from Friday 29 July (day 1) - Tuesday 02 August (day 5) at Smithfield.

Equipment

The game is played with a spherical ball with an inflatable inner rubber, wrapped in layers of fibre then covered in leather or a synthetic composite. It is often a shade of orange with black "ribs" that run across the ball. The men's official size has a circumference of 74-76 cm and a weight of 567-650 g. The women's official size has a circumference of 72-74 cm and a weight of 510-567 g.

Rules

The referee tosses up the ball to start the game while one player from each team jumps to gain possession of the ball. The loser of the jump ball then acquires possession in the following jump-ball situation – possession alternates from there. When a player has the ball, he/she has to dribble it while moving, and once he/she stops and holds it, he/she cannot dribble again in that same possession. When one team has the ball, the players have 24 seconds to make a shot, but they only have 14 seconds to take another shot if they shoot and recover the rebound.

Scoring a Point

Each team must get the ball through their opponent's basket to score points. The team will be awarded between one to three points per shot depending on the situation: one point for a free throw; two for a field goal from within the three-point line; three for a field goal from outside the three-point line.

Competition Information

B2022 will host the sport of Basketball 3x3 in a total number of two medal events. The men's and women's competitions follow the same format and rules.

Both competitions begin with the preliminary round. The eight teams are divided into two pools of four teams. Each team consists of four athletes.

Each match consists of one period of ten minutes regular playing time. The first team to score 21 points, or the team leading after regular playing time, is the winner. If the teams are tied at the end of regular time, overtime will be used to determine a winner after a 1-minute interval. The first team to score two points in overtime is declared the match winner.

Two sessions will take place each day of competition.

Scoring a Point

Each team must get the ball through their opponent's basket to score points. The team will be awarded between one to three points per shot depending on the situation: one point for a free throw; two for a field goal from within the three-point line; three for a field goal from outside the three-point line.

For more information:

Canada Basketball

1 Westside Drive, Suite 11

Etobicoke, ON M9C 1B2

Email: info@basketball.ca

Website: www.basketball.ca

Twitter: @CanBball

Media attaché in Birmingham: Caroline Sharp - caroline.sharp@athletics.ca

Basketball 3x3 Team for Birmingham

Canada's Women's Basketball 3x3 team which will represent Canada at the Birmingham 2022 includes:

First	Last	Hometown	School
Taya	Hanson	Kelowna, BC	University of Oregon (NCAA)
Rosalie	Mercille	St-Jean-Sur-Richelieu, QC	Cégep de Saint-Jean-sur-Richelieu (CEJEP)
Sarah	Te-Biasu	Montreal, QC	Virginia Commonwealth University (NCAA)
Tara	Wallack	Surrey, BC	Washington State University (NCAA)

Canada's Men's Basketball 3x3 team which will represent Canada at the Birmingham 2022 includes:

First	Last	Hometown	Club/Team
Bik	Gill	Toronto, ON	Gurugram Masters (India)
Jordan	Jensen-Whyte	Calgary, AB	London Lightning (NBL)
Alex	Johnson	Toronto, ON	Team Chicago (FIBA 3x3)
Adam	Paige	Surrey, BC	Fraser Valley Bandits (CEBL)

Athlete Information: (To come...)

Photo

Athlete Name:
Sport/Event:
DOB: *Month DD, YYYY*
Hometown/Residence:
Height/Weight (optional):
Club/Coach:
Social Media:

Career Highlights:

Major Competitions:

Fun Fact:

Overview on Coaches:

Coach Name: Erin McAleenan
Sport/Event: Basketball 3x3
Role: Coach
Hometown: Sussex, N.B.

Coach Name: Darcy Coss
Sport/Event: Basketball 3x3
Role: Coach
Hometown: Winnipeg, MB

BEACH VOLLEYBALL

Team Canada in Birmingham

Four athletes from two teams (one per gender) make up this year's Commonwealth beach volleyball Canadian team, including the defending Games gold medalists Melissa Humana-Paredes and Sarah Pavan.

The pair just recently won a gold medal on the Beach Pro Tour in Latvia and competed at the World Championship in Rome, where they finished fifth.

The men's team is Sam Schachter, who earned a silver at the 2018 Games with Sam Pedlow, and his new partner, Dan Dearing, who will be experiencing his first Commonwealth Games.

These Games mark the second time that beach volleyball is included in the program. The Canadian men's team will be facing teams from Gambia, St Kitts & Nevis and Sri Lanka in pool A; and the women will go up against New Zealand, Kenya and Ghana also in pool A. The tournament will be held from July 28 to Aug. 8 at the Smithfield venue, which also host the basketball 3x3 competitions.

Dates

July 30 – August 3, 2022

Venue(s):

Smithfield, Birmingham

Number of events:

Two - One Men and One Women

Number of Teams:

12 – Women

12 – Men

HISTORY

According to a local canoe club member, sand volleyball originated in 1915 on Waikiki Beach in Hawaii. While that was the first recorded game of beach volleyball, the official designated beach volleyball areas surfaced in 1920 in Santa Monica, California. The first permanent nets appeared, and recreational games became common along the beach with families playing six-on-six volleyball. In 1947, the first official 2-man tournament was played in State Beach, CA. The sport came to Canada in the late 1950s as a leisure activity along the shores of Lake Ontario. Toronto's Balmy Beach Club was one of the early adopters of the sport, organizing sixes, fours and triples tournaments where players competed for various prizes. Beach Volleyball is dominated by the warmest countries like Brazil and the United States but has also generated attention worldwide – countries like Vanuatu and England will be participating at the 2018 Gold Coast Commonwealth Games. The sport made its Olympic debut in 1996 and has been in every game since, but 2018 will be the sport's first appearance at the Commonwealth Games.

OVERVIEW

Beach volleyball is a team sport played by two teams of two players on a sand court divided by a net. The game's objective is to send the ball over the net and onto the ground on the opponent's side of the court while preventing the opponent from doing the same.

Equipment

The ball is spherical made of a flexible material suitable for the outdoors. It has a circumference of 66-68 cm and a weight of 260-280 g. 74 A player's equipment consists of shorts or a bathing suit and a jersey or tank-top. Teams must also wear uniforms of the same colour and style.

The Playing Surface

The surface must be composed of levelled sand, made as flat and uniform as possible. The court is a rectangle measuring 18 x 9 m, surrounded by a free zone that is a minimum of 5 m and a maximum of 6 m wide on all sides in international competition. There must also be a minimum of 12.5 m in height from the playing surface.

Rules

Each team has three hits for returning the ball. The ball is put in play with service: hit by the server over the net to the opponents. The rally continues until the ball is grounded on the playing court, goes out of bounds, or a team fails to return it properly. The team that wins a rally scores a point. When the receiving team wins a rally, it gains a point and the right to serve. The serving player must be alternated every time this occurs.

How to Win

The winning team is the one that wins two sets first. A set is won by scoring 21 points before the other team, with a minimum lead of two points. If both teams win a set and are tied 1-1, the third and final set will be decided in 15 points instead.

For more information:

Volleyball Canada

1084 Kenaston St., Unit 1A
Ottawa, ON K1B 3P5
Email: info@volleyball.ca
Website: www.volleyball.ca
Twitter: @VBallCanada

International Volleyball Federation (FIVB): www.fivb.org

Media attaché in Birmingham: Jackie Skender - jskender@volleyball.ca

Beach Volleyball Team for Birmingham

First	Last	Hometown	Event	Commonwealth Games
Samuel	Schachter	Richmond Hill, ON	Beach Volleyball	Silver medallist (2018)
Daniel	Dearing	Toronto, ON	Beach Volleyball	
Sarah	Pavan	Kitchener, ON	Beach Volleyball	Champion (2018)
Melissa	Humana-Paredes	Toronto, ON	Beach Volleyball	Champions (2018)

Athlete Information



Athlete Name: Sarah Pavan
Sport/Event: Beach Volleyball
DOB: 08/16/1986
Hometown/Residence: Kitchener, ON Res: Hermosa Beach, California
Club/Coach: Srdjan Veckov
Social Media: @sarah_pavan (Instagram & TikTok) @SarahPavan (Twitter)

Career Highlights: Sarah was an All-American indoor player, winning the NCAA title in 2006 with University of Nebraska. She played for the Canadian National indoor team and switched to beach volleyball in 2013 first playing with Heather Bansley and now with Melissa Humana-Paredes. She is a 2x Olympian (2016, 2020), 2019 World Champion (first and only Canadian gold medal at Beach Worlds), and 2018 Commonwealth Games champion. Sarah Pavan and Melissa Humana-Paredes have consistently been among the world's top teams on the World Tour (now Beach Pro Tour) in the last several years as well as being recognized by their peers with many awards.

Major Competitions:

- 2020 Olympic Games – 5
- 2016 Olympic Games – 5 (with Bansley)
- 2022 Beach Volleyball World Championships – 5
- 2019 Beach Volleyball World Championships – Gold
- 2015 Beach Volleyball World Championships – 5 (with Bansley)
- 2018 Commonwealth Games (Gold Coast) – Gold

Full results database: <https://www.fivb.com/en/beachvolleyball/beachplayersdatabase/113895-sarah-pavan>

Fun Fact: Sarah comes from a volleyball family; her father Paul is a coach, and her mother Cindy and sister Rebecca were both on the national indoor team. Her husband Adam Schulz is a former player and is coach of the Canadian men's beach volleyball team at the 2022 Commonwealth Games.



Athlete Name: Melissa Humana-Paredes

Sport/Event: Beach Volleyball

DOB: 10/10/1992

Hometown/Residence: Toronto, ON

Club/Coach: Srdjan Veckov

Social Media: @melissahumanaparedes (Instagram) @melissa_hp10 (Twitter)

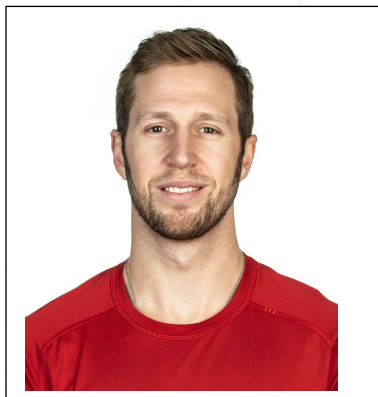
Career Highlights: Melissa has played volleyball and beach volleyball for most of her life! She was second at the Junior Beach Volleyball Worlds in 2011 (with Victoria Altomare) and third at Under 23 Worlds (with Taylor Pischke) in 2013. She also played on the indoor team for York University in Toronto. Melissa has played with beach partner Sarah Pavan since 2016, consistently reaching the podium and winning awards on the Beach World Tour (now Beach Pro Tour). She is 2019 World Champion (first and only Canadian gold medal ever at Beach Worlds) and 2018 Commonwealth Games champion.

Major Competitions:

- 2020 Olympic Games – 5
- 2022 Beach Volleyball World Championships – 5
- 2019 Beach Volleyball World Championships – Gold
- 2018 Commonwealth Games (Gold Coast) – Gold
- 2015 Pan American Games (Toronto) – 4 (with Taylor Pischke)

Full results database: <https://www.fivb.com/en/beachvolleyball/beachplayersdatabase/124979-melissa-humana-paredes>

Fun Fact: Her father, Hernan, coached the Canadian beach volleyball team in the 1996 Olympics (bronze medal). Her parents are originally from Chile; Hernan was a National Team volleyball player in that country and her mother, Myriam, was a ballet dancer (who now also resides in the Toronto area with Melissa's step-father Philip Whitcombe). Her brother Felipe also played beach volleyball for Canada.



Athlete Name: Sam Schachter
Sport/Event: Beach Volleyball
DOB: May 8, 1990
Hometown/Residence: Richmond Hill, ON
Social Media: @samschachter (Instagram)

Career Highlights Olympian Sam Schachter is a veteran of the Canadian beach volleyball team. He was a Junior World Champion in 2010 (with Garrett May), and won 2018 Commonwealth Games Silver (with then partner Sam Pedlow). This year, he has teamed up with Dan Dearing, who will be making his first Commonwealth appearance in Birmingham.

Major Competitions:

- 2016 Olympic Games – 19 (with Josh Binstock)
- 2018 Commonwealth Games – Silver (with Sam Pedlow)
- 2015 Pan American Games – 8 (with Josh Binstock)
- 2022 Beach World Championships (Rome) – 17
- 2019 Beach World Championships (Hamburg) – 17 (with Pedlow)
- 2015 Beach World Championships – 9 (with Binstock)

Full results database:

<https://www.fivb.com/en/beachvolleyball/beachplayersdatabase/120717-samuel-schachter>

Fun Fact: Sam is also an active volleyball coach in the Toronto area.



Athlete Name: Daniel Dearing
Sport/Event: Beach Volleyball
DOB: 1/13/1990
Hometown/Residence: Toronto, ON
Social Media: @dandearing (Instagram)

Career Highlights: This Games will be Dan's first Commonwealth experience. In the past, he won NORCECA (Continental) gold in 2014 with then partner Garrett May. Dan teamed up with Olympian Sam Schachter for the 2022 season.

Major Competitions:

- 2022 Beach World Championships (Rome) – 17

Full results database:

<https://www.fivb.com/en/beachvolleyball/beachplayersdatabase/125480-daniel-dearing>

Coaches for Beach Volleyball:

Coach Name: Srdjan Veckov
Sport/Event: Beach Volleyball
Role: Women's Coach
Hometown: Belgrade, Serbia

Coach Name: Adam Schulz
Sport/Event: Beach Volleyball
Role: Men's Coach
Hometown: Hermosa Beach, CA

BOXING

Team Canada in Birmingham

The six athletes (two women, four men) were selected based on their results at the 2020 Olympic Games and the 2022 AMBC Continental Championships. Four of the six boxers are in their first year on the Elite National Team. They will look to the leadership of their teammates, Tokyo 2020 Olympians Wyatt Sanford and Tammara Thibeault. Thibeault will be the sole boxer who also competed at the 2018 Commonwealth Games, where she earned a bronze medal.

On the women's side, Priyanka Dhillon is coming off a bronze medal performance at the 2022 AMBC Continental Championships, where she represented Canada for the first time. Tammara Thibeault is looking to improve on her previous Commonwealth Games experience, following a fifth-place finish at Tokyo 2020, a gold medal at the Continental Championships, and a gold medal at the 2022 IBA Women's World Boxing Championships.

The men are all coming off bronze medal performances at the 2022 Continental Championships. Keoma-Ali Al-Ahmadih will look to improve on his promising debut at the Continental Championships, while Sanford will be looking to redeem himself after a first-round exit at the Olympic Games.

At the 2018 Commonwealth Games, all seven boxers earned a medal (one silver and six bronze). Boxing Canada will look to continue their success and go for their first gold medal in the ring since 2014.

Dates

July 30 – August 4, 2022

Venue(s):

Nec Hall 1, Birmingham

Number of events:

16 - Ten Men's and six Women's

HISTORY

Boxing's deep roots in history are evident in the famous fresco of the two young boxers found on the Greek island of Santorini, circa 1600 B.C. the sport was introduced to the Olympic Games by the Greeks in the late 7th century B.C. At that time, Greek boxers used thongs of soft leather to bind their hands and forearms for protection. Later, in Roman gladiatorial matches, studs were added to the leather thongs, and the games often ended with the death of one contestant. These combats were so barbaric that they were eventually banned in 393 B.C. With the fall of the Roman Empire, boxing disappeared and reappeared in the 17th century in England. Modern competitive boxing owes a lot to the Marquis of Queensbury, who, in the 1860s, drew up a set of rules making boxing a safer sport. The Marquis' laws — which restricted where blows could land, limited rounds to three minutes and made padded gloves mandatory — are still in place today, with some modifications. Amateur bouts are shorter than professional boxing, and scoring rules are designed to favour the skillful boxer over the powerful fighter. Over the last decades, many changes have been introduced to the sport of boxing. Although headgears had become compulsory at the 1984 Olympic Games in Los Angeles, the decision was overturned for Elite male boxers in 2012 as studies indicate that the removal of headgear will reduce the number of concussions and improve peripheral vision.

Moreover, an electronic 10-point scoring system was introduced after the 2012 Olympic Games after the much-criticized punch-count system had been implemented at the Barcelona 1992 Olympics. All five judges score the bout; each judge appoints 10 points to the winner of each round and 80 between 7 to 9 points to the loser.

depending on the performance. Moreover, the boxing world took another big step in 1994 as they recognized Women's boxing for the first time, but it still took almost two decades before the discipline was added to the Olympics in London 2012. Boxing is one of the few sports featured on every Commonwealth Games program.

OVERVIEW

Boxers must be 19 years old and no older than 40. Boxing pairs are drawn by lot, just as in ancient times, according to their respective weight category. Each boxing bout lasts for three rounds of three minutes, each one-minute break between each round. An electronic 10-point scoring system was introduced after the 2012 Olympic Games. All five judges will independently score the merits of the two boxers based on the number of quality blows on the target area, domination of the bout by technical or tactical superiority and competitiveness. The boxer may hit his opponent at the front part of the head or on the upper part of the body — above the beltline.

The Ring

The ring is an elevated square construction measuring 6.10-meter square inside the lines of the ropes and elevated 1 meter from the ground. The ring must include four ropes on each side of the corner posts at a maximum height of 1.22 meters from the canvas. Two corners, one blue and one red, correspond to the “position” taken by each contestant, who wears clothing of the same colour as their corner.

Weight Categories

There are ten weight categories for men:

- Light flyweight: 46-49 kg
- Flyweight: 52 kg
- Bantamweight: 56 kg
- Lightweight: 60 kg
- Light welterweight: 64 kg
- Welterweight: 69 kg
- Middleweight: 75 kg
- Light heavyweight: 81 kg
- Heavyweight: 91 kg
- Super heavyweight: +91 kg

There are six weight categories for women:

- Flyweight: 45-48 kg
- Bantamweight: 51 kg
- Lightweight: 57 kg
- Lightweight: 60 kg
- Middleweight: 69 kg
- Light heavyweight: 75 kg

Boxers attempt to land blows above the waist on the front of their opponent's head or body using the front knuckle part of their gloves. Low blows and fouls, such as holding, tripping, using the ropes to help attack or passively defending and much more, are prohibited and can result in warnings, point deductions and disqualification. With the electronic 10-point scoring system, all five judges independently score the merits of the two boxers based on the number of quality blows on the target area, domination of the bout by technical or tactical superiority and competitiveness. The boxers may hit their opponent at the front part of the head or on the upper part of the body — above the beltline. At the end of each round, judges will appoint 10 points to the winner and between 7 to 9 points to the loser, depending on the performance. Each round must have a declared winner. At the end of the bout, the

judge will determine a winner based on the boxer's total scores, and the winner will be determined by either a unanimous or split decision. If the total scores awarded by each judge, including any deduction, are equal at the end of the bout, the judges will be requested to nominate which boxer is the winner of the bout, in their opinion. The winner of each bout advances to the next round. Also, given the physical reality of boxing, both losing semi-finalists are now awarded bronze medals.

For more information:

Boxing Canada

500 boulevard René-Lévesque Ouest A/S Canadian Olympic Committee
Montreal, QC H2Z 1W7
Tel: 514-861-5513
Email: info@boxingcanada.org
Website: www.boxingcanada.org
Twitter: @boxing_canada

International Boxing Association (AIBA): www.aiba.org

Media Attaché in Birmingham: Darren Matte - dmatte@wrestling.ca

Boxing Team for Birmingham

First	Last	Hometown	Event	Commonwealth Games
Priyanka	Dhillon	Winnipeg, MB	48 kg – Women	
Tammara	Thibeault	Shawinigan, QC	70-75 kg – Women	2018 – Bronze Medallist
Keoma-Ali	Al-Ahmadieh	Montreal, QC	57 kg – Men	
Wyatt	Sanford	Kennetcook, NS	63.5 kg – Men	
Keven	Beausejour	Montreal, QC	80 kg – Men	
Jerome	Feujio	Montreal, QC	92+ kg – Men	

Athlete Information:



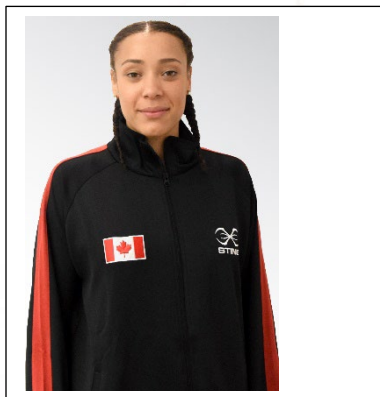
Athlete Name: Priyanka Dhillon
Sport/Event: Boxing/48 kg – Women
DOB: 01/24/1993
Hometown/Residence: Winnipeg, MB
Club/Coach: Pan Am Boxing Club - Coach Mark Collins
Social Media: Instagram: @pdhillonn, Tik Tok: @pdhillonn

Career Highlights: Worlds, Junior World, Continental Championships, Nationals

Major Competitions:

- Continental Championships – Bronze
- National Championships 2x Bronze medallist

Fun Fact: Love baking/creating desserts with healthy ingredients like cashews, dates, almond butter/flour, and cocoa powder just to name a few (I've been told I should start selling them - they're that good!). I am very into fashion and will always have an outfit planned. I am terrified of birds and cankerworms



Athlete Name: Tammara Thibeault

Sport/Event: Boxing/75 kg – Women

DOB: 12/27/1996

Hometown/Residence: Shawinigan, QC/Montreal, QC

Club/Coach: INS Québec (National Training Centre)/Samir El-Mais

Social Media: Website: [Tammcorner.com](https://www.tammcorner.com), Instagram: @tammthibeault,

Facebook: @TammThibeaultBXING

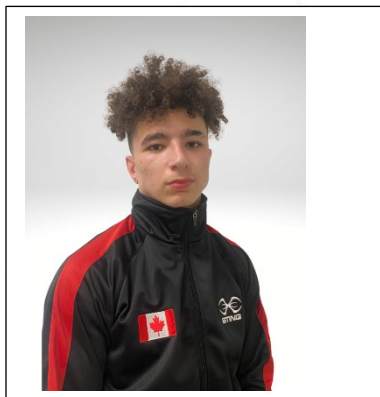
Career Highlights: Olympics (2020), Commonwealth Games (2018), Pan-American Games (2019), World Championships, Junior World Championships, Continental Championships

Commonwealth Games bronze, Pan-American Games gold, Worlds gold, Worlds bronze, Continental Championships gold 2x, Nationals gold 2x.

Major Competitions:

- 2018 - Commonwealth Games - Bronze
- Pan-American Games - Gold
- Worlds gold, Worlds - Bronze
- Continental Championships - Gold 2x
- Nationals - Gold 2x

Fun Fact: Tammara is also a singer.



Athlete Name: Keoma-Ali Al-Ahmadi

Sport/Event: Boxing/57 kg – Men

DOB: 06/17/2003

Hometown/Residence: Montreal, QC

Club/Coach: Clube de boxe P4P/Vincent Auclair

Social Media:

Instagram: @keomaali

Career Highlights: Continental Championships, Nationals

Major Competitions:

- Continental Championships - Bronze
- Nationals – 2x Gold

Fun Fact: Keoma is a Southpaw, but he is right-handed.



Athlete Name: Wyatt Sanford

Sport/Event: Boxing/63.5 kg – Men

DOB: 11/ 3/1998

Hometown/Residence: Kennetcook, NS / Montreal, QC

Club/Coach: INS Québec (National Training Centre) / Samir El-Mais

Social Media: Instagram: @wyattsanford, Twitter: @wyattsandman, Facebook: Sanford Boys' Boxing

Career Highlights: Olympics (2020), Worlds, Junior Worlds, Continental Championships, Nationals.

Major Competitions:

- Continental Championship - Bronze
- Nationals - Gold

Fun Fact: Wyatt is a coffee lover, most days he will have at least five.



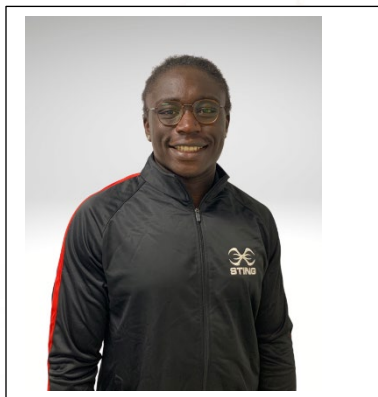
Athlete Name: Keven Beausejour
Sport/Event: Boxing/80 kg – Men
DOB: 07/29/1999
Hometown/Residence: Montreal, QC
Club/Coach: Trackfit boxing/Elyo
Social Media: Instagram: @kevenbeausejour

Career Highlights: Continental Championships

Major Competitions:

- Continental Championships – Bronze

Fun Fact: Keven only eats ice cream in the winter, when it's already extremely cold outside. Don't ask him why 🧊



Athlete Name: Jerome Feujio

Sport/Event: Boxing/+92 kg – Men

DOB: 05/12/1997

Hometown/Residence: Montreal, QC

Club/Coach: INS Québec (National Training Centre) / Samir El-Mais

Social Media: Instagram: @jeromefeujio, Twitter: @feujiojerome,
TikTok: @bigjay514

Career Highlights: Continental Championships bronze, Nationals bronze, Boxing Record: 23 fights, 16-7 (8ko)

Major Competitions:

- 2019 Continental Championships, Nationals – Bronze

Fun Fact: Boxing is Jerome's second sport. He also represented Team Cameroon on the cadet and junior national teams in soccer.

Coaches for Boxing:

Coach Name: Samir El-Mais

Sport/Event: Boxing

Role: Coach

Hometown: Montreal, QC

Coach Name: Sylvain Gagnon

Sport/Event: Boxing

Role: Coach

Hometown: Montreal, QC

Coach Name: Jill Perry

Sport/Event: Boxing

Role: Coach

Hometown: Ottawa, ON

CYCLING

Team Canada in Birmingham

The 2022 Commonwealth Games will present some challenges for the cycling team based on the large footprint, but Team Canada is confident in the calibre of this team to deliver when it counts.

Cycling competitions will kick off on the track, where a total of 15 gold medals will be up for grabs. Canada's highly competitive sprint team will be fighting for a spot on the podium, with Olympic Sprint Champion Kelsey Mitchell leading the charge alongside Olympic Keirin bronze medalist, Lauriane Genest and World Cup medalist Sarah Orban. The men's team will be comprised of Tokyo Olympian Nick Wammes, as well as Ryan Dodyk and Tyler Rorke, with all three competing at their first Commonwealth Games.

On the endurance side, both the women's and men's squads will be tackling the Individual Pursuit, Scratch Race, Points Race and Team Pursuit. The team will be led by Olympians and 2018 Commonwealth Games medalists Michael Foley, Derek Gee and Ariane Bonhomme, who will be joined by 2019 Pan American Games medalist Maggie Coles-Lyster, 2022 U23 Time Trial National Champion Ngaire Barraclough, Devaney Collier, Mathias Guillemette and Riley Pickrell.

The road competitions will follow immediately after, where Olympians Alison Jackson and Leah Kirchmann will be strong contenders in both the Time Trial and Road Race. They will be working alongside U23 and Elite Road Champions Simone Boilard and Maggie Coles-Lyster, as well as dual athletes Ariane Bonhomme and Ngaire Barraclough in the 112-kilometer race. The men's team will boast Canadian Road Champion Pier-André Côté, Giro d'Italia Giovanni medalist Riley Pickrell, Canadian Time Trial Champion Derek Gee, Michael Foley and Mathias Guillemette.

Dates

Track events: July 29 – August 4, 2022

Road events: August 7, 2022

Mountain Bike: August 3, 2022

Venue(s):

Time Trial Cycling: West Park, Wolverhampton

Track events: Lee Valley Velopark, London

Road events: St. Nicholas Park, Warwick

Mountain Bike: Cannock Chase Forest, Cannock

Number of events:

Track events: 16 (eight men's and eight women's)

Road events: Four (two men's and two women's)

Mountain Bike: Two (one men's and one women's)

Para-cycling events: Four (two men's and two women's)

HISTORY

Competitive cycling has a long history dating back to the mid-19th century. The first Cycling World Championships were held in Chicago in 1893, and cycling has been part of the Olympic Games since they were revived in 1896.

Although cycling is not an obligatory sport on the Commonwealth Games program, it has been part of every edition since London 1934, when the event was known as the British Empire Games.

The only cycling events in 1934 were held on the track. Road cycling was added in 1938; women's categories were added in 1990, and mountain biking became part of the program in 2002.

OVERVIEW

Events: Track cycling, Road cycling, and mountain biking will be contested at the 2022 Birmingham Commonwealth Games.

Track Races

The track events will be held on the 250 m indoor track at the Anna Meares Velodrome. Each nation may enter up to three riders in each event and one team in the team events.

Time Trial

500 m for women; 1,000 m for men. This race consists of individuals racing one at a time against the clock. Each rider's time is ranked to determine the final standings.

Sprint

Riders are seeded through a 200 m qualifying time trial, and then each heat is contested by two riders racing over three laps, with the winner progressing to the next round. Each round consists of the best two out of three races from the quarter-finals onward.

Team Sprint

The Team Sprint is contested by two riders for women and three for men. The riders start together, and each rider leads his or her team for a single lap and then pulls up the track, leaving the one rider to complete the final lap and set the time for the team. This event has a qualifying round and then a final round, in which the two fastest teams from qualifying race head-to-head for gold and the third and fourth fastest in compete for bronze.

Keirin

The Keirin is one of the most exciting events in cycling because of its speed and close contact. The event is held over six laps in which six cyclists ride set off behind a motorized bicycle, which gradually accelerates from 30 km/h to 50 km/h before pulling off the track with three laps to go, leaving the cyclists to battle it out in a furious sprint to the finish at speeds of over 70 km/h. The race is contested in elimination heats culminating in a final for the top six places.

Individual Pursuit

A 3,000m race for women and a 4,000m race for men. This event has a qualifying round and then a final, in which the two fastest qualifiers race for gold and the third and fourth fastest race for bronze. One rider starts on each side of the track and attempts to catch the other or cross the finish line with the best time. In the finals, if a rider catches his or her opponent, he or she is declared the winner, and the race is ended before the entire distance is ridden.

Team Pursuit

Similar to Individual Pursuit, but contested by teams of four riders racing over 4,000 m. A team's time is taken when its third rider crosses the finish line. Each group consistently changes its lead rider, with stronger riders leading for a lap or more and weaker riders taking half-lap pulls so all the riders on the team share the effort of leading. The competition consists of a qualifying round, a first-round and the medal finals.

Points Race

An endurance race covering 40 km for men and 25 km for women. The goal is to accumulate as many points as possible. Riders sprint every ten laps, awarded points to the first four riders to cross the finish line: 5 for first, then 3, 2 and 1 to the following three riders. The final sprint awards double points, and any rider who gains a lap on the others is awarded 20 points. The rider with the most points at the end of the event is declared the winner.

Scratch Race

The Scratch Race is the simplest event to follow, the Scratch Race is held over 10 km for women and 15 km for men, and the first person to cover the full distance is declared the winner. If one or more riders lap the field, they will contest the top placings in the final sprint, with the rest of the field ranked one or more laps down in their finishing order.

Road Races

The road events will all be held on August 7, 2022 with a start and finish at Myton Fields in Warwickshire. Each nation may enter up to three riders in the time trials and six riders in the road races.

Individual Time Trial

Riders race individually against the clock, starting at one-minute intervals. The women's event in Gold Coast is 25.5 km, and the men's is 38.5 km. The rider with the fastest time is the winner.

Individual Road Race

The road race begins with a mass start and is held on a circuit, which measures an 18.7 km circuit in Gold Coast. The women will cover six laps for 112 km, and the men will race over nine laps for 168 km. The first rider to cross the finish line is the winner. Team tactics play a major role in the outcome.

Mountain Bike Races

The mountain bike events will be held on an undulating 4.5-km circuit in the Nerang Mountain Bike Trails. Each country may enter up to three riders in the women's and men's races.

XCO

After a mass start, riders race on a course that features a mix of trails, pathways, and rocky obstacles. The rules specify that the race must last between 80 and 100 minutes, so the number of laps may vary based on the category and the course conditions. The winner is the first rider to cross the finish line.

For more information:

Cycling Canada

Suite 203 - 2197 Riverside Drive

Ottawa, ON K1H 7X3

Tel: (613) 248-1353

Email: general@cyclingcanada.ca

Website: www.cyclingcanada.ca

Union Cycliste Internationale (UCI): www.uci.ch

Media Attaché in Birmingham Jackie Skender - jskender@volleyball.ca

Cycling Team of Birmingham

First	Last	Hometown	Event	Commonwealth Games
<i>Track Endurance Women</i>				
Ngaire	Barraclough	Edmonton, AB	Team Pursuit, Points Race, Scratch Race, Individual Pursuit	
Ariane	Bonhomme	Gatineau, QC	Team Pursuit, Points Race, Individual Pursuit	2018 Bronze Medallist
Maggie	Coles-Lyster	Maple Ridge, BC	Team Pursuit, Points Race, Scratch Race, Individual Pursuit	
Devaney	Collier	Edmonton, AB	Team Pursuit, Scratch Race	
<i>Track Sprint Women</i>				
Lauriane	Genest	Lévis, QC	Team Sprint, Sprint, Keirin, Time Trial	
Kelsey	Mitchell	Sherwood Park, AB	Team Sprint, Sprint, Keirin, Time Trial	
Sarah	Orban	Calgary, AB	Team Sprint, Sprint, Keirin, Time Trial	
<i>Track Sprint Men</i>				
Ryan	Dodyk	Sherwood Park, AB	Team Sprint, Sprint, Keirin, Time Trial	
Tyler	Rorke	Baden, ON	Team Sprint, Sprint, Keirin, Time Trial	
Nick	Wammes	Bothwell, ON	Team Sprint, Sprint, Keirin, Time Trial	
<i>Track Endurance Men</i>				
Michael	Foley	Milton, ON	Points Race, Scratch Race, Individual Pursuit, Team Pursuit	2018 Bronze Medallist
Derek	Gee	Ottawa, ON	Points Race, Scratch Race, Individual Pursuit, Team Pursuit	2018 Bronze Medallist
Mathias	Guillemette	Trois-Rivières, QC	Points Race, Scratch Race, Individual Pursuit, Team Pursuit	
Riley	Pickrell	Victoria, BC	Team Pursuit	
<i>Road Women</i>				
Ngaire	Barraclough	Edmonton, AB	Road Race	
Simone	Boilard	Québec, QC	Road Race, Time Trial	
Ariane	Bonhomme	Gatineau, QC	Road Race	

Maggie	Coles-Lyster	Maple Ridge, BC	Road Race	
Alison	Jackson	Vermilion, AB	Road Race, Time Trial	
Leah	Kirchmann	Winnipeg, MB	Road Race, Time Trial	
Road Men				
Pier-André	Côté	Lévis, QC	Road Race, Time Trial	
Derek	Gee	Ottawa, ON	Road Race, Time Trial	
Michael	Foley	Milton, ON	Road Race, Time Trial	
Mathias	Guillemette	Trois-Rivières, QC	Road Race	
Riley	Pickrell	Victoria, BC	Road Race	

Athlete Information:



Athlete Name: Ngaire Barraclough
Sport/Event: Track Endurance + Road
DOB: 05/20/2002
Hometown/Residence: Edmonton, AB
Height/Weight (optional):
Club/Coach:
Social Media: @ngaire.barraclough (Instagram)

Career Highlights: UCI Track World Championships
 UCI Track Nations Cups

Major Competitions:

- 2022 Canadian Road Championships - Gold, (U23 Time Trial)
- 2022 Milton UCI Track Nations Cup – 4 (Team Pursuit)
- 2022 Milton UCI Track Nations Cup – 5 (Ominium)
- 2021 UCI Track World Championships – 4 (Team Pursuit)

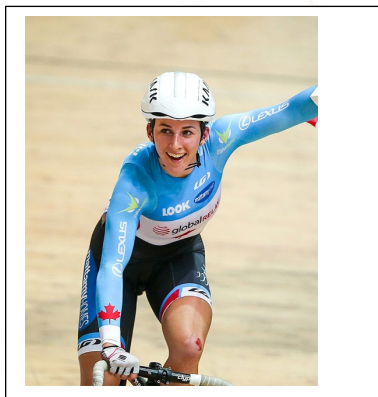


Athlete Name: Ariane Bonhomme
Sport/Event: Track Endurance + Road
DOB: 04/02/1995
Hometown/Residence: Gatineau, QC.
Height/Weight (optional):
Club/Coach:
Social Media: @arianebonhomme

Career Highlights: 2018 Commonwealth Games. 2020 Olympic Games and 2020 UCI Track World Championships

Major Competitions:

- 2022 Milton UCI Track Nations Cup – 4 (Team Pursuit)
- 2020 Olympic Games - 4 (Team Pursuit)
- 2020 UCI Track World Championships – 4 (Team Pursuit)
- 2018 Commonwealth Games – Bronze (Team Pursuit)



Athlete Name: Maggie Coles-Lyster
Sport/Event: Track Endurance + Road
DOB: 02/12/1999
Hometown/Residence: Maple Ridge, BC
Height/Weight (optional):
Club/Coach:
Social Media: @maggiecoleslyster

Career Highlights: 2019 Pan American Games, Pan American Championships and UCI Track Nations Cups

Major Competitions:

- 2022 Glasgow UCI Track Nations Cup – 5 (Omnium)
- 2022 Glasgow UCI Track Nations Cup – 6 (Elimination Race)
- 2021 UCI Track World Championships – 4 (Team Pursuit)
- 2019 Pan American Games - Silver, (Team Pursuit)
- 2019 Pan American Games – Silver (Madison)

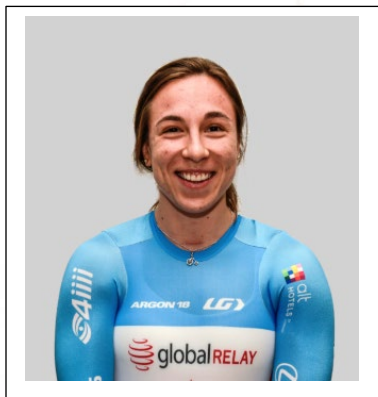


Athlete Name: Devaney Collier
Sport/Event: Track Endurance
DOB: 07/20/2002
Hometown/Residence: Edmonton, AB
Height/Weight (optional):
Club/Coach:
Social Media: @devaney_collier

Career Highlights: UCI Track World championships and UCI Track Nations Cups

Major Competitions:

- 2022 Milton UCI Track Nations Cup – 4 (Team Pursuit)
- 2021 UCI Track World Championships – 4 (Team Pursuit)



Athlete Name: Lauriane Genest
Sport/Event: Track Sprint
DOB: 05/28/1998
Hometown/Residence: Lévis, QC.
Height/Weight (optional):
Club/Coach:
Social Media: laurianegenest44

Career Highlights: 2018 Commonwealth Games, 2020 Olympic Games and 2021 UCI Track World Championships

Major Competitions:

- 2022 Milton UCI Track Nations Cup – Bronze (Team Sprint)
- 2022 Glasgow UCI Track Nations Cup - Silver (Team Sprint)
- 2021 UCI Track World Championships – 4 (Sprint)
- 2020 Olympic Games – Bronze (Keirin)
- 2020 Olympic Games – 8 (Sprint)

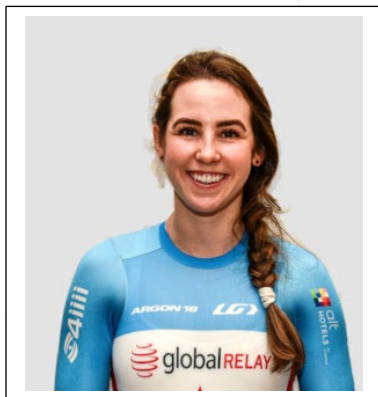


Athlete Name: Kelsey Mitchell
Sport/Event: Track Sprint
DOB: 11/26/1993
Hometown/Residence: Sherwood Park, AB
Height/Weight (optional):
Club/Coach:
Social Media: @kelsey.mitchell9

Career Highlights: 2020 Olympic Games, 2021 UCI Track World Championships and 2022 UCI Track Nations Cup

Major Competitions:

- 2022 Milton UCI Track Nations Cup – Gold (Keirin)
- 2022 Milton UCI Track Nations Cup – Bronze (Team Sprint)
- 2022 Glasgow UCI Track Nations Cup – Gold (Sprint)
- 2021 UCI Track World Championships – Bronze (Sprint)
- 2020 Olympic Games - Gold, Sprint
- 2020 Olympic Games – 4 (Keirin)



Athlete Name: Sarah Orban

Sport/Event: Track Sprint

DOB: 10/22/1995

Hometown/Residence: Calgary, AB

Club/Coach:

Social Media: @saraheorban

Career Highlights: UCI Track World Championships and UCI Track Nations Cup

Major Competitions:

- 2022 Milton UCI Track Nations Cup – Bronze, Team Sprint2022 Milton UCI Track Nations Cup – Bronze (Team Sprint)
- 2022 Glasgow UCI Track Nations Cup – Silver, Team Sprint2022 Glasgow UCI Track Nations Cup – Silver (Team Sprint)
- 2021 UCI Track World Championships – 4 (Sprint)



Athlete Name: Ryn Dodyk

Sport/Event: Track Sprint

DOB: 12/04/1996

Hometown/Residence: Sherwood Park, AB

Height/Weight (optional):

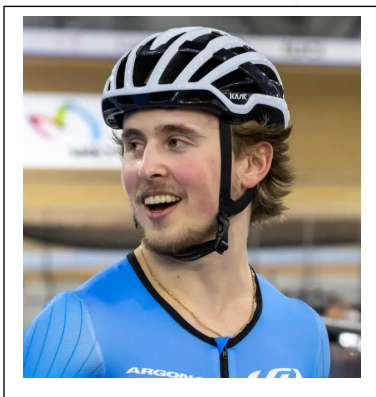
Club/Coach:

Social Media: @dodykry

Career Highlights: UCI Track World Championships and UCI Track Nations Cup

Major Competitions

- 2022 Glasgow UCI Track Nations Cup – 6 (Team Sprint)
- 2021 UCI Track World Championships – 7 (Team)
- 2021 Cali UCI Track Nations Cup – Gold (Team Sprint)



Athlete Name: Tyler Rorke
Sport/Event: Track Sprint
DOB: 05/28/2003
Hometown/Residence: Baden, ON
Club/Coach:
Social Media: @tyler_rorke

Career Highlights: UCI Track Nations Cups

Major Competitions:

- 2022 Milton UCI Track Nations Cup – 7 (Team Sprint)

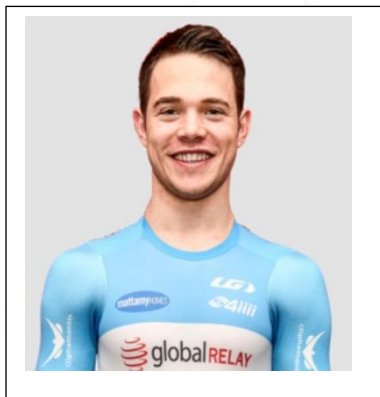


Athlete Name: Nick Wammes
Sport/Event: Track Sprint
DOB: 10/21/1999
Hometown/Residence: Bothwell, On
Height/Weight (optional):
Club/Coach:
Social Media:@nickwammes

Career Highlights: 2020 Olympic Games, 2019 Pan American Games, UCI Track World Championships and UCI Track Nations Cup

Major Competitions

- 2022 Glasgow UCI Track Nations Cup – 6 (Team Sprint)
- 2021 UCI Track World Championships – 7 (Team)
- 2021 Cali UCI Track Nations Cup – Gold, Team Sprint2021 Cali UCI Track Nations Cup – Gold (Team Sprint)
- 2020 Olympic Games – 14 (Sprint)

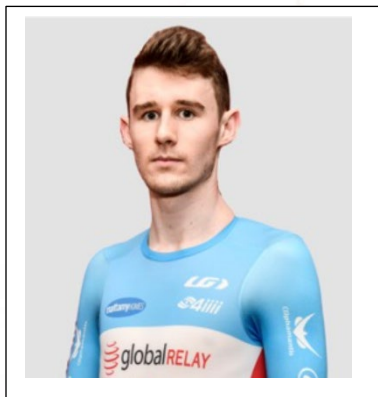


Athlete Name: Michael Foley
Sport/Event: Track Endurance + Road
DOB: 01/12/1999
Hometown/Residence: Milton, On
Height/Weight (optional):
Club/Coach:
Social Media: @micheal.foley_

Career Highlights: 2018 Commonwealth Games, 2020 Olympic Games, UCI Track World Championships and UCI Track Nations Cups

Major Competitions:

- 2021 Cali UCI Track Nations Cup – Silver Team Pursuit 2021 Cali UCI Track Nations Cup – Silver (Team Pursuit)
- 2020 Olympic Games- 5 (Team Pursuit)
- 2018 Commonwealth Games – Bronze, Team Pursuit 2018 Commonwealth Games – Bronze (Team Pursuit)



Athlete Name: Derek Gee
Sport/Event: Track Endurance + Road
DOB: 08/03/1997
Hometown/Residence: Ottawa, ON
Height/Weight (optional):
Club/Coach:
Social Media: @derekgee97

Career Highlights: 2018 Commonwealth Games, 2020 Olympic Games, UCI Track World Championships and UCI Track Nations Cups

Major Competitions:

- 2022 Gran Camiño – 5 (Stage 4)
- 2021 Cali UCI Track Nations Cup - Silver, (Team Pursuit)
- 2020 Olympic Games – 5 (Team Pursuit)
- 2018 Commonwealth Games - Bronze (Team Pursuit)



Athlete Name: Mathias Guillemette
Sport/Event: Track Endurance
DOB: 01/142002
Hometown/Residence: Trois-Rivieres, QC.
Height/Weight (optional):
Club/Coach:
Social Media: @math.guil

Career Highlights: UCI Track World Championships and UCI Track Nations Cup

Major Competitions:

- 2022 Milton UCI Track Nations Cup – 4 (Elimination Race)
- 2021 Cali UCI Track Nations Cup – Silver (Team Pursuit)



Athlete Name: Simone Boilard

Sport/Event: Road

DOB: 07/212000

Hometown/Residence: Québec, QC

Height/Weight (optional):

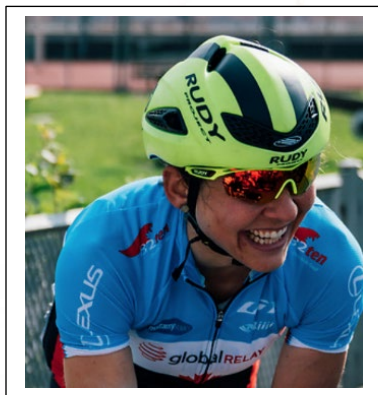
Club/Coach:

Social Media: @simoneboilard

Career Highlights: UCI Road World Championships

Major Competitions:

- 2022 Ride London – 10
- 2018 UCI Junior Road World Championships – Bronze (Road Race)



Athlete Name: Alison Jackson
Sport/Event: Road
DOB: 12/14/1988
Hometown/Residence: Vermilion, AB
Height/Weight (optional):
Club/Coach:
Social Media: @aliactionjackson

Career Highlights: 2020 Olympic Games and UCI Road World Championships

Major Competitions:

- 2021 Canadian Road Championships - Gold, (ITT)
- 2021 Canadian Road Championships - Road Race
- 2021 Simac Ladies Tour - Gold (Stage 1)
- 2021 UCI Road World Championships – 6 (Road Race)
- 2022 Tokyo Olympics – 32 (Road Race)



Athlete Name: Leah Kirchmann
Sport/Event: Road
DOB: 06/30/1990
Hometown/Residence: Winnipeg, MB
Height/Weight (optional):
Club/Coach:
Social Media: @leahkirchmann

- **Career Highlights:** 2018 Commonwealth Games, 2020 Olympic Games and 2016 Olympic Games. Multiple Canadian Champion

Major Competitions:

- 2021 UCI Road World Championships – 11 (Time Trial)
- 2020 Olympic Games – 12 (Time Trial)
- 2019 La Course by Le Tour de France - Silver



Athlete Name: Pier-André Côté
Sport/Event: Road
DOB: 04/24/1997
Hometown/Residence: Levis, QC
Club/Coach:
Social Media: @pierandre.cote

Career Highlights: UCI Road World Championships

Major Competitions:

- 2022 Canadian Road Championships – Bronze (ITT)
- 2022 Grand Prix Criquelion - Gold
- 2022 Giro di Sicilia – Silver (Stage 3)
- 2019 Grand Prix Cycliste de Saguenay - Gold, (Stage 2, 3 & 4)



Athlete Name: Guillaume Boivin
Sport/Event: Road
DOB: 05/25/1989
Hometown/Residence: Montréal, QC.
Club/Coach:
Social Media: @the_bovino

Career Highlights: 2020 Olympic Games and 2021 Tour de France

Major Competitions:

- 2022 Volta a Catalunya – 4 (Stage 5)
- 2021 Canadian Road Championships – Gold (Road Race)
- 2021 Paris-Roubaix – 9
- 2021 UCI Road World Championships – 17 (Road Race)

Overview on Coaches:

Coach Name: Dan Proulx
Sport/Event: Cycling
Role: Head Coach
Hometown: Calgary, AB

Coach Name: Jenny Trew
Sport/Event: Cycling
Role: Track Endurance Coach
Hometown: Calgary, AB

Coach Name: Frank Durivaux
Sport/Event: Cycling
Role: Track Sprint Coach
Hometown: Nancy, France

Coach Name: Nigel Ellsay
Sport/Event: Cycling
Role: Road Coach
Hometown: Courtenay, BC

DIVING

Team Canada in Birmingham

The Canadian divers were nominated based on their results from the 2022 Summer National Championships that took place May 27-29 in Victoria, British Columbia.

Amongst the team are Tokyo 2020 Olympians Caeli McKay (10m synchro), Celina Toth (10m), Cédric Fofana (3m), Rylan Wiens (10m) and Nathan Zsombor-Murray (10m, 10m synchro).

Four team members have also competed at the 2018 Commonwealth Games in Australia: Caeli McKay, who won a silver medal on women's 10m synchro, Celina Toth, Rylan Wiens and Bryden Hattie. Canada won six medals in diving in 2018 with one gold, four silver and one bronze medals. All diving results at the Commonwealth Games can be found online at diving.ca.

Meanwhile, Margo Erlam and Mia Vallée will be competing in their first multi-sport international event for Team Canada. They are both set to compete in the women's 1m and 3m springboard events, as well as the 3m synchronized event. The pair already won two international gold medals in their first season as a team.

Junior national team members Renée Batalla and Benjamin Tessier are also newcomers on the senior international scene and have already demonstrated they have the ability to rub shoulders with the world's best divers, having both won an international gold medal this season.

Dates

August 4 – 8, 2022

Venue(s):

Sandwell Aquatics Centre, Birmingham

Number of events:

12 (Five men's, five women's and two mixed)

HISTORY

Diving was popularized in the 18th and 19th centuries when Swedish and German gymnasts performed their skills above water to reduce the risk of injury. Competitive diving began in Britain in the 1880s when a group of Swedish divers visited Great Britain to perform numerous exhibitions, which, in 1901, stimulated the formation of the first diving organization, the amateur diving Association. Diving's first appearance in the Olympic Games was in 1904. The competition was restricted to men, who performed their dives from a rigid platform. At the next Olympic Games in London in 1908, a three-metre springboard event was introduced. Eight years later, women's diving made its Olympic debut at the 1912 Games in Stockholm, where the women competed from a 10-metre platform. At the 1920 Olympic Games in Antwerp, the three-metre springboard event was added as a women's diving event. Synchronized platform diving and synchronized springboard diving were added to the Olympic program in 2000. Two divers leave the platform or springboard simultaneously and dive together in these events. Diving has been featured on every program of the Commonwealth Games.

OVERVIEW

Diving is a sport that requires strength, power, agility, balance, flexibility and, a dose of fearlessness. In both the individual and synchronized diving competitions, each dive is given a degree of difficulty based on the type of manoeuvre performed: the diver's position, the number of somersaults and twists, and the take-off height are all considered. The degree of difficulty ranges from 1.5 for easy dives to 4.8 for the most challenging dives at the Commonwealth Games. A dive consists of the following stages: 1) starting position and approach; 2) hurdle; 3) flight and execution; and 4) entering the water. During each competition, each judge will award a score between zero and 10, based on the execution of the dive. Competitor's dive into a pool at the Commonwealth Games from the 1-metre springboard, 3-metre springboard, or the 10-metre platform. The dives are divided into six groups according to the direction the diver faces before take-off (backward, forward or handstand position) and how the diver leaves the board (reverse, inward, or twisting). The athlete may be in a straight, pike, tuck, or free position during the dive. The latter is only used in difficult dives that include twists. The free position consists of a combination of the other three positions. Over 100 recognized dives with assigned degrees of difficulty for both the springboard and platform disciplines.

Competition Phases

For individual events, the competitions are split into preliminary and final sessions. In each session, divers perform optional dives (no limit to the degree of difficulty) chosen among the six different dive groups: front, back, reverse, inward, arm stand (platform only) and twisting dives. Each session has five different rounds of dives for women and six different rounds of dives for men. The top-12 finishers in the preliminary rounds advance to the final. A panel of seven judges will score each diving session. The highest two and lowest two scores for each dive will be dropped, while the three remaining scores get added together and then multiplied by the degree of difficulty assigned to that particular dive, resulting in the final score awarded. Synchronized events are run as a straight final. Competitions will take place from both the 3-metre springboard and the 10-metre platform. The synchronized diving competition involves two competitors performing the same dive simultaneously. The competition comprises five different rounds of dives for the women and six different rounds for the men. A panel of eleven judges issues scores for the synchronized diving events: three judges mark the technical performance of diver "A," three judges mark the technical performance of diver "B," and the remaining five judges mark the synchronization of the pair. Each execution panel's highest and lowest scores to both divers are dropped. The highest and lowest scores awarded for synchronization are also dropped. The remaining two scores for execution and three for synchronization are added up and multiplied by the degree of difficulty assigned to the executed dive.

For more information:

Diving Plongeon Canada

312-700 Industrial Ave.

Ottawa, ON K1G 0Y9

Tel: (613) 736-5238

Email: info@diving.ca

Website: www.diving.ca

Twitter: @DivingCanada

Fédération internationale de natation (FINA): www.fina.org

Media attaché in Birmingham: Nathan White - nwhite@swimming.ca

Diving Team for Birmingham

First	Last	Event	Hometown	Commonwealth Games
Renée	Batalla	10m	Victoria, BC	
Margo	Erlam	1m, 3m, 3m synchro	Calgary, AB	
Caeli	McKay	10m, 10m synchro	Calgary, AB	Silver medallist on 10m synchro in 2018
Mia	Vallée	1m, 3m, 3m synchro	Beaconsfield, QC	
Celina	Toth	10m, 10m synchro	Victoria, BC	9 th on 10m in 2018
Cédric	Fofana	1m, 3m	Montréal, QC	
Bryden	Hattie	1m, 3m, 3m synchro	Victoria, BC	6 th on 10m synchro in 2018
Benjamin	Tessier	10m, 3m synchro	Blainville	
Rylan	Wiens	10m, 10m synchro	Saskatoon, SK	8 th on 10m and 6 th on 10m synchro in 2018
Nathan	Zsombor-Murray	10m, 10m synchro	Pointe-Claire, QC	

Athlete Information:



Athlete Name: Renée Batalla
Sport/Event: 10m platform
DOB: 10/27/2006
Hometown/Residence: Victoria, BC
Club/Coach: Boardworks Diving Club
Social Media: @renee_diving

Career Highlights: Renée Batalla joined the Junior Canadian diving team in 2022 and impressed everyone by winning the women's 10m platform event at the 2022 Summer National Diving Championships and qualifying for her first Commonwealth Games. Renée, who's been diving for only seven years, has had a lot of success on the junior international scene this past year, winning two gold medals in the women's platform event.

Major Competitions:

- 2022 Pan American Diving Championships – 1 (Girl's platform - group B)
- 2022 FINA Diving Grand Prix – 9 (Women's 10m)
- 2022 Summer National Diving Championships – 1 (Women's 10m)
- 2022 Winter National Diving Championships – 6 (Women's 10m)
- 2022 British Elite Junior Diving Championships – 1 (Girl's platform - group A)

Fun Fact: Renée became a national champion on 10m less than two months after making her first appearance on the senior national scene! In and out the pool, Renée is a very creative person who loves sketching, doodling, and creating clip animations.



Athlete Name: Margo Erlam

Sport/Event: 1m springboard, 3m springboard, 3m synchro, mixed 3m synchro

DOB: 06/18/2002

Hometown/Residence: Calgary, AB

Club/Coach: Saskatoon Diving Club

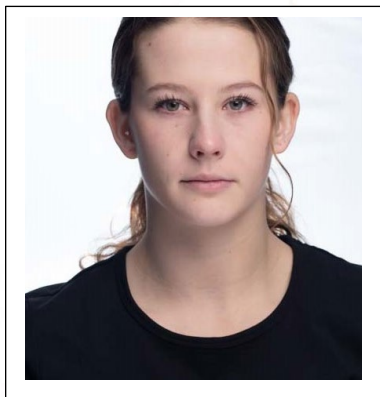
Social Media: @margoerlam_

Career Highlights: Margo Erlam left her hometown of Calgary at age 16 to train alongside former Olympian and Commonwealth Games champion, coach Mary Carroll. Margo started diving at age four, influenced by her older sister Martine. Since joining the Canadian diving team, Margo competed at several FINA Diving Grand Prix, placing 4th on 3m in Madrid in 2020 and winning two gold medals on 3m synchro (Vallée) and 3m mixed synchro (Hattie) in Calgary in 2022. She recently competed at her first FINA World Championships, where she placed 5th in the women's 3m synchronized event (Vallée).

Major Competitions:

- 2022 FINA World Championships – 5 (Women's 3m synchro (Vallée))
- 2022 FINA World Championships – 9 (Women's 1m)
- 2022 FINA World Championships – 29 (Women's 3m)
- 2018 FINA Junior World Diving Championships - 4 (Women's 3m synchro (Vallée))
- 2022 FINA Diving Grand Prix – 1 (Women's 3m synchro – Vallée)
- 2022 FINA Diving Grand Prix – 1st place – (Mixed 3m synchro (Hattie))
- 2022 Summer National Diving Championships – 2 (Women's 3m)
- 2022 Summer National Diving Championships – 2 (Women's 1m)
- 2022 Winter National Diving Championships – 1 (Women's 3m)
- 2022 Winter National Diving Championships – 1 (Women's 1m)
- 2020 Winter National Diving Championships – 3 (Women's 3m)
- 2019 Winter National Diving Championships – 4 (Women's 3m)
- 2019 Winter National Diving Championships – 5 (Women's 3m)

Fun Fact: Margo earned the nickname “chickie” when she started diving because she was always the smallest diver in her group. It stuck and eventually turned into “Chi”, which is what her diving friends are now calling her.



Athlete Name: Caeli McKay
Sport/Event: 10m platform, 10m synchro
DOB: 06/25/1999
Hometown/Residence: Calgary, AB/Montreal, QC
Club/Coach: Pointe-Claire Diving Club
Social Media: @caemckay

Career Highlights: Caeli McKay left her hometown of Calgary at age 16 to train at the Canadian Diving Institute in Montreal and become the synchro partner of three-time Olympic medallist Meaghan Benfeito. Together, they won a silver medal at the 2018 Commonwealth Games, a gold medal at the 2019 Pan American Games and several FINA Diving World Series and Grand Prix medals. At the Tokyo 2020 Olympic Games, the duo placed 4th, just 0.54 points away from a bronze medal. After suffering an important ankle surgery before the Canadian trials, Caeli McKay had to give up on her dream of competing in the women's 10m individual event at the Olympic. A few months earlier, Caeli had won an individual bronze medal at the 2021 FINA Diving World Cup. She's also a silver medallist from the 2019 Pan American Games on 10m.

Major Competitions:

- 2018 Commonwealth Games – 2 (Women's 10m synchro) (Benfeito)
- 2018 Commonwealth Games – 6 (Women's 10m)
- 2021 Olympic Games – 4 (Women's 10m synchro) (Benfeito)
- 2021 FINA World Cup – 3 (Women's 10m)
- 2019 Pan American Games – 1 – (Women's 10m synchro) (Benfeito)
- 2019 Pan American Games – 2 (Women's 10m)
- 2022 FINA World Championships – 5 (Women's 10m)
- 2019 FINA World Championships – 4 (Women's 10m synchro) (Benfeito)
- 2019 FINA World Championships – 7 (Women's 10m)
- 2022 Summer National Diving Championships – 2 (Women's 3m)
- 2020 Winter National Diving Championships – 1 (Women's 10m)
- 2019 Summer National Diving Championships – 2 (Women's 10m)
- 2019 Winter National Diving Championships – 3 (Women's 10m)

Fun Fact: Coming from the Rockies, Caeli is the ultimate mountain girl: she loves hiking, fly fishing and mountain biking. She's also a very talented painter!



Athlete Name: Celina Toth

Sport/Event: 10m platform, 10m synchro, mixed 10m synchro

DOB: 03/20/1992

Hometown/Residence: Victoria, BC

Club/Coach: Boardworks Diving Club

Social Media: @celina.toth

Career Highlights: Olympian and team veteran Celina Toth is a 10m specialist and has extensive international experience, including a participation at the 2018 Commonwealth Games, where she placed 9th. In 2021, she qualified and competed in her first Olympic Games and finished 23rd in the women's platform event. She has been representing Canada on the international scene since 2010, winning seven FINA Grand Prix medals since her first in 2015 and three FISU Games medals.

Major Competitions:

- 2018 Commonwealth Games – 9 (Women's 10m)
- 2021 Olympic Games – 23 (Women's 10m)
- 2018 FINA Diving World Cup – 12 (Women's 10m)
- 2021 FINA Virtual Grand Prix – 1 (Women's 10m)
- 2020 FINA Diving Grand Prix – 2 (Women's 10m)
- 2019 FINA Diving Grand Prix – 1 (Women's 10m)
- 2022 Summer National Diving Championships – 3 (Women's 10m)
- 2021 Canadian Diving Trials – 1 (Women's 10m)
- 2020 Winter National Diving Championships – 3 (Women's 10m)
- 2019 Summer National Diving Championships – 3 (Women's 10m)
- 2019 Winter National Diving Championships – 2 (Women's 10m)
- 2018 Winter National Diving Championships – 1 (Women's 10m)

Fun Fact: Toth began diving at the age of 12 after retiring from gymnastics. Her transition from one sport to the next occurred in only a handful of days and she has been focusing on diving ever since.



Athlete Name: Mia Vallée

Sport/Event: 1m springboard, 3m springboard, 3m synchronized diving

DOB: 03/22/2001

Hometown/Residence: Kirkland, QC

Club/Coach: CAMO Diving Club

Social Media: @mia_vallee

Career Highlights: Mia Vallée has been representing Canada on the international scene since 2016, competing at several FINA Diving Grand Prix and winning a total of four medals. After taking a break of international and national competition due to the pandemic, the University of Miami student returned to the Canadian scene in the spring of 2022, winning the gold medal on 1m and 3m at the Summer National Championships. She went on to win a silver medal on 3m and a gold medal on 3m synchro at the 2022 FINA Diving Grand Prix in Calgary. In July 2022, she made history by winning a silver medal on 3m and a bronze medal on 1m at her very first FINA World Championships.

Major Competitions:

- 2022 FINA World Championships – 2 (Women's 3m)
- 2022 FINA World Championships – 3 (Women's 1m)
- 2022 FINA World Championships – 5 (Women's 3m synchro) (Erlam)
- 2018 FINA Junior World Diving Championships – 4 (Women's 3m synchro) (Erlam)
- 2022 FINA Diving Grand Prix – 1 (Women's 3m synchro) (Erlam)
- 2022 Summer National Diving Championships – 1 (Women's 3m)
- 2022 Summer National Diving Championships – 1 (Women's 1m)
- 2022 Winter National Diving Championships – 2 (Women's 3m)
- 2022 Winter National Diving Championships – 2 (Women's 1m)
- 2020 Winter National Diving Championships – 5 (Women's 3m)
- 2019 Summer National Diving Championships – 1 (Women's 1m)
- 2019 Summer National Diving Championships – 2 (Women's 3m)
- 2019 Winter National Diving Championships – 4 (Women's 3m)
- 2019 Winter National Diving Championships – 2 (Women's 3m synchro) (Chamandy)

Fun Fact: Water holds a very special place in Mia's life: she dives into it headfirst in addition to studying marine biology at the University of Florida!



Athlete Name: Cédric Fofana
Sport/Event: 1m springboard, 3m springboard
DOB: 09/15/2003
Hometown/Residence: Montréal, QC
Club/Coach: CAMO Diving Club
Social Media: @cedfofana

Career Highlights: Cedric Fofana is one of the top Canadian springboard divers to watch out for in the lead up to Paris 2024. His career highlights include a 29th place finish on 3m at the Tokyo 2020 Olympic Games, a bronze medal at the 2018 World Junior Championships on 3m and a gold medal on 3m at the Virtual FINA Diving Grand Prix in 2021. Cedric has also known a lot of success on the national scene since 2019, winning several medals at the junior and senior level.

Major Competitions:

- 2021 Olympic Games – 29th – (Men’s 3m)
- 2018 FINA Junior World Championships – 3 (Boy’s 3m) (group B)
- 2022 Summer National Diving Championships – 1 (Men’s 3m)
- 2022 Summer National Diving Championships – 1 (Men’s 1m)
- 2022 Winter National Diving Championships – 2 (Men’s 3m)
- 2022 Winter National Diving Championships – 2 (Men’s 1m)
- 2021 Canadian Diving Trials – 1 (Men’s 3m)
- 2020 Winter National Diving Championships – 2 (Men’s 3m)
- 2019 Summer National Diving Championships – 2 (Men’s 3m)
- 2019 Summer National Diving Championships – 5 (Men’s 1m)
- 2019 Winter National Diving Championships – 3 (Men’s 3m)
- 2019 Speedo Junior Elite Diving Championships – 2 (Men’s 3m)

Fun Fact: Cédric’s hobby outside of diving? Buying shoes. Yes! Cédric loves shoes and can’t ever seem to be owning enough pairs.



Athlete Name: Bryden Hattie

Sport/Event: 1m springboard, 3m springboard, 3m synchro, mixed 3m synchro

DOB: 09/07/2001

Hometown/Residence: Victoria, BC

Club/Coach: CAMO Diving Club

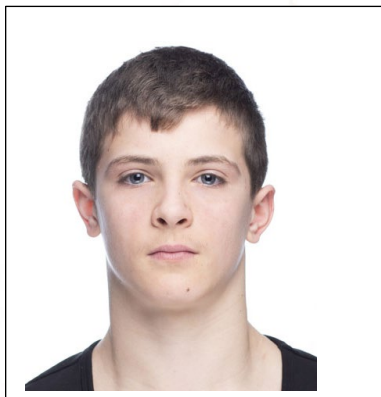
Social Media: @brydenhattie

Career Highlights: A 2018 Youth Olympian, Bryden Hattie will be making his second appearance at Commonwealth Games, but for the first time in the springboard events. After focusing on the 10m platform for a few years, he decided to switch his focus to the springboard, winning the 2022 Summer National Diving Championships gold medal on men's 3m and 1m. A few weeks later, the University of Tennessee student went on to win a gold medal with Margo Erlam in the mixed 3m synchro event at the 2022 FINA Diving Grand Prix in Calgary.

Major Competitions:

- 2018 Commonwealth Games – 6 (Men's 10m synchro) (Wiens)
- 2018 Youth Olympic Games – 8 (Men's 3m)
- 2022 FINA World Championships – 22 (Men's 3m)
- 2019 FINA World Championships – 20 (Men's 10m)
- 2018 FINA World Junior Diving Championships – (Boy's 3m0 (group A)
- 2018 FINA World Cup – 11 (Men's 10m synchro) (Wiens)
- 2022 FINA Diving Grand Prix – 1 (Mixed 3m synchro) (Erlam)
- 2022 FINA Diving Grand Prix – 5 (Men's 3m)
- 2022 Summer National Diving Championships – 1 (Men's 3m)
- 2022 Summer National Diving Championships – 1 (Men's 1m)
- 2019 Winter National Diving Championships – 8 (Men's 10m)
- 2019 Winter National Diving Championships – 1 (Men's 10m synchro) (Wiens)
- 2019 Winter National Diving Championships – 2 (Men's 10m)

Fun Fact: Bryden has an incredible sense of fashion and, as he says it himself, he loves to “yassify any article of clothing”.



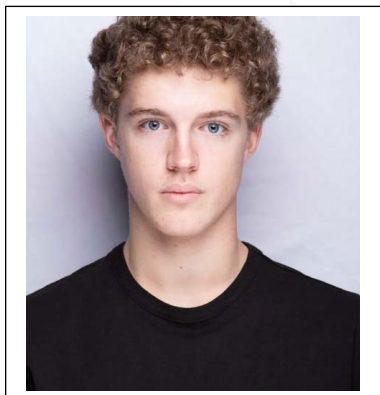
Athlete Name: Benjamin Tessier
Sport/Event: 10m platform, 3m synchro
DOB: 03/26/2005
Hometown/Residence: Blainville, QC
Club/Coach: CAMO Diving Club
Social Media: @benjy.tessier

Career Highlights: A member of the Canadian Junior diving team since 2020, Benjamin Tessier is one of the few Canadian junior divers to have achieved a golden sweep on all three boards at nationals (2019). He recently demonstrated a lot of potential on the senior scene, including a gold medal on 10m at the 2022 Futures Cup in Great Britain and a bronze medal on 10m at the 2022 Summer National Championships. He has also known a lot of success at the junior level, including two medals at the 2021 Pan American Junior Championships in Tucson, Arizona.

Major Competitions:

- 2022 FINA Diving Grand Prix – 8 (Men’s 10m)
- 2021 Pan American Junior Championships – 1 (10m synchro) (open)
- 2021 Pan American Junior Championships – 2 (Boy’s platform) (group A)
- 2022 Summer National Diving Championships – 1 (Men’s 3m)
- 2022 Summer National Diving Championships – 1 (Men’s 1m)
- 2019 Summer National Diving Championships – 7 (Men’s 10m)
- 2019 Speedo Junior Elite National Championships – 1 (Boy’s 1m) (group B)
- 2019 Speedo Junior Elite National Championships – 1 (Boy’s 3m) (group B)
- 2019 Speedo Junior Elite National Championships – 1 (Boy’s platform) (group B)

Fun Fact: As a youth, Benjamin used to play hockey, but he fell in love with diving during a trip to Mexico, where he dove off a cliff and immediately enjoyed the thrill of flying in the air.



Athlete Name: Rylan Wiens

Sport/Event: 10m platform, 10m synchro, 10m mixed synchro

DOB: 01/02/2002

Hometown/Residence: Pike Lake, SK

Club/Coach: Saskatoon Diving Club

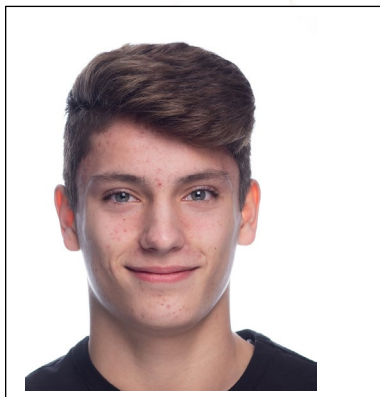
Social Media: @rylanwiens

Career Highlights: Olympian Rylan Wiens is a three-time senior national champion on 10m who had a spectacular season so far, winning two senior titles on platform and smashing Alexandre Despatie's national record in that event. Alongside his new synchro partner, Nathan Zsombor-Murray, Rylan recently won the men's 10m synchro bronze medal at the 2022 FINA World Championships, Canada's first medal ever in that event. In June, he won the men's 10m synchro gold medal and men's 10m silver medal at the 2022 FINA Diving Grand Prix. Last season, Rylan also climbed on the third step of the podium at the 2021 FINA Diving World Cup.

Major Competitions:

- 2018 Commonwealth Games – 8 (Men's 10m)
- 2018 Commonwealth Games – 8 (Men's 10m synchro) (Hattie)
- 2021 Olympic Games – 19 (Men's 10m)
- 2022 FINA World Championships – 3 (Men's 10m synchro) (Zsombor-Murray)
- 2022 FINA World Championships – 9 (Men's 10m)
- 2018 FINA Junior World Championships – 4 (Boy's platform) (group A)
- 2021 FINA Diving World Cup – 3 (Men's 10m)
- 2020 FINA Diving Grand Prix – 2 (Men's 10m)
- 2022 FINA Diving Grand Prix – 1 (Men's 10m synchro) (Zsombor-Murray)
- 2021 Canadian Diving Trials – 2 (Men's 10m)
- 2020 Winter National Diving Championships – 3 (Men's 10m)
- 2019 Summer National Diving Championships – 1 (Men's 10m)
- 2019 Winter National Diving Championships – 6 (Men's 10m)
- 2022 Summer National Diving Championships – 1 (Men's 10m)
- 2022 Winter National Diving Championships – 1 (Men's 10m)

Fun Fact: Rylan is an adrenaline junkie who's always looking for action. When he's not in the pool spinning and twisting at an impressive speed, he loves snowmobiling in the winter and mountain biking in the summer!



Athlete Name: Nathan Zsombor-Murray
Sport/Event: 10m platform, 10m synchro
DOB: 04/28/2003
Hometown/Residence: Pointe-Claire, QC
Club/Coach: Pointe-Claire Diving Club
Social Media: @nathan_zm

Career Highlights: Olympian Nathan Zsombor-Murray is well known for constantly ripping and getting high scores on his 409C, a front dive with four rotations and a half in the pike position. He has recently won Canada's first medal ever in the men's 10m synchronized final at the 2022 FINA World Championships alongside his new synchro partner, Rylan Wiens. Together, they also won the men's 10m synchro gold medal at the 2022 FINA Diving Grand Prix in Calgary. Nathan is also a silver medallist in the men's 10m synchronized event from the 2019 Pan American Games.

Major Competitions:

- 2021 Olympic Games – 5 (Men's 10m synchro) (Riendeau)
- 2021 Olympic Games – 13 (Men's 10m)
- 2022 FINA World Championships – 3 (Men's 10m synchro) (Wiens)
- 2022 FINA World Championships – 7 (Men's 10m)
- 2018 FINA Junior World Championships – 4 (Boy's platform) (group B)
- 2019 Pan American Games – 2 (Men's 10m synchro) (Riendeau)
- 2019 Pan American Games – 6 (Men's 10m)
- 2021 FINA Diving World Cup – 3 (Men's 10m synchro) (Riendeau)
- 2021 FINA Diving World Cup – 5 (Men's 10m)
- 2020 FINA Diving World Series – 3 (Men's 10m synchro) (Riendeau)
- 2020 FINA Diving World Series – 6 (Men's 10m)
- 2022 FINA Diving Grand Prix – 1 (Men's 10m synchro) (Wiens)
- 2022 Summer National Diving Championships – 2 (Men's 10m)
- 2022 Winter National Diving Championships – 2 (Men's 10m)

Fun Fact: The Commonwealth Games were the only competition missing from Nathan's roadmap, who has been competing at every possible competition since he turned 14. You can be sure he will be travelling to Birmingham with his all-time favorite snack: Goldfish!

Overview on Coaches:

Coach Name: Mary Carroll
Sport/Event: Diving
Role: Coach
Hometown: Saskatoon, SK

Overview on Coaches:

Coach Name: Yihua Li
Sport/Event: Diving

Role: Coach
Hometown: Pointe-Claire, QC

Overview on Coaches:
Coach Name: Tommy McLeod
Sport/Event: Diving
Role: Coach
Hometown: Victoria, BC

Overview on Coaches:
Coach Name: Stéphane Lapointe
Sport/Event: Diving
Role: Coach
Hometown: Montréal, QC

Overview on Coaches:
Coach Name: Cesar Henderson
Sport/Event: Diving
Role: Coach
Hometown: Brossard, QC

Overview on Coaches:
Coach Name: Tommy McLeod
Sport/Event: Diving
Role: Coach
Hometown: Victoria, BC

Overview on Coaches:
Coach Name: Yihua Li
Sport/Event: Diving
Role: Coach
Hometown: Pointe-Claire, QC

Overview on Coaches:
Coach Name: Mary Carroll
Sport/Event: Diving
Role: Coach
Hometown: Saskatoon, SK

FIELD HOCKEY

Team Canada in Birmingham

The roster is a new-look roster featuring several players who will play in their first international match. The fresh faces are paired with the veteran likes of Keegan Pereira, Taylor Curran, John Smythe and Matt Sarmento. Notable departures from the Pan Am Cup roster include stalwart defender Gordon Johnston and long-time goalkeeper, Antoni Kindler. The Commonwealth Games marks the debut tournament for interim head coach, Peter Milkovich.

Captain, Keegan Pereira is making his fourth Commonwealth Games appearance. He said he always appreciates the opening ceremonies that signal the start of this special tournament. He said that the team has a handful of new faces and, with that in mind, he knows this group will be up to the challenge when the first whistle blows.

The Women's National Team will be traveling directly from Spain, where they are taking part in the 2022 World Cup, to the UK for the Commonwealth Games. They will have the same pool play opponents as the MNT, facing India, Wales, England and Ghana with the top two advancing to the championship bracket.

At the last Commonwealth Games, Team Canada finished in fifth place, an all-time high. They will be looking to ride the high from the World Cup to a potential semifinals berth in Birmingham. Team Canada won a bronze medal over USA 1-0 at the 2022 Pan American Cup to punch their ticket to the World Cup. They are taking largely a similar roster to this summer's competition. Melanie Scholz and Chloe Walton will be playing in their first major competition for Canada's senior national team. Notable departures from the World Cup roster include defenders Shanlee Johnston and Kat Leahy. This tournament will be head coach Rob Short's third behind the Wolf Pack bench.

Dates

July 29 – August 8, 2022

Venue(s):

University of Birmingham Hockey and Squash Centre, Birmingham

Number of events:

Two (one men's and one women's)

Number of Teams:

Women's ten team tournament

Men's ten team tournament

HISTORY

The roots of field hockey are buried deep in antiquity. Historical records show that a crude form of hockey was played in Egypt 4,000 years ago and in Ethiopia around 1000 BC. Various museums offer evidence that a form of the game was played by Romans and Greeks and by the Aztec Indians in South America several centuries before Columbus landed in the New World. The modern hockey game evolved in England in the mid-18th century, primarily around schools. The name hockey probably derives from the French “hoquet,” or shepherd’s crook, and refers to the crooked stick used to hit a small ball.

Field hockey was included for the first time in the competition schedule of the 1908 Olympic Games in London, and the International Hockey Federation (FIH) was founded in 1924. Field hockey was introduced to the Commonwealth Games program in Kuala Lumpur in 1998

OVERVIEW

A field hockey game is played between two teams of 11 players each. A game is divided into four 15-minute periods, with a 10-minute interval in between periods 2 and 3, and a 1-minute interval in between periods 1 and 2, and 3 and 4. Each team tries to score as many goals as possible in the opposite team’s goal.

Equipment

The ball is white, hard, and made of Teflon. Its surface has dimples. It weighs between 156 and 163 g, and its circumference varies between 224 and 235 mm.

The stick is smooth and straight with one curved end, slightly wider. All its edges are rounded, while the inner side is flat.

Rules

Essential skills for playing field hockey are controlling, passing, pushing, stopping, and hitting the ball. Stickwork is impressive to watch, as players with good stick skills can maintain control of the ball while sprinting the length of the field, weaving through the sticks and legs of defending players to create space. Athletes can only play the ball with a flat face or edge of the stick. Athletes are not allowed to use their feet or any other part of their body. Only the goalkeepers can use their stick, hands, feet, legs and body to stop the ball when defending their circle. The hockey rules have been extensively modified over the last ten years (suppression of offside, self-pass on free hits, etc.) to minimize stoppage of play, making the game faster and more spectacular and increasing the number of goals.

A player who violates a rule may receive a:

- Green card: temporary suspension (two minutes)
- Yellow card: temporary suspension (a minimum of five minutes)
- Red card: permanent suspension

Player Positions

Every team consists of 10 field players, classified as attackers, midfielders and defenders, and a goalkeeper who remains in his team’s shooting circle. In the Commonwealth Games, every team is made up of 18 players, 11 of which remain on the field while the other seven are interchange players. Although coaches may make unlimited substitutions during a game, they are not permitted to substitutions during penalty corners and penalty strokes. In such cases, coaches can only replace injured or suspended goalkeepers.

Field of Play

A hockey field frequently referred to as the “pitch” is a rectangular area measuring 91.4 m long and 55 m wide. The long sides are the “sidelines,” and the shorter ones are the “back lines,” or “goal lines.” Goalposts are placed at either end of the field in the middle of the backline. Almost semi-circular lines run from the backline and mark out the area of the shooting circle, the area in which goals are scored

Scoring a Goal

A field goal is scored after a shot at goal by an attacking player within the defending team’s circle, passes over the goal line.

Penalty Corner

A penalty corner may be awarded if a defending team breaks a rule within its circle, such as preventing a goal from being scored with one’s own body. A penalty corner is executed as follows: an attacker stands with the ball on a designated spot along the backline and pushes it out to a player waiting outside the circle. At the same time, five defenders who waited behind the backline start running towards the attacker about to attempt a goal. An attacking player outside the circle must stop the ball before players can shoot for a goal.

For more information:

Field Hockey Canada

6111 River Road

Richmond BC V7C 0A2

Email: fhc@fieldhockey.ca

Website: www.fieldhockey.ca

Twitter: @FieldHockeyCan

International Hockey Federation (FIH): <https://www.fih.hockey/>

Pan American Hockey Federation: www.panamhockey.org

Media attaché in Birmingham: Yan Huckendubler - yhucken@istar.ca

Field Hockey Team for Birmingham

First	Last	Home Province	Position	Commonwealth Games
Gavin	Bains	BC	FWD	
Alexander	Bird	QC	DEF	
Fin	Boothroyd	BC	FWD	
Tristan	Burgoyne	BC	GK	
Taylor	Curran	BC	DEF	2014, 2018
Roopkanwar	Dhillon	BC	DEF	
Brendan	Guraliuk	BC	FWD	
Manveer	Jhamat	BC	DEF	
Ethan	McTavish	BC	GK	
Devoehn	Noronha-Teixeira	ONT	FWD	
Balraj	Panesar	BC	DEF	2018
Keegan	Pereira	ONT	MID	2010, 2014, 2018,
Matt	Sarmiento	BC	FWD	2018
Oliver	Scholfield	BC	MID	
Harbir	Sidhu	BC	MID	
Gurpreet	Singh	BC	FWD	
John	Smythe	BC	DEF	2018
Floris	Van Son	NED	MID	2018

Athlete Information:



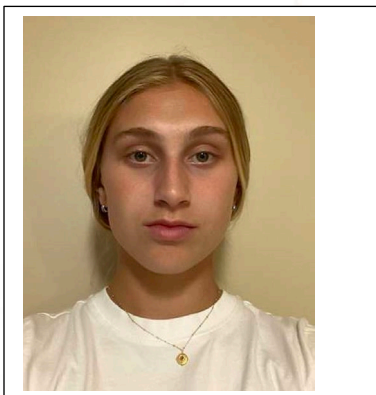
Athlete Name: Alexis De Armond
Sport/Event: Women's field hockey
DOB: 04/04/1997
Hometown/Residence: Victoria, B.C.
Club/Coach: West Vancouver FHC
Social Media: @lexidearmond (IG)

Career Highlights: 2022 FIH Women's World Cup, 2022 Pan American Cup (Bronze)

Major Competitions:

- 2022 FIH Women's World Cup
- 2022 Pan American Cup (Bronze)
- 2016 Junior Pan American Championship

Fun Fact: Alexis is a Type 1 Diabetic.



Athlete Name: Grace Delmotte
Sport/Event: Women's field hockey
DOB: 07/26/2002
Hometown/Residence: North Vancouver, B.C.
Club/Coach: West Vancouver FHC
Social Media: @gracedelmotte (IG)

Career Highlights: 2022 FIH Women's World Cup. Scored first international goal against Argentina at Women's World Cup (only the 3rd goal Canada has scored against world-ranked No. 2 Argentina since 2013).

Major Competitions:

- 2022 FIH Women's World Cup
- 2021 Pan American Cup – Bronze (qualified for World Cup)

Fun Fact: Grace is a tri-citizen.



Athlete Name: Jordyn Faiczak
Sport/Event: Women's field hockey
DOB: 04/02/1999
Hometown/Residence: Waterloo, Ont.
Height/Weight (optional):
Club/Coach: University of British Columbia Thunderbirds
Social Media: @jordynfaiczak (IG)

Career Highlights: 2022 FIH Women's World Cup. 2021 Pan American Cup (Bronze, qualified for World Cup). 2021 Junior Pan American Cup (Gold).

Major Competitions:

- 2022 FIH Women's World Cup
- 2021 Pan American Cup (Bronze, qualified for World Cup)
- 2021 Junior Pan American Cup (Gold)

Fun Fact: Jordyn played competitive ice hockey for 10 years.



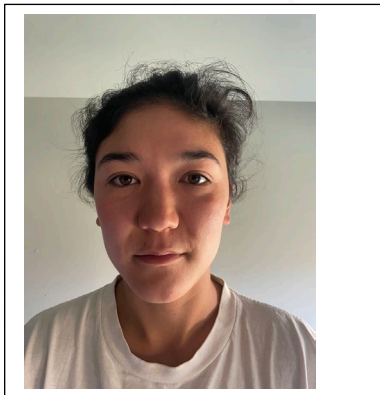
Athlete Name: Sara Goodman
Sport/Event: Women's field hockey
DOB: 10/22/1999
Hometown/Residence: Duncan, B.C.
Club/Coach: Cowichan Field Hockey Club
Social Media: @saragoodman (IG)

Career Highlights: 2022 FIH Women's World Cup. 2021 Pan American Cup (Bronze, qualified for World Cup). 2021 Junior Pan American Cup (Gold).

Major Competitions:

- 2021 Pan American Cup -Bronze (qualified for World Cup)
- 2021 Junior Pan American Cup - Gold

Fun Fact: Sara's hometown has the biggest ice hockey stick in world.



Athlete Name: Rowan Harris
Sport/Event: Women's field hockey
DOB: 08/11/1996
Hometown/Residence: Ottawa, ON
Club/Coach: Vancouver Hawks
Social Media: @rowanharris_ (IG)

Career Highlights: 2022 FIH Women's World Cup. 2021 Pan American Cup (Bronze, qualified for World Cup). 2019 Olympic Qualifier Finalist.

Major Competitions:

- 2022 FIH Women's World Cup
- 2021 Pan American Cup – Bronze (qualified for World Cup)
- 2019 Olympic Qualifier Finalist

Fun Fact: Hit Rowan up if you want to start a farming community.



Athlete Name: Hannah Haughn

Sport/Event: Women's field hockey

DOB: 09/04/1994

Hometown/Residence: North Vancouver, B.C.

Club/Coach: West Vancouver Field Hockey Club

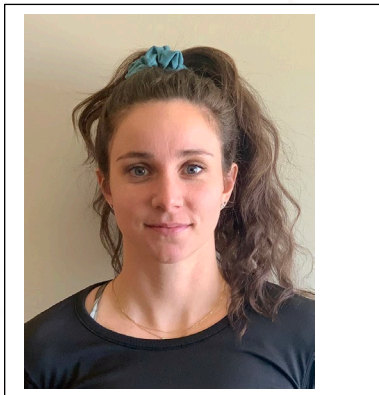
Social Media: @haughn13 (IG, TW)

Career Highlights: 2022 FIH Women's World Cup. 2019 Olympic Qualifier Finalist. 2014, 2018, 2022 Commonwealth Games. 2022 FIH Women's World Cup.

Major Competitions:

- 2013 Junior World Cup – 14
- 2011, 2015 Junior World Cup - Bronze
- 2019 Pan American Games - Silver

Fun Fact: Hannah used to be a competitive gymnast.



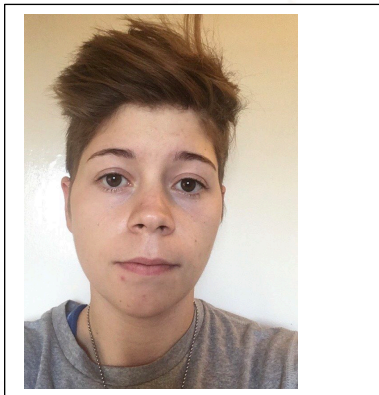
Athlete Name: Karli Johansen
Sport/Event: Women's field hockey
DOB: 03/26/1992
Hometown/Residence: North Vancouver, B.C.
Club/Coach: West Vancouver Field Hockey Club
Social Media: @karli_jo14 (IG)

Career Highlights: 2022 FIH Women's World Cup. 2021 Pan American Cup (bronze, qualified for World Cup). 2019 Olympic Qualifier Finalist. 2013 WNT Top Goal Scorer. 2013 Junior World Cup

Major Competitions:

- 2021 Pan Am Cup - Bronze
- 2019 World League Finals - Silver
- 2019 Pan Am Games - Silver
- 2018 Commonwealth Games – 5 (historical top finish)
- 2017 Pan Am Cup 4th (Pan Am Elite team)
- 2015 Pan Am Games - Bronze (Pan Am Elite team)
- 2014 Commonwealth Games

Fun Fact: Karli has always thought she would switch to bobsled if Field Hockey didn't work out.



Athlete Name: Marcia LaPlante
Sport/Event: Women's field hockey
DOB: 08/30/1997
Hometown/Residence: Waasis, N.B.
Club/Coach: Loughborough University
Social Media: @Marcialaplante34 (IG)

Career Highlights: 2022 FIH Women's World Cup. 2021 Pan American Cup (bronze, qualified for World Cup). NCAA Patriot League Rookie of the Year. College of the Holy Cross (Female Athlete of the Year, Breakthrough Athlete of the Year, Best Individual Performance of the Year). Canada Winter Games (Team New Brunswick – Ice Hockey)

Major Competitions:

- 2022 Pan American Cup - Silver
- 2021 Pan American Cup – Bronze (qualified for World Cup)

Fun Fact: Marcia has a twin sister. Her first language is French, and she has a border collie named Piper. She only started playing field hockey goalie when she was 19 because her university team needed a keeper.



Athlete Name: Sara McManus
Sport/Event: Women's field hockey
DOB: 08/14/1993
Hometown/Residence: North Vancouver, B.C.
Club/Coach: West Vancouver Field Hockey Club
Social Media: @saramac17 (IG)

Career Highlights: 2022 World Cup. 2022 FIH Women's World Cup. 2021 Pan American Cup (bronze, qualified for World Cup). 2019 Olympic Qualifier Finalist.

Major Competitions:

- 2021 Pan Am Cup - Bronze
- 2019 World League Finals - Silver
- 2019 Pan Am Games - Silver
- 2018 Commonwealth Games – 5
- 2015 Pan Am Games - Bronze
- 2014 Commonwealth Games
- 2011 Pan American Games

Fun Fact: In 2020 Sara drove to the Yukon and back by herself.



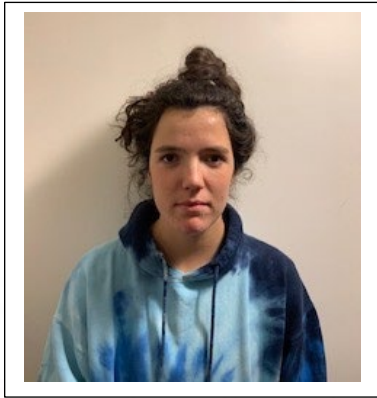
Athlete Name: Anna Mollenhauer
Sport/Event: Women's field hockey
DOB: 09/18/1999
Hometown/Residence: Victoria, B.C.
Club/Coach: University of Victoria Vikes
Social Media: @anna.mollenhauer (IG)

Career Highlights: 2022 FIH Women's World Cup. 2019 FIH Series Finals, Valencia (Silver, named U21 Junior Player of the Tournament. 2021, 2019, 2018 U SPORTS Field Hockey National Champion. 2019 Pan American Games. 2022 FIH Women's World Cup.

Major Competitions:

- 2021 Pan American Cup – Bronze (qualified for World Cup)
- 2021 Pan American Junior Championships - Gold
- 2019 Pan American Games - Silver
- 2021 Pan American Junior Championships - Gold

Fun Fact: Anna's mom, Nancy Mollenhauer (nee Charlton) also played field hockey for Canada and is a two time Olympian.



Athlete Name: Audrey Sawers
Sport/Event: Women's field hockey
DOB: 11/22/1999
Hometown/Residence: North Vancouver, B.C.
Club/Coach: Polar Bears Field Hockey Club
Social Media: @audreysawers (IG)

Career Highlights: 2022 FIH Women's World Cup. 2021 Pan American Cup (Bronze, qualified for World Cup)

Major Competitions:

- 2022 Pan American Cup - Silver
- 2021 Pan American Cup – Bronze (qualified for World Cup)

Fun Fact: Audrey has never had a nosebleed.



Athlete Name: Melanie Scholz
Sport/Event: Women's field hockey
DOB: 07/15/2000
Hometown/Residence: North Vancouver, B.C.
Club/Coach: Cougars Field Hockey Club
Social Media: @melschoolz (IG)

Career Highlights: 2021 FIH Junior Women's World Cup (captain). 2021 Pan American Junior Championships (Gold, qualified for Jr World Cup).

Major Competitions:

- 2021 Pan American Junior Championships – Gold (qualified for Jr World Cup)

Fun Fact: Melanie has been mistaken for Hayley Wickenheiser multiple times.



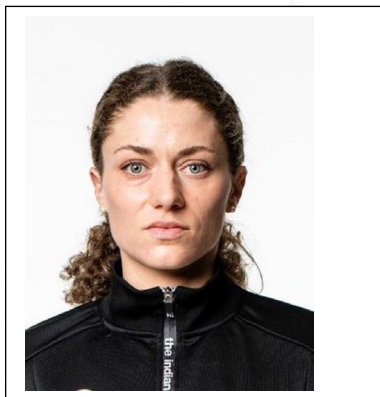
Athlete Name: Maddie Secco
Sport/Event: Women's field hockey
DOB: 03/15/1994
Hometown/Residence: Victoria, B.C.
Club/Coach: Stanford University
Social Media: @maddawgmillionaire22 (IG)

Career Highlights: 2 x Pan American Games (2019, 2015). 3 x Commonwealth Games (2014, 2018, 2022). 2022 FIH World Cup.

Major Competitions:

- 2022 FIH Women's World Cup
- 2021 Pan American Cup – Bronze (qualified for World Cup)
- 2019 Pan American Games - Silver
- 2015 Pan American Games - Bronze
- 2013 Pan American Cup - Bronze

Fun Fact: Maddie loves to bake and her favourite dessert to make (and eat) is cheesecake!



Athlete Name: Natalie Sourisseau
Sport/Event: Women's field hockey
DOB: 12/05/1992
Hometown/Residence: North Vancouver, B.C.
Club/Coach: Polar Bears Field Hockey Club
Social Media: @nsourisseau (IG)

Career Highlights: 2022 FIH Women's World Cup. 2022 FIH Women's World Cup. 2011 Pan American Games

Major Competitions:

- 2021 Pan American Cup – Bronze (qualified for World Cup)
- 2019 Pan American Games - Silver
- 2018 Commonwealth Games – 5
- 2015 Pan American Games - Bronze

Fun Fact: Natalie had pin straight hair when she was young - and then one day it decided to be curly.



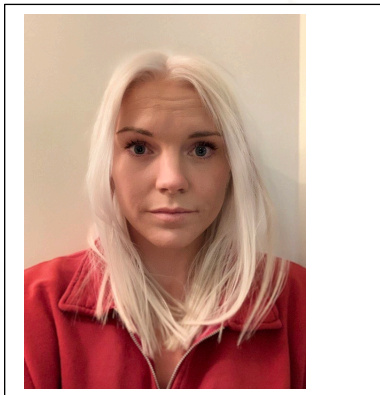
Athlete Name: Brienne Stairs
Sport/Event: Women's field hockey
DOB: 12/22/1989
Hometown/Residence: Kitchener, ON
Club/Coach: University of Guelph Gryphons
Social Media: @briestairs (IG)

Career Highlights: 2022 FIH Women's World Cup. 2022 University of Guelph Hall of Fame Inductee. Current Canadian women's all-time leading goal scorer. Pan American Elite team member (2011, 2013, 2015, 2019). 2011 Pan Am Games (Guadalajara). 2013 Pan Am Cup (Mendoza). 2014 Commonwealth Games (Glasgow). 2015 Pan Am Games (Toronto). 2017 Pan Am Cup (Lancaster). 2018 Commonwealth Games (Gold Coast). 2019 Pan Am Games (Lima). 2022 Pan Am Cup (Santiago). 2022 World Cup (Terrassa)

Major Competitions:

- 2021 Pan American Cup -Bronze
- 2019 Pan American Games - Silver
- 2018 Commonwealth Games – 5
- 2015 Pan American Games - Bronze
- 2013 Pan American Cup

Fun Fact: Played on the national team with her younger sister Tegan.



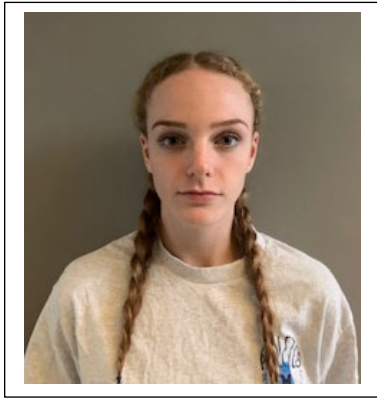
Athlete Name: Madison Thompson
Sport/Event: Women's field hockey
DOB: 08/11/1994
Hometown/Residence: North Vancouver, B.C.
Height/Weight (optional):
Club/Coach: Kent State University
Social Media: @maddithompsonn (IG)

Career Highlights: 2022 FIH Women's World Cup. First woman to represent Canada at both Indoor and Outdoor World Cup. 2015 FIH Indoor World Cup, 2022 Pan American Cup, 2022 FIH World Cup.

Major Competitions:

- 2022 Pan American Cup – Bronze (qualified for World Cup)
- 2014 Indoor Pan American Championship - Gold

Fun Fact: Madison loves cartoons.



Athlete Name: Chloe Walton
Sport/Event: Women's field hockey
DOB: 04/28/2000
Hometown/Residence: North Vancouver, B.C.
Club/Coach: University of Maine
Social Media: @k_chloewalton (IG)

Career Highlights: 2021 America East Conference Championship (NCAA), All Conference First Team (2021, 2020). All Regional Team (2021, 2020). All Conference Second Team 2019. OUA Championship 2018. U SPORTS Silver Medalist 2018

Major Competitions:

- 2022 Commonwealth Games

Fun Fact: Chloe was a part of the first University of Maine field hockey team to win a conference championship in program history.



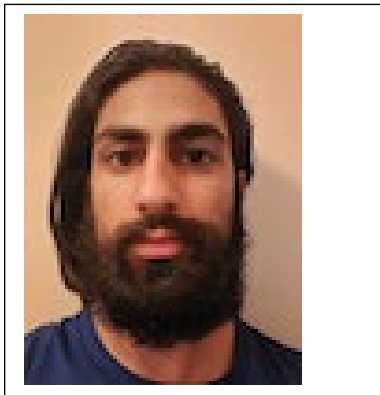
Athlete Name: Amanda Woodcroft
Sport/Event: Women's field hockey
DOB: 10/09/1993
Hometown/Residence: Waterloo, Ont.
Height/Weight (optional):
Club/Coach: Polar Bears Field Hockey Club
Social Media: @awoodcroft12 (IG)

Career Highlights: 2022 FIH Women's World Cup. 2018 Commonwealth Games. 2013 Junior World Cup

Major Competitions:

- 2022 FIH Women's World Cup
- 2015 Pan American Games - Bronze
- 2019 Pan American Games - Silver

Fun Fact: Amanda grew up playing ice hockey and soccer before switching to field hockey.



Athlete Name: Gavin Bains
Sport/Event: Men's field hockey
DOB: 10/18/1998
Hometown/Residence: Ladner, B.C.
Club/Coach: India Club
Social Media: @bainsgavin (IG)

Career Highlights: 2016 Junior World Cup, Lucknow

Major Competitions:

- 2016 Junior World Cup, Lucknow - 16

Fun Fact: Gavin loves skydiving.



Athlete Name: Alexander Bird
Sport/Event: men's field hockey
DOB: 05/13/2003
Hometown/Residence: Chelsea, Quebec
Club/Coach: Chelsea Phoenix FHC
Social Media: @alexkbird (IG)

Career Highlights: 2015 National Championships (Gold U15, Gold U18)

Major Competitions:

- 2021 Junior World Cup, Bhubaneswar - 11
- 2021 Junior Pan American Championship, Santiago - 4

Fun Fact: Alexander's father played for Canadian National field hockey team as well and he competed in two Olympic Games.



Athlete Name: Fin Boothroyd
Sport/Event: men's field hockey
DOB: 03/9/1999
Hometown/Residence: West Vancouver, B.C.
Club/Coach: East Grinstead Hockey Club
Social Media: @finboo (IG), @finnboothroyd (TW)

Career Highlights: 2020 Olympic Games, Tokyo. 2019 FIH Men's Series Finals, Kuala Lumpur.

Major Competitions:

- 2022 Pan American Cup, Santiago - Bronze
- 2020 Olympic Games, Tokyo - 12
- 2019 Pan American Games, Peru - Silver
- 2019 FIH Men's Series Finals, Kuala Lumpur - Gold
- 2019 Sultan Azlan Shah Cup, Malaysia - 4
- 2018 FIH Men's World Cup, Bhubaneswar - 11
- 2016 FIH Junior Men's World Cup - 16

Fun Fact: Fin loves spending his weekends taking long walks on the beach.



Athlete Name: Tristan Burgoyne
Sport/Event: Men's field hockey
DOB: 04/28/1994
Hometown/Residence: Vancouver, B.C.
Club/Coach: Hawks FH Club
Social Media: @tbthegoalie (IG)

Career Highlights: 2013 Men's Junior World Cup. 2012 Junior Pan American Championships.

Major Competitions:

- 2013 Men's Junior World Cup - 16
- 2012 Junior Pan American Championships

Fun Fact: Outside of field hockey, Tristan is the Chief Operating Officer at Oat Couture Oatmeal Cafe. "What's an oatmeal cafe?" you might ask. Well, they make gourmet oatmeal bowls like you've never seen before and they call it fashionable oatmeal! And if that isn't cool enough, each location turns into a Scotch Lounge at nighttime.



Athlete Name: Taylor Curran
Sport/Event: Men's field hockey
DOB: 05/19/1992

Hometown/Residence: North Vancouver, B.C.
Club/Coach: West Vancouver FHC
Social Media: @taylorcurran77 (IG)

Career Highlights: 2020 Olympic Games, Tokyo. 2016 Olympic Games, Rio. 2010 FIH Men's World Cup.

Major Competitions:

- 2022 Pan American Cup, Santiago - Bronze
- 2020 Olympic Games, Tokyo - 12
- 2019 Pan American Games, Peru - Silver
- 2019 FIH Men's Series Finals, Kuala Lumpur - Gold
- 2019 Sultan Azlan Shah Cup, Malaysia - 4
- 2018 Commonwealth Games, Gold Coast - 8
- 2017 Pan American Cup, Lancaster - Silver
- 2017 HERO Hockey World League Semi-Final - 5
- 2016 Olympic Games, Rio - 11
- 2015 Pan American Games, Toronto - Silver
- 2014 Commonwealth Games - 6

Fun Fact: Favourite animal is the giraffe.

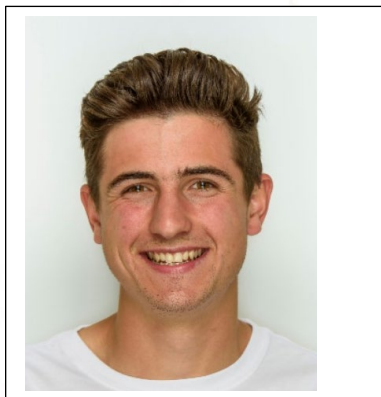


Athlete Name: Roopkanwar Dhillon
Sport/Event: Men's field hockey
DOB: 10/5/2001
Hometown/Residence: Surrey, B.C.
Club/Coach: Burnaby Field Hockey Club
Social Media: @roop_dhillon24 (IG)

Career Highlights: 2016 U16 BC player of the year, 2-time Canadian National Champion, 2-time bronze medalist. Overall athlete award at high school

Major Competitions:

- 2021 Junior World Cup, Bhubaneswar - 11
- 2021 Junior Pan American Championship, Santiago - 4
- 2018 Youth Olympic Games, Buenos Aires - 10



Athlete Name: Brendan Guraliuk

Sport/Event: Men's field hockey

DOB: 05/14/2000

Hometown/Residence: Tsawwassen, B.C.

Club/Coach: Der Club an Der Alster

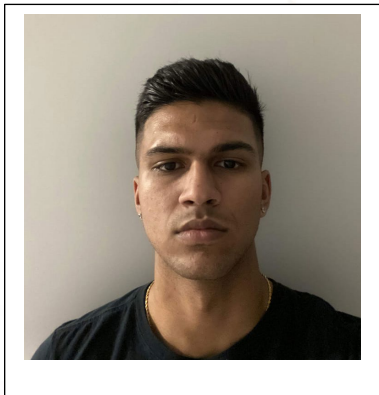
Social Media: @brendan_g7 (IG), @BGuraliuk (TW)

Career Highlights: 2020 Olympic Games, Tokyo. 2021 Pan American Cup, Santiago.

Major Competitions:

- 2022 Pan American Cup, Santiago - Bronze
- 2020 Olympic Games, Tokyo - 12
- 2018 Youth Olympic Games, Buenos Aires - 10

Fun Fact: Brendan likes to fly fish.



Athlete Name: Manveer Jhamat

Sport/Event: Men's field hockey

DOB: 11/14/2001

Hometown/Residence: Abbotsford, B.C.

Club/Coach: Gobind Sarvar-Burnaby Lakers

Social Media: @manveerjhamat (IG)

Career Highlights: National Championships 2x Gold, 1x silver, 2x Bronze. National Championships MVP. Abbotsford Wall of Fame Inductee.

Major Competitions:

- 2021 Junior World Cup, Bhubaneswar - 11
- 2021 Junior Pan American Championship, Santiago - 4

Fun Fact: Manveer is a science student majoring in biology!



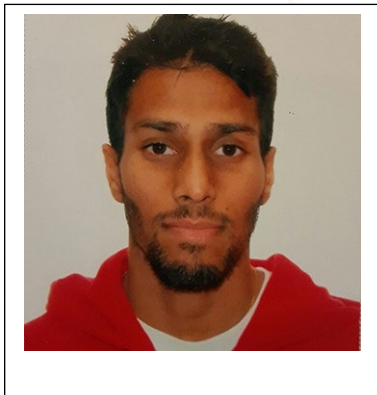
Athlete Name: Ethan McTavish
Sport/Event: Men's field hockey
DOB: 05/01/2000
Hometown/Residence: North Vancouver, B.C.
Club/Coach: West Vancouver FHC
Social Media: @ethanmctav (IG)

Career Highlights: 2018 Youth Pan American Championships, Guadalajara. 2018 Youth Olympic Games, Buenos Aires.

Major Competitions:

- 2018 Youth Pan American Championships, Guadalajara - Silver
- 2018 Youth Olympic Games, Buenos Aires - 10

Fun Fact: In his free time, Ethan enjoys restoring old vehicles with his father and taking landscape and car photography.



Athlete Name: Devohn Noronha Teixeira

Sport/Event: Men's field hockey

DOB: 02/09/1989

Hometown/Residence: Mississauga, Ontario

Club/Coach: Toronto Lions Field Hockey Club

Social Media: @devohn89 (IG)

Career Highlights: 2016 Olympic Games, Rio.

Major Competitions:

- 2022 Pan American Cup, Santiago - Bronze
- 2021 Indoor Pan American Cup, Philadelphia - Bronze
- 2019 Sultan Azlan Shah Cup, Malaysia - 4
- 2016 Olympic Games, Rio - 11

Fun Fact: Nickname is Devo.



Athlete Name: Balraj Panesar
Sport/Event: Men's field hockey
DOB: 03/16/1996
Hometown/Residence: Surrey, BC
Club/Coach: United Brothers FHC / Beeston HC
Social Media: @panesar96 (IG)

Career Highlights: 2019 FIH Olympic Qualifiers (beat Ireland to qualify for 2020 Olympic Games). 2019 Pan American Games, Peru. 2018 Commonwealth Games, Gold Coast.. 2013 FIH Junior Men's World Cup.

Major Competitions:

- 2022 Pan American Cup, Santiago - Bronze
- 2020 Olympic Games, Tokyo - 12
- 2019 FIH Olympic Qualifiers (beat Ireland to qualify for 2020 Olympic Games)
- 2019 Pan American Games, Peru - Silver
- 2019 FIH Men's Series Finals, Kuala Lumpur - Gold
- 2019 Sultan Azlan Shah Cup, Malaysia - 4
- 2018 Commonwealth Games, Gold Coast - 8
- 2013 FIH Junior Men's World Cup - 16

Fun Fact: Balraj is currently in law school at the University of Birmingham.



Athlete Name: Keegan Pereira
Sport/Event: Men's field hockey
DOB: 09/08/1991
Hometown/Residence: Pickering, Ontario
Club/Coach: Toronto Titans FHC
Social Media: @kpere10 (IG, TW)

Career Highlights: 2019 Pan American Elite Team. 2x German Bundesliga Champion. 2020 Olympic Games Qualification

Major Competitions:

- 2022 Pan American Cup, Santiago - Bronze
- 2020 Olympic Games, Tokyo - 12
- 2019 Pan American Games, Peru - Silver
- 2019 FIH Men's Series Finals, Kuala Lumpur- Gold
- 2019 Sultan Azlan Shah Cup, Malaysia - 4
- 2018 Commonwealth Games, Gold Coast - 8
- 2017 Pan American Cup, Lancaster - Silver
- 2017 HERO Hockey World League Semi-Final - 5
- 2016 Olympic Games, Rio - 11
- 2014 Commonwealth Games - 6

Fun Fact: Keegan once flew an airplane.



Athlete Name: Matthew Sarmento
Sport/Event: Men's field hockey
DOB: 06/23/1991
Hometown/Residence: Vancouver, BC
Club/Coach: Vancouver Hawks FHC
Social Media: @sarmy21 (IG)

Career Highlights: Two-time Olympian (2020, 2016). 2019 Pan American Games, Lima. 2018 FIH Men's World Cup, Bhubaneswar. 2018 Commonwealth Games, Gold Coast.

Major Competitions:

- 2022 Pan American Cup, Santiago - Bronze
- 2020 Olympic Games, Tokyo - 12
- 2019 Pan American Games, Peru - Silver
- 2019 FIH Men's Series Finals, Kuala Lumpur - Gold
- 2019 Sultan Azlan Shah Cup, Malaysia - 4
- 2018 FIH Men's World Cup, Bhubaneswar - 11
- 2018 Commonwealth Games, Gold Coast - 8
- 2017 Pan American Cup, Lancaster - Silver
- 2017 HERO Hockey World League Semi-Final - 5
- 2016 Olympic Games, Rio - 11
- 2014 Commonwealth Games - 6

Fun Fact: Matthew was a high-level ice hockey player before switching to field hockey.



Athlete Name: Oliver Scholfield
Sport/Event: Men's field hockey
DOB: 09/11/1993
Hometown/Residence: Vancouver, B.C.
Club/Coach: Vancouver Hawks FHC
Social Media: @oscholfield (IG, TW)

Career Highlights: 2020 Olympic Games, Tokyo. 2019 Pan American Games, Peru. 2018 FIH Men's World Cup, Bhubaneswar.

Major Competitions:

- 2022 Pan American Cup, Santiago - Bronze
- 2020 Olympic Games, Tokyo - 12
- 2019 Pan American Games, Peru - Silver
- 2019 FIH Men's Series Finals, Kuala Lumpur - Gold
- 2019 Sultan Azlan Shah Cup, Malaysia - 4
- 2018 FIH Men's World Cup, Bhubaneswar - 11
- 2013 FIH Men's Junior World Cup, New Delhi - 16

Fun Fact: Favourite colour is blue....



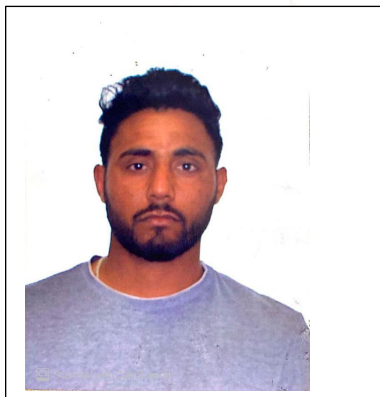
Athlete Name: Harbir Sidhu
Sport/Event: Men's field hockey
DOB: 08/14/1997
Hometown/Residence: Victoria, B.C.
Club/Coach: Tigers FHC / India Club
Social Media: @habusidhu (IG)

Career Highlights: 2014 Youth Olympic Games, Nanjing. 2016 Junior Pan Am Cup, Toronto.

Major Competitions:

- 2014 Youth Olympic Games, Nanjing - Silver
- 2016 Junior Pan Am Cup, Toronto - Silver
- 2016 Junior World Cup, Lucknow - 16
- 2017 Pan Am Cup, Lancaster - Silver

Fun Fact: Harbir loves hiking and exploring glacier lakes!



Athlete Name: Gurpreet Singh
Sport/Event: men's field hockey
DOB: 11/30/1994

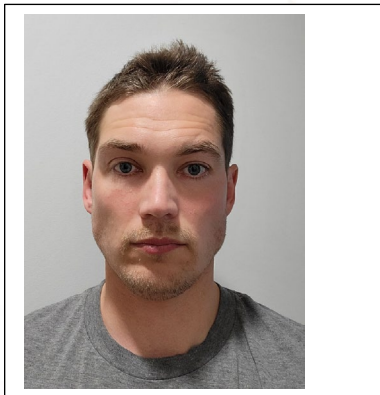
Hometown/Residence: Surrey, B.C.
Club/Coach: Surinder Lions Field Hockey Club
Social Media: @Gops09 (IG)

Career Highlights: Indian men's nations camp (Senior and Junior)

Major Competitions:

- Canadian National Championships - Gold
- Canadian National Championships - Silver
- Canadian National Championships - Bronze

Fun Fact: Gurpreet operates a crane at construction sites.



Athlete Name: John Smythe
Sport/Event: Men's field hockey
DOB: 08/31/1989
Hometown/Residence: Vancouver, B.C.
Club/Coach: Vancouver Hawks
Social Media: @jsmythe22 (IG), @JohnSmythe22 (TW)

Career Highlights: 2020 Olympic Games, Tokyo. 2019 Pan American Games, Peru.

Major Competitions:

- 2020 Olympic Games, Tokyo - 12
- 2019 Pan American Games, Peru - Silver
- 2019 FIH Men's Series Finals, Kuala Lumpur - Gold
- 2019 Sultan Azlan Shah Cup, Malaysia - 4
- 2018 FIH Men's World Cup, Bhubaneswar - 11
- 2018 Commonwealth Games, Gold Coast - 8
- 2017 Pan American Cup, Lancaster - Silver
- 2017 HERO Hockey World League Semi-Final - 5

Fun Fact: John's dog is crossed eyed.



Athlete Name: Floris van Son
Sport/Event: Men's field hockey
DOB: 02/05/1992
Hometown/Residence: Amsterdam, Netherlands
Club/Coach: THC Hurley
Social Media: @flovanson (IG), @Florisvanson (TW)

Career Highlights: 2020 Olympic Games, Tokyo. 2018 FIH Men's World Cup, Bhubaneswar.

Major Competitions:

- 2020 Olympic Games, Tokyo - 12
- 2019 Pan American Games, Peru - Silver
- 2019 FIH Men's Series Finals, Kuala Lumpur - Gold
- 2019 Sultan Azlan Shah Cup, Malaysia - 4
- 2018 FIH Men's World Cup, Bhubaneswar - 11
- 2018 Commonwealth Games, Gold Coast - 8
- 2017 Pan American Cup, Lancaster - Silver
- 2017 HERO Hockey World League Semi-Final - 5

Fun Fact: Floris has played in three national jerseys in his career, for Belgium, Netherlands and Canada.

Overview on Coaches:

Coach Name: Peter Milkovich
Sport/Event: Field Hockey
Role: Head Coach
Hometown: BC

Coach Name: Bartel Berkhout
Sport/Event: Field Hockey
Role: Ass. Coach
Hometown: NED

Coach Name: Mark Wittig
Sport/Event: Field Hockey
Role: Manager
Hometown: BC

Coach Name: Paul Mounter
Sport/Event: Field Hockey
Role: Video Analyst
Hometown: BC

Coach Name: Ayesha Koome
Sport/Event: Field Hockey

Role: Athletic Therapist
Hometown: BC

Coach Name: Rob Short
Sport/Event: Field Hockey
Role: Women's Head Coach
Hometown: Tsawwassen, BC

Coach Name: Soledad Garcia
Sport/Event: Field Hockey
Role: Women's Ass. Coac
Hometown: Cordoba, ARG

Coach Name: Emma Bray
Sport/Event: Field Hockey
Role: Women's Manager
Hometown: Durban, RSA

Coach Name: Paul Mounter
Sport/Event: Field Hockey
Role: Video Analyst
Hometown: Washington, UK

Coach Name: Elliot Marsh
Sport/Event: Field Hockey
Role: Athletic Therapist
Hometown: Vancouver, BC

GYMNASTICS - ARTISTIC

Team Canada in Birmingham

Ten athletes in Artistic Gymnastics (five per gender) and three athletes in Rhythmic Gymnastics make up this year's Commonwealth gymnastics Canadian teams, including René Cournoyer, a returning member of the Canadian gymnastics team for a Commonwealth Games. Cournoyer competed in the 2018 Commonwealth Games in Gold Coast, Australia winning silver as part of the 2018 men's team event, along with three fourth place finishes in the rings, parallel bars, and high bar events.

In the Men's Artistic Gymnastics (MAG) competition, René is joined by 2022 Canadian Champions Felix Dolci and Chris Kaji as they compete in their first Commonwealth Games. The Women's Artistic Gymnastics (WAG) team includes 2018 Youth Olympic Games team member Emma Spence, as well as Laurie Denommée who recently captured three medals at the 2022 Cairo World Cup in Egypt.

Dates

Artistic: July 29 – August 2, 2022

Venue(s):

Arena Birmingham, Birmingham

Number of events:

14 (Eight men's and six women's)

HISTORY

The word "gymnastics" comes from the ancient Greeks, referring to physical activity. The Romans adopted Greek physical activity ideas and incorporated gymnastics into military training. They performed an early version of today's vault by building wooden dummy horses to practice mounting and dismounting.

The term artistic gymnastics emerged in the early 19th century to distinguish free-flowing styles from the techniques used by the military. In the 1880s, gymnastics competitions flourished in schools, athletic clubs and various organizations across Europe.

Men's artistic gymnastics was included for the first time in the 1896 Olympic Games, while women participated for the first time in the 1928 Olympic Games.

OVERVIEW

Artistic gymnastics is a very challenging sport, demanding strength, power, flexibility, coordination, courage, and a combination of technical precision and artistic creativity. When these elements are mastered, the performances appear almost effortless and are riveting to watch. Male gymnasts perform routines on six apparatus, while female gymnasts perform routines on four apparatus. A panel of judges awards marks according to each routine's level of difficulty and artistic and technical perfection.

The competition is divided into three parts: Team Competition, All-Around Final, and Apparatus Finals. The team competition is the first gymnastic event, with the competitors in the All-Around Final and Apparatus Finals being determined from the scores in the Team Competition. Each team is comprised of five gymnasts. Four of the five gymnasts compete on each apparatus. The team score is the best three of the four scores on each apparatus.

medals being awarded to the three teams with the highest total. The top 24 gymnasts from the Team Competition (with a maximum of two from any one country) advance to the All-Around final, where they compete again on each apparatus. The three highest-scoring gymnasts are the All-Around medallists. In the Apparatus Finals, the top eight gymnasts on each individual apparatus from the Team Competition (maximum of two per country) compete again on that apparatus. This determines the individual apparatus medallists.

Men's Apparatus

Floor

Floor routines are executed on a 12 m x 12 m mat with a one-metre safety border around it. The mat is placed on a special wooden underlay, which is necessary for takeoffs and landings. A floor routine has a maximum duration of 70 seconds and includes a variety of tumbling elements strength and balance exercises, covering the floor's entire surface. Men do not use music in the performance of floor routines.

Pommel horse

The pommel horse is 1.60 m long, 1.15 m high, with two 12-centimetre pommels (handles) on the top. The distance between the pommels is 40 to 45 cm. The gymnast performs swinging and circular elements with legs apart and legs together. The routine must display continuous flow and interchange of elements and grips along the entire length of the horse, both on and off the pommels.

Rings

Rings are the quintessential strength event in men's gymnastics. The rings are made of wood and are suspended from a metal frame with belts and wire cables 2.75 m above the floor. The routine consists of a variety of impressive strength elements, swings and other static and dynamic elements and finishes with an acrobatic dismount.

Vault

Since 2001, a slightly inclined 1.35-metre-high vaulting table mounted on a metal base has replaced the traditional vault. The approach run is 25 m. After gaining speed in the run, the gymnast jumps from the springboard, lands and springs from the hands from the vault table and, after performing an element with one or more rotations, finishes with a controlled and steady landing behind the vault table.

Parallel bars

Parallel bars are two 3.5-metre-long parallel wooden bars supported by a metal base, which are supported by a 1.95 m above the ground. The gymnast performs a routine combining swinging movements with strength or held elements. The gymnast must use the entire length of both bars, performing elements both on top of and below the bars.

Horizontal bar

The horizontal bar is a steel bar of 2.8 cm in diameter and 2.4 m long that rests on two metal bases 2.75 m above the ground. The gymnast must demonstrate changes of grip, forward and backward swinging movements, and releases and re-grasps of the bar. Dismounts are an important part of the routine and are usually acrobatic and spectacular.

Women's Apparatus

Vault

Since 2001, a slightly inclined 1.25-metre-high vaulting table mounted on a metal base has replaced the traditional vault. The approach run is 25 m. After gaining speed in the run, the gymnast jumps from the springboard, lands and springs from the hands from the vault table and, after performing an element with one or more rotations, finishes with a controlled and steady landing behind the vault table.

Uneven bars

Uneven bars consist of two parallel fibre-glass rails covered by birch, each mounted on vertical supports at a different height above the floor (2.50 m and 1.70 m). The gymnast swings in both directions, above, below and between the bars, ending the routine with a controlled dismount and landing.

Balance beam

The balance beam is 5 m long, 1.25 m above the ground, and only 10 cm wide. It is the apparatus that often determines the winner of the competition. Gymnasts have one minute and 30 seconds to perform, steadily and without falls, a combination of acrobatic elements, jumps, turns, dance and balance elements.

Floor

Floor exercises are executed on a 12 x 12 m surface with a one-metre safety border around it. The surface rests on a special wooden underlay, which is necessary for takeoffs and landings. The gymnast performs the routine to music, combining dance with acrobatic exercises and using the floor's entire surface.

For more information:

Gymnastics Canada

RA Centre, 2451 Riverside Dr.

Ottawa, ON

Email: info@gymcan.org

Website: www.gymcan.org

Facebook: [/GymCan1](https://www.facebook.com/GymCan1)

Twitter: [@GymCan1](https://twitter.com/GymCan1)

Instagram: [@GymCan1](https://www.instagram.com/GymCan1)

Fédération Internationale de Gymnastique (FIG): www.fig-gymnastics.com

Media Attachés in Birmingham: Laura Gray and Aerin England – Laura@commonwealthsport.ca

Aerin@commonwealthsport.ca

Gymnastics Team for Birmingham

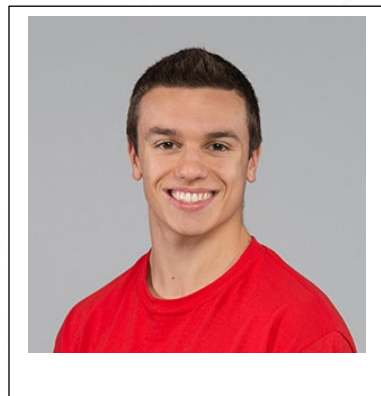
Artistic

First	Last	Hometown	Event	Commonwealth Games
Emma	Spence	Cambridge, ON	Team/Individual	
Cassie	Lee	Toronto, ON	Team/Individual	
Jenna	Lalonde	Ottawa, ON	Team/Individual	
Laurie	Denommée	Laval, QC	Team/Individual	
Maya	Zonneveld	Kitchener, ON	Team/Individual	
Rene	Cournoyer	Repentigny, QC	Team/Individual	2018 – fourth in rings, parallel bars, and high bar
Felix	Dolci	Laval, QC	Team/Individual	
Mathys	Jalbert	Laval, QC	Team/Individual	
Chris	Kaji	Oakville, ON	Team/Individual	
Jayson	Rampersad	Oakville, ON	Team/Individual	
Kenji	Tamane	Laval, QC	Team/Individual	

Rhythmic

First	Last	Hometown	Event	Commonwealth Games
Tatiana	Cocsanova	Montreal, QC	Team/Individual	
Suzanna	Shahbazian	Montreal, QC	Team/Individual	
Carmel	Kallemaa	Barrie, ON	Team/Individual	

Athlete Information:



Athlete Name: René Cournoyer

Sport/Event: Men's Artistic Gymnastics

Year of Birth: 1997

Hometown/Residence: Repentigny, QC

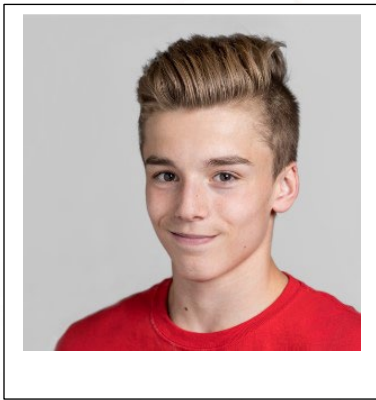
Club/Coach: Club Gymnika / Jean-Sebastien Tougas

Social Media: @renegym97

Career Highlights: As a 2020 Tokyo Olympic bronze medallist, René Cournoyer returns to the 2022 Commonwealth Games to compete in Men's Artistic Gymnastics. Cournoyer has been a member of the Canadian Men's Artistic Gymnastics team since 2015 and was the 2018 Senior Men's All-Around Canadian Champion. His career includes many notable results including finishing 7th All-Around during the 2018 Commonwealth Games and 4th All-Around at the 2019 Pan American Games.

Major Competitions:

- 2018 Commonwealth Games - 2 Team, 7 All-Around, 4 Rings, 4 Vault, 4 Parallel Bars, 6 High Bar
- 2020 Olympic Games - Bronze Rings
- 2019 Pan Am Games - Bronze Team, 4 All-Around, 5 High Bar, 6 Rings
- 2021 World Championships - 37 Floor, 27 Parallel Bars, 80 High Bar
- 2019 World Championships - 43 All-Around, 17 Team
- 2018 World Championships - 18 Team, 21 All-Around
- 2021 Canadian Championships - 4 All-Around, 8 Floor, 5 Pommel Horse, 6 Rings
- 2021 Canadian Championships - 2 Vault, 2 Parallel Bars, 4 High Bar
- 2019 Canadian Championships - 2 All-Around, 2 Rings, 6 Floor, 7 Pommel Horse, 7 High Bar
- 2018 Canadian Championships - 1 All-Around, 1 Vault, 3 Floor, Parallel Bars, 3 Rings, 3 High Bar



Athlete Name: Felix Dolci

Sport/Event: Men's Artistic Gymnastics

Year of Birth: 2002

Hometown/Residence: Laval, QC

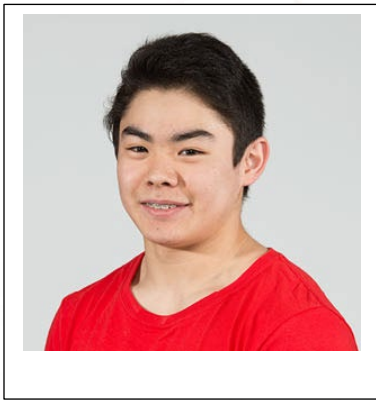
Club/Coach: Laval Excellence / Adrian Balan

Social Media: @felixdolci

Career Highlights: Felix Dolci has been a member of the Canadian Men's Artistic Gymnastics team since 2017 and was named the 2022 All-Around Canadian Champion in the Next Gen 18-20 category. In 2021, Dolci competed in the World Championships in Japan where he finished 19th in Rings and 24th in High Bar. As a junior gymnast, Dolci also competed in the 2019 Junior World Championships where he finished 4th All-Around and captured a gold medal on Rings.

Major Competitions:

- 2021 World Championships – 19 Rings, 24 High Bar
- 2019 Junior World Championships – 4 All-Around, 5 Team, 1 Rings, 2 Floor
- 2022 Canadian Championships – 1 All-Around (Next Gen 18-20), 1 Floor, 3 Rings, 1 Vault, 1 Parallel Bars, 1 High Bar



Athlete Name: Chris Kaji

Sport/Event: Men's Artistic Gymnastics

Year of Birth: 2000

Hometown/Residence: Oakville, ON

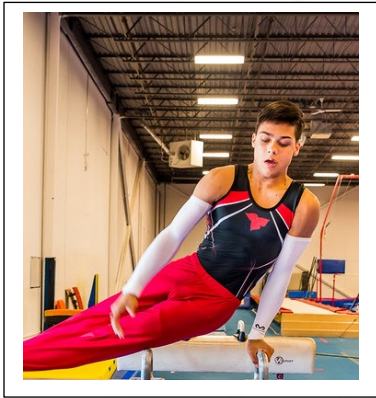
Club/Coach: Gymnastics Mississauga / Ferenc Szabo

Social Media: @chriskaji00

Career Highlights: Since 2019, Chris Kaji has achieved three All-Around Canadian Championship titles in the Senior Men's 21+ category. Internationally, Kaji competed in the 2021 World Championships in Japan where he finished 15th on Rings. Historically, Rings has been a strong event for Kaji as he finished 1st on Rings during the Canadian Championships in 2019, 2021, and 2022.

Major Competitions:

- 2021 World Championships – 15 Rings
- 2022 Canadian Championships – 1 All-Around (Senior 21+), 4 Floor, 1 Rings, 6 Parallel Bars, 6 High Bar
- 2021 Canadian Championships – 1 All-Around (Senior 21+), 1 Floor, 7 Pommel Horse, Rings, 4 Vault, 8 Parallel Bars, 3 High Bars
- 2019 Canadian Championships – 1 All-Around (Senior 21+), 1 Floor, 7 Pommel Horse, 1 Rings, Vault, 8 Parallel Bars, 3 High Bar

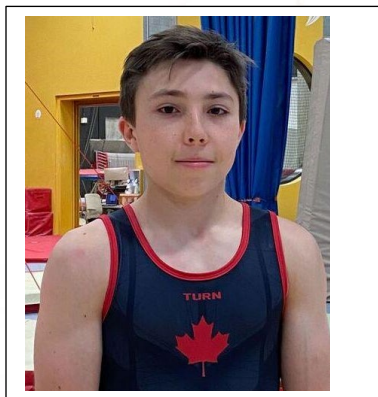


Athlete Name: Jayson Rampersad
Sport/Event: Men's Artistic Gymnastics
Year of Birth: 2003
Hometown/Residence: Oakville, ON
Club/Coach: Gymnastics Mississauga / Ferenc Szabo
Social Media: @jayson_rampersad

Career Highlights: Jayson Rampersad joined the Canadian Men's Artistic Gymnastics Team in 2018, where he quickly achieved great success. During both the 2021 and 2022 Canadian Championships, Rampersad rose to the top during the Pommel Horse event finishing 1st two years in a row. In Japan, Rampersad finished 87th on the Pommel Horse during the 2021 World Championships.

Major Competitions:

- 2021 World Championships – 87 Pommel Horse
- 2022 Canadian Championships – 1 Pommel Horse, 3 All-Around (Next Gen 18-20)
- 2021 Canadian Championships – 1T Floor, 1 Pommel Horse, 8 Rings, 10 All-Around (Next Gen 18-20)

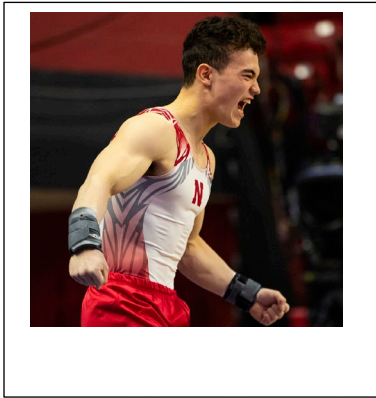


Athlete Name: Mathys Jalbert
Sport/Event: Men's Artistic Gymnastics
Year of Birth: 2003
Hometown/Residence: Laval, QC.
Club/Coach: Laval Excellence / Adrian Balan
Social Media: @math_j3

Career Highlights: Mathys Jalbert is a young gymnast who joined the Canadian Men's Artistic Gymnastics team in 2019 and has already soared to great heights. In 2021, Jalbert attended the Junior Pan Am Games in Colombia where he finished 4th in High Bar and 18th All-Around. During the 2022 Canadian Championships, Mathys finished 2nd All-Around in the Next Gen 18-20 category and 2nd on Parallel Bars.

Major Competitions:

- 2022 Canadian Championships – 2 Parallel Bars, 2 All-Around (Next Gen 18-20)

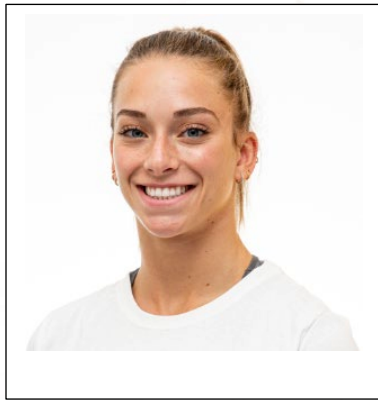


Athlete Name: Kenji Tamane
Sport/Event: Men's Artistic Gymnastics
Year of Birth: 2001
Hometown/Residence: Laval, QC
Club/Coach: Laval Excellence /Adrian Balan
Social Media: thebeastkenji

Career Highlights: In 2021 Kenji Tamane joined the Canadian Men's Artistic Gymnastics team, and in the same year, finished 5th All-Around in the Senior Next Gen (18-20) category at the 2021 Canadian Championships. In 2022, Tamane finished 3rd (tie) All-Around at the Canadian Championships as well as taking home silver medals in both Rings and High Bar.

Major Competitions:

- 2022 Canadian Championships - 3T All-Around, 2 Rings, 4 Parallel Bars, 2 High-Bar
- 2021 Canadian Championships - 5 All-Around, 8 Floor, 4 Pommel Horse, 2 Rings, 7 Vault, 4 Parallel Bars, 11 High Bar



Athlete Name: Laurie Denommée
Sport/Event: Women's Artistic Gymnastics
Year of Birth: 2000
Hometown/Residence: Laval, QC
Club/Coach: Méga-Gym / Frank Kistler
Social Media: @lauriedenommee_

Career Highlights: Laurie Denommée has been a member of the Canadian Women's Artistic Gymnastics team since 2017 and has competed in more than six international competitions as well as numerous national competitions. In 2021, Denommée was awarded the bronze medal All-Around during the Canadian Championships. Most recently, Laurie returned home from the 2022 Cairo World Cup with a silver medal in Uneven Bars and two bronze medals in Vault and Floor.

Major Competitions:

- 2022 Canadian Championships – 23 All-Around, 11 Beam, 5 Uneven Bars
- 2021 Canadian Championships – 3 All-Around, 9T Uneven Bars, 17T Beam, 6 Floor
- 2019 Canadian Championships – 3 Vault
- 2018 Canadian Championships – 3 Vault

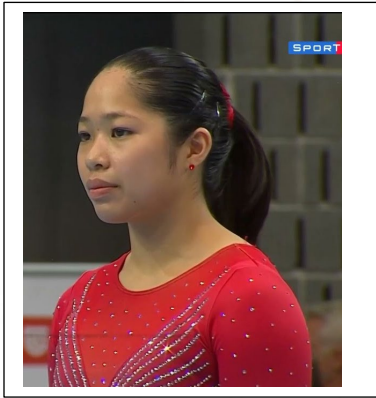


Athlete Name: Jenna Lalonde
Sport/Event: Women's Artistic Gymnastics
Year of Birth: 2006
Hometown/Residence: Ottawa, ON
Club/Coach: Ottawa Gymnastics Centre / Melanie Major
Social Media: @jenna.lalonde_gym

Career Highlights: Jenna Lalonde joined the Canadian Women's Artistic Gymnastics team in 2022, and finished 6th All-Around in the 2022 Canadian Championships in Richmond, BC. In 2021, Lalonde competed in the junior category of the Canadian Championships, finished 4th All-Around. In the past two years, Jenna finished in 2nd place during the Beam event finals during the Canadian Championships.

Major Competitions:

- 2022 Canadian Championships – 6 All-Around, 14 Floor, 2T Beam, 4 Uneven Bars, and 11 Vault



Athlete Name: Cassie Lee

Sport/Event: Women's Artistic Gymnastics

Year of Birth: 2005

Hometown/Residence: Toronto, ON

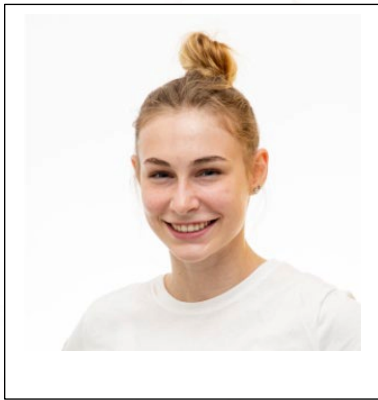
Club/Coach: East York Gymnastics / Lisa Cowan and Cody Casey

Social Media: @cassiel_gymnastics

Career Highlights: In 2019, Cassie Lee joined the Canadian Women's Artistic Gymnastics team and attended the Junior World Championships where she finished 14th on Beam and 27th All-Around. Since then, Lee has achieved great success during Floor Exercise at the Canadian Championships finishing with a bronze medal in 2019 and 2022. With continued success during the 2019 season, Cassie finished 4th All-Around at the Canadian Championships.

Major Competitions:

- 2019 Junior World Championships – 12 Team, 14 Beam, 27 All-Around
- 2022 Canadian Championships – 22 Vault, 16 Uneven Bars, 13 Beam, 3rd Floor, 19 All-Around
- 2021 Canadian Championships – 17T Uneven Bars, 11T Beam, 5 Floor, 12 All-Around
- 2019 Canadian Championships – 4 All-Around, 3 Bars, 3 Floor



Athlete Name: Emma Spence

Sport/Event: Women's Artistic Gymnastics

Year of Birth: 2003

Hometown/Residence: Cambridge, ON

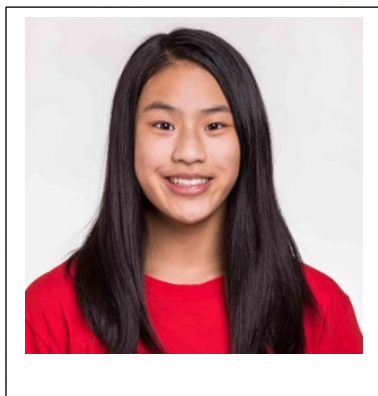
Club/Coach: Burlington Gymnastics Club / Kathy Hubbard

Social Media: @_emmaspence

Career Highlights: As a 2018 Youth Olympics team member, Emma Spence joins the 2022 Commonwealth Games team to compete in Women's Artistic Gymnastics. Spence has competed in more than eight international competitions since joining the Canadian Women's Artistic Gymnastics team in 2017. During the 2022 Canadian Championships, Emma Spence finished in 4th place All-Around and captured two bronze medals in Vault and Uneven Bars.

Major Competitions:

- 2022 Canadian Championships – 4 All-Around, 3 Vault, 3 Uneven Bars, 14 Beam, 6T Floor
- 2021 Canadian Championships – 4 All-Around, 3 Uneven Bars, 10 Beam, 14 Floor
- 2019 Canadian Championships – 7 Uneven Bars
- 2018 Canadian Championships – 2 All-Around, 2 Beam, 3 Bars, 5 Floor, 6 Vault



Athlete Name: Maya Zonneveld

Sport/Event: Women's Artistic Gymnastics

Year of Birth: 2005

Hometown/Residence: Kitchener, ON

Club/Coach: Revolution Gymnastics/Aaron Brokenshire, Angela Brokenshire, Sarah Fischer

Social Media: mayazonn_gym

Career Highlights: Maya Zonneveld joined the Canadian Women's Artistic Gymnastics team in 2018. At the 2022 Canadian Championships Zonneveld finished 7th All-Around in their senior competition. During this year's championships she also finished 6th (tie) on Floor Exercise and 8th on Uneven Bars.

Major Competitions:

- 2022 Canadian Championships - 7 All-Around, 9T Vault, 8 Uneven Bars, 17 Beam, 6T Floor
- 2021 Canadian Championships - 17 All-Around, 20 Uneven Bars, 13T Beam, 9T Floor

Overview on Coaches:

Coach Name: Ed Van Hoof

Sport/Event: Artistic Gymnastics

Role: Coach

Hometown: Toronto, ON

Coach Name: Jean-Sebastien Tougas

Sport/Event: Artistic Gymnastics

Role: Coach

Hometown: Montreal, QC

GYMNASTICS – RHYTHMIC

Team Canada in Birmingham

The Rhythmic Gymnastics competition will take place at the Arena Birmingham (King Edwards Road, Birmingham) from August 4 to 6. The Rhythmic Gymnastics competition will include six events: hoop, ball, clubs, ribbon, individual all-around, and team all-around.

Dates

August 4-6, 2022

Venue(s):

Arena Birmingham, Birmingham

Number of events:

Six women's

HISTORY

Two schools of thought existed in Scandinavia when modern gymnastics was evolving in the 19th century. One school emphasized strength and precision, resisting attempts to inject artistic elements into gymnastics and discouraging women from participating. Another school, developed in reaction, sought to blend art and sport. The eventual result of the latter approach was the sport of rhythmic gymnastics, which emphasizes flexibility and coordination over strength and acrobatic skill.

As a sport, rhythmic gymnastics began in the Soviet Union in the 1940s. It became recognized by the International Gymnastics Federation in 1961, and two years later, the first world championship was held in Budapest. Rhythmic gymnastics made its Olympic debut in 1984 in Los Angeles, where the first gold medalist was Canadian Lori Fung.

OVERVIEW

Strongly influenced by the discipline of ballet, rhythmic gymnastics is a unique combination of sport and art. Competitive routines demonstrate a balance between athletic skill, apparatus manipulation, music interpretation and artistic expression. There are both Team and Individual events in rhythmic gymnastics at the Commonwealth Games. The team event is first, and three gymnasts perform four different routines. The three teams with the highest scores are the Team medallists. The results of the Team Competition determine who will compete in the Individual All-Around event (top 24 athletes from the Team Competition, with a maximum of two per country) and the Apparatus Finals (top eight athletes with each apparatus, with a maximum of two per country). Medals are awarded to the top three athletes in the All-Around Final and each of the four Apparatus Finals.

Rhythmic routines are performed on a special carpet that is 13 x 13 m square. All routines are performed to music, using one hand apparatus — rope, hoop, ball or ribbon. Gymnasts perform routines in front of a panel of judges, who evaluate the performance based on artistic value, technical value (of both body and apparatus elements) and execution. Each routine lasts from one minute to 30 seconds, and the apparatus must be in constant motion throughout the routine.

Each routine includes fundamental body movements such as jumps and leaps, balances, pivots, flexibility and waves, and secondary movements such as travelling, skips, hops, swings, circles and turns. These elements are combined with manipulation of the competitive apparatus to correspond with the rhythm and character of the accompanying music. The gymnast's bodysuit and apparatus are designed to enhance the selection of music and choreography.

Apparatus

Clubs

The clubs are made of wood or plastic, and athletes use two of equal length of 40 to 50cm. Holding the clubs with both hands, the gymnast performs intricate circular movements with throws and catches.

Hoop

The hoop is made of wood or plastic. It has a diameter of 80 to 90 cm and a minimum weight of 300 g. Hoop routines show the greatest variety of movements and technical skills. The gymnast must perform body movement elements such as jumps/leaps, pivots, balance and flexibility, as well as technical elements such as rolls over the body or on the floor, rotations around the hand or other parts of the body, throws and catches and passing over or through the hoop.

Ball

The ball is made of rubber or a synthetic material. It is between 18 and 20 cm in diameter and weighs at least 400 g. The fundamental groups of body movements for the ball are about flexibility. They include technical elements such as throws and catches, bouncing and rolling over the body or on the floor. The gymnast is not allowed to grip the ball; it must rest in the palm of the hand, with all movement flowing and continuous.

Ribbon

The apparatus consists of a six-metre-long satin ribbon attached by a swivel hook to the end of a 50- to a 60-centimetre-long stick. The stick may be made of wood, plastic, bamboo or fibreglass. Snakes, spirals, throws and catches, as well as small tosses, make the ribbon one of the most impressive and beautiful apparatus. The ribbon must show clear patterns in the air during the routine, and if the ribbon becomes knotted, the gymnast is penalized and must remove the knot before continuing the routine.

For more information:

Gymnastics Canada

RA Centre, 2451 Riverside Dr.

Ottawa, ON

Email: info@gymcan.org

Website: www.gymcan.org

Facebook: [/GymCan1](https://www.facebook.com/GymCan1)

Twitter: [@GymCan1](https://twitter.com/GymCan1)

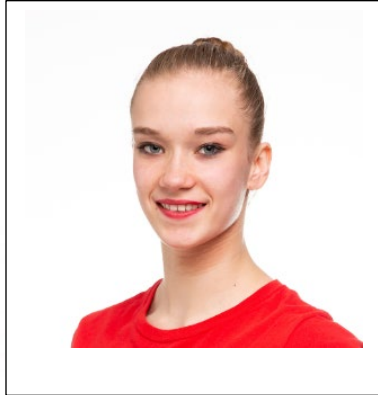
Instagram: [@GymCan1](https://www.instagram.com/GymCan1)

Fédération Internationale de Gymnastique (FIG): www.fig-gymnastics.com

Media Attachés in Birmingham: Laura Gray and Aerin England – Laura@commonwealthsport.ca

Aerin@commonwealthsport.ca

Athlete Information

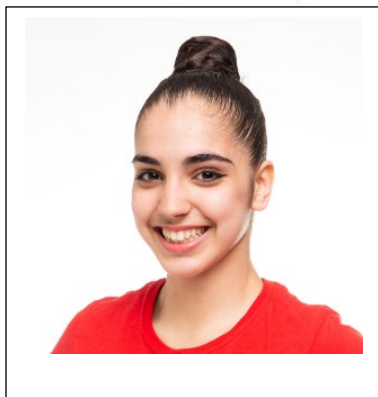


Athlete Name: Tatiana Cocsanova
Sport/Event: Rhythmic Gymnastics
Year of Birth: 2004
Hometown/Residence: Montreal, QC
Club/Coach: Questo RG / Natalia Popova
Social Media: @cocsanova

Career Highlights: Tatiana Cocsanova has been a member of the Canadian Rhythmic Gymnastics team since 2018, has been named the Canadian Senior All-Around Champion two years in a row in 2021 and 2022. This year, Tatiana finished with a gold medal in Ball and two silver medals in Hoop and Ribbon at the 2022 Canadian Championships. Cocsanova has competed internationally four times this year at the Moscow Grand Prix, Marbella Grand Prix, Sofia World Cup, and Pan Am Championships.

Major Competitions:

- 2022 Canadian Championships – 1 All-Around, 2T Hoop, 1 Ball, 4 Clubs, 2 Ribbon
- 2021 Canadian Championships – 1 All-Around, Hoop, 2 Ball, 1 Clubs, 1 Ribbon



Athlete Name: Suzanna Shahbazian

Sport/Event: Rhythmic Gymnastics

Year of Birth: 2004

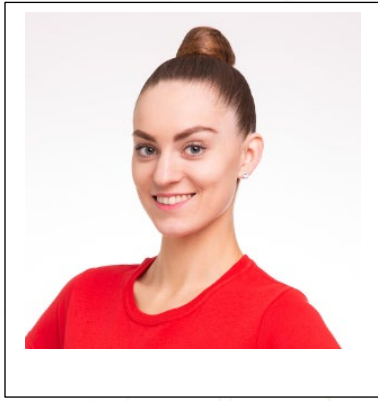
Hometown/Residence: Montreal, QC **Club/Coach:** Questo RG / Natalia Popova

Social Media: @suzy_gym04

Career Highlights: Suzanna Shahbazian joined the Canadian Rhythmic Gymnastics team in 2017, starting as a junior team member. In 2021, Shahbazian finished with a silver medal All-Around at the Canadian Championships, held virtually. This year, Suzanna Shahbazian was the bronze medallist All-Around at the Canadian Championships where she took home two gold medals in Hoop and Ribbon.

Major Competitions:

- 2022 Canadian Championships – 3 All-Around, 1 Hoop, 3 Ball, 2 Clubs, 1 Ribbon
- 2021 Canadian Championships – 2 All-Around, 2 Hoop, 1 Ball, 2 Clubs, 2 Ribbon



Athlete Name: Carmel Kallemmaa
Sport/Event: Rhythmic Gymnastics
Year of Birth: 1997
Hometown/Residence: Barrie, ON
Club/Coach: Glimmers Athletics / Janika Molder
Social Media: @Kallemmaa

Career Highlights: Since 2019, Carmel Kallemmaa has been a member of the Canadian Rhythmic Gymnastics team. In 2019, Kallemmaa competed in the Pan Am Games where she finished 5th All-Around and brought home a silver medal in Clubs. During the 2022 Canadian Championships at the Richmond Oval, Carmel Kallemmaa finished 4th All-Around.

Major Competitions:

- 2019 Pan Am Games – 5 All-Around, 5 Ball, 6 Hoop, 2 Clubs
- 2022 Canadian Championships – 4 All-Around, 4 Hoop, 4 Ball, 3 Clubs, 4 Ribbon
- 2021 Canadian Championships – 3 All-Around, 3 Hoop, 5 Ball, 3 Clubs, 4 Ribbon

Overview on Coaches:

Coach Name: Natalia Popova
Sport/Event: Rhythmic Gymnastics
Role: Coach
Hometown: Montreal, QC

Coach Name: Janika Moelder
Sport/Event: Rhythmic Gymnastics
Role: Coach
Hometown: Barrie, ON

JUDO

Team Canada in Birmingham

Judo is now a core sport in the Commonwealth Games programme. It was previously excluded for the 2018 edition in the Gold Coast but has now been reinstated as a core sport. Birmingham 2022 will be the fourth time the sport of judo is contested in the Commonwealth Games, following appearances at Auckland 1990, Manchester 2002 and Glasgow 2014.

Nine athletes were selected to represent Canada at the Commonwealth Games based on the International Judo Federation (IJF) ranking points and National Team standards as of June 13th, 2022.

Even though this will be the first participation in the Commonwealth Games for all the athletes selected by Judo Canada, the team is very experienced. Notably, on the women's side, Catherine Beauchemin-Pinard (Saint-Hubert, Quebec), who won a bronze medal at the Tokyo Olympics, is competing in the under 63kg category. She is currently ranked fifth in her weight class on the IJF ranking list.

The team will be led by Antoine Valois-Fortier who was appointed Judo Canada Head Coach in January 2022, following his retirement from a brilliant athletic career.

Dates

August 1 – August 3, 2022

Venue(s):

Coventry Stadium, Coventry

Number of events:

14 - (seven men's and seven women's)

HISTORY

The Takenouchi-Ryu martial art system founded in 1532 is considered the beginning of Japan's Jujitsu forms. Judo was derived from Jujitsu, the art of attacking others or defending oneself with nothing but one's own body.

In 1882, Dr. Jigoro Kano (The Father of Judo) made a comprehensive study of the ancient self-defence forms and integrated the best of these forms into a sport known as Kodokan Judo. The term Kodokan breaks down into ko (lecture, study, method), do (way or path), and kan (hall or place). Thus, it means "a place to study the way." Similarly, Judo breaks down into Ju (gentle) and Do (way or path) or "the gentle way."

Proceeding with the organization of the Kodokan and enacting the regulations of Judo, Prof. Kano became the first Asian member of the International Olympic Committee in 1909 and worked for the spread of Judo worldwide. Judo became an official event in the Olympic Games of Tokyo in 1964, backed by Judo fans and sports promoters all over the world.

OVERVIEW

The two competing Judokas, one in a white and one in a blue uniform, compete for four minutes. However, the contest may end in just a few seconds if a Judoka scores an Ippon (10 points) by using a successful technique. If neither of the Judokas completes an Ippon by the end of the game, the winner is the competitor who scores the greatest value point. If no score is recorded or both competitors are equal at the end of the five minutes, the bout is extended and may end with the first score earned - "the Golden Score rule." The object of the sport is to dominate an opponent by using superior throwing, grappling, stranglehold, or arm lock techniques.

At the end of a match, opponents bow to one another, the traditional Japanese sign of greeting and respect.

One referee scores the match, using Japanese terms Ippon and Waza-ari. Ippon: A competitor scores Ippon (immediate win) by executing a throw that hurls an opponent flat on his or her back with considerable force, speed and control. A win by Ippon can also be achieved by holding one's opponent down on his/her back for 20 seconds, after the referee announces that the hold applied is permissible, or by forcing an opponent into submission by means of a grappling technique, arm lock or stranglehold.

Waza-ari (almost Ippon)

Waza-ari is awarded for a throw executed with control but lacking one of the required elements for Ippon. Waza-ari criteria comprises landing on the whole side of the body at 90 degrees or more to the rear, or on one shoulder and upper back.

Waza-ari is also awarded for holding down an opponent for 15 seconds or more, but less than 20 seconds. Earning two waza-aris in a match is equivalent to an Ippon and will immediately end the match.

For updated IJF Refereeing Rules for the 2022-2024 Olympic cycle, please click [here](#).

For more information:

Judo Canada

212-1725 St. Laurent Blvd.

Ottawa, ON K1G 3V4

Tel: (613)-738-1200

Email: info@judocanada.org

Website: www.judocanada.org

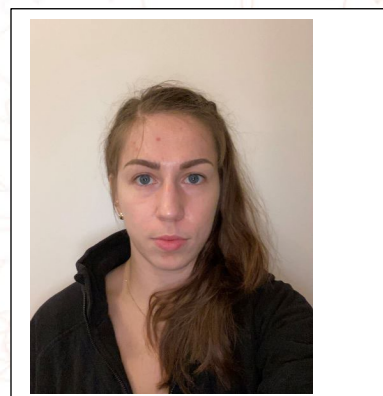
International Judo Federation: <http://www.intjudo.eu>

Media attaché in Birmingham: Hélène Lavigne - helenelavigne@rogers.com

Judo Team for Birmingham

First	Last	Hometown	Club	Training Site	Event
Kelly	Deguchi	Matsumoto, Nagano, Japan,	Lethbridge Kyodokan Judo Club, AB	Yamanashi Gakuin University, Japan	Women's -52 kg
Christa	Deguchi	Shiojiri, Nagano, Japan	Lethbridge Kyodokan Judo Club, AB	Yamanashi Gakuin University, Japan	Women's -57 kg
Catherine	Beauchemin-Pinard	Saint-Hubert, QC	Club de judo Saint-Hubert, QC	Judo Canada NTC (INS Quebec)	Women's -63 kg
Coralie	Godbout	Saint-Charles-De-Bellechasse, QC	Kiseki Judo, QC	Judo Canada NTC (INS Quebec)	Women's -78 kg
François	Gauthier-Drapeau	Alma, QC	Club de judo Seiko, QC	Judo Canada NTC (INS Quebec)	Men's -81 kg
Keagan	Young	Markham, ON	AJAX Budokan, ON	Judo Canada NTC (INS Quebec)	Men's -90 kg
Shady	ElNahas	Alexandria, Egypt	JCCC – Judo Kai, ON	Judo Canada NTC (INS Quebec)	Men's -100 kg
Kyle	Reyes	Brampton, ON	Club de judo Shidokan inc., QC	JRA, Tokyo, Japan	Men's -100 kg
Marc	Deschenes	Laval, QC	Club de judo Shidokan inc., QC	Judo Canada NTC (INS Quebec)	Men's +100 kg

Athlete Information:



Athlete Name: Catherine Beauchemin-Pinard

Sport/Event: Judo/-63kg

DOB: 06/26/1994

Hometown/Residence: Saint-Hubert, Québec

Height/Weight: 161 cm/63kg

Club/Coach: Club de Judo de Saint-Hubert inc./ Frédéric Féréal (club coach)

Social Media:

Facebook: Catherine B-p, Twitter: @catherinebp94, Instagram: @Catherine B-p

Career Highlights: Olympic Games, Worlds Championships (Junior & Senior), Masters, Grand Slam, Pan Am Championships, Grand Prix, Games French Speaking countries Abidjan, Continental Open, Continental Cup, Nationals

Major Competitions:

- 2020 Tokyo Olympic Games - Bronze
- 2021 Grand Slam Tbilisi - Gold
- 2019 & 2020 Pan American Champion

Fun Fact: Catherine is passionate about food and is an excellent cook and she makes lists for everything and is very organized.



Athlete Name: Christa Deguchi

Sport/Event: Judo/-57kg

DOB: 10/29/1995

Hometown/Residence: Shiojiri, Nagano, Japan/ Kofu, Yamanashi, Japan

Height/Weight (optional): 161 cm/57kg

Club/Coach: Lethbridge Kyodokan Judo Club Alberta

Social Media: Facebook: Christa Deguchi, Twitter: @10CMD29, Instagram:

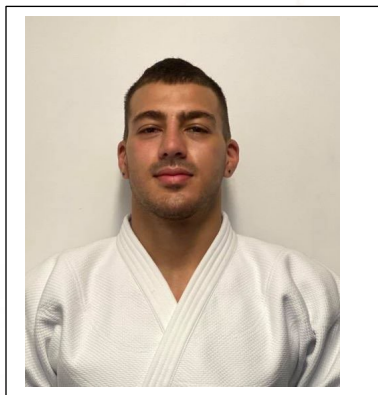
@christa.deguchi

Career Highlights: Worlds Championships (Junior & Senior), Masters, Grand Slam, Pan Am Championships, Grand Prix, Continental Open

Major Competitions:

- 2019 World Champion
- 2018 World Championships - Bronze
- 2018, 2019, & 2020 – Grand Slam Paris Champion
- 2018 & 2019 – Pan American Champion

Fun Fact: In 2017, Deguchi switched to representing Canada from where she was born, Japan. Deguchi's dad is from Canada, more specifically Winnipeg. (Her mother is Japanese) and this allowed her to compete for Canada.



Athlete Name: Shady ElNahas

Sport/Event: Judo/-100kg

DOB: 03/27/1998

Hometown/Residence: Alexandria, Egypt/Montréal

Height/Weight (optional): 192cm/100kg

Club/Coach: JCCC- Judo Kai, Toronto/ Ken Fukushima (club coach)

Social Media: Facebook: Shady El Nahas, Twitter: @shadyelnahas, Instagram: @shadyelnahas

Career Highlights: Olympic Games, Worlds Championships (Junior & Senior), Masters, Grand Slam, Pan Am Championships, Grand Prix, Continental Open, Nationals

Major Competitions:

- 2020 Olympic Games – 5
- 2021 World Championships – 5
- 2019-2020-2022 3-x Pan American Champion

Fun Fact: Shady's older brother Mohab is also on the national team; they have a really close relationship. In 2018, it was the first time he traveled for Judo without his older brother. Shady calls him before every fight for guidance.



Athlete Name: Kyle Reyes

Sport/Event: Judo/-100kg

DOB: 10/10/1993

Hometown/Residence: Brampton, Ontario/Tokyo, Japan

Height/Weight (optional): 183cm/100kg

Club/Coach: Club de judo Shidokan inc.

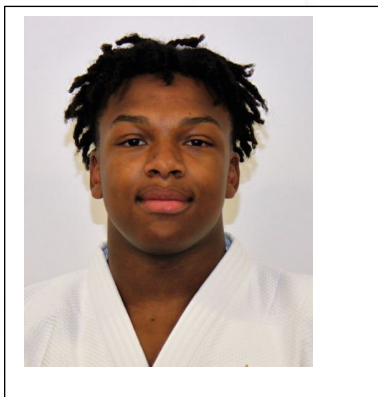
Social Media: Facebook: Kyle Reyes, Instagram: kyle_reyes

Career Highlights: Olympic Games, Worlds Championships (Juniors & Senior), Grand Slam, Pan Am Championships, Grand Prix, Continental Open, Continental Cup, Nationals

Major Competitions:

- 2021 Pan American Champion
- 2016 Paris Grand Slam - Silver
- 2013 Tokyo Grand Slam – Silver
- 2013 Junior World Champion

Fun Fact: Born in Brampton, Ontario, but has lived in Japan since he was two years old. He has an English literature degree from Nihon University.



Athlete Name: Keagan Young

Sport/Event: Judo/-90kg

DOB: 07/30/2001

Hometown/Residence: Markham, Ontario/ Montréal

Height/Weight: 90kg

Club/Coach: Ajax Budokan/ Mark Welsh (club coach) Social Media:

Career Highlights: Youth Olympic Games Buenos Aires 2018, Worlds Championships Juniors 2019 & 2018, Cadet World Championships 2017, Grand Slam, Pan Am Championships, Continental Open, Continental Cup, Nationals

Major Competitions:

- 2018 Youth Olympic Games – Bronze (81 kg)
- 2018 U18 Pan American Champion (73kg)
- 2017 World U18 Championships – Bronze (66 kg)

Fun Fact: Love skateboarding



Athlete Name: François Gauthier-Drapeau

Sport/Event: Judo/-81kg

DOB: 01/27/1998

Hometown/Residence: Alma, QC/Montreal

Height/Weight: 81kg

Club/Coach: Le club de Judo Seïko d'Alma

Social Media:

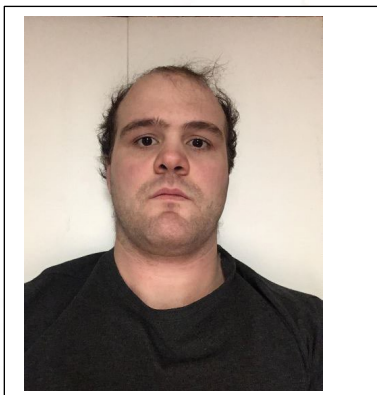
Facebook: François Gauthier-Drapeau, Instagram: @francoisgauthierd

Career Highlights: Worlds Championships Juniors 2018, Grand Slam, Pan Am Championships, Grand Prix, Continental Open, Continental Cup, Nationals

Major Competitions:

- 2022 Pan American Oceania Championships - Bronze
- 2022 Grand Slam Tel Aviv - Bronze
- 2021 Grand Slam Baku – Bronze

Fun Fact: He loves strawberry coulis!



Athlete Name: Marc Deschenes

Sport/Event: Judo/+100kg

DOB: 01/01/1993

Hometown/Residence: Laval, QC

Height/Weight: 100kg

Club/Coach: Club de judo Shidokan inc./ Hiroshi Nakamura (club coach)

Social Media: Facebook: Marc Deschenes, Instagram: @marc.deschenes

Career Highlights: Worlds Championships, Grand Slam, Pan Am, Pan Am Games, Grand Prix, Games French Speaking countries, Continental Open,

Continental Cup, Nationals

Major Competitions:

- 2021 Grand Slam Abu Dhabi - Bronze
- 2020 Pan American Championships - Bronze
- 2019 Belgian Open Visé – Bronze (-100kg)
- IJF World Tour (Grand Slam Bronze)

Fun Fact: Marc is a mega fan of the Miami Dolphins.



Athlete Name: Coralie Godbout

Sport/Event: Judo/-78kg

DOB: 05/22/2001

Hometown/Residence: Saint-Charles-De-Bellechasse, QC /Montreal, QC

Height/Weight (optional): 1.80m/ -78kg

Club/Coach: Kiseki Judo / Ernst Laraque (club coach)

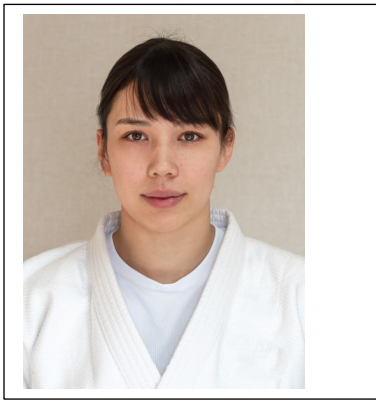
Social Media: Facebook: Coralie Godbout / Coralie Godbout Judokate Instagram: @coraliegodbout

Career Highlights: World Championships Juniors 2021, Grand Slam, Pan Am Championships, Grand Prix, Continental Open, Continental Cup, Nationals

Major Competitions:

- 2020 Dannish Open Vejle - Silver
- 2019 Coupe Canada Cup Juniors Montreal - Bronze
- 2018 Pan American U21 Championships - Bronze

Fun Fact: Coralie did 12 years of figure skating as her first sport before focusing solely on judo.



Athlete Name: Kelly Deguchi

Sport/Event: Judo/-52kg

DOB: 0213/1999

Hometown/Residence: Matsumoto, Nagano Japan/ Japan

Height/Weight: 52kg

Club/Coach: Lethbridge Kyodokan Judo Club Alberta

Social Media:

Facebook: Kelly Deguchi, Instagram: @kelly.2.1.3

Career Highlights: World Championships Juniors 2019, Grand Slam, Pan Am Championships 2022-2022, Grand Prix, Continental Open, Continental Cup, Nationals

Major Competitions:

- 2022 Pan American Oceania Championships Lima - Bronze
- 2021 Pan American Championships Guadalajara – Bronze (57kg)
- 2020 Belgian Open Herstal - Bronze (57kg)

Fun Fact: Kelly loves her cats Chubby and Teddy.

Overview on Coaches:

Coach Name: Antoine Valois-Fortier

Sport/Event: Judo

Role: Coach

Hometown: Beauport, QC

LAWN BOWLS

Team Canada in Birmingham

Led by six-time Commonwealth Games participant Ryan Bester (Hanover, ON), five female and five male athletes will aim their sights on the podium this summer. The athletes will compete in multiple disciplines of men's and women's singles, pairs, triples and fours.

The 10 athletes were selected based on their performance at a multi-day selection event held in May 2022 at the Windsor Lawn Bowling Club. In addition to veterans such as Bester, 2022 marks the Commonwealth Games debut of twenty-two-year-old Jordan Kos (Regina, SK). Kos, a rising force on the national team since her teens, has been given the nod to play singles as veteran Kelly McKerihen (Toronto, ON) moves to skip the women's triples and fours.

At the 2018 Commonwealth Games, lawn bowls had five top four finishes in addition to a silver medal in men's singles from Ryan Bester.

Dates

July 29 – August 6, 2022

Venue(s):

Victoria Park, Leamington Spa

Number of events:

Eight events (Singles, Pairs, Triples and Fours for both men and women)

HISTORY

The basic principle of lawn bowling — aiming balls at a target — is the oldest known sport to humankind. As early as 5200 BC, graphical representations show human figures participating in tossing a ball or polished stones. Although lawn bowling has progressed tremendously over the years, the basis for the sport derives from its beginnings in ancient Egypt. Lawn bowling, also called "bowls" or "bowling on the green" is a sport of accuracy and precision.

The International Bowling Board, now known as World Bowls, was formed in 1905 and lawn bowling has been contested at all Commonwealth Games except Kingston in 1966.

OVERVIEW

Canadian bowlers will compete in four able-bodied events at the Commonwealth Games in Birmingham: singles, where each player delivers four bowls; pairs, where teams of two compete against one another, and each player delivers three bowls; triples where teams of three compete against one another and each player delivers two bowls, and fours where teams of four compete against each other and each player delivers two bowls. Teams always compete over a predetermined number of "ends," except for Singles, where players play up to a score of 21.

Lawn bowling is played on a 37- to 40-metre-square and perfectly flat section of grass called a "green." A green is divided into multiple sections called rinks. Generally, rinks are between 5.5 and 5.8 metres wide.

Play begins with the first player laying the mat and, while standing on it, rolling a small white target ball, known as the "jack," up the green where the "skip" (or in singles, the "marker") centres it. During the delivery of each bowl, a player must have one foot in contact with or fully over the mat. The first player begins the match with a bowl, which is followed by a bowl of a player on the opposing team and play continues back and forth until both teams have rolled the appropriate number of bowls. The game's goal is to roll as many bowls as close as possible to the jack. When the last bowl has been rolled, the players determine whose bowls are closest to the jack. One point is awarded for every bowl closer to the jack than the opponent's nearest bowl. The score is entered onto the scorecard.

Although the game may seem as simple as rolling a bowl close to the jack, other factors must be considered to ensure an accurate bowl. For instance, in lawn bowling, the bowls are deliberately eccentric (lopsided) to not roll in a straight line. Therefore, as a bowl slows down, it increasingly curves towards its "non-flat side" (and ideally closer to the jack). Players must determine where they wish the bowl to rest and then roll it according to that "line of aim." Players must also take into account the "feel" of the green and move the bowl with sufficient "weight" (force). For example, if the green is heavy or the jack is far away, more weight is needed, whereas if the green is light or the jack is positioned closer, less weight is required. Players may also deliver the bowl using either a forehand or backhand release depending on the position of other bowls in play. The jack can also be moved or knocked away by an opponent's bowl but may also be moved closer to one's bowl anywhere on the rink by a delivered bowl.

Considering that the jack is moveable, the bowls are biased, and no two greens are the same, lawn bowling is a complex target sport involving multiple offensive and defensive strategies.

For more information:

Bowls Canada Boulingrin

2451 Riverside Drive
Ottawa, ON K1H 7X7

Tel: 613-244-0021

Email : office@bowlscanada.com
www.bowlscanada.com

Alec Deschamps

Communications and Events Coordinator – Bowls Canada

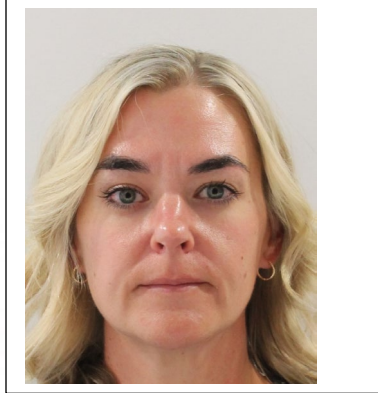
Email: adeschamps@bowlscanada.com
Tel : 613-244-0021 x3

Media attaché in Birmingham: Hélène Lavigne - helenelavigne@rogers.com

Lawn Bowls Team for Birmingham

First	Last	Hometown	Event	Commonwealth Games
Leanne	Chinery	Victoria, BC	Triples, Fours	2006, 2014, 2018
Jackie	Foster	Bridgetown, NS	Pairs, Fours	2014, 2018
Jordan	Kos	Regina, SK	Singles, Pairs	
Jennifer	MacDonald	Calgary, AB	Triples, Fours	
Kelly	McKerihen	Toronto, ON	Triples, Fours	2014, 2018
Ryan	Bester	Hanover, ON	Singles, Pairs	2002, 2006, 2010, 2014, 2018
John	Bezear	Kitchener, ON	Pairs, Fours	
Rob	Law	Winnipeg, MB	Triples, Fours	
Cameron	Lefresne	Enfield, NS	Triples, Fours	2018
Greg	Wilson	Cochrane, AB	Triples, Fours	2018

Athlete Information:



Athlete Name: Leanne Chinery

Sport/Event: Triples, Fours

DOB: 11/24/1981

Hometown/Residence: Victoria, BC – Resides in Australia

Club/Coach: Taren Point Bowling Club (AUS) and Windsor Lawn Bowling Club (Ontario)

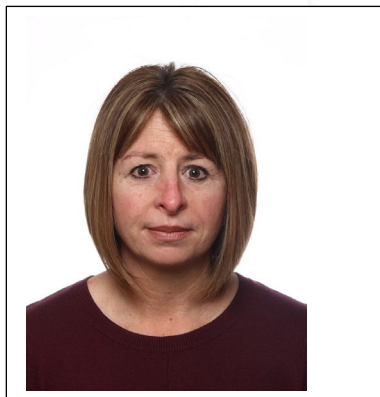
Social Media:

Career Highlights: Three Commonwealth Games appearances including 2-4th place finishes in 2018; Bronze medal Women's Fours Multi-Nations Event; Bronze medal in Triples at the Asia Pacific Championship.

Major Competitions:

- 2018 Commonwealth Games – Silver
- 2018 Commonwealth Games – 4
- Multi-Nations Event – Bronze (fours)
- Asia Pacific Championships – Bronze (triples)

Fun Fact: When asked what is one thing Leanne can't live without she mentioned the ocean, she said that she has moved a lot in her lifetime, but she was lucky enough to spend most of her time living by the ocean.



Athlete Name: Jackie Foster

Sport/Event: Lawn Bowls - Fours, Pairs

DOB: 12/14/1975

Hometown: Bridgetown, NS

Club/Coach: Bridgetown Lawn Bowling Club/Terry Scott

Social Media: Twitter – @JackieFosterNS

Career Highlights: 2018 and 2014 Commonwealth Games, 2019, 2015 and 2011 Asia Pacific Games and 2012 and 2016 World Bowls.

Major Competitions:

- 2018 Commonwealth Games – 4
- 2019 Asia Pacific Games – Bronze
- 2011 Asia Pacific Games – Bronze

Fun Facts: Jackie's friend would describe her as loyal kind and honest, great strengths for a great teammate.



Athlete Name: Jordan Kos

Sport/Event: Singles, Pairs

DOB: 2000

Hometown/Residence: Regina, SK

Club/Coach: Regina Lawn Bowling Club

Social Media:

Career Highlights: 2016, 2017 Canadian Singles Championships; 2018 North American Challenge; 2017 Multi-Nations

Major Competitions:

- 2016 North American Challenge – Gold
- 2016 North American Challenge – Gold
- 2014 North American Challenge – Gold
- 2014 Canadian Championship Fours – Gold
- Asia Pacific Championship – Bronze

Fun Fact: Travel and a lip balm are two things that Jordan Kos can't live without beside bowls



Athlete Name: Jennifer MacDonald

Sport/Event: Triples, Fours

DOB: 08/14/1982

Hometown/Residence: Calgary, AB

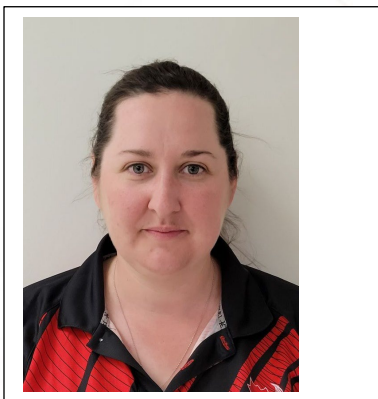
Club/Coach: Calgary Lawn Bowling Club

Social Media:

Career Highlights: 2019 - Canadian National Championship, Canadian Indoor Singles National Championships; 2017 Canadian National Championships, Canadian Indoor Singles National Championship

Major Competitions:

- 2019 Canadian National Championships – Gold (Gold in Women’s fours)



Athlete Name: Kelly McKerihen

Sport/Event: Triples, Fours

DOB: 05/5/1986

Hometown/Residence: Toronto, ON – Residence: Melbourne, AUS

Club: Clayton Bowls Club (AUS) | Toronto: Port Credit Lawn Bowling Club

Social Media: [Kelly McKerihen](#) | [Facebook](#)

Career Highlights: Commonwealth Games: 2014, 2018; World Championships: 2008, 2012, 2016; World Cup: 2013, 2014, 2015

Major Competitions:

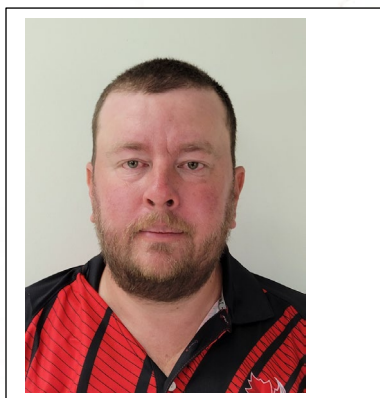
International:

- 2018 Gold Coast Commonwealth Games Semi-Finalist (Singles & Pairs)
- 2012 & 2016 World Championships: Bronze (Singles)
- 2019 World Bowls Challenge Team (Australia vs World)
- 2019 Gold Coast Multi-Nations: Silver (Singles)
- 2017 Gold Coast Multi-Nations: Bronze (Fours)
- 2006 Debut for Canada

Domestic:

- 2021 Australian Championships Gold (Mixed-Pairs) & Bronze (Triples)
- 2019 Australian Championships Silver (Fours)
- 2017 Australian Indoor Singles Championships Silver
- 9-Time Canadian Champion Port Credit Lawn Bowling Club

Fun Fact: Kelly's dad, sister and brother have all played bowls for Canada and her fiancé currently plays for New Zealand.



Athlete Name: **Ryan Bester**

Sport/Event: Singles, Pairs

DOB: July 12, 1984

Hometown/Residence: Hanover, ON

Club/Coach: Hanover (CAN) | Broadbeach (AUS)

Social Media: [Ryan Bester](#) | [Facebook](#)

Career Highlights: 5 Commonwealth Games appearances: 2018 Commonwealth Games singles Silver Medalist; 2006, 2014 Commonwealth Games Bronze & Silver Medalist; 2012, 2016 World Singles silver medalist; 2007 Atlantic Rim Singles Champion; 2005 Asia Pacific Singles; champion and 2004 World Pairs Champion (*Include top 3 rankings, records or achievements, number of Commonwealth Games appearances if more than 1*) Commonwealth Games: 2002, 2006, 2010, 2014, 2018: Australian Open

Major Competitions:

- 2018 Commonwealth Games – Silver in singles
- 2014 Commonwealth Games – Silver
- 2006 Commonwealth Games – Bronze
- 2016 World Singles – Silver
- 2012 World Singles – Silver

Fun Fact: When Ryan asked what is one thing her could eat for the rest of his life, he answered pizza!

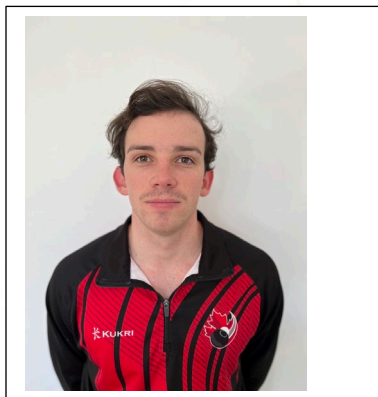


Athlete Name: John Bezear
Sport/Event: Pairs, Fours
DOB:
Hometown/Residence: Kitchener, ON
Club/Coach:
Social Media:

Career Highlights:

Major Competitions:

Fun Fact:



Athlete Name: Rob Law

Sport/Event: Triples, Four

DOB: October 16, 1997

Hometown/Residence: Winnipeg, MB & Calgary, AB

Club/Coach: Nordwood LBC

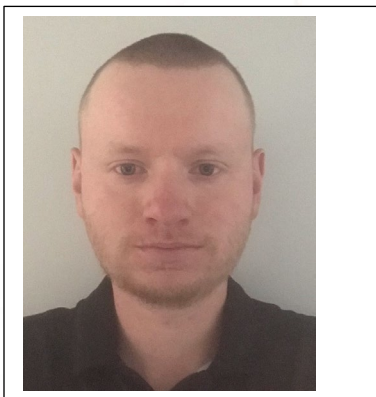
Social Media: Rob (@bobby.law) • Instagram photos and videos

Career Highlights: 2019 Asia Pacific Championships (Bronze in fours and pairs); 2018, 2017 World Junior Championships; 2018 North American Challenge: 2018, 2017 Canadian U25 singles championships 2019 double Bronze at the Asia Pacific Championships (fours & pairs); 2017, 2018 Bronze and Silver at the Canadian U25 Singles Championships

Major Competitions:

- 2019 Asia Pacific Championships – Bronze
- 2017 U25 Singles Championships – Bronze
- 2018 U25 Singles Championships – Silver

Fun fact: Rob mentioned that his favorite athlete is Daniel Ricciardo. He said that his attitude, joy and passion that he brings to every race is incredible



Athlete Name: Cameron Lefresne

Sport/Event: Triples, Fours

DOB: June 30, 1994

Hometown/Residence: Enfield, NS

Club/Coach: Wanderers Lawn Bowling Club

Social Media: [\(20+\) Cameron Lefresne | Facebook](#) -

Career Highlights: Commonwealth Games: 2018; 2017 Multi Nations Event; 2017: U25 Gold Medal . 2017, U25 Gold Medal; 2018 4th place Commonwealth Games (Triples); 2019 Bronze medal Asia Pacific (Fours). These are his second Commonwealth Games.

Major Competitions:

- 2018 Commonwealth Games – 4th
- 2019 Asia Pacific Competition – Bronze

Fun Fact: Cameron mentioned that one of his all-time favorite bowl memory was the 2018 Commonwealth Games.



Athlete Name: Greg Wilson

Sport/Event: Triples, Fours

DOB: March 2, 1982

Hometown/Residence: Cochrane, AB

Club/Coach: Calgary Lawn Bowling Club

Social media: (20+) [Greg Wilson | Facebook](#) @GregorBowls | IG and Twitter

Career Highlights: Commonwealth Games: 2018; Multi-Nations Event 2019; Canadian Pairs Silver, 2019; Canadian Singles Silver, 2018; Canadian Pairs Bronze, 2016; Canadian Fours Silver, Singles Bronze and Indoor Singles Bronze. 2011 Asia Pacific Fours Bronze; 2015 Canadian Pairs Champion; has medaled in Men's 4's, singles and indoor singles

Major Competitions:

- 2011 Asia Pacific Fours – Bronze

Overview on Coaches:

Coach Name: Terry Scott

Sport/Event: Lawn Bowls

Role: Head Coach

Hometown: Dunedin, NZ

Coach Name: Darryl Fitzgerald

Sport/Event: Lawn Bowls

Role: Coach

Hometown: Kitchener, ON

Coach Name: Don Caswell

Sport/Event: Lawn Bowls

Role: Team manager

Hometown: Windsor, ON

RUGBY SEVENS

Team Canada in Birmingham

26 athletes from two teams – one Women's and one Men's - make up this year's Commonwealth Rugby Sevens Canadian representatives.

The Women's team sees Piper Logan of Calgary, AB receive her first international call up, while Chloe Daniels returns to the roster after missing both the Langford and France Sevens. Having represented Canada's Senior Women's 15s at the Pacific Four Series in New Zealand last month, crossover athletes Pamphinette Buisa and Renee Gonzalez return to Sevens action. Breanne Nicholas and Olivia Apps will co-captain the side.

The Men's roster includes three crossover athletes - Cooper Coats, Brock Webster and Matthew Oworu – who all started in Canada's Men's 15s international test match against Spain in Ottawa last weekend. Ciaran Breen is named on the roster for the first time this year having rejoined the team's training environment in May following his stint playing professionally in France, while Josiah Morra returns to the side after recovering from injury. Phil Berna will captain the Men's team.

Dates

July 29 –31, 2022

Venue(s):

Coventry Stadium, Coventry

Number of events:

Two - (16- team event for men's and eight-team event for women's)

HISTORY

Rugby 7s, also known as seven-a-side and Sevens, is a variant of rugby union in which teams are made up of seven players, instead of the usual 15, competing in shorter matches. The game originated in Melrose, Scotland, where the Melrose Sevens tournament is still played annually. The game is popular at all levels, with amateur and club tournaments generally held in summer. Sevens is one of the most widely distributed forms of rugby and is popular in parts of Africa, Asia, Europe, the Americas and, especially, in the south Pacific. Notable International competitions include the HSBC World Rugby Sevens Series and the Rugby World Cup Sevens. Rugby 7s has been contested at the Commonwealth Games since 1998 in Kuala Lumpur. The sport is now recognized as an Olympic sport and made its debut in the 2016 Summer Olympics, with Canada's Women's Team winning the Bronze Medal. 2018 is also the first year a women's competition will occur at the Commonwealth Games.

Past Games

Commonwealth Games Medalists (Men):

2014: **Gold** – South Africa
2010: **Gold** – New Zealand
2006: **Gold** – New Zealand
2002: **Gold** – New Zealand
1998: **Gold** – New Zealand

Past Games

Canadian Results at Commonwealth Games (Men):

2014: Won in Bowl Final (9th Place)
2010: Lost in Bowl Final (10th Place)
2006: Lost in Quarterfinal (8th Place)
2002: Lost in Quarterfinal (7th Place)
1998: Lost in Quarterfinal (5th Place)

Past Games

Commonwealth Games Results (Women):

2018: Gold – New Zealand

Past Games

Canadian Results at Commonwealth Games (Women):

2018: Lost in Semi-Finals (4th Place)

OVERVIEW

Rugby 7s is sanctioned by World Rugby and is played under similar rules and the same field as the 15- player game. While 15 a side rugby union match consists of two 40-minute halves with a 10-minute break, a 7s match is contested over two 7-minute halves with a one-minute break. This format allows rugby tournaments to be completed in a day or a weekend. However, sevens scores are comparable to union scores; scoring occurs much more frequently in sevens, as the defenders are more spaced out on the field. In fact, in sevens, a try is scored on average every 70 seconds!

Sevens is played on a standard rugby union playing field as defined in the World Rugby's handbook. The field measures up to 100 metres (330 ft) long and 70 metres (230 ft) wide. On each goal line are H-shaped goalposts. Teams are composed of three forwards, one scrum-half and three backs. Scrums are composed of just three players from each team. Because of the speedy nature of the game, good sevens players are often backs or loose forwards in rugby union.

For more information:

Rugby Canada

30 East Beaver Creek Road, Suite 110
Richmond Hill, ON L4B 1J2
Tel: 905-707-8998
Email: bkelly@rugby.ca
Website: www.rugby.ca
Twitter: @RugbyCanada

World Rugby: <https://www.world.rugby/>

Media attaché in Birmingham: Aerin England - aerin@commonweathsport.ca

Rugby Team for Birmingham

Canada's Women's Sevens team which will represent Canada at the Birmingham 2022 includes:

Athletes:

Jersey #	First	Last	Hometown	Club
1	Olivia	De Couvreur	Ottawa, ON	Ottawa Irish
2	Renee	Gonzalez	Toronto, ON	University of Victoria
3	Pamphinette	Buisa	Gatineau, QC	Ottawa Irish / University of Victoria
4	Breanne	Nicholas	Blenheim, ON	London St. Georges
5	Nakisa	Levale	Abbotsford, BC	Abbotsford RFC
6	Emma	Chown	Barrie, ON	Aurora Barbarians / Queens University
7	Chloe	Daniels	Sutton, ON	RC Maple Leafs / Queens University
8	Bianca	Farella	Montreal, QC	Town of Mount Royal RFC
9	Olivia	Apps	Lindsay, ON	Lindsay RFC
10	Fancy	Bermudez	Edmonton, AB	Nor'wester Athletic Association / Westshore RFC
11	Piper	Logan	Calgary, AB	Calgary Hornets/UBC Thunderbirds
12	Keyara	Wardley	Vulcan, AB	Okotoks Lions
13	Krissy	Scurfield	Canmore, AB	University of Victoria

Canada's Men's Sevens team which will represent Canada at the Birmingham 2022 includes:

Athletes:

Jersey #	First	Last	Hometown	Club
1	Anton	Ngongo	Victoria, BC	Castaway Wanderers
2	Jake	Thiel	Abbotsford, BC	Abbotsford RFC
3	Nick	Allen	North Vancouver, BC	University of British Columbia
4	Phil	Berna	Vancouver, BC	Vancouver Rowing Club
5	Alex	Russell	Chichester, ENG	McGill University
6	Josiah	Morra	Toronto, ON	Castaway Wanderers / Toronto Saracens
7	Brock	Webster	Uxbridge, ON	Oshawa Vikings RFC
8	Cooper	Coats	Halifax, NS	Halifax Tars
9	D'Shawn	Bowen	Toronto, ON	Pacific Pride
10	Lachlan	Kratz	Victoria, BC	NOLA Gold
11	Elias	Hancock	Ottawa, ON	Bytown Blues
12	Matthew	Oworu	Calgary, AB	Pacific Pride
13	Ciaran	Breen	Victoria, BC	Cowichan RFC

Athlete Information:



Athlete Name: Jake Thiel
Sport / Event: Rugby 7s
DOB: 06/02/1997
Hometown: Victoria, BC
Club / Coach: Abbotsford RFC
Social Media:

Career Highlights:

Jake Thiel made his debut with the Canadian Sevens team at the 2018 Sevens Series tournament in Sydney. He scored his first try during Canada's pool stage loss to the USA. He became a fixture on the team for the 2019 season, using his size and speed to finish in the top-10 in tries for Canada.

Thiel scored three tries during Canada's undefeated run to the 2019 RAN Sevens title. The 40-5 win over Jamaica in the final gave the Canadian men their ticket to Tokyo 2020 where Thiel made his Olympic debut and Canada advanced to the quarterfinals.

He played through the Canadian 15s program from U17 through U20 and competed in the 2017 IRB Junior World Rugby Trophy. In 2018, he suffered a concussion and his post-concussion syndrome kept him out of competition for nine months, making him wonder at times if he'd ever play again.

Major Competitions:

- 2022 London Rugby 7s – 13
- 2022 Vancouver Rugby 7s – 10
- 2020 Tokyo Olympic Games – 8
- 2020 Vancouver Series - Bronze
- 2019 RAN Sevens – Gold
- 2018 IRB Junior World Rugby Trophy (Union) - 7

Fun Fact: Has a podcast with Phil Berna called Snake and Goose.



Athlete Name: D'Shawn Bowen

Sport / Event: Rugby 7s

DOB: 12/09/1996

Hometown: Toronto, ON

Club / Coach: Pacific Pride

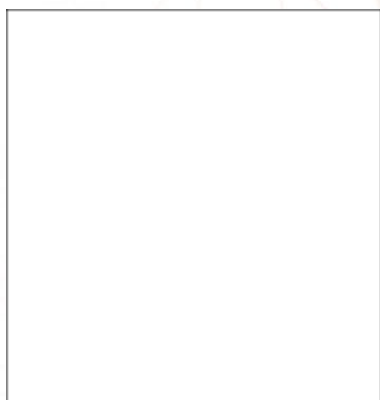
Social Media:

Career Highlights: D'Shawn represented Canada at the Dubai Rugby 7s where the team finished 7th.

Major Competitions:

- 2022 Dubai Rugby 7s – 7
- 2022 Singapore Rugby 7s – 14
- 2022 Vancouver Rugby 7s – 10

Fun Fact: D'Shawn loves country music.



Athlete Name: Nick Allen

Sport / Event: Rugby 7s

DOB: 04/27/1996

Hometown: North Vancouver, BC

Club / Coach: University of British Columbia

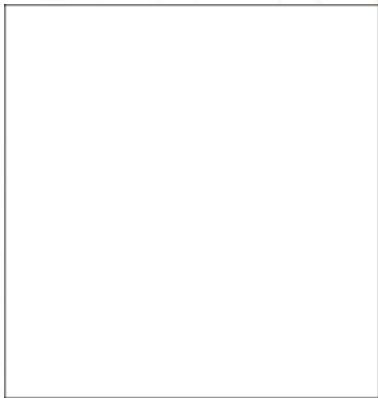
Social Media:

Career Highlights: Nicholas became a 2x National Champion while competition with University of British Columbia (UBC). He is also a 3x Rounsefell Cup Champions.

Major Competitions:

- 2022 Vancouver Rugby 7s – 10
- 2022 London Rugby 7s - 13
- 2020 World Cup – Gold
- 2015, 2016 & 2017 Rounsefell Cup – Gold

Fun Fact: Nick lived with teammate Phil Berna in first year at UBC.



Athlete Name: Alex Russell

Sport / Event: Rugby 7s

DOB: 06/22/1996

Hometown: Chichester, England

Club / Coach: McGill University

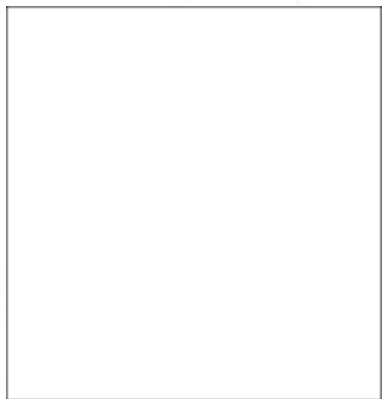
Social Media:

Career Highlights: Alex represented Canada on the HSBC International Sevens Series in Vancouver and Edmonton 2021. He was also the captain for both Rugby Canada's High-Performance Academy, "Pacific Pride" and McGill University Varsity Rugby team.

Major Competitions:

- 2022 Singapore Rugby 7s – 14
- 2022 Vancouver Rugby 7s – 10
- 2022 London Rugby 7s – 13
- 2021 HSBC International Sevens Series in Vancouver – 10

Fun Fact: Alex is an ambassador for BC Epilepsy Society



Athlete Name: Ciaran Breen

Sport / Event: Rugby 7s

DOB: 04/19/2001

Hometown: Victoria, BC

Club / Coach: Cowichan RFC

Social Media:

Career Highlights: Ciaran represented Canada at the 2021 Vancouver World Series 7s where the team places 5th.

Major Competitions:

- 2021 Vancouver World Series 7s – 5

Fun Fact: Ciaran has a profound love of meat pies.



Athlete Name: Lachlan Kratz

Sport / Event: Rugby 7s

DOB: 03/27/2000

Hometown: Victoria, BC

Club / Coach: NOLA GOLD

Social Media:

Career Highlights: Lachlan won a National championship with University of Victoria.

Major Competitions:

- 2022 Singapore Rugby 7s – 14
- 2022 London Rugby 7s – 13
- 2022 Vancouver Rugby 7s – 10
- 2018 Youth Olympics in Argentina
- 2018 U20 Junior World Cup in Bucharest, Romania
- 2017 Youth Commonwealth Games in Nassau, Bahamas

Fun Fact: Lachlan loves coffee



Athlete Name: Brock Webster
Sport / Event: Rugby 7s
DOB: 08/21/2000
Hometown: Uxbridge, Ontario
Club / Coach: Oshawa Vikings RFC
Social Media:

Career Highlights: Brock was the 2018 Rugby Canada Young Player of the year.

Major Competitions:

- 2022 London Rugby 7s – 13
- 2022 Vancouver Rugby 7s – 10
- 2022 Singapore Rugby 7s – 14
- 2019 World Rugby U-20 Trophy
- 2018 Americas Pacific Challenge
- 2018 Sydney Rugby 7s
- 2017 Youth Commonwealth Games

Fun Fact: Brock's first school sports team was the skipping team



Athlete Name: Phil Berna
Sport / Event: Rugby 7s
DOB: 04/07/1996
Hometown: Vancouver, BC
Club / Coach: Vancouver Rowing Club
Social Media:

Career Highlights: Phil Berna first played for Canada as a member of the U19 team at the Commonwealth Games Festival rugby league nines competition in 2014. He was then a member of the U20 union team that won silver at the 2015 World Rugby U20 Trophy in Lisbon.

Berna scored in his debut with the Canadian Men's Sevens Team at the World Rugby Sevens Series stop in Wellington in 2016. He scored three tries for the Canadian team that competed at the final Olympic qualification tournament for Rio 2016, but did not earn a spot in the inaugural Olympic men's rugby sevens event.

In the shortened 2019-20 Sevens Series he equaled his eight tries from the year before in just 25 games, helping Canada get back into the top-eight in the overall standings. Berna made his Olympic debut at Tokyo 2020, scoring one try in six games as Canada made it to the quarterfinals.

Major Competitions:

2022 London Rugby 7s – 13
2022 Vancouver Rugby 7s – 10
2020 Tokyo - 8
2019 Pan American Games - Silver
2019 RAN Sevens - Gold
2016 RAN Sevens - Gold
2014 IRB Junior World Rugby Trophy (union) - 7

Fun Fact: Phil co-hosts of the Snake and Goose Podcast.



Athlete Name: Cooper Coats
Sport / Event: Rugby 7s
DOB: 10/06/1996
Hometown: Halifax, NS
Club / Coach: Halifax Tars RFC
Social Media:

Career Highlights: Cooper represented Canada at the 2019 Pan Am Games where he earned a silver medal.

Major Competitions:

- 2022 Vancouver Rugby 7s – 10
- 2019 Pan Am Games – Silver
- 2018 Cape Town 7s

Fun Fact: Cooper is completing a Master of Science in Kinesiology at the University of Victoria



Athlete Name: Josiah Morea

Sport / Event: Rugby 7s

DOB: 07/02/1998

Hometown: Toronto, ON

Club / Coach: Castaway Wanderers /Toronto Saracens

Social Media:

Career Highlights: Josiah represented Canada at the 2019 Pan Am Games where the team took home a silver medal.

Major Competitions:

- 2019 Pan Am Games - Silver

Fun Fact: Josiah likes to DJ in his free time



Athlete Name: Matthew Oworu

Sport / Event: Rugby 7s

DOB: 07/29/2000

Hometown: Calgary, AB

Club / Coach: Pacific Pride

Social Media:

Career Highlights: Matthew represented Canada in several tournaments in 2022 as a part of the 2022 HSBC World Rugby Sevens Series.

Major Competitions:

- 2022 Singapore Rugby 7s – 14
- 2022 Vancouver Rugby 7s – 10
- 2022 London Rugby 7s - 13

Fun Fact: Matthew learned how to play rugby in Zimbabwe.



Athlete Name: Anton Ngongo

Sport / Event: Rugby 7s

DOB: 07/22/1997

Hometown: Victoria, BC

Club / Coach: Castaway Wanderers

Social Media:

Career Highlights: Anton represented Canada in several tournaments in 2022 as a part of the 2022 HSBC World Rugby Sevens Series.

Major Competitions:

- 2022 Singapore Rugby 7s -14
- 2022 London Rugby 7s - 13
- 2022 Vancouver Rugby 7s – 10

Fun Fact: Antonin claims that he is the best Fortnite player on the team



Athlete Name: Elias Hancock

Sport / Event: Rugby 7s

DOB: 11/11/1998

Hometown: Ottawa, ON

Club / Coach: Bytown Blues

Social Media:

Career Highlights: Elias represented Canada in several tournaments in 2022 as a part of the 2022 HSBC World Rugby Sevens Series.

Major Competitions:

- 2022 Singapore Rugby 7s – 14
- 2022 Vancouver Rugby 7s – 10

Fun Fact: Elias has 9 siblings.



Athlete Name: Olivia De Couvreur
Sport / Event: Rugby 7s
DOB: 02/20/2000
Hometown: Ottawa, ON
Club / Coach: Ottawa Irish
Social Media:

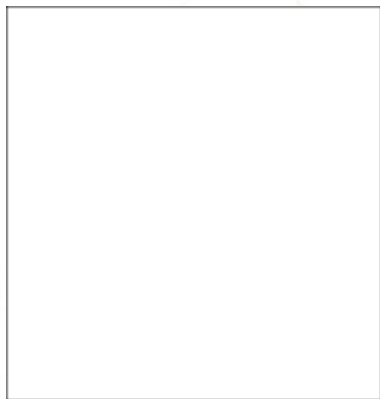
Career Highlights: Olivia De Couvreur has represented Canada in various tournaments with the national development program, including the 2018 Youth Olympic Games in Buenos Aires where she helped bring home the bronze medal. In 2017, she was part of Canada's silver medal performance at the Youth Commonwealth Games in the Bahamas. The 2019 Pan American Games will be

her second appearance with the senior national team.

Major Competitions:

- 2019 Pan Am Games – Gold
- 2018 Youth Olympic Games – Bronze
- 2017 Youth Commonwealth Games - Silver

Fun Fact: Olivia played high level soccer from age 4-16 before picking up rugby

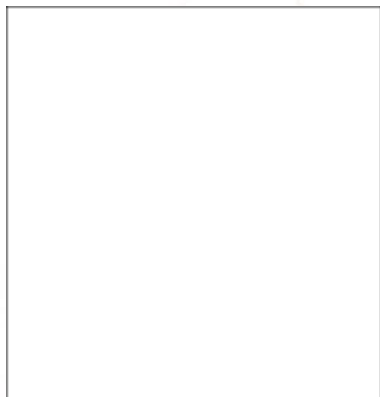


Athlete Name: Renee Gonzalez
Sport / Event: Rugby 7s
DOB: 07/14/1996
Hometown: Toronto, ON
Club / Coach: University of Victoria
Social Media:

Career Highlights:

Major Competitions:

Fun Fact: Renee had two extra fingers when I was younger.



Athlete Name: Pamphinette Buisa
Sport / Event: Rugby 7s
DOB: 12/28/1996
Hometown: Gatineau, QC
Club / Coach: Ottawa Irish/University of Victoria
Social Media:

Career Highlights: Pamphinette Buisa first joined the Canadian program in 2014. That year, as a member of the development team, she helped Team Canada win silver at the Youth Olympic Games in Nanjing. In 2016, she competed at the FISU World University Championship where Canada also won silver. In 2017 while attending the University of Victoria, she helped the Vikes

win the Canada West title and qualify the team for its first ever national championship.

Buisa joined the senior national team for the 2017-18 World Rugby Sevens Series. She made her World Cup Sevens debut in 2018 in San Francisco.

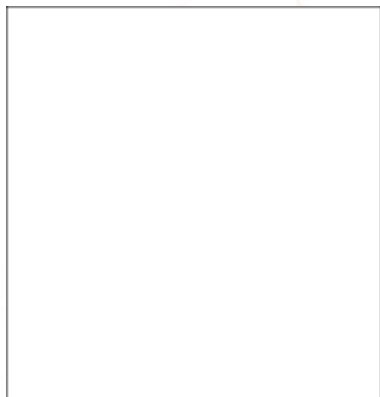
In 2019 she achieved a personal highlight while at the Sevens Series, as the Canadian team secured their spot for Tokyo 2020 with a bronze medal finish at the last event of the year. The Canadian team returned to the overall Sevens Series podium with the result, after having missed out for the only time in the series history in 2018.

Buisa was then named to Team Canada for the Lima 2019 Pan Am Games. There, she scored two tries, helping Canada to a gold medal. The following year she helped Canada repeat their bronze medal finish at the Sevens Series, highlighted by scoring a pair of tries at a stop in Glendale. Buisa made her Olympic debut at Tokyo 2020 where she played in five games for Canada.

Major Competitions:

- 2020 Tokyo Olympic Games - 9
- 2019 Pan Am Games – Gold
- 2018 World Rugby World Cup Sevens - 7
- 2016 FISU World University Championships - Silver
- 2014 Youth Olympic Games - Silver

Fun Fact: Pamphinette's journey into rugby started by playing basketball, but she was too aggressive for the sport and decided to cross over to rugby and never turned back



Athlete Name: Breanne Nicholas
Sport / Event: Rugby 7s
DOB: 02/20/1994
Hometown: Blenheim, ON
Club / Coach: London St. Georges
Social Media:

Career Highlights: Breanne Nicholas has been a strong asset to Canada's Women's Sevens team since making her debut at the World Rugby Sevens Series in Dubai in late 2016. In 2018 she was a member of the sevens team at both the Commonwealth Games and World Cup Sevens. She also represented Canada at the Lima 2019 Pan Am Games, scoring 10 conversions as Canada

went undefeated in pool play. She scored one try and converted twice in Canada's 24-10 gold medal win over USA.

Nicholas scored one try at her first Sevens Series event in Dubai and since then has added more than 15 tries and 40 conversions in over 100 games on the circuit. In her four seasons, Nicholas has helped Canada win three overall bronze medals. Their third-place finish in the overall standings in 2019 qualified the team for Tokyo 2020. Nicholas scored one conversion in five matches during her Olympic debut.

Before joining the senior circuit, Nicholas was a member of the junior Canadian team for the 2013 Nations Cup and 2014 CAN AM Championship; she was named Player of the Series at the latter. Nicholas played two years at Western University where she was awarded the OUA Rookie of the Year in 2013 and named to the OUA all-star team. She also won gold with Canada at the 2014 World University Rugby 7s Championship.

Major Competitions:

- 2020 Tokyo Olympic Games - 9
- 2019 Pan Am Games – Gold
- 2018 Commonwealth Games – 4
- 2018 Rugby Sevens World Cup - 7

Fun Fact: Breanne has a twin sister.



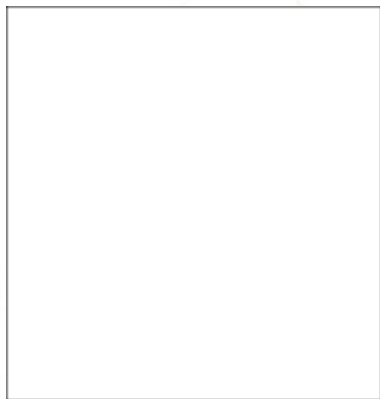
Athlete Name: Nakisa Levale
Sport / Event: Rugby 7s
DOB: 03/12/1997
Hometown: Abbotsford, BC
Club / Coach: Abbotsford RFC
Social Media:

Career Highlights: Nakisa represented Canada at the Youth Olympic Games where the team claimed a bronze medal.

Major Competitions:

- 2018 Youth Olympic Games – Bronze

Fun Fact: Rose Namajunas inspired Nakisa as an athlete



Athlete Name: Emma Chown

Sport / Event: Rugby 7s

DOB: 12/17/1995

Hometown: Barrie, ON

Club / Coach: Aurora Barbarians & Queen's University

Social Media:

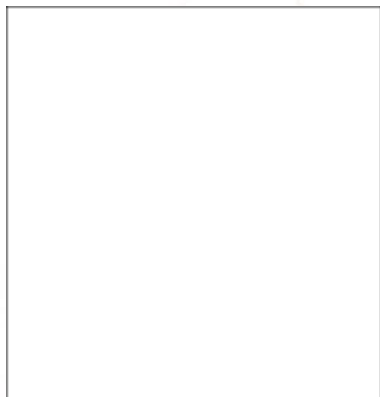
Career Highlights:

Emma Chown began competing in rugby at the national level in 2016. That year, she helped Canada win silver at the FISU World University Championships in Swansea, Wales. She competed in her first World Rugby Sevens Series tournament in Dubai in 2017. She would later contribute to Canada's gold medal at the Kitakyushu Sevens in 2019 and was a key member of the team at the Biarritz Sevens later that season when Canada qualified for the Tokyo 2020 Olympic Games

Major Competitions:

- 2019 Pan Am Games – Gold

Fun Fact: Emma has a cat named Betty.



Athlete Name: Chloe Daniels

Sport / Event: Rugby 7s

DOB: 04/27/2003

Hometown: Sutton, ON

Club / Coach: RC Maple Leafs Academy/Queens University

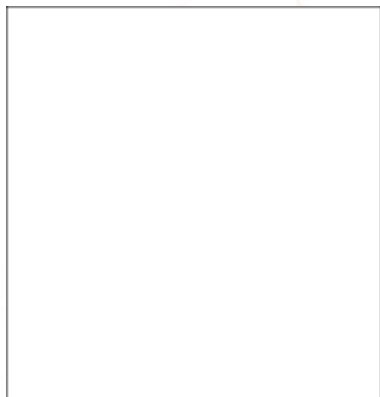
Social Media:

Career Highlights: Chloe received the Alfie Pierce Trophy as Queens University varsity teams rookie of the year. In 2021 Chloe competed with Rugby Canada's senior women's sevens team at the HSBC World Rugby Sevens Series

Major Competitions:

•

Fun Fact:



Athlete Name: Olivia Apps
Sport / Event: Rugby 7s
DOB: 12/01/1998
Hometown: Lindsay, ON
Club / Coach: Lindsay RFC
Social Media:

Career Highlights:

Olivia Apps made her Sevens Series debut with Canada at the Sydney stop in 2018, helping Canada finish third in the tournament. She scored her first try later that season in Kitakyushu. She was named to the World Cup Sevens roster at the end of the season, where Canada would go on to make the quarterfinals.

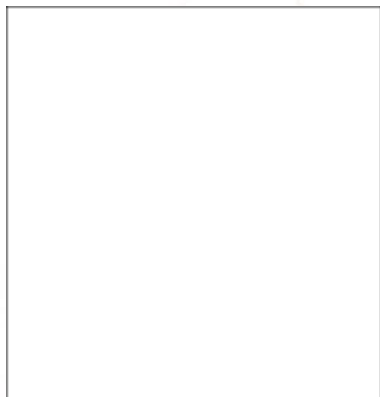
In 2019, Apps scored her second career Sevens Series try at the second stop of the season in Dubai. That was the first tournament in which she played in the final as Canada took home the silver medal. But in May she tore her ACL, an injury that required surgery and nine months of recovery. She missed the rest of the year and was finished rehab just as the 2020 season was shut down in March because of the COVID-19 pandemic. Apps made her Olympic debut at Tokyo 2020 where she played in three games for Canada.

Apps had made her international debut as a member of the junior Maple Leafs program at the 2015 Youth Commonwealth Games where she helped Canada to a silver medal.

Major Competitions:

- 2020 Tokyo Olympic Games – 9
- 2018 World Rugby World Cup Sevens - 7
- 2015 Youth Commonwealth Games - Silver

Fun Fact: Olivia grew up on a farm



Athlete Name: Bianca Farella
Sport / Event: Rugby 7s
DOB: 04/10/1992
Hometown: Montreal, QC
Club / Coach: Town of Mount Royal RFC
Social Media:

Career Highlights:

Bianca Farella had a memorable year in 2012. She was named CIS Women's Rugby Rookie of the Year after scoring 12 tries in six matches for Concordia University and also received her first cap with Canada's Women's Sevens Team when she was named to the roster competing at the Las Vegas Sevens.

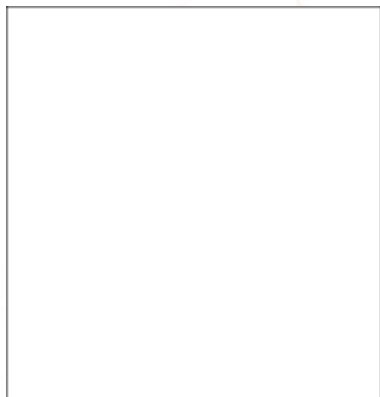
In 2018, Farella was part of Canada's fourth-place finish at the Commonwealth Games in Gold Coast and the seventh-place finish at the World Rugby World Cup Sevens in San Francisco. In 2019, she contributed to Canada's third-place finish in the overall standings of the World Rugby Sevens Series to secure the team's spot at Tokyo 2020. In her second Olympic appearance, Farella scored two tries in five games for Canada.

Farella is just the second woman ever to score 150 career tries on the World Rugby Sevens Series. Through the 2019-20 season she is fifth all-time in points scored (765), second all-time in tries (153), and third all-time in matches played (208).

Major Competitions:

- 2020 Tokyo Olympic Games – 9
- 2016 Rio Olympic Games – Bronze
- 2013 Rugby World Cup 7s -Silver

Fun Fact: Bianca is graduating this summer with a Bachelor of Science in Psychology



Athlete Name: Fancy Bermudez
Sport / Event: Rugby 7s
DOB: 05/27/2002
Hometown: Edmonton, AB
Club / Coach: Nor'wester Athletic Association/Westshore RFC
Social Media:

Career Highlights:

Major Competitions:

- 2021 HSBC World Rugby Sevens Series - 7

Fun Fact: When Fancy was younger she wanted to be an astronaut.



Athlete Name: Keyara Wardley
Sport / Event: Rugby 7s
DOB: 01/27/2000
Hometown: Vulcan, AB
Club / Coach: Okotoks Lions
Social Media:

Career Highlights:

Keyara Wardley made her debut with the senior Canadian Sevens team at the Kitakyushu stop of the 2019 Sevens Series. She scored a try in her debut, helping Canada take their first tournament title since early 2017. She added another try on home soil at the Canada Sevens tournament in Langford, B.C.

Canada finished fifth there and ended the season in third place in the overall standings.

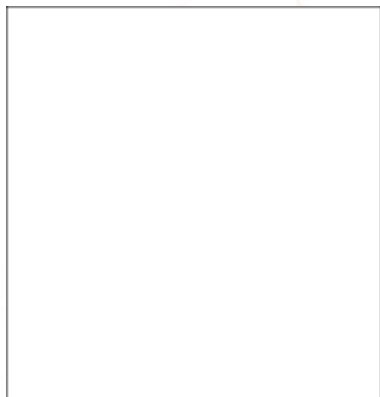
Wardley added another three tries for Canada in the shortened 2020 season, all at the last event of the year in Sydney. Canada would take silver at that event. In her Olympic debut at Tokyo 2020, Wardley scored two tries in two games before suffering a hip injury against Fiji that took her out of the tournament.

Wardley has been centralized with the national sevens program since 2017. As a junior, she played with the U18 and Canada Maple Leafs programs. She won a silver at the 2017 Commonwealth Youth Games and took home bronze with Team Canada at the 2018 Youth Olympic Games.

Major Competitions:

- 2020 Tokyo Olympic Games – 9
- 2018 Youth Olympic Games - Bronze
- 2015 Youth Commonwealth Games – Silver

Fun Fact: Keyara hates chocolate.



Athlete Name: Piper Logan

Sport / Event: Rugby 7s

DOB: 07/113/2001

Hometown: Calgary, AB

Club / Coach: Calgary Hornets/UBC Thunderbirds

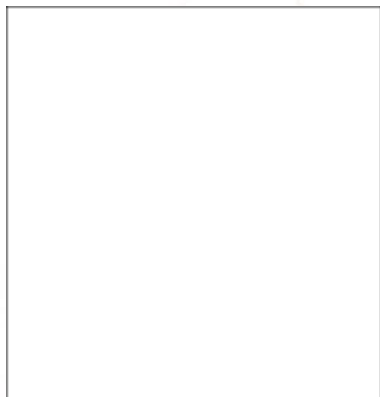
Social Media:

Career Highlights: Piper helped qualify Team Canada for the U-18 Rugby 7s team that competed at the 2018 Youth Olympic Games.

Major Competitions:

- 2021 U SPORTS Rugby National Championship - 5

Fun Fact: Piper used to be an acrobat and did gymnastics for 12 years before rugby.



Athlete Name: Krista Scurfield
Sport / Event: Rugby 7s
DOB:06/15/2003
Hometown: Canmore, AB
Club / Coach: University of Victoria
Social Media:

Career Highlights: Krista was identified in the RBC Future Olympians program for rugby in 2021. She also helped the University of Victoria varsity women's rugby team secure their highest-ever finish (4th) at the 2021 U SPORTS Championships.

Major Competitions:

- 2021 U SPORTS Championships - 4

Fun Fact: Krista started playing rugby at her high school with the Banff bears.

Overview on Coaches:

Coach Name: Jack Hanratty

Sport/Event: Rugby

Role: Women's Head Coach

Hometown: Halifax, NS

Coach Name: Henry Paul

Sport/Event: Rugby

Role: Men's Head Coach

Hometown: Auckland, New Zealand

SQUASH

Team Canada in Birmingham

The team of strong athletes will be competing in their first Commonwealth Games, although some are no strangers to large multi-sport Games. Squash Canada is proud to announce Hollie Naughton (Oakville, ON), Nicole Bunyan (Victoria, BC), David Baillargeon (Lévis, QC), and Nick Sachvie (St. Catharines, ON) as the Canadian Commonwealth Team.

The four athletes were selected based on their results and rankings this past season. This team for the 2022 Commonwealth Games is established and hungry, with strong results on the PSA World and Challenger Tours and in National events. They are fortunate to be led by an excellent and experienced coach, Graeme Williams, who has coached the Canadian squash team at many international multi-sport events, including at the 2018 Gold Coast Commonwealth Games and the 2015 and 2019 Pan Am Games, where the Canadian squash teams took home numerous medals.

Hollie Naughton has had an impressive season on the PSA World Tour, reaching a career-high world ranking of 16 in January of this year and consistently testing herself against the top five players in the world as she looks to break into the Top 10. Nicole Bunyan finished the squash season strong with a second-place finish at the 2022 Oxford Properties Canadian Squash Championships in Vancouver earlier in June and a world ranking of 45. Both players have been competing against the top in the world throughout the season and will be ready to take on the strong field of Commonwealth countries.

David Baillargeon has had a breakthrough season, winning three PSA events in 2021 and making the final of four other PSA events. He capped off his season with a career-high world ranking of 61 and a national title at the 2022 Oxford Properties Canadian Squash Championships in front of Vancouver's Olympic Cauldron at Jack Poole Plaza. Nick Sachvie has had a strong season as well, winning the 2021 Gatineau PSA challenger against teammate Baillargeon, and making the final of two other events. He finished the season at a world ranking of 96, with his highest being 64 in 2017.

Dates

July 29 – August 8, 2022

Venue(s):

University of Birmingham Hockey and Squash Centre, Birmingham, England

Number of events:

Five – Singles (Men and women), doubles (men and women) and mixed doubles.

HISTORY

The exact origins of squash are difficult to establish. We know that "rackets" were popular in Great Britain at the beginning of the 19th century. It was played against a wall in London's taverns and prisons.

Without explanation, around the 1820s, the sport moved from this somewhat unsavoury milieu to one of the United Kingdom's most prestigious schools — Harrow. There, the sport of rackets underwent its transformation into squash. As the story goes, two students waiting their turn at rackets invented the new game. As they talked in a desultory fashion, one of the two took a small rubber ball out of his pocket. After bouncing it two or three times on the ground, he hit it against the courtyard door with his paume racquet. His chum joined in, and they started doing real exchanges, sometimes before the rebound, sometimes after. In a few minutes, they had worked up some rules.

and were having fun bashing the ball around the four walls of the little courtyard. Squash had just been invented! Unfortunately, we shall never know these first players' names.

It wasn't until the end of the century (1893) that squash and its rules were mentioned in a book. The name "squash" is thought to come from the ball's sound as it hits the wall.

Since the first court in Quebec City in the 1800s, the sport of squash has grown in Canada. It is estimated that more than 400,000 Canadians — and more than 15 million people worldwide — play squash competitively or just for fun.

Squash (singles) made its debut at the Commonwealth Games in Kuala Lumpur in 1998.

OVERVIEW

Singles

Field of Play

The game is played on an enclosed court measuring 6.4 m x 9.75 m. There are "out of court" lines at the height of 4.57 m on the front wall, 2.13 m on the back wall, and sloping down from front to back along the sidewalls. At the base of the front wall is a 48-centimetre-high "tin," which the ball may not hit. A "cut line" is marked 1.78 m from the floor on the front wall. Two service courts and two-quarter courts mark the floor. Players use a racquet to strike the ball towards the front wall of the court.

Rules

The ball may contact the side or back walls on its way to the front wall. Play begins with one player serving the ball against the front wall from within his or her service box. The serve must hit the front wall above the cut line and land in the opposing player's quarter court unless it is volleyed first.

Each game is played to 11 points. The player who scores 11 points first wins the game. If the score reaches a 10-all tie, the game continues until one player leads by two points. Either player may score points (PAR – point– a–rally). On winning a rally, the server scores a point and retains the service; the receiver, on winning a rally, scores a moment and becomes the server.

A match is the best of five games. The first player to win three rounds wins the match. The player winning the preceding game serves first in the next game.

International Doubles

Field of Play

The game is played on an enclosed court measuring 8.42 m x 9.75 m. There are "out of court" lines at the height of 4.57 m on the front wall, 2.13 m on the back wall, and sloping down from front to back along the sidewalls. At the base of the front wall is a 48-centimetre-high "tin," which the ball may not hit. A "cut line" is marked 1.78 m from the floor on the front wall. Two service courts and two-quarter courts mark the floor. Players use a racquet to strike the ball towards the front wall of the court.

Rules

World squash doubles are played between two teams of two players each. All players must wear eye guards at all times while playing.

The ball may contact the side or back walls on its way to the front wall. Play begins with one player serving the ball against the front wall from within his or her service box. The serve must hit the front wall above the cut line and land in the opposing player's quarter court unless it is volleyed first.

Serving Order

The nominated first server from team A serves. If Team A loses a rally, the marker calls "hand-out." The first nominated server from Team B then serves. If that team loses a rally, the marker calls "hand-out." The nominated second server from Team A then serves, and so on.

For World Squash Federation elite events (World doubles, Commonwealth Games), matches are played to 11 points, best of three games. At 10-all there is no tiebreak.

For more information:

Squash Canada

Email: info@squash.ca

Website: www.squash.ca

Twitter: [@squashcanada](https://twitter.com/squashcanada)

Facebook: [@squashcanada](https://facebook.com/squashcanada)

Instagram: [@squashcanada](https://instagram.com/squashcanada)

World Squash Federation: <https://www.worldsquash.org/>

Media attaché in Birmingham: Laura Gray - laura@commonwealthsport.ca

Squash Team for Birmingham

First	Last	Hometown	Events
Hollie	Naughton	Oakville, ON	Singles, Women's and Mixed Doubles
Nicole	Bunyan	Victoria, BC	Singles, Women's and Mixed Doubles
David	Baillargeon	Lévis, QC	Singles, Men's and Mixed Doubles
Nick	Sachvie	St. Catharines, ON	Singles, Men's and Mixed Doubles

Athlete Information:



Athlete Name: Hollie Naughton

Sport/Event: Squash / Singles, Women's and Mixed Doubles

DOB: 10/21/1994

Hometown/Residence: Oakville, ON / Mississauga, ON

Right or Left Handed: Left

Club/Coach: ORC, Pontefract Squash Club / David Palmer, Sarah Campion

Social Media: Instagram: @hollicen

Twitter: @hollienaughton

Facebook: @hollienaughton

Career Highlights: Hollie Naughton is a Canadian who has already found success on the Tour since joining in 2012 and is now a member of the world's top 20. In 2019 Naughton took over the Canadian No.1 spot and reached the last 16 of the Oracle NetSuite Open, before reaching the second round of the 2019-2020 PSA Women's World Championship. She won the Racquet Club Pro-Series event in early 2020. She then reached the last 16 of her final three events of 2020, the Manchester Open, CIB Egyptian Open and the CIB Black Ball Squash Open. A string of third round appearances in the major continued into 2021, as the Canadian reached the last 16 of the CIB PSA Black Ball Squash Open, El Gouna International, PSA World Championships and U.S. Open. Naughton also reached the final of the Oxford Properties Canadian Senior Championships and made the semis of the Malaysian Open Squash Championships as well. In 2022, Naughton captured her second Canadian national title.

Major Competitions:

- 2015 & 2019 Pan Am Games – Silver
- 2013 Pan American Junior Championship – Gold
- 2014, 2016 & 2018 Women's World Team Championships – 11, 10, and 7
- 2016, 2017 Two-time Canadian Women's Open – Gold
- 2020 Racquet Club Pro-Series – Gold
- 2016 Nicola Wealth Open - Gold
- 2014 ORC Open – Gold



Athlete Name: Nicole Bunyan

Sport/Event: Squash / Singles, Women's and Mixed Doubles

DOB: 11/22/1993

Hometown/Residence: Victoria, BC / Stamford, Connecticut

Right or Left Handed: Right

Club/Coach: Chelsea Piers / Ryan Cuskelly, Paul Carnero

Social Media:

Instagram: @nicolebunyan and @squashletic

Twitter: @squashnic

Website: [Nicole Bunyan](https://www.nicolebunyan.com)

Career Highlights: Nicole Bunyan is one of several Canadians inside the top 100 of the World Rankings, and recently broke into the top 50 in the world for the first time in her career. The Canadian joined the Tour back in 2015, and she reached the quarter-finals of her second event, the Liberty Bell Open. She then reached the semis of the Nicolas Wealth Open and the final of the Bitar Cosmetics - Play Squash Women's Open a year later. She took her first victory on Tour in 2018, winning the E.M. Noll Classic followed by a semi-final run at the Bermuda Open and quarter-final appearances at the Queen City Open, London Open and Richmond Open. She reached the last eight in Bermuda a year later, after featuring in the main draw of the World Championships for the first time. At the start of the 2020-2021 season, Bunyan made the semi-finals of the Life Time City Centre Women's International Squash Open. She also made the last four of the Oxford Properties Canadian Senior Championships later that year. In 2022, Bunyan reached the final of the Canadian Senior Championships.

Major Competitions:

- 2018 E.M. Noll Classic – Gold
- 2015 CSA Individual Squash Championships – Semi-finalist
- 2016 Bitar Cosmetics Play Squash Open – Finalist



Athlete Name: David Baillargeon

Sport/Event: Squash / Singles, Men's and Mixed Doubles

DOB: 03/14/1996

Hometown/Residence: Lévis, QC / Montréal, Québec and Bristol, England

Right or Left Handed: Left

Club/Coach: Club Sportif MAA, Club Atwater / Yvon Provençal, Hadrian Stiff

Social Media:

Facebook: @davidbaillargeonsquash

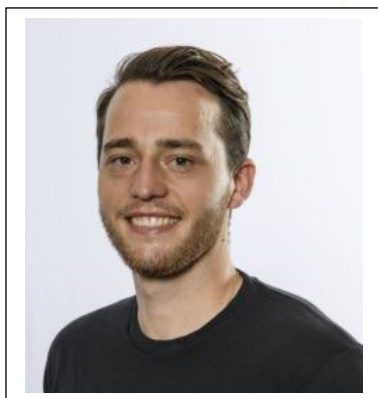
Instagram : davidbaillargeon_

Career Highlights: One of several Canadian players inside the top 100 in the World Rankings, David Baillargeon first featured on the Tour back in 2012. Baillargeon secured his first victory at the 2019 Guilfoyle PSA Squash Classic, followed by another appearance in a finale at the International Squash Classic. Two runners-up finishes were added to his tally in 2020, with the Canadian making it to the final of both the Life Time Atlanta Open and the Mount Royal University Open. In 2021, Baillargeon won two back-to-back titles at the Colombian Open and the Squash Quebec Open. After making the final of the Equinox Boston Open, Baillargeon then claimed another victory, winning the Oxford Properties Canadian Senior Championships. He then reached the final of the Gatineau PSA Challenger before ending 2021 with semi-final appearances at the 1st Guatemala Open Squash Tournament and the Cricket Club 10k. In 2022, Baillargeon won his second Canadian Senior Championship title.

Major Competitions:

- 2020 Atlanta Open - Finalist
- 2020 Mount Royal University - Finalist
- 2019 Guilfoyle PSA Squash Classic – Gold
- 2019 Chongqing Open - Finalist
- 2019 World Team Championships - Represented Team Canada
- 2018 Canadian U23 – Gold
- 2017 Canadian University and College Squash Championships – Gold
- 2017 WSF World Doubles Championships (Mixed division) – Represented Canada
- 2014 Canadian Junior Championships – Gold
- 2014 Canadian Junior Open – Gold
- 2014 Pan American Junior Squash Championships – Represented Team Canada

Fun Fact: David used to switch the hand every time he was playing when he was young until his coached forced him to pick one!



Athlete Name: Nick Sachvie

Sport/Event: Squash / Singles, Men's and Mixed Doubles

DOB: 12/22/1991

Hometown/Residence: St. Catharines, ON / St. Catharines, Ontario

Right or Left Handed: Right

Club/Coach: Club at White Oaks / Chris Sachvie

Social Media:

Instagram: @nicksac91

Career Highlights: Nick Sachvie joined the PSA World Tour in 2009 and earned his first PSA World Tour title in 2016 at the Minneapolis Open. Two more titles then followed as he sealed victory winning the Tournoi Invitation du Club Sportif MAA and at the Northern Ontario Open in 2017, leading him to break into the world's top 70 for the first time in his career that same year. The Canadian then made the quarter-finals or better in 10 of his next 11 main draws, including six semi-final results. His good form continued in 2019, as he claimed the fourth title of his career, winning the Bermuda Open. Following on from that, Sachvie reached the last eight or better in nine of his next 11 tournaments, including making it as far as the semis at the Rochester Pro Am, APM Kelowna Open and the Chronicle Wealth Guilfoyle PSA Squash Classic. In 2022, Sachvie made the final four of the Canadian Senior Championships.

Major Competitions:

- 2019 Pan Am Games – Represented Team Canada
- 2017 & 2019 Men's World Team Championships – Represented Team Canada
- 2018 Team Canada at Pan American Squash Championships – Represented Team Canada
- 2017 & 2019 Canadian Men's Open – Gold
- 2019 Bermuda Open – Gold
- 2016 Minneapolis Open – Gold
- 2016 Tournoi Invitation du Club Sportif MAA – Gold
- 2019 Bermuda Open - Gold
- 2016 Minneapolis Open - Gold
- 2017 Northern Ontario Open - Gold
- 2016 Tournoi Invitation du Club Sportif MAA

Fun Fact: Recently vacationed in Tofino and went surfing, it was gnarly!!

Overview on Coaches:

Coach Name: Graeme Williams

Sport/Event: Squash

Role: Coach

Hometown: Windsor, Ontario

SWIMMING

Team Canada in Birmingham

Swimming Canada will send 28 athletes to represent Canada in the pool at the fully integrated event. The group includes ten-time Paralympic medallist Aurélie Rivard, defending 100-m and 200-m backstroke Commonwealth Games Champion Kylie Masse, and returning Commonwealth medallist Rebecca Smith.

National team veteran Katerine Savard, the 100-m butterfly champion from Glasgow 2014 and former Games record holder, makes her return to the Games after sitting out in 2018. Meanwhile, recent FINA World Championships medallists Josh Liendo, and his 15-year-old High Performance Centre – Ontario teammate Summer McIntosh, will be among the Commonwealth Games first-timers, as will two-time Paralympic medallist Nicolas-Guy Turbide.

Canada won 20 medals in the pool at the 2018 Commonwealth Games in Australia with 3 gold, eleven silver and 6 bronze medals. That was Canada's third-largest swimming medal haul, behind only Auckland 1990 (23 medals) and Kuala Lumpur 1998 (21).

Dates

July 29 – August 3, 2022

Venue(s):

Sandwell Aquatics Centre, Birmingham, England

Number of events:

30 - 19 men's, 19 women's and two mixed

HISTORY

Although not part of the ancient Olympic Games, swimming, in the form of an underwater obstacle course, was included in the training of ancient Greek and Roman soldiers. It was also favoured as a competitive or recreational activity in medieval Europe. In Japan, swimming competitions were held as early as 36 BC. The Japanese interest in swimming dates back to an imperial transcript that made swimming a compulsory part of the school curriculum in 1603.

At the first modern Olympic Games in Athens in 1896, swimming competitions took place in the yachting marina at Zea (Piraeus). The swimmers boarded a boat that took them out into the cold waters of the Saronic Gulf, where they dove into the sea and raced toward the finishing line at the marina Zea's shore.

The swimming venue has greatly improved since then. At the 1900 Olympic Games in Paris, the Seine River was the venue for the swimming events. In 1908 the swimming competitors raced in a 100-m pool within a running track. The 100-m event that began exclusively for Greek sailors in 1896 has evolved into multiple men's and women's events in state-of-the-art aquatic facilities. Women's swimming entered the Olympic Games in 1912.

OVERVIEW

Men's and women's competitions combine individual medley, freestyle, backstroke, butterfly and breaststroke, and freestyle and medley relay over a number of distances.

The indoor competition pool is 50 metres long and is divided into eight 2.5-metre lanes. Each stroke has its regulations regarding proper starts, leg and arm movements during the races and how the swimmer must touch the

wall at the end of each length. The race begins with a dive from a starting block for all strokes except backstroke. Backstroke events start in the water. Any swimmer who leaves the starting block or wall before the starting signal is disqualified.

The individual or team with the fastest time wins in all swimming events.

Each race has a maximum of eight swimmers. Preliminary heats in the 50-m, 100-m and 200-m distances lead to the finals of the fastest times. In relays and individual events of 400 metres or more, the eight fastest finishers in the preliminaries advance directly to the finals.

Freestyle

Events: 50-m, 100-m, 200-m, 400-m, 800-m and 1,500-m. The freestyle events are when the swimmer may swim any stroke, except for the freestyle segments in the individual medley and medley relay events, where freestyle means any swimming stroke other than backstroke, breaststroke or butterfly. Some part of the swimmer's body must touch the end wall at the end of each length and at the end of the race, while some part of the body must break the surface throughout the race except at the start and turn.

Backstroke

Events: 100-m and 200-m. Swimmers must remain on their backs throughout the race except during the flip-turn. The normal on-the-back position may include a body roll movement that does not exceed 90 degrees from the horizontal. Some part of the body must break the water's surface throughout the race except for the start and during and after the turn, when the body may be entirely underwater (for a distance of no more than 15 m in both cases).

Breaststroke

Events: 100-m and 200-m. Breaststroke is a complex swimming style that demands perfect coordination of arm and leg movements. Unlike freestyle and backstroke, the arms and legs move simultaneously on the same horizontal plane in breaststroke. If the swimmer gets out of synch or if a competitor touches the wall with one hand during the turn, she/he is disqualified.

Butterfly

Events: 100-m and 200-m. Both arms move simultaneously in a circular pattern in the butterfly while the legs move with an up-and-down dolphin kick. A common cause for disqualification is when the competitor touches the wall with one hand during the turn or moves his or her legs contrary to the regulations.

Individual Medley

Events: 200-m and 400 m. The individual medley is made up of equal distances of the four swimming strokes in the following order: butterfly, backstroke, breaststroke, and freestyle. Each leg must begin and end in accordance with the rules applicable to the stroke.

Relays

Events: 4x100-m freestyle, 4x100-m medley, 4x200-m freestyle. Four swimmers from the same team compete together in a relay event, each using four swimming strokes. The order of the medley relay is backstroke, breaststroke, butterfly and freestyle. Once the first relay member touches the wall, the next relay member dives in. The third and fourth members follow this pattern. Relay changeovers are only valid when the feet of the outgoing swimmer detach from the starting blocks at least 0.03 seconds after the fingers of the incoming swimmer touch the wall. If the outgoing swimmer moves too early, his or her team is disqualified.

For more information:

Swimming Canada

2445 St. Laurent Blvd.

Ottawa ON K1G 6C3

Tel. +1 613 260 1348 x2002 |

Website: <https://www.swimming.ca>

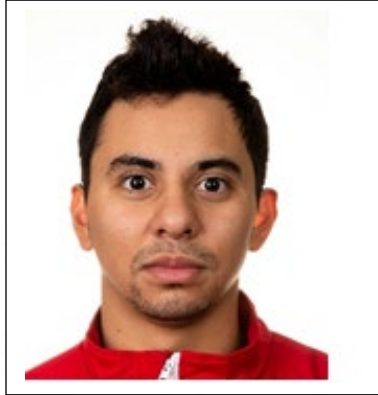
Fédération Internationale de Natation (FINA): <https://www.fina.org/>

Media attaché in Birmingham: Nathan White - nwhite@swimming.ca

Swimming Team For Birmingham

First	Last	Hometown	Commonwealth Games
Javier	Acevedo	Toronto, ON	
Sophie	Angus	Weston, CT	
Jeremy	Bagshaw	Victoria, BC	
Katrina	Bellio	Mississauga, ON	
Nicholas	Bennett	Parksville, BC	
Camille	Bérubé	Gatineau, QC	
Eric	Brown	Pointe-Claire, QC	
Stephen	Calkins	Calgary, AB	
Tessa	Cieplucha	Georgetown, ON	
James	Dergousoff	Christina Lake, BC	
Alexander	Elliot	Kitchener, ON	
Collyn	Gagne	Oakville, ON	
Ruslan	Gaziev	Toronto, ON	
Mary-Sophie	Harvey	Trois-Rivières, QC	
Patrick	Hussey	Beaconsfield, QC	
Ella	Jansen	Burlington, ON	
Danielle	Kisser	Delta, BC	
Finlay	Knox	Okotoks, AB	
Joshua	Liendo	Markham, ON	
Maggie	Mac Neil	London, ON	
Kylie	Masse	LaSalle, ON	2018 2x Champion, Silver Medallist
Summer	McIntosh	Toronto, ON	
Mabel	Zavaros	Burlington, ON	2018
Aurélié	Rivard	St-Jean-sur-Richelieu, QC	2018 Silver Medallist, 2014 Bronze Medallist
Katarina	Roxon	Kippens, NL	Competing in 4th Games
Katerine	Savard	Pont-Rouge, QC	2014 Champion, Bronze Medallist, 2010 Bronze Medallist
Rebecca	Smith	Red Deer, AB	2018 Silver Medallist
Nicolas-Guy	Turbide	Quebec City, QC	

Athlete Information:



Athlete Name: Javier Acevedo

Age: 01/28/2022

Hometown/Residence: Toronto, ON

Height/Weight (optional): 183 cm/ 6 ft 0 in

Club/Coach: Markham Aquatic Club / Jack Bauerle

Social Media: Instagram: @Javier_acevedo1

Career Highlights: 2017 and 2022 FINA World Championships, 2020 Olympic Games, 2019 Pan American Games, 2018 Pan Pacific Championships, 2016 Olympic Games, 2016 FINA World Swimming Championships (25m), 2015 FINA World Junior Championships, 2014 Youth Olympic Games

Major Competitions:

- 2022 FINA World Championships (mixed 4x100-m freestyle relay) – Silver
- 2019 Pan American Games (200-m backstroke) – 4
- 2018 Pan Pacific Championships (100-m backstroke) – 5
- 2017 FINA World Championships (Mixed 4x100-m freestyle relay) – Bronze
- 2017 FINA World Championships (Mixed 4x100-m medley relay) – Bronze

Fun Fact: During his off-season, Javier likes to go to the beach and spend time with friends. His favorite quote is “The only easy day, was yesterday.”



Athlete Name: Jeremy Bagshaw

Age: 04/21/1992

Hometown/Residence: Victoria, BC

Height/Weight (optional): 180 cm / 5 ft 11 in

Club/Coach: Island Swimming Club / John Szaranek

Social Media: Twitter: @jeremybagshaw, Instagram: @jerbagshaw

Career Highlights: 2015, 2017, 2019 and 2022 FINA World Championships, 2018 Commonwealth Games, 2018 Pan Pacific Championships, 2016 FINA World Swimming Championships (25m), 2015 Pan American Games, 2010 Youth Olympic Games

Major Competitions:

- 2022 FINA World Championships (4x200-m freestyle relay) – 11
- 2018 Commonwealth Games (400-m freestyle) – 5
- 2018 Commonwealth Games (4x200-m freestyle relay) – 4
- 2015 Pan American Games (4x200-m freestyle) - Bronze

Fun Fact: Jeremy's favorite pre-race meal is sushi and his favourite superhero is Spiderman



Athlete Name: Nicholas Bennett

Age: 11/15/2003

Hometown/Residence: Parksville, BC

Height/Weight (optional): 182 cm / 6 ft 0 in

Club/Coach: CHP Québec / Mike Thompson

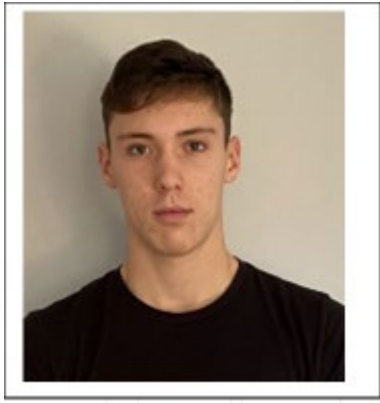
Social Media: Instagram: @nicholas.bennett_

Career Highlights: 2022 World Para Swimming Championships, 2020 Paralympic Games, 2019 Parapan American Games

Major Competitions:

- 2022 World Para Swimming Championships (200-m individual medley SM14) – Silver
- 2022 World Para Swimming Championships (200-m freestyle S14) – Silver
- 2020 Tokyo Paralympic Games (100-m breaststroke SB14) – 5
- 2020 Tokyo Paralympic Games (200-m freestyle S14) – 6
- 2020 Tokyo Paralympic Games (200-m individual medley SM14) – 7
- 2019 Parapan American Games (100-m breaststroke SB14) - Gold
- 2019 Parapan American Games (200-m freestyle S14) - Gold
- 2019 Parapan American Games (200-m IM SM14) - Gold
- 2019 Parapan American Games (100-m butterfly S14) – Silver

Fun Fact: Nicholas's favourite band is Gorillaz and favourite superhero is Batman



Athlete Name: Eric Brown

Age: 10/01/2002

Hometown/Residence: Point-Claire, QC

Height/Weight (optional): 183 cm / 6 ft 0 in

Club/Coach: Pointe-Claire Swim Club / Martin Gingras

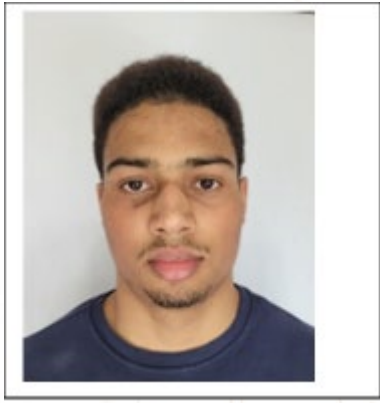
Social Media: Instagram: @eric.brown16

Career Highlights: 2022 FINA World Championships, 2019 Mel Zajac Jr. International Swim Meet

Major Competitions:

- 2022 FINA World Championships (mixed 4x1500 open water relay) – 11
- 2022 Bell Canadian Swimming Trials (800-m freestyle) – Gold
- 2022 Bell Canadian Swimming Trials (1500-m freestyle) – Gold
- 2019 Mel Zajac Jr. International Swim Meet (1500-m freestyle) – Bronze

Fun Fact: Eric's pre-race meal is rice and chicken or pasta and his guilty pleasure is listening to Ariana Grande



Athlete Name: Stephen Calkins

Age: 09/09/1998

Hometown/Residence: Calgary, AB

Height/Weight (optional): 188 cm / 6 ft 2 in

Club/Coach: University of Calgary Swim Club / Mike Blondal

Social Media: Instagram: @Stephencalkins98

Career Highlights: 2022 Mel Zajac Jr. International Swim Meet, 2016 Junior Pan Pacific Championships, 2015 FINA World Junior Championships

Calkins's performances at the 2022 Bell Canadian Swimming Trials put him in a position to be considered to replace Yuri Kisil at 2022 Birmingham Commonwealth Games

Major Competitions:

- 2022 Mel Zajac Jr. International Swim Meet (50-m butterfly) – Gold
- 2022 Mel Zajac Jr. International Swim Meet (50-m freestyle) – Bronze

Fun Fact: Stephen's guilty pleasure is ice cream.



Athlete Name: James Dergousoff

Age: 10/28/1996

Hometown/Residence: Christina Lake, BC

Height/Weight (optional): 182.88 cm / 6 ft 0 in

Club/Coach: Chena Swim Club / Patrick Paradis

Social Media: N/A

Career Highlights: 2022 FINA World Championships, 2015 Pan American Games, 2014 Junior Pan Pacific Championships, 2013 FINA World Junior Championships

Major Competitions:

- 2022 FINA World Championships (4x100-m medley relay) – 11
- 2015 Toronto Pan Am Games (4x100-m medley) - Bronze
- 2014 Pan Pacific Championships (200-m breaststroke) – 7

Fun Fact: James's favorite type of music is dubstep, and he will literally eat anything before a race.



Athlete Name: Alec Elliot

Age: 07/05/1996

Hometown/Residence: Kitchener, ON

Height/Weight (optional): 175.26 cm / 5 ft 9 in

Club/Coach: Rouge et OR University Laval / Marc-André Pelletier

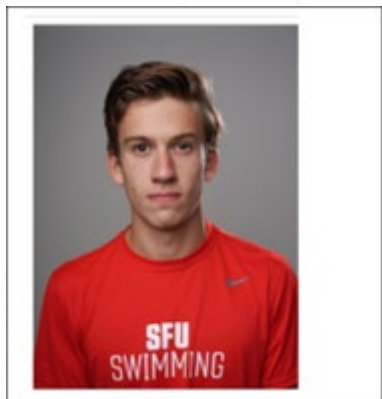
Social Media: Twitter: @alec_elliot, Instagram: @alec_elliot

Career Highlights: 2019 and 2022 World Para Swimming Championships, 2020 Paralympic Games, 2014 and 2018 Pan Pacific Para Swimming Championships, 2016 Paralympic Games, 2015 IPC Swimming World Championships, 2015 Parapan Am Games

Major Competitions:

- 2022 World Para Swimming Championships (400-m freestyle S10) – Bronze
- 2022 World Para Swimming Championships (100-m backstroke S10) – Bronze
- 2020 Tokyo Paralympic Games (200-m individual medley SM10) – 5
- 2020 Tokyo Paralympic Games (400-m freestyle S10) – 5
- 2020 Tokyo Paralympic Games (100-m butterfly S10) – 5
- 2019 World Para Swimming Championships (400-m freestyle S10) – Bronze
- 2018 Pan Pacific Para Swimming Championships (100-m backstroke S10) – Gold
- 2018 Pan Pacific Para Swimming Championships (100-m butterfly S10) – Gold
- 2018 Pan Pacific Para Swimming Championships (200-m individual medley SM10) – Gold
- 2018 World Championships (400-m freestyle S10) – Silver
- 2016 Rio Paralympic Games (100-m butterfly S10) – 4

Fun Fact: Alec's favourite movie is A star is Born and he loves snowboarding.



Athlete Name: Collyn Gagne

Age: 11/20/2000

Hometown/Residence: Milton, ON

Height/Weight (optional): 182 cm / 6 ft 0 in

Club/Coach: Simon Fraser Aquatics/ Liam Donnelly

Social Media: Instagram @collyngagne

Career Highlights: 2022 FINA World Championships, 2019 FISU Games (Summer Universiade), 2018 and 2022 Mel Zajac Jr. International Swim Meet

Major Competitions:

- 2022 FINA World Championships (100-m individual medley) – 14
- 2022 Mel Zajac Jr. International Swim Meet (200-m backstroke) – 5
- 2022 Bell Canadian Swimming Trials (400-m individuals medley) – Gold
- 2022 Bell Canadian Swimming Trials (200-m individual medley) - Silver

Fun Fact: During the off-season, Collyn likes to spend time outdoors climbing mountains and going on backpacking trips



Athlete Name: Ruslan Gaziev

Age: 07/16/1999

Hometown/Residence: Moscow, Russia / Toronto, ON

Height/Weight (optional): 191 cm / 6 ft 3 in

Club/Coach: Markham Aquatic Club / Robert Novak

Social Media: Twitter: @ruslangaziev99, Instagram: @ruslangaziev

Career Highlights: 2022 FINA World Championships, 2020 Olympic Games, 2018 Commonwealth Games, 2018 Pan Pacific Championships, 2017 FINA World Junior Championships

Major Competitions:

- 2022 FINA World Championships (4x100-m freestyle relay) – 6
- 2020 Tokyo Olympic Games (4x100-m freestyle relay) – 4
- 2018 Commonwealth Games (4x100-m freestyle relay) – 5

Fun Fact: Ruslan's favorite movie and TV show is Fast and Furious Tokyo Drift and Game of Thrones



Athlete Name: Patrick Hussey

Age: 03/01/2001

Hometown/Residence: Beaconsfield, QC

Height/Weight (optional): 186 cm / 6 ft 1 in

Club/Coach: Pointe-Claire Swim Club / Mark Gangloff

Social Media: Instagram: @patrickhussey_

Career Highlights: 2022 FINA World Championships, 2017 Canada Summer Games

Major Competitions:

- 2022 FINA World Championships (4x100-m freestyle relay) – 11
- 2017 Canada Summer Games (400-m freestyle) – Silver
- 2017 Canada Summer Games (1500-m freestyle) – Silver

Fun Fact: Before races, Patrick likes to eat pasta and his guilty pleasure is ice cream and McDonald's hashbrowns.



Athlete Name: Finlay Knox

Age: 01/08/2001

Hometown/Residence: Okotoks, AB

Height/Weight (optional): 194 cm / 6 ft 4 in

Club/Coach: High Performance Center – Ontario / Ryan Mallette

Social Media: Instagram @finlayknox

Career Highlights: 2022 FINA World Championship, 2021 FINA World Championships (25m), 2020 Olympic Games, 2019 FINA World Junior Championships, 2018 Junior Pan Pacific Championships, 2018 Youth Olympic Games

Major Competitions:

- 2022 FINA World Championships (4x200-m freestyle relay) – 11
- 2021 FINA World Championships (25m) (100-m individual medley) – 6
- 2019 FINA World Junior Championships (200-m individual medley) - Silver
- 2019 FINA World Junior Championships (4x100-m medley relay) - Bronze
- 2018 Youth Olympic Games (200-m individual medley) – Bronze

Fun Fact: Finlay loves Skateboarding and Snowboarding.



Athlete Name: Joshua Liendo

Age: 08/20/2002

Hometown/Residence: Markham, ON

Height/Weight (optional): 192 cm 1 6 ft 4 in

Club/Coach: High Performance Centre-Ontario / Ryan Mallette

Social Media: Instagram: @j_liendo

Career Highlights: 2019 and 2022 FINA World Championships, 2021 FINA World Championships (25m), 2020 Olympic Games, 2019 Budapest FINA World Junior Championships, 2018 Junior Pan Pacific Championships, 2018 Youth Olympic Games

Major Competitions:

- 2022 FINA World Championships (100-m freestyle) – Bronze
- 2022 FINA World Championships (100-m butterfly) – Bronze
- 2022 FINA World Championships (mixed 4x100-m freestyle relay) – Silver
- 2021 FINA World Championships (25m) (4x50-m freestyle relay) - Gold
- 2021 FINA World Championships (25m) (50-m freestyle) - Bronze
- 2021 FINA World Championships (25m) (100-m freestyle) - Bronze
- 2020 Tokyo Olympic Games (4x100-m freestyle) – 4

Fun Fact: Joshua's favourite pre-race meal is pasta and his favorite superhero is Thor



Athlete Name: Nicolas-Guy Turbide

Age: 01/12/1997

Hometown/Residence: Quebec City, QC.

Height/Weight (optional): 186 cm / 6 ft 1 in

Club/Coach: Club de Natation Region de Quebec/ Marc-André Pelletier

Social Media: Instagram: @nic_turbide

Career Highlights: 2019 and 2022 World Para Swimming Championships, 2020 Paralympic Games, 2018 Pan Pacific Para Swimming Championships, 2016 Paralympic Games, 2015 Parapan Am Games, 2013 and 2015 IPC World Championships, 2014 Pan Pacific Para-swimming Championships

Major Competitions:

- 2022 World Para Swimming Championships (100-m backstroke S13) – Gold
- 2020 Tokyo Paralympic Games (100-m backstroke S13) – Silver
- 2019 World Para Swimming Championships (100-m backstroke S13) – Silver
- 2018 Pan Pacific Para Swimming Championships (100-m backstroke S13) – Gold
- 2018 Pan Pacific Para Swimming Championships (200-m individual medley S13) – Gold
- 2016 Rio Paralympic Games (100-m backstroke S13) – Bronze

Fun Fact: Nicolas's favorite pastime is to play the guitar and he loves the book The Shining



Athlete Name: Sophie Angus

Age: 03/12/1999

Hometown/Residence: Weston, CT

Height/Weight (optional): 167 cm / 5 ft 6 in

Club/Coach: Unattached Canada / Katie Robinson

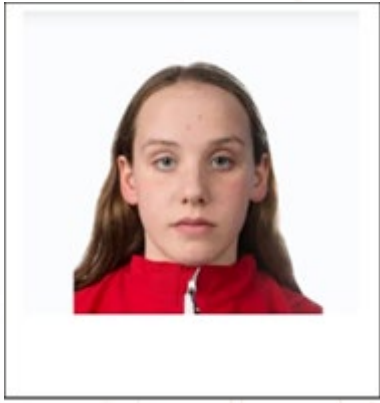
Social Media: Instagram: @sophieangus_

Career Highlights: 2022 FINA World Championships, 2019 FISU Games (Summer Universiade), 2018 FINA World Swimming Championships (25m)

Major Competitions:

- 2022 Bell Canadian Swimming Trials (100-m breaststroke) – Gold
- 2019 FISU Games (Summer Universiade) (50-m breaststroke) – 5

Fun Fact: Sophie's pre-race meal is Pasta and her guilty pleasure is popcorn



Athlete Name: Katrina Bellio

Age: 08/01/2004

Hometown/Residence: Mississauga, ON

Height/Weight (optional): 169 cm / 5 ft 7 in

Club/Coach: Etobicoke Swimming / Rob Novak

Social Media: Twitter: @Belliokatrina, Instagram: @Katrinabellio

Career Highlights: 2022 FINA World Championships, 2020 Olympic Games, 2019 FINA World Junior Championships

Major Competitions:

- 2022 FINA World Championships (mixed 4x1500-m open water relay) – 11
- 2019 FINA World Junior Championships (4x200-m freestyle) – Bronze

Fun Fact: Katrina's favorite band to listen to is Chase Atlantic and her guilty pleasure is ice cream.



Athlete Name: Camille Bérubé

Age: 05/21/1995

Hometown/Residence: Gatineau, QC

Height/Weight (optional): 146 cm / 4 ft 9 in

Club/Coach: Natation Gatineau / Craig McCord

Social Media: Twitter: @CamBrub, Instagram: @camillebrubs

Career Highlights: 2022 World Para Swimming Championships, 2020 Paralympic Games, 2019 World Para Swimming Championships, 2016 Paralympic Games, 2015 Parapan American Games, 2011 and 2014 Pan Pacific Para-swimming Championships, 2013 IPC World Championships, 2012 Paralympics Games

Major Competitions:

- 2022 World Para Swimming Championships (200-m individual medley SM7) – Bronze
- 2022 World Para Swimming Championships (100-m backstroke S8) – 4
- 2022 World Para Swimming Championships (100-m breaststroke SB6) – 5
- 2020 Paralympic Games (200-m individual medley SM7) – 5
- 2020 Paralympic Games (100-m backstroke S7) – 5
- 2020 Paralympic Games (100-m breaststroke SB6) – 8
- 2019 World Para Swimming Championships (200-m Individual medley SM7) – 6
- 2015 Parapan Am Games (100-m backstroke) – Silver
- 2015 Parapan Am Games (200-m breaststroke) – Bronze
- 2015 Parapan Am Games (100-m breaststroke) – Bronze

Fun Fact: Camille loves Asian or Thai restaurants and the other sports that she enjoys are Cross-country skiing, cycling and rock climbing



Athlete Name: Tessa Cieplucha

Age: 09/24/1998

Hometown/Residence: Georgetown, ON

Height/Weight (optional): 173 cm / 5 ft 8 in

Club/Coach: Markham Aquatic Club / Sean Baker

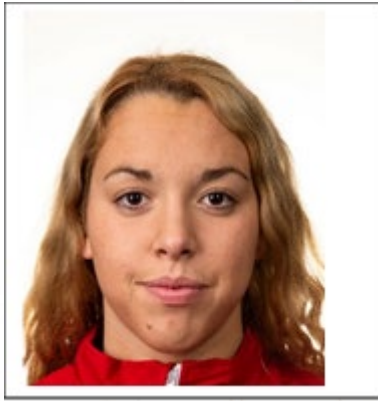
Social Media: Instagram: @tessciep

Career Highlights: 2022 FINA World Championships, 2021 FINA World Championships (25m), 2020 Olympic Games, 2019 Pan American Games, 2016 Junior Pan Pacific Championships, 2015 FINA World Junior Championships

Major Competitions:

- 2022 FINA World Championships (400-m individual medley) – 11
- 2021 FINA World Championships (25m) (400-m individual medley) – Gold
- 2021 FINA World Championships (25m) (4x200-m freestyle) – Gold
- 2021 FINA World Championships (25m) (200-m breaststroke) – 6
- 2019 Pan American Games (400-m individual medley) – Gold

Fun Fact: Tessa's favorite group to listen to is the OutKast and her guilty pleasure is Popcorn



Athlete Name: Mary-Sophie Harvey

Age: 08/11/1999

Hometown/Residence: Trois-Rivières, QC

Height/Weight (optional): 178 cm / 5 ft 10 in

Club/Coach: Club Aquatique Montreal / Greg Arkhurst

Social Media: Instagram: @marysophieharvey

Career Highlights: 2022 FINA World Championships, 2020 Olympic Games, 2019 Pan American Games, 2017 FINA World Championships, 2016 Junior Pan Pacific Championships, 2013 and 2015 FINA World Junior Championship

Major Competitions:

- 2022 FINA World Championships (4x200-m freestyle relay) – Bronze
- 2022 FINA World Championships (200-m Individual medley) - 8
- 2020 Tokyo Olympic Games (4x200-m freestyle relay) – 4
- 2019 Lima Pan Am Games (200-m butterfly) – Silver
- 2019 Lima Pan Am Games (400-m Individual medley) – Bronze
- 2019 Lima Pan Am Games (4x200-m freestyle relay) – Silver
- 2019 Lima Pan Am Games (4x100-m medley relay) – Silver
- 2016 Junior Pan Pacific Championships (200-m individual medley) – Gold
- 2016 Junior Pan Pacific Championships (400-m individual medley) – Bronze
- 2016 Junior Pan Pacific Championships (4x100-m freestyle relay) – Silver
- 2016 Junior Pan Pacific Championships (4x100-m medley relay) – Silver
- 2015 FINA World Junior Championship (200-m individual medley) – Silver
- 2015 FINA World Junior Championship (4x200-m freestyle relay) – Silver
- 2015 FINA World Junior Championship (4x100-m freestyle relay) – Bronze

Fun Fact: Mary Sophie's place to visit is Greece and her favorite movies are the Famous Harry Potter Movies



Athlete Name: Ella Jansen

Age: 09/01/2005

Hometown/Residence: Burlington, ON

Height/Weight (optional): 173 cm / 5 ft 8 in

Club/Coach: Etobicoke Swimming / Robert Novak

Social Media: Instagram: @ellajansen_

Career Highlights: 2022 Mel Zajac Jr. International Swim Meet

Major Competitions:

- 2022 Mel Zajac Jr. International Swim Meet (200-m butterfly) – Gold
- 2022 Mel Zajac Jr. International Swim Meet (200-m individual medley) – Gold
- 2022 Mel Zajac Jr. International Swim Meet (200-m freestyle) – Silver
- 2022 Bell Canadian Swimming Trials (400-m freestyle) – Bronze
- 2022 Bell Canadian Swimming Trials (400-m individual medley) – Bronze
- 2022 Bell Canadian Swimming Trials (200-m butterfly) - Bronze

Fun Fact: Ella's go to motto is "Winners never quit" and her pre-competition ritual is that she always listens to happy music during her activation because she swims best when she's in a really good mood. She also started collecting pins for her swim bag.



Athlete Name: Danielle Kisser

Age: 12/22/1996

Hometown/Residence: Delta, BC

Height/Weight (optional): 124 cm / 4 ft 1 in

Club/Coach: CHP-Québec / Mike Thompson

Social Media: Twitter @dee_kisser, Instagram: @dee_kisser

Career Highlights: 2022 World Para Swimming Championships, 2020 Paralympic Games, 2019 World Para Swimming Championships, 2014, 2018 Pan Pacific Para Swimming Championships, 2015 Can-Am open, 2013 IPC World Championships

Major Competitions:

- 2022 World Para Swimming Championships (200-m Individual medley SM6) – 7
- 2022 World Para Swimming Championships (100-m breaststroke SB6) – 7
- 2020 Paralympics (100-m breaststroke SB6) – 10
- 2018 Pan Pacific Para Swimming Championships (100-m backstroke S6) – Silver
- 2018 Pan Pacific Para Swimming Championships (50-m freestyle S6) - Bronze
- 2015 Can-Am Open (4x100-m medley relay) – Gold
- 2015 Can-Am Open (100-m backstroke) – Bronze

Fun Fact: Danielle’s guilty pleasures consist of a peanut butter, honey, pickle, and cheese sandwich. She also loves to eat sandwiches as a pre-race meal.



Athlete Name: Margaret Mac Neil

Age: 02/26/2000

Hometown/Residence: London, ON

Height/Weight (optional): 167 cm / 5 ft 6 in

Club/Coach: High Performance Centre – Ontario / Ryan Mallette

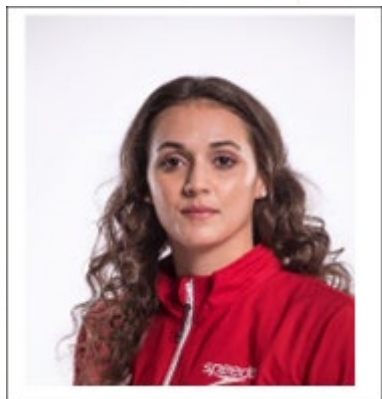
Social Media: Twitter: @mags_swims26 and Instagram: @macnmagg

Career Highlights: 2019 and 2022 FINA World Championships, 2021 FINA World Championships (25m), 2020 Olympic Games, 2016 and 2018 Junior Pan Pacific Championships, 2015 World Junior Championships

Major Competitions:

- 2022 FINA World Championships (4x100-m freestyle relay) – Silver
- 2022 FINA World Championships (4x100-m medley relay) – Bronze
- 2021 FINA World Championships (25m) (50-m backstroke) – Gold
- 2021 FINA World Championships (25m) (100-m butterfly) – Gold
- 2021 FINA World Championships (25m) (4x100-m freestyle relay) – Gold
- 2021 FINA World Championships (25m) (4x50-m freestyle relay) – Gold
- 2021 FINA World Championships (25m) (4x50-m medley relay) – Silver
- 2020 Olympic Games (100-m butterfly) – Gold
- 2020 Olympic Games (4x100-m freestyle) – Silver
- 2020 Olympic Games (4x100-m medley relay) – Bronze
- 2019 FINA World Championships (100-m butterfly) – Gold
- 2019 FINA World Championships (4x100-m freestyle relay) – Bronze
- 2019 FINA World Championships (4x100-m medley relay) – Bronze
- 2018 Junior Pan Pacific Championships (100-m butterfly) – Gold
- 2018 Junior Pan Pacific Championships (mixed 4x100 medley relay) – Silver
- 2018 Junior Pan Pacific Championships (4x100 medley relay) – Silver
- 2018 Junior Pan Pacific Championships (4x100-m freestyle) – Bronze

Fun Fact: Margaret can memorize the whole periodic table and the first 100 digits of Pi.



Athlete Name: Kylie Masse

Age: 01/18/1996

Hometown/Residence: LaSalle, ON

Height/Weight (optional): 172 cm / 5 ft 8 in

Club/Coach: High Performance Centre – Ontario / Ryan Mallette

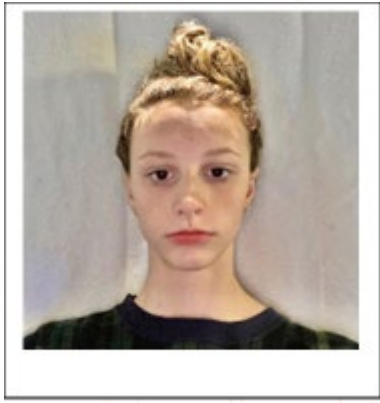
Social Media: Twitter: @kjmasse and Instagram: @kyliemasse

Career Highlights: 2017, 2019 and 2022 FINA World Championships, 2021 FINA World Championships (25m), 2020 Olympic Games, 2018 Pan Pacific Championships, 2018 Commonwealth Games, 2016 Olympic Games, 2016 FINA World Swimming Championships (25m)

Major Competitions:

- 2022 FINA World Championships (100-m backstroke) – Silver
- 2022 FINA World Championships (50-m backstroke) – Gold
- 2022 FINA World Championships (4x100-m medley relay) – Bronze
- 2021 FINA World Championships (25m) (50-m backstroke) – Silver
- 2021 FINA World Championships (25m) (100-m backstroke) – Silver
- 2021 FINA World Championships (25m) (200-m backstroke) – Silver
- 2021 FINA World Championships (25m) (4x100-m medley relay) – Silver
- 2020 Olympic Games (100-m backstroke) – Silver
- 2020 Olympic Games (200-m backstroke) - Silver
- 2020 Olympic Games (4x100-m medley relay) – Bronze
- 2019 FINA World Championships (100-m backstroke) – Gold
- 2019 FINA World Championships (200-m backstroke) – Bronze
- 2019 FINA World Championships (4x100-m medley relay) - Bronze
- 2018 Commonwealth Games (200-m backstroke) – Gold
- 2018 Commonwealth Games (100-m backstroke) – Gold
- 2018 Commonwealth Games (50-m backstroke) - Silver
- 2018 Commonwealth Games (4x100-m medley relay) – Silver
- 2018 Pan Pacific Championships (100-m backstroke) – Gold
- 2017 FINA World Championships (100-m backstroke) – Gold
- 2017 FINA World Championships (4x100-m medley relay) - Bronze
- 2016 Olympic Games (100-m backstroke) - Bronze
- 2016 FINA World Swimming Championships (25m) (100-m backstroke) – Silver
- 2016 FINA World Swimming Championships (25m) (4x100-m medley relay) – Silver

Fun Fact: Kylie's pre competition ritual is to get a good night's sleep, good fuel/recovery and listening to music to get excited.



Athlete Name: Summer McIntosh

Age: 08/18/2006

Hometown/Residence: Toronto, ON

Height/Weight (optional): 173 cm / 5 ft 8 in

Club/Coach: High Performance Centre – Ontario / Ryan Mallette

Social Media: Instagram: @summerrmcintosh

Career Highlights: 2022 FINA World Championships, 2021 FINA World Championships (25m), 2020 Olympic Games

Major Competitions:

- 2022 FINA World Championships (400-m individual medley) – Gold
- 2022 FINA World Championships (200-m butterfly) - Gold
- 2022 FINA World Championships (400-m freestyle) – Silver
- 2022 FINA World Championships (4x200-m freestyle relay) - Bronze
- 2021 FINA World Championships (25m) 4x200-m freestyle) – Gold
- 2021 FINA World Championships (25m) (4x100-m medley) – Silver
- 2021 FINA World Championships (25m) (400-m freestyle) – Silver
- 2020 Tokyo Olympic Games (400-m freestyle) – 4

Fun Fact: Summer's favourite place to visit is Bora Bora and her guilty pleasure is cleaning and organizing her room.



Athlete Name: Aurélie Rivard

Age: 05/14/1996

Hometown/Residence: St-Jean-Sur-Richelieu, QC

Height/Weight (optional): 170.18 cm / 5 ft 7 in

Club/Coach: C.N. Région de Québec / Marc-André Pelletier

Social Media: Twitter: @AurelieRivard and Instagram: @aurelierivard

Career Highlights: 2022 World Para Swimming Championships, 2020 Paralympic Games, 2019 World Para Swimming Championships, 2018 Commonwealth Games, 2018 Pan Pacific Para Swimming Championships, 2016 Paralympic Games, 2015 Parapan Am Games, 2013 and 2015 IPC World Championships, 2012 Paralympic Games.

Aurélie Rivard won five medals at the Tokyo 2020 Paralympic Games, making it a total of 10 Paralympic medals across three Games. Rivard won Canada's first gold medal in Tokyo and broke the world record in the women's 100-m freestyle S10, she also defended her Paralympic title and won gold in the women's 400-m freestyle S10 in world record time.

Major Competitions:

- 2022 World Para Swimming Championships (50-m freestyle S10) – Gold
- 2022 World Para Swimming Championships (100-m freestyle S10) – Gold
- 2022 World Para Swimming Championships (100-m backstroke S10) - Bronze
- 2020 Paralympic Games (400-m freestyle S10) – Gold
- 2020 Paralympic Games (100-m freestyle S10) – Gold, World Record
- 2020 Paralympic Games (100-m freestyle S10) – Gold
- 2020 Paralympic Games (100-m backstroke S10) – Silver
- 2020 Paralympic Games (50-m freestyle S10) – Bronze
- 2020 Paralympic Games (4x100-m freestyle relay) – Bronze
- 2016 Paralympic Games (50-m freestyle S10) – Gold
- 2016 Paralympic Games (100-m freestyle S10) – Gold
- 2016 Paralympic Games (400-m freestyle S10) – Gold
- 2016 Paralympic Games (200-m individual medley SM10) – Silver
- 2015 IPC Swimming World Championships (50-m freestyle S10) – Gold
- 2015 IPC Swimming World Championships (400-m freestyle S10) – Gold
- 2015 IPC Swimming World Championships (200-m individual medley SM10) – Silver
- 2015 IPC Swimming World Championships (100-m freestyle S10) – Silver
- 2012 Paralympic Games (400-m freestyle S10) – Silver

Fun Fact: Aurélie has a twin sister called Charlotte and her guilty pleasure is poutine.



Athlete Name: Katarina Roxon

Age: 04/05/1993

Hometown/Residence: Kippens, NL

Height/Weight (optional): 160.02 cm / 5 ft 3 in

Club/Coach: Aqua Aces Swim Club

Social Media: Twitter: @Katarina_Roxon and Instagram: @katarinaroxon

Career Highlights: 2019 and 2022 World Para Swimming Championships, 2020 Paralympic Games, 2011, 2014 and 2018 Pan Pacific Para Swimming Championships, 2010, 2014 and 2018 Commonwealth Games, 2016 Paralympic Games, 2007 and 2015 Parapan Am Games, 2013 IPC Swimming World Championships, 2012 Paralympic Games

Major Competitions:

- 2022 World Para Swimming Championships (100-m breaststroke SB8) – Bronze
- 2020 Paralympic Games (4x100-m freestyle 34 points relay) - Bronze
- 2020 Paralympic Games (100-m breaststroke SB8) - 4
- 2019 World Para Swimming Championships (100-m breaststroke Sb8) – Silver
- 2019 World Para Swimming Championships (4x100-m freestyle relay) – Bronze
- 2018 Pan Pacific Para Swimming Championships (100-m breaststroke SB8) – Gold
- 2018 Pan Pacific Para Swimming Championships (200-m IM SM9) – Silver
- 2018 Pan Pacific Para Swimming Championships (4x100-m freestyle relay) - Bronze
- 2016 Paralympic Games (100-m breaststroke SB8) – Gold

Fun Fact: Katarina's favorite place to visit is Australia and she loves to listen to modern classical music.



Athlete Name: Katerine Savard

Age: 05/26/1993

Hometown/Residence: Pont-Rouge, QC

Height/Weight (optional): 165 cm / 5 ft 5 in

Club/Coach: Club Aquatique Montreal / Greg Arkhurst

Social Media: Twitter: @KaterineSavard and Instagram: @katerinesavard

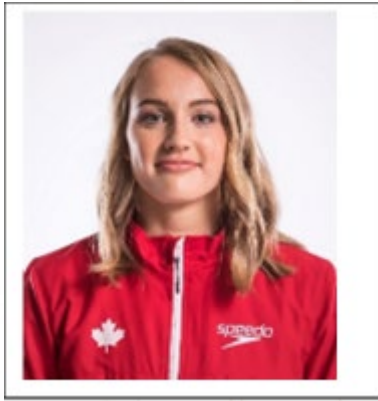
Career Highlights:

2011, 2013, 2015, 2017, 2022 FINA World Championships, 2020 Olympic Games, 2015, 2019 Pan American Games, 2016 Olympic Games, 2010, 2012, 2014, 2016, 2021 FINA World Championships (25m), 2010, 2014 Commonwealth Games, 2012 Olympic Games, 2010, 2014 Pan Pacific Championships

Major Competitions:

- 2022 FINA World Championships (4x100-m freestyle relay) – Silver
- 2022 FINA World Championships (4x200-m freestyle relay) – Bronze
- 2021 FINA World Championships (25m) (4x100-m freestyle relay) – Gold
- 2021 FINA World Championships (25m) (4x200-m freestyle relay) – Gold
- 2021 FINA World Championships (25m) (mixed 4x50-m freestyle relay) – Gold
- 2021 FINA World Championships (25m) (4x100-m medley relay) – Silver
- 2020 Olympic Games (4x200-m freestyle) – 4
- 2019 Pan American Games (4x200-m freestyle relay) – Silver
- 2019 Pan American Games (4x100-m freestyle relay) – Bronze
- 2016 FINA World Championships (25m) (4x200-m freestyle relay) – Gold
- 2016 FINA World Championships (25m) (4x100-m medley relay) – Silver
- 2016 FINA World Championships (25m) (4x50-m freestyle relay) – Bronze
- 2016 Olympic Games (4x200 freestyle relay) – Bronze
- 2015 Pan American Games (100-m butterfly) – Bronze
- 2015 Pan American Games (4x100-m freestyle relay) – Gold
- 2015 Pan American Games (4x200-m freestyle relay) – Bronze
- 2014 Commonwealth Games (100-m butterfly) – Gold
- 2014 Commonwealth Games (4x100-m medley relay) – Bronze
- 2014 Pan Pacific Championships (4x100-m medley relay) – Bronze

Fun Fact: Katerine said her inspiration is the American swimmer, Dara Torres. She said that she has inspired her with her determination and for winning an Olympic medal at 41 years old and after having a child.



Athlete Name: Rebecca Smith

Age: 03/14/2000

Hometown/Residence: Red Deer, AB

Height/Weight (optional): 180 cm / 5 ft 11 in

Club/Coach: University of Calgary Swim Club / Mike Blondal

Social Media: Twitter: @rebeccasmith14 and Instagram: @rebecca.smith14

Career Highlights: 2017, 2019, 2022 FINA World Championships, 2021 FINA World Championships (25m), 2020 Olympic Games, 2018 Commonwealth Games, 2018 Pan Pacific Championships, 2016 Junior Pan Pacific Championships, 2015 and 2017 FINA World Junior Championships

Major Competitions:

- 2022 FINA World Championships (4x100-m freestyle relay) – Silver
- 2022 FINA World Championships (4x200-m freestyle relay) – Bronze
- 2020 Olympic Games (4x100-m freestyle relay) - Silver
- 2020 Olympic Games (4x200-m freestyle relay) – 4
- 2021 FINA World Championships (25m) (4x200-m freestyle relay) – Gold
- 2021 FINA World Championships (25m) (4x100-m freestyle relay) - Gold
- 2021 FINA World Championships (25m) (4x50-m freestyle relay) - Gold
- 2021 FINA World Championships (25m) (200-m freestyle) – Silver
- 2019 FINA World Championships (4x100-m medley relay) – Bronze
- 2019 FINA World Championships (4x100-m freestyle relay) – Bronze
- 2019 FINA World Championships (4x200-m freestyle relay) – Bronze
- 2018 Commonwealth Games (4x200-m freestyle relay) – Silver
- 2018 Pan Pacific Championships (4x100-m freestyle relay) – Bronze
- 2018 Pan Pacific Championships (4x200-m freestyle relay) – Bronze
- 2017 FINA World Championships (4x100-m medley relay) – Bronze
- 2017 FINA World Junior Championships (100-m butterfly) – Silver
- 2017 FINA World Junior Championships (50-m butterfly) – Bronze
- 2017 FINA World Junior Championships (4x100-m freestyle relay) – Gold
- 2017 FINA World Junior Championships (4x200-m freestyle relay) – Gold
- 2016 Junior Pan Pacific Championships (100-m freestyle) – Silver
- 2016 Junior Pan Pacific Championships (200-m freestyle) – Silver
- 2016 Junior Pan Pacific Championships (100-m butterfly) – Silver
- 2016 Junior Pan Pacific Championships (4x100-m freestyle relay) – Silver
- 2016 Junior Pan Pacific Championships (4x100-m medley relay) – Silver
- 2015 FINA World Junior Championships (4x100 freestyle relay) – Silver
- 2015 FINA World Junior Championships (4x200 freestyle relay) – Bronze

Fun Fact: Rebecca's pre-race meal is Fettuccine Alfredo and her guilty pleasure is Reese Peanut Butter Cups.



Athlete Name: Mabel Zavaros

Age: 03/29/2000

Hometown/Residence: Burlington, ON

Height/Weight (optional): 173 cm / 5 ft 8 in

Club/Coach: Markham Aquatic Club / Anthony Nesty

Social Media: Twitter: @Mabel_Zavaros and Instagram: @mabel_zavaros

Career Highlights: 2018 Commonwealth Games, 2018 Pan Pacific Championship and 2017 FINA World Junior Championships

Major Competitions:

- 2018 Gold Coast Commonwealth Games (200-m butterfly) – 6
- 2018 Gold Coast Commonwealth Games (100-m butterfly) – 8
- 2018 Pan Pacific Championships (200-m butterfly) - 6
- 2017 FINA World Junior Championships (4x200-m freestyle relay) – Gold
- 2017 FINA World Junior Championships (4x100-m medley relay) – Gold

Fun Fact: Mabel's pre-race meal is Penne Pasta and her guilty pleasure are chips.

Overview on Coaches:

Team Leader: John Atkinson

Asst Team Leader & IST Lead: Iain McDonald

Team Manager: Jan Hanan

Team Manager: Emma Van Steen

Head Coach: Martyn Wilby

Team Coach: Ryan Mallette

Team Coach: Greg Arkhurst

Team Coach: Mike Thompson

Team Coach: Rob Novak

Team Coach: Marc-Andre Pelletier

Team Coach: Linda Kiefer

Assistant Coach: Sierra Moores

TABLE TENNIS

Team Canada in Birmingham

The women's table tennis team in Birmingham will be led by Mo Zhang from Richmond, BC who will be attending her fifth Commonwealth Games (2006, 2010, 2014, 2018, 2022). She'll be joined by top junior players Gina (Ching Nam) Fu of Toronto, and Katherine Morin of Drummondville, QC who finished first and second at the Selection Trials for the team. With a third place finish at the trials, Sophie Gauthier from Repentigny, QC rounds out the women's team.

The men's team will be led by Eugene (Zhen) Wang from Aurora, ON who will be attending his third Commonwealth Games (2014, 2018, 2022). He'll be joined by Tokyo 2020 Olympian Jeremy Hazin of Richmond Hill, ON who will be making his Commonwealth Games debut, as will the other members of the men's team – Hongtao Chen of Toronto, and Edward Ly of Lachine, QC.

Zhang will be looking to crack the top-3 in women's singles after finishing just off the podium in fourth at the 2018 Commonwealth Games. She will pair with Wang in mixed doubles where they will hope to rekindle the performance that saw them finish in 9th at the 2020 Olympic Games as they also vie for a spot on the podium. The pair advanced to the quarterfinals at the 2018 Games, where they lost to a team from India.

In men's singles, Wang lost in the quarterfinals in 2018 to the eventual men's singles gold medallist from Singapore so he too will be hoping for a good draw and to contend for a spot on the podium. Both the men's and women's teams will be looking for a top-3 finish with tough competition coming from England, India, and Singapore. The athletes that will pair up to compete in men's and women's doubles will be determined closer to the competition.

Canada has won three medals in table tennis at the Commonwealth Games. Wenguan Johnny Huang captured a silver in men's singles at the 2002 Commonwealth Games, while the women's team of Petra Cada, Geng Lijuan, Marie-Christine Roussy, and Chris Xu took bronze in the team event at those same Games. Mo Zhang and Anqi Luo then captured a bronze in women's doubles at the 2014 Commonwealth Games.

Dates

July 20 – August 8, 2022

Venue(s):

Nec Hall 3, Birmingham, England

Number of events:

Seven – Singles for men and women, doubles for men and women, team event for men and women and mixed double.

HISTORY

When wooden bats and celluloid balls were introduced in the late 1800s, Ping-Pong sparked a craze that swept across England. The Ping-Pong Association was formed in 1902 but gradually died off due to a lack of interest. In January 1926, five nations (Austria, England, Germany, Hungary, and Sweden) revived it. The name Ping-Pong has since become a registered trademark.

In recent years, table tennis has made great progress. The regulations have evolved to make the sport more attractive and popular to the public. The sport was added to the program of the 1988 Olympic Games in Seoul, Korea, and to the program of the Commonwealth Games in Manchester in 2002.

Further changes over the last couple of years include introducing a bigger ball – increasing the size from 38mm to 40mm – and instead of playing up to 21 points, athletes only play to 11. In addition, the ball has to be visible at all times.

Table tennis is currently considered one of the most popular sports globally in terms of participation, with 224 national federations as members of the ITTF. Modern table tennis is based on speed and strength and requires excellent technical and tactical skills.

Table Tennis is also gaining popularity with increasing visibility in the media, advertising and movies as more and more celebrities are showing their skills.

OVERVIEW

The table tennis competition includes seven disciplines:

Men's and women's singles, men's and women's doubles, men's and women's team and mixed doubles. Athletes compete against each other according to the knockout system. Each match consists of a maximum of seven sets. The athlete who wins four sets first is the game's winner.

Equipment

Table tennis is played on a rectangular table 2.74 m long and 1.53 m wide and is elevated 0.76 m above the floor. A net 15.25 cm high is stretched across the middle of the table, and a white line divides the table in two lengthwise.

Players use their racquets to hit the ball back and forth across the table. The racquet may be any size, weight or shape, as long as it is flat, rigid and of even thickness. The rubber surface must be of an ITTF- approved type. One side of the racquet must be red, while the other must be black. A player's racket is tested randomly before each match, and opponents have the right to look at each other's rackets.

The ball has a diameter of 40 mm and weighs 2.7 g. It is made of plastic material and is white.

Rules

A player earns points by making shots that their opponent cannot return. Players or teams alternate serves every two points. Games end when a player has scored 11 points unless the margin is less than two points, in which case the play will continue with the serve alternating on every point until a two-point advantage is achieved. Matches are played to the best of five or seven sets.

An expedite system is introduced if a set has not finished after 10 minutes of play or at any earlier time at the request of both players or pairs. An exception is made when both players or the team have scored at least nine points, at which time the expedite system cannot be introduced.

If the 10 minutes lapses while the ball is in play, the umpire interrupts the play by calling "time." The match resumes with service by the player who served in the interrupted rally. Otherwise, if the ball is not in play at the lapse of 10 minutes, play shall resume with service by the player who received it in the preceding rally. Under the expedite system, each player serves. The receiver shall score a point if the receiving player or pair makes 13 good returns. Once introduced, the expedite system remains in operation until the end of the match.

A strict code of conduct governs table tennis. Players and coaches must refrain from abusing spectators, purposely crushing the ball and kicking the table.

Service starts with the ball resting on the open palm of the server's stationary free hand. The server throws the ball vertically upwards. As the ball is falling, the server strikes it so that it touches first his or her court and then, after passing over or around the net assembly, touches the receiver's court. In doubles, the ball must touch the right half-court of the server and the receiver.

For more information:

Table Tennis Canada

2451 Riverside Dr

Ottawa, ON K1H 7X7

Tel. 613.219.4898

E-mail: ttcan@ttcanada.ca

Website: www.ttcanada.ca

International Table Tennis Federation: www.ittf.com

Media attaché in Birmingham: Patrick Kenny – patrick@commonwealthsport.ca

Table Tennis Team for Birmingham

First	Last	Hometown	Commonwealth Games
Hongtao	Chen	Toronto, ON	
Jeremy	Hazin	Richmond Hill, ON	
Edward	Ly	Lachine, QC	
Zhen (Eugene)	Wang	Aurora, ON	2014: 5 th (singles); 5 th (mixed doubles); 9 th (team) 2018: 5 th (singles); 5 th (mixed doubles); 5 th (team); 9 th (doubles)
Ching Nam (Gina)	Fu	Toronto, ON	
Sophie	Gauthier	Repentigny, QC	
Katherine	Morin	Drummondville, QC	
Mo	Zhang	Richmond, BC	2006: 4 th (team); QF (singles) 2010: 6 th (team); 9 th (singles); 9 th (doubles); 9 th (mixed doubles) 2014: Bronze medallist (doubles); 5 th (singles); 5 th (mixed doubles); 5 th (team) 2018: 4 th (singles); 5 th (mixed doubles); 5 th (doubles); 5 th (team).
Muhammed	Mudassar	Toronto, ON	
Asad Hussain	Syed	Brampton, ON	

Athlete Information:



Athlete Name: Hongtao Chen

DOB: 02/14/1995

Hometown/Residence: Richmond Hill, ON

Height: 5'7"

Club/Coach: TrueNorth TTC / Shen Qiang, Eugene Wang, Dejan Papic, Yongjun Duan

Social Media:

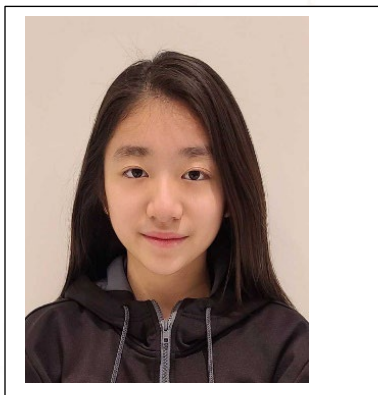
Instagram: @hongtao0594

Career Highlights: Represented Canada at the Pan Am Championships in 2021; Coach for Team Canada at the 2020 Tokyo Olympic Games.

Major Competitions:

- Ranked consistently in the top-3 in Canada

Fun Fact: Hongtao Chen has been playing table tennis since the age of five, and likes to ski when he's not playing table tennis.



Athlete Name: Ching Nam (Gina) Fu

DOB: 05/08/2006

Hometown/Residence: Toronto, ON

Height: 5'2"

Club/Coach: TrueNorth TTC / Hongtao Chen, Eugene Wang, Siqian Wu

Social Media:

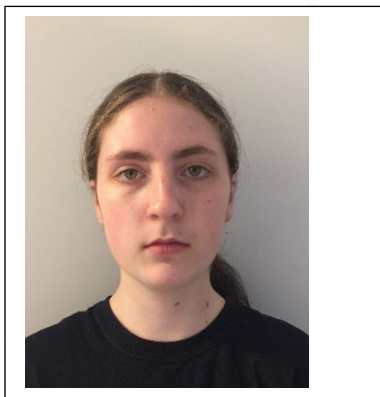
Instagram: @_gina.fc_n_

Career Highlights: Senior Pan Am Championships

Major Competitions:

- Commonwealth Games Selection Tournament - Gold
- 2021 Junior Pan Am Championships – Silver (team)
- Senior Pan Am Championships – Silver (team)

Fun Fact: Gina's grandparents encouraged Gina to try table tennis and she started to play when she was seven and living in Hong Kong. Currently a grade 10 student at Branksome Hall in Toronto, Gina is interested in becoming a doctor or physiotherapist when she's older so she can help athletes by providing them with proper treatments. She is inspired by former Chinese player Ding Ning whose playing style and attitude, and her ability to overcome obstacles and give back to her younger teammates is something Gina hopes to emulate.



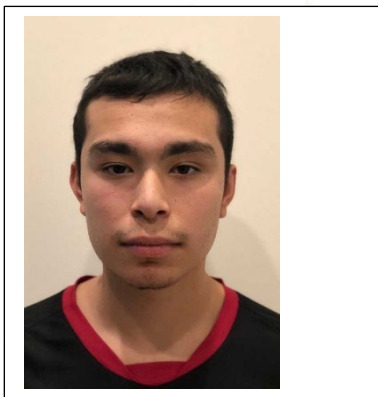
Athlete Name: Sophie Gauthier
DOB: 12/13/2002
Hometown/Residence: Montreal, QC
Height: 5'3"
Club/Coach: LYTTA / Maxime Surprenant
Instagram: @s_gauthier2002

Career Highlights: 2021 Junior Pan Am Games

Major Competitions:

- 2021 Junior Pan Am Games – Bronze (mixed doubles)

Fun Fact: Sophie started playing table tennis when she was six along with her brother and sister when they were introduced to the sport by their father. Currently studying nature sciences at CÉGEP, Sophie also likes watching other sports like hockey, gymnastics, and diving, and listening to music and doing karaoke when she isn't training. She loves table tennis because there is always room for improvement because of all the different aspects of the game, and she loves the people she's met while playing the game.



Athlete Name: Jeremy Hazin

DOB: 01/ 27/2000

Hometown/Residence: Richmond Hill, ON

Height: 5'7"

Club/Coach: N/A / Eugene Wang

Social media:

Instagram: @jeremyhazin

Career Highlights: 2020 Olympic Games; 2019 Pan Am Games; 2021 Junior Pan Am Games. Ranked #2 in Canada.

Major Competitions:

- 2021 Junior Pan Am Games – Bronze (singles)
- 2021 Junior Pan Am Games – Bronze (mixed doubles)

Fun Fact: Jeremy Hazin started playing table tennis at the age of nine, and hopes to one day open his own table tennis club - along with opening his own Chinese restaurant. He is currently studying business at NYU & NYU Shanghai.



Athlete Name: Edward Ly

Sport/Event:

DOB: 01/29/2003

Hometown/Residence: Lachine, QC

Height: 6'

Club/Coach: LYTTA / Maxime Surprenant, Akbar Bahmani, Hanwei Wang

Social Media:

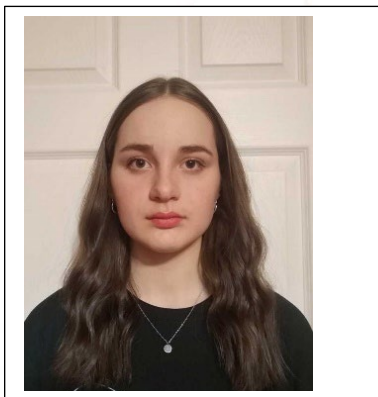
Instagram: @_edward_ly

Career Highlights:

Major Competitions:

- 2021 Canadian Junior Champion - Bronze

Fun Fact: Currently enrolled in pure and applied science at Cégep, Edward plans to one day either open a business, become an engineer, or perhaps even coach. Edwards' younger brother Kenny is also on the national team.



Athlete Name: Katherine Morin

DOB: 01/19/2004

Hometown/Residence: Montreal, QC

Height: 5'6"

Club/Coach: Club Intersport / David Jacques, Maxime Surprenant, Pierre Prevost

Social Media:

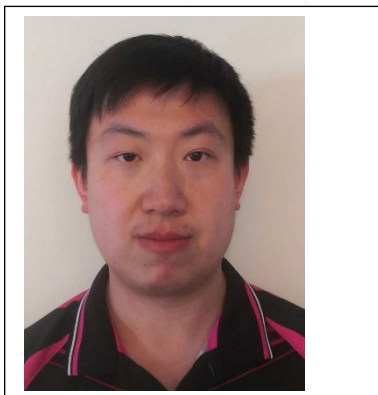
Instagram: @katherine._.mo

Career Highlights: Commonwealth Games Selection Tournament

Major Competitions:

- 2022 Commonwealth Games Selection Tournament – Silver

Fun Fact: Katherine got into table tennis via attending an open-door event where she tried the sport and loved it. Currently studying nature sciences at CÉGEP, she loves how creative table tennis allows you to be, and how many variations there are in the game.



Athlete Name: Zhen (Eugene) Wang

Sport/Event: Table Tennis

DOB: 11/13/1985

Hometown/Residence: Aurora, ON

Height: 5'7"

Club/Coach: TrueNorth TTC

Social media:

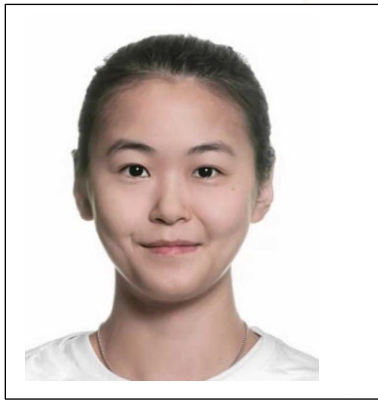
Instagram: @wangzhen8411

Career Highlights:

Major Competitions: 2020, 2016, 2012 Olympic Games; 2019, 2015 Pan Am Games; 2018, 2014 Commonwealth Games

- 2020 Olympic Games – 9 (mixed doubles w. Zhang)
- 2019 Pan Am Games - Gold (mixed doubles)
- 2019 Pan Am Games - Bronze (singles)
- 2015 Pan Am Games - Bronze (singles)
- 2015 Pan Am Games - Bronze (team)

Fun Fact: Eugene started playing at the age of six in China, and moved to Canada in 2004 to extend his career and pursue his dreams. He made his Olympic debut in 2012 just weeks after receiving his Canadian citizenship. He enjoys playing soccer and going to the movies when he's not busy playing or coaching, and likes to travel in the offseason.



Athlete Name: Mo Zhang

DOB: 01/17/1989

Hometown/Residence: Richmond, BC

Height: 5'6"

Club/Coach: N/A

Social Media:

Instagram: @momodream0717

Career Highlights: 2020, 2016, 2012, 2008 Olympic Games, 2018, 2014, 2010, 2006 Commonwealth Games; 2019, 2015, 2011, 2007 Pan Am Games

Major Competitions:

- 2020 Olympic Games (R-16) (Women's Singles)
- 2019 Pan Am Games – six medals
- 2019 Pan Am Games - Gold (mixed doubles)
- 2011 Pan Am Games - Gold (women's singles)
- 2014 Commonwealth Games - Bronze (women's doubles)

Fun Fact: Mo started playing table tennis at six in China and moved to Canada in 2003. She enjoys watching movies, listening to music, and reading books.

Overview on Coaches:

Coach Name: Siqian Wu

Role: Women's Coach

Coach Name: Dejan Papic

Role: Men's Coach

TRIATHLON

Team Canada in Birmingham

Canada will field a team of six athletes, replete with veteran experience and youthful energy, for the women's and men's individual triathlon events, July 29 and the mixed relay, July 31. Canada's paratriathlon program will also compete at the Commonwealth Games for the first time ever, sending one athlete and a guide to swim, bike and run at Sutton Park, July 31.

Two-time Olympians, Amélie Kretz (Blainville, QC) and Tyler Mislawchuk (Oak Bluff, MB) will lead the way for the red and white in the sprint distance races.

Kretz will headline a trio of Canadian women, while Mislawchuk will lead the men's teams. Both Kretz and Mislawchuk finished 15th in the women's and men's Olympic races one year ago.

Kretz will be joined in the women's race by Emy Legault (Ile Perrot, QC), and Dominika Jamnicky (Guelph, ON). Coming off a career-best 12th place finish at the World Triathlon Sprint Championships in Montreal, Legault has enjoyed a breakthrough season winning her first World Cup silver-medal podium in June to go along three, second-place finishes in America's Cup races this spring.

Dominika Jamnicky, who was an alternate on the 2020 Olympic Team, will be looking to build on a solid start to the season competing at the international level while making her second Commonwealth Games appearance. Jamnicky finished 14th at the 2018 Commonwealth Games.

Dates

July 29 – July 31, 2022

Venue(s):

Sutton Park, Sutton Cloudfield

Number of events:

Three – Individual (men and women) and one mixed relay team.

HISTORY

Although considered one of the “newer” sports, triathlon has become very popular in the last few years. In 1974, in Mission Bay, Southern California, friends began training together. Among them were swimmers, runners and cyclists. They would hold informal races as part of their training. In 1978 Hawaii hosted the Waikiki Rough Water Swim, the Oahu Bike Race and the Honolulu Marathon. Originally separate events, these three sports were combined to form the Hawaii Iron man. By 1982, the Hawaii Iron man had gained so much popularity and participation that 580 competitors took part. The International Triathlon Union was established in France in 1989. Triathlon made its debut at the 2002 Commonwealth Games.

Para-triathlon

In 2016, para-triathlon made its debut at the Rio 2016 Paralympics Games. There were six total medal events, three for men and three for women. There are a total of nine sports classes within para-triathlon. Including PTWC 1-2, athletes with lower and upper limbs limitations, using a handcycle for cycling and a racing chair for running segment. PT 2-5, athletes with limitations in lower or upper limbs who compete in regular cycling and running but have the assistance of devices such as prosthetic legs or bike modifications. PTVI 1-3, athletes with vision impairment.

Events are half the length of Olympic distance, say 750m of swimming, 20km of cycling and a 5km run.

Para-triathlon made its first debut at a commonwealth game in 2018 in the Gold Coast.

OVERVIEW

Swimming

A mass start to the swim portion of the event gets the triathlon underway. The triathletes follow a 1500-metre course marked by buoys and ropes.

Cycling

Once the athlete has reached the end of the swim, they emerge from the water into the transition area. They mount their bicycles and begin the 40 km cycling leg. The course is flat and fast but with a few technical sections through the city's centre. Bikes and equipment are checked out before the event to comply with the International Triathlon Union regulations.

Running

After the cycling course, the athletes will do a 10km run.

Mixed Relay

The mixed relay will consist of two men and two women. Each athlete will complete a 'super-sprint' triathlon of swimming, biking and running before tagging off his or her next teammate.

For more information:

Triathlon Canada

121-1925 Blanshard Street

Victoria, BC V8T 4J2

Tel. 250-412-1795

E-mail: Info@TriathlonCanada.com

Website: www.triathloncanada.com

Twitter: [@TriathlonCanada](https://twitter.com/TriathlonCanada)

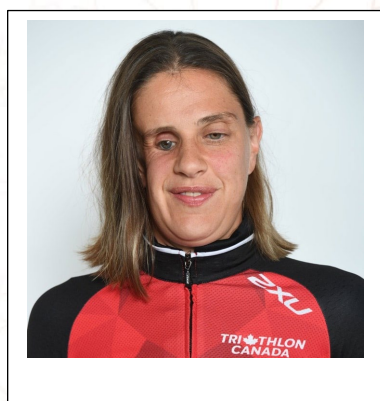
International Triathlon Union: <https://www.triathlon.org/>

Media attaché in Birmingham: Aerin England - aerin@commonwealthsport.ca

Triathlon Team for Birmingham

First	Last	Hometown	Event	Commonwealth Games
Jessica	Tuomela	Sault Ste. Marie, ON	Paratriathlon	
Emma	Skaug	Victoria, BC	Paratriathlon (Guide)	
Dominika	Jamnicky	Guelph, ON	Triathlon	2018
Amelie	Kretz	Blainville, QC	Triathlon	
Emy	Legault	Ile Perrot, QC	Triathlon	
Tyler	Mislawchuk	Oak Bluff, MB	Triathlon	2018
Charles	Paquet	Port Cartier, QC	Triathlon	
Martin	Sobey	Charlottetown, PEI	Triathlon	

Athlete Information:



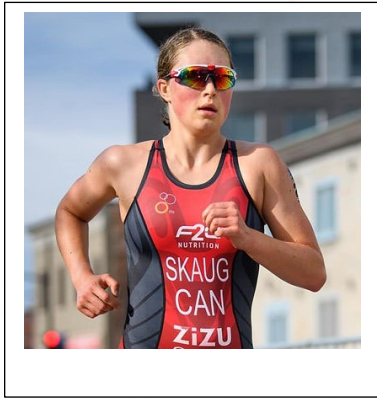
Athlete Name: Jessica Tuomela
Sport/Event: Triathlon
DOB: 08/03/1983
Hometown/Residence: Sault Ste. Marie, ON
Club/Coach:
Social Media:

Career Highlights: Jessica finished fifth at the 2021 Paralympic Summer Games in Tokyo. Jessica finished third at the Para-Triathlon World Championships in Lausanne in 2019.

Major Competitions:

- 2021 Paralympic Summer Games, Tokyo, JPN – 5
- 2021 Americas Triathlon Para Championships, Pleasant Prairie, USA - Gold
- 2021 World Triathlon Para Cup A, Coruna, Spain - Bronze
- 2019 Para-Triathlon World Championships, Lausanne, SUI - Bronze
- 2019 Para-Triathlon World Cup, Tokyo, JPN - Gold
- 2019 Para-Triathlon World Cup, Magog, Que. - Silver
- 2019 World Para-Triathlon Series, Montreal - Gold
- 2018 Para-Triathlon World Championships, Gold Coast, AUS – 4
- 2018 World Para-Triathlon Series, Edmonton - Gold
- 2018 Para-Triathlon World Cup, Magog, Que. - Gold

Fun Fact: In 1998, Jessica was one of 35 young people from North America and Russia to win the “Yes I Can” award, which recognizes the accomplishments of people with disabilities.



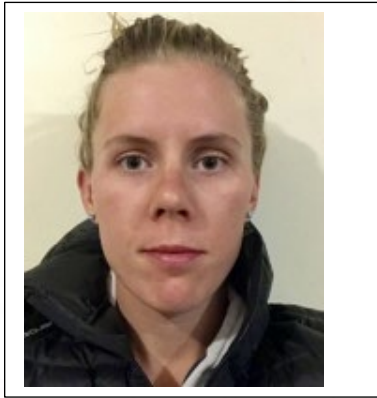
Athlete Name: Emma Skaug
Sport/Event: Triathlon
DOB: 05/05/2000
Hometown/Residence: Victoria, BC
Club/Coach:
Social Media:

Career Highlights: Emma has worked her way through the athlete pathway, and is now a critical member of Canada's Para-Triathlon Team where she guides Paralympian, Jessica Tuomela. Member of Team Alberta at 2017 Canada Summer Games, Winnipeg

Major Competitions:

- 2019 Superleague Triathlon, Ottawa - Silver
- 2017 Junior Pan American Championships, Magog, Que. – 7
- 2016 Junior National Championships, Ottawa – 11

Fun Fact: Emma is taking her Bachelor of Science majoring in Kinesiology with Honours at University of Victoria



Athlete Name: Dominika Jamnicky
Sport/Event: Triathlon
DOB: 11/15/1992
Hometown/Residence: Guelph, ON
Club/Coach:
Social Media:
Twitter: @DJamnicky
Instagram: Dominikajamnicky

Career Highlights: Dominika finished first at the CAMTRI Sprint Triathlon American Cup in 2017.

Major Competitions:

2016 World Championships, Cozumel, MEX – 38
2015 Under 23 World Championships, Chicago, USA – 12
2014 Under 23 World Championships, Edmonton – 12
2012 Under-23 World Championships, Auckland, NZL – 29

Fun Fact: When not doing triathlons, Dominika enjoys exploring the outdoors be it hiking, canoeing or camping.



Athlete Name: Amelie Kretz
Sport/Event: Triathlon
DOB: 05/19/1993
Hometown/Residence: Blainville, QC
Club/Coach: Alex Sereno
Social Media: Twitter: @AmelieKretz
Instagram: ameliekretz

Career Highlights: After only racing once in 2020 due to the COVID-19 pandemic, Kretz had a strong start in 2021. She had her best World Triathlon Series result since 2016 and earned a sixth- and a fifth-place finish at World Cups in Lisbon and Huatulco, securing her spot at Tokyo 2020. She finished 15th in her second Olympic appearance.

Major Competitions:

- 2016 Olympic Games, Individual – 34
- 2020 Olympic Games, Individual – 15
- 2020 Olympic Games, Relay – Mixed – 15
- 2014 ITU WTS Grand Final (U23): 6; 2013 – Bronze
- 2012 ITU World Championships (junior) – 6
- 2012 PATCO Pan American Championships (junior) – 4

Fun Fact: At age 8 her father signed her up for a triathlon... Curious about new sports, she went to Trois-Rivières for the race and was hooked



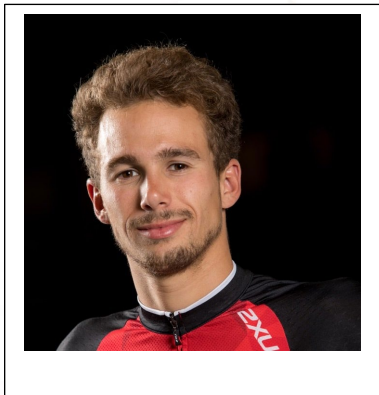
Athlete Name: Emy Legault
Sport/Event: Triathlon
DOB: 04/05/1996
Hometown/Residence: Ile Perrot, QC
Club/Coach:
Social Media:

Career Highlights: The highlight of her young career may be winning the silver medal in the individual race, and gold in the women's relay while representing Quebec at the 2013 Canada Summer Games. Emy also won the Junior National Championships in 2014, and was crowned North American champion in 2015.

Major Competitions:

- 2021 World Cup, Huatulco, MEX – 14
- 2015 Junior North American Championships - Gold
- 2015 Under-23 National Championships - Bronze
- 2014 Junior National Championships, Magog, Que. - Gold
- 2014 Junior World Championships, Edmonton – 14
- 2013 Canada Summer Games, Sherbrooke, Que. - Silver (individual) Gold (relay)

Fun Fact: Before triathlon Emy did ballet, figure skating and then started running which led her to triathlon.



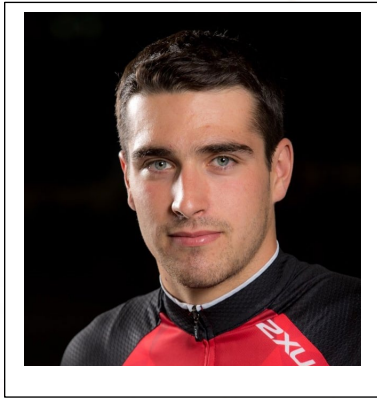
Athlete Name: Tyler Mislawchuk
Sport/Event: Triathlon
DOB: 08/19/1994
Hometown/Residence: Oak Bluff, MB
Club/Coach:
Social Media:

Career Highlights: Tyler broke through with a career year in 2019 where he regularly ran his way into the Canadian triathlon history books. Beginning the season with the first two World Cup victories of his career, Tyler became the first Canadian male to podium on the World Triathlon Series when he sprinted to the bronze in Montreal.

Major Competitions:

- 2021 Olympic Summer Games, Tokyo, JPN – 15
- 2021 World Triathlon Championship Series, Abu Dhabi – 6
- 2016 Olympic Summer Games, Rio de Janeiro, BRA – 15
- 2015 Pan American Games, Toronto – 10
- 2013 Canada Summer Games, Sherbrooke, Que. - Silver

Fun Fact: Tyler's Dad has attended several multi-sport Games including the Olympics, as a member of the broadcast team.



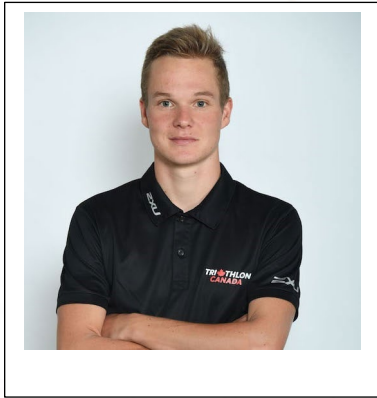
Athlete Name: Charles Paquet
Sport/Event: Triathlon
DOB: 07/12/1997
Hometown/Residence: Port Cartier, QC
Club/Coach:
Social Media:

Career Highlights: Charles is quickly developing into one of Canada's most promising triathletes. In addition to being a part of Canada's silver-medal winning mixed relay team at the 2019 Pan American Games, Charles racked up five podiums on the CAMTRI circuit last year including his first victory on home turf in Montreal.

Major Competitions:

- 2019 Pan American Games, Lima, Peru - Silver (mixed relay), 6 (individual)
- 2019 Pan American Games, Lima, Peru - Silver (mixed relay), 6 (individual)
- 2019 CAMTRI Sprint Triathlon American Cup, Magog, Que - Bronze
- 2019 National Championships, Kelowna, B.C. - Bronze
- 2019 CAMTRI Sprint Triathlon American Cup, Montreal - Gold
- 2019 CAMTRI Sprint Triathlon American Cup, Richmond, USA - Bronze
- 2019 CAMTRI Sprint Triathlon American Cup, Bridgetown, Barbados - Bronze
- 2018 Sprint Triathlon African Cup, Larache, Morocco - Silver
- 2018 CAMTRI Sprint Triathlon American Cup, Bridgetown, BB - Bronze
- 2014 Youth Olympic Games, Nanjing, CHN - 9 (individual), 7 (mixed relay)

Fun Fact: Salmon fishing and hunting are his favourite family activities.



Athlete Name: Martin Sobey
Sport/Event: Triathlon
DOB: 09/15/1996
Hometown/Residence: Charlottetown, PEI
Club/Coach:
Social Media:

Career Highlights: Martin's first international podium came at the Magog CAMTRI event in 2018 where he finished second. The 2018 season also saw Martin selected for his first World Championships Team where he finished 23rd and was Canada's top Under-23 male.

Major Competitions:

- 2019 CAMTRI Sprint Triathlon American Cup, Richmond, USA - Gold
- 2018 CAMTRI Sprint Triathlon American Cup, Magog, CAN - Silver

Fun Fact: Martin is a three-time PEI Junior Triathlete-of-the-Year.

Overview on Coaches:

Coach Name: Carolyn Murray
Sport/Event: Triathlon
Role: Paratriathlon Coach
Hometown: Edmonton, AB

Coach Name: Marc-Antoine Christin
Sport/Event: Triathlon
Role: Coach
Hometown: Montreal, QC

Coach Name: Dave Coleman
Sport/Event: Triathlon
Role: Mechanic
Hometown: Alaska, USA

Coach Name: Ricky Soos
Sport/Event: Triathlon
Role: Coach
Hometown: Victoria, BC

Coach Name: Patrick Kelly
Sport/Event: Triathlon
Role: Team Lead
Hometown: Victoria, BC

Wheelchair Basketball

Team Canada in Birmingham

To come...

Dates

July 29 – August 2, 2022

Venue(s):

Smithfield, Birmingham

Number of events:

Two – Six team tournament for men's and six team tournament for women's

Number of teams

- One Men's team
- One Women's team

HISTORY

In 1945, injured veterans from World War II returned to the USA and used wheelchair basketball as a form of rehabilitation. The first games were played at Veteran's Administration Hospital in California and Massachusetts. Later the sport spread nationwide in hospitals in Chicago, Memphis, Richmond, and New York.

The sport went international when the Montreal Wheelchair Wonders of the Canadian Paraplegic Association were invited to participate in the Sixth National Wheelchair Basketball tournament in 1954.

Now the NWBA has grown to over 200 Teams and has built different nation associations worldwide, like in North and south America, Africa, Asia, and Europe.

This year is the first year that Wheelchair basketball will take place at the commonwealth games.

OVERVIEW

This year in Birmingham, Wheelchair basketball will take the form of 3x3 instead of 5x5. The important differentiation is that 3x3 basketball is played on one hoop by two teams of three players. The players must focus on scoring in the basket and preventing the other teams from doing so. To win the game, you must have scored the most basket by the end of the 10-minutes regular playing time or score 21 points before the end of the playing time. If the score is tied at the end of the regular playing time, an overtime will be played and to win the overtime, a team must be the first to score two points.

Playing Court

The court used for 3x3 basketball has dimensions of 15m in width and 11 m in length. The court must also have a regular basketball playing court size zone, including a free throw line (5.80 m) and a two-point line (6.75m). The playing area is marked in three colours: restricted area and 2-point area in one colour, the remaining playing area in another colour, and the out-of-bound area in black. The two-point field goal area should be the entire floor area except for the arc. The two-point arc is not part of the two-point field goal area. The no-charge semi-circle is

marked by a semi-circle with a radius of 1.25m measured from the point on the floor beneath the exact centre of the basket to the inner edge of the semi-circle.

Equipment

Wheelchairs used in wheelchair basketball must follow specific guidelines. A protective horizontal bar at the front /side of the wheelchair must be 11 cm from the floor at its most forward point and throughout its whole length. Where the protective horizontal bar is not present, the footrest must be 11 cm from the floor at its most forward point and throughout its length. The maximum height from the floor to the top of the cushion, when the cushion is used, or the top of the seat platform, when a cushion is not used must not exceed

63 cm for players 1.0 – 3.0

58 cm for players 3.5 – 4.5

The wheelchair must have either three or four wheels. If using large wheels, the wheels, including the tires, will have a maximum diameter of 69 cm. Wheel hubs must be of round outer construction with no sharp points, edges, or protrusions. Other guidelines include 1 handrim on each wheel, no steering devices, brakes, or gears are allowed on the wheelchair, and any tire or castor(s) that marks the floor is not permitted. Armrests, and other upper body supports that are attached to the wheelchair should not project beyond the line of the player's legs or trunk in the natural sitting position. If there were to be a problem with the chair during the games, the referee would stop the game at an appropriate time to allow repairs. If the repair cannot be completed in 50 seconds, the player must be substituted.

Uniforms

The uniform of all team members shall consist of:

- Shirts of the same dominant colour front and back
- All players must tuck their shirts into their playing shorts. 'All-in-ones' are permitted

Each team member shall wear a shirt numbered on the front and back with plain numbers of a colour contrasting with the color of the shirt. The numbers should be clearly visible, and the one on the back should be at least 20 cm in height, the one in the front 10 cm in height.

For more information:

Wheelchair Basketball Canada

Email: info@wheelchairbasketball.ca

Website: <https://www.wheelchairbasketball.ca/>

Twitter: @WCBCanada

International Wheelchair basketball Federation: <https://iwbf.org/>

Media attaché in Birmingham: Caroline Sharp - caroline.sharp@athletics.ca

Wheelchair Basketball team in Birmingham

First	Last	Hometown	Event
Kady	Dandeneau	Pender Island, BC	Wheelchair Basketball 3x3
Élodie	Tessier	Saint-Germain de Grantham, QC	Wheelchair Basketball 3x3
Tamara	Steeves	Etobicoke, ON	Wheelchair Basketball 3x3
Tara L	Llanes	West Covina, California, USA	Wheelchair Basketball 3x3
Colin	Higgins	Rothsay, NB	Wheelchair Basketball 3x3
Robert (Bo)	Hedges	Fort St. John BC	Wheelchair Basketball 3x3
Garrett	Ostepchuk	Regina, SK	Wheelchair Basketball 3x3
Vincent	Dallaire	Quebec City, QC	Wheelchair Basketball 3x3

Athlete Information:

Canada's Women's Team



Athlete Name: Kady Dandeneau
Sport/Event: Wheelchair Basketball 3x3
DOB: 01/ 25/1990
Hometown: Pender Island, BC
Residence: Toronto, ON
Height: 5'9"
Club: University of Illinois
Social Media: @kdandeneau7

Career Highlights:

Named Wheelchair Basketball Canada Female Athlete of the Year (2020). Named Female Player of the Year in the National Wheelchair Basketball Association (NWBA) collegiate division (2020).

Major Competitions:

- 2020 Paralympics – 5
- 2019 Lima Parapan American Games – Gold
- 2019 Nations Cup – Gold
- 2018 World Wheelchair Basketball Championships – 5
- 2017 Americas Cup – Gold

<https://www.wheelchairbasketball.ca/players/kady-dandeneau/>



Athlete Name: Élodie Tessier
Sport/Event: Wheelchair Basketball 3x3
DOB: 03/14/1996
Hometown: Montréal, QC
Residence: Saint-Germain de Grantham, QC
Height: 3'11"
Club: University of Texas Arlington
Social Media: @elo_tessier

Career Highlights:

Elodie represented Canada in the U21 3-on-3 women's wheelchair basketball competition at the Youth Parapan American Games in 2013.

Major Competitions:

- 2020 Paralympics – 5
- 2019 Lima Parapan American Games – Gold
- 2019 Nations Cup – Gold
- 2018 World Wheelchair Basketball Championships – 5
- 2017 Americas Cup – Gold

<https://www.wheelchairbasketball.ca/players/elodie-tessier/>



Athlete Name: Tamara Steeves
Sport/Event: Wheelchair Basketball 3x3
DOB: 09/23/1989
Hometown: Etobicoke, ON
Residence: Mississauga, ON
Height: 5'2"
Club: Toronto Rollin Raptors Div II
Social Media: @tamarasteeves89_

Career Highlights: Named a Tier 2 All-Star at 2018 CWBL National Championships in Martensville, SK. Received Mississauga Sports Council 2012 Athlete of the Year with a Disability Award. Received Queen Elizabeth II Diamond Jubilee Medal. Named 2012 ParaSport Ontario Female Athlete of the Year. Named to the CWBL Women's National Championship tournament all-star team (2012, 2013).

Major Competitions:

- 2020 Paralympics – 5
- 2019 Lima Parapan American Games – Gold
- 2019 Nations Cup – Gold
- 2018 World Wheelchair Basketball Championships – 5
- 2017 Americas Cup – Gold

<https://www.wheelchairbasketball.ca/players/tamara-steeves/>



Athlete Name: Tara Llanes
Sport/Event: Wheelchair Basketball 3x3
DOB: 11/28/1976
Hometown: West Covina, California, USA
Residence: North Vancouver, BC
Height: 5'4"
Club: BC Breakers
Social Media: @tarallanes

Career Highlights: In 2018, Llanes won a bronze medal with Team Canada at the Continental Clash in Sheffield, GB

Major Competitions:

- 2020 Paralympics – 5
- 2019 Lima Parapan American Games – Gold
- 2019 Nations Cup – Gold
- 2018 World Wheelchair Basketball Championships – 5

<https://www.wheelchairbasketball.ca/players/tara-llanes/>

Canada's Men's Team



Athlete Name: Colin Higgins
Sport/Event: Wheelchair Basketball 3x3
DOB: 05/23/1991
Hometown: Rothesay, NB
Residence: Rothesay, NB
Height: 5'9"
Club: University of Missouri
Social Media: @chiggins146

Major Competitions:

- 2020 Tokyo Paralympics – 8
- 2019 Lima Parapan American Games – Silver
- 2018 World Wheelchair Basketball Championships – 12
- 2017 Americas Cup – Silver

<https://www.wheelchairbasketball.ca/players/colin-higgins/>



Athlete Name: Robert (Bo) Hedges
Sport/Event: Wheelchair Basketball 3x3
DOB: 01/05/1980
Hometown: Fort St. John, BC
Residence: Toronto, ON
Height: 6'1"
Club: Toronto Rollin Raptors Div I
Social Media: @hedgescanada_6

Career Highlights:

- Named a Tier 1 All-Star at 2018 CWBL National Championships
- Named MVP at 2017 CWBL National Championships
- Received the Queen Elizabeth II Diamond Jubilee Medal (2013)
- Received 2012 Canadian Wheelchair Sport Association Stan Stronge Award
- Named to the 2011, 2012 National Championships tournament all-star team
- Named 2011 BC Wheelchair Basketball Society Male Athlete of the Year & received MJ's True Sport Award
- Named 2010 Wheelchair Basketball Canada Male Athlete of the Year
- Named 2009 BC Wheelchair Basketball Male Athlete of the Year
- 2008 Burnaby/Prince George Male Athlete of the Year recipient
- 2008 Leadership Award recipient at CWBL Finals with Douglas Dingos
- Received 2008 BC Premiere's Athletic Award which honours athletes who, through their commitment to hard work and excellence, have left their mark on the province

Major Competitions:

- 2020 Tokyo Paralympics – 8
- 2019 Lima Parapan American Games – Silver
- 2018 World Wheelchair Basketball Championships – 12
- 2017 Americas Cup – Silver

<https://www.wheelchairbasketball.ca/players/bo-hedges/>



Athlete Name: Garrett Ostepchuk
Sport/Event: Wheelchair Basketball 3x3
DOB: 03/12/2000
Hometown: Regina, SK
Residence: Regina, SK
Height: 5'1"
Club: Team Saskatchewan
Social Media: @ostepchukgarrett

Major Competitions:

- 2021 Tokyo 2020 Paralympics – 8
- 2018 World Wheelchair Basketball Championships – 12
- 2017 Americas Cup – Silver

<https://www.wheelchairbasketball.ca/players/garrett-ostepchuk/>



Athlete Name: Vincent Dallaire
Sport/Event: Wheelchair Basketball 3x3
DOB: 03/07/1995
Hometown: Quebec City, QC
Residence: Quebec City, QC
Height: 5'6"
Club: University of Texas at Arlington
Social Media: @vincedallaire87

Career Highlights: Named All-Star at the 2013 Junior World Wheelchair Basketball Championship. Named an All-Star at the Junior East Regional Championship

Major Competitions:

- 2021 Tokyo 2020 Paralympics – 8
- 2019 Lima Parapan American Games – Silver
- 2018 World Wheelchair Basketball Championships – 12
- 2017 Americas Cup – Silver

<https://www.wheelchairbasketball.ca/players/vincent-dallaire/>

Overview on Coaches:

Coach Name: Marc-Antoine Ducharme
Sport/Event: Wheelchair Basketball 3x3
Role: Women's Team Coach
Hometown: Chambly, QC

- Named Team Sport Coach of the Year at the 47th Gala Sport Québec (2019)
- Recipient of the Wheelchair Basketball Canada Leadership Excellence Award (2016)

https://www.wheelchairbasketball.ca/team_staff/marc-antoine-ducharme/

Coach Name: Joey Johnson
Sport/Event: Wheelchair Basketball 3x3
Role: Men's Team Coach
Hometown: Winnipeg, MB
Residence: Lorette, MB

- Inducted into the Manitoba Sports Hall of Fame (2016)
- Inducted into the Manitoba Basketball Hall of Fame (2013)
- Played for nearly two decades with Team Canada

<https://www.wheelchairbasketball.ca/players/joey-johnson/>

WEIGHTLIFTING

Team Canada in Birmingham

The weightlifting team is solid, with a mix of youth and veterans. Five athletes have previously competed at the Commonwealth Games. Three of the five have won medals at previous games, including, Boady Santavy, Tali Darsigny, and Maude Charron.

Beating the Commonwealth Games record after lifting 122kg in the clean and jerk, Charron won a gold medal in 2018 at the Gold Coast. Next to Charron, was her teammates, Tali Darsigny, who won silver at the 58kg event with a combined total of 200kg. With the success of these women in 2018, we are excited to see what they will bring to the platform in Birmingham.

Nicolas Vachon and Boady Santavy will lead the men's team. Vachon participated in the 2014 Glasgow Commonwealth Games and is back to giving his best on the platform mat. Santavy gave his best at the 2018 Commonwealth Games, bringing the silver medal back to Canada for the 94kg event.

This year, Canada will look to match and exceed its four medal wins from the 2018 Commonwealth Games in the Gold Coast.

Dates

July 30 – August 4, 2022

Venue(s):

NEC Hall 1, Birmingham

Number of events:

16

Eight men's: (55, 61, 67, 73, 81, 96, 109, 109+ kg),

Eight women's: (49, 55, 59, 64, 71, 76, 87, 87+ kg)

HISTORY

Historical sources indicate that weightlifting was popular as a sport in ancient Greece. A 143.5 kg stone dating back to the 6th century BC was found at Olympia with an inscription that showed it was a dedicatory offer by an athlete named Bybon who had lifted it above his head with one hand. A stone weighing 480kg, discovered on Santorini (Thera) Island, bore an inscription indicating that a man named Eumastas had lifted it off the ground. Depictions of men raising weights have been found in other countries as well. In Egypt, for instance, decorative reliefs on the tombs of the Pharaohs show people lifting utricles or fabric sacks filled with sand.

Weightlifting was on the first modern Olympic Games program in Athens in 1896. Women's weightlifting was introduced into the Olympic program at the 2000 Olympic Games in Sydney.

In May 2005, the implementation of the "one-kilo rule" came into effect and changed the sport of weightlifting forever. In the past, athletes had to progress each lift by 2.5 kilograms; now, it has decreased to one-kilogram increments. With this new rule, competition strategies have changed, causing many more challenges on the platform and, in turn, creating a lot more excitement for the audience.

OVERVIEW

Weightlifting consists of two separate lifts executed in a precise order: the snatch and the clean and jerk. Each athlete has the right to three attempts for each lift. The athlete's best performances in each lift are added together, and the total determines the final rankings. If two athletes have an equal total, the athlete achieving the total first will be ranked higher.

Athletes compete in categories according to their body weight. The goal is to execute a proper lift with as heavy a weight as possible. Weightlifters will compete in eight weight categories for men and eight for women on a four-metre-square platform before a panel of three judges. Each lifter is only granted 3 attempts in the Snatch and 3 attempts in the clean and jerk. If a lift is successful, the lifter must add at least one kg for the next attempt. If the first or second attempt is unsuccessful, the lifter may try the same weight again or increase the weight.

Since 2018, the bodyweight categories are as follows:

Weight Categories (Although there are 20 categories under the IWF, Only 16 (8 male and 8 female) of these are contested at the Commonwealth Games)

Men (kg)

55
61
67
73
81
89
96
102
109
109+

Women (kg)

45
49
55
59
64
71
76
81
87
87+

The Lifts

Snatch

The snatch is the quicker of the two lifts and requires a great deal of speed, coordination, flexibility and strength. The lift is performed taking a very wide grip on the bar, and in one motion, the bar is lifted to an overhead position with the arms fully extended. When the bar reaches a height slightly below the chest, the athlete will either drop down into a full squat position or split the legs front and back while going under the bar. Using these methods,

allows the weightlifter to achieve heavier lifts than pulling the weight to its full height. However, the lift must be performed very quickly and accurately to ensure that the athlete is directly under the bar before gravity takes over. The weightlifter then stands erect, and the referees will judge the lift as successful when the lifter's feet are in line, and the lifter has the bar under control. The competitor is then directed to return the weight to the platform.

The Clean and Jerk

The clean and jerk is a two-stage lift, and weightlifters can achieve higher weights. It also requires great speed and coordination to accomplish this lift. The first part is the "clean," the goal is to get the weight to the shoulders. A grip about shoulder-width is used, but the athlete will again employ either the squat or split style to assist in lifting more weight. After fixing the bar on the shoulders, the lifter will rise to a standing position. The competitor then bends the legs and, with great force, drives the weight to fully extended arms' length. This portion of the lift is called the "jerk." Again, to allow heavier weights to be lifted, a split of the legs lets the lifter move under the bar. As in the snatch, the athlete stands with the weight supported overhead, the referees judge the lift and signal for the bar to be put down after the lifter's feet are in line, and the bar is under control.

For more information:

Weightlifting Canada Haltérophilie

Email: dfriesen@cwfhc.ca

Website: <https://weightliftingcanada.ca/>

Instagram: @weightlifting_canada_haltero

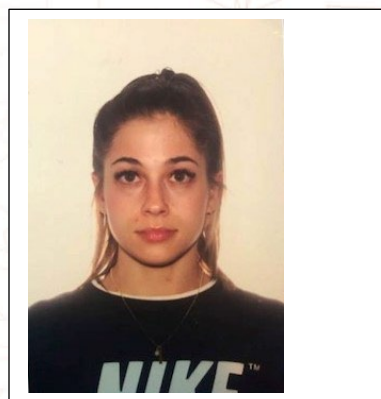
International Weightlifting Federation: [International Weightlifting Federation - \(iwf.sport\)](https://www.iwf.sport)

Media attaché in Birmingham: Darren Matte - dmatte@wrestling.ca

Weightlifting Team in Birmingham

First	Last	Hometown	Event	Commonwealth Games
Hannah	Kaminski	Calgary	W49kg	
Rachel	Leblanc-Bazinet	Richelieu	W55kg	2018 Bronze Medallist
Tali	Darsigny	Saint-Hyacinthe	W59kg	2018 Bronze Medallist
Maude	Charron	Rimouski	W64kg	2018 Champion
Alexis	Ashworth	Oungre, Saskatchewan	W71kg	
Maya	Laylor	Toronto	W76kg	
Kristel	Ngarlem	Montréal	W87kg	2014 – 5
Emma	Friesen	Edmonton	W87+	
Youri	Simard	Saint-Hyacinthe	M61kg	
Shad	Darsigny	Saint-Hyacinthe	M73kg	
Nicolas	Vachon	Saint-Hippolyte	M81kg	2014-13, 2018-4
Boady	Santavy	Sarnia	M96kg	2018 Silver Medalist
Pierre Alex	Bessette	Saint-Hyacinthe	M109kg	
Quinn	Everett	Halifax	M109+	

Athlete Information:



Athlete Name: Hannah Jean Kaminski

Sport/Event: Weightlifting 49kg

DOB: 02/13/1994

Hometown/Residence: Hometown: Calgary AB, Residence: St Hyacinthe QC

Club/Coach: La Machine Rouge, Yvan Darsigny & David Spurr

Social Media: @hkaminski

Career Highlights: 2022 Canadian Invitational, Roma World Cup 2020, Pan Am Championships 2020 (qualified but didn't go due to Covid), Pan Am Championships 2019, San Diego International Open 2019, Canadian Nationals 2018 and 2022

Major Competitions:

- 2022 Canadian Invitational - Gold
- San Diego, International Open - Bronze

Fun Fact: I have beat everyone who's ever challenged me to an ice cream eating contest



Athlete Name: Rachel Leblanc-Bazinet

Sport/Event: Weightlifting 55kg

DOB: 10/10/1988

Hometown/Residence: Richelieu, QC/ Saint-Hyacinthe, QC

Club/Coach: La Machine Rouge/ Yvan Darsigny

Social Media: racheleblancbazinet

Career Highlights: Olympic games 2020, World Championship (2019-2018-2017), Pan-Am Games 2019, Commonwealth Games 2018. Senior National 55kg record holder snatch (91kg) and total (201kg)

Major Competitions:

- 2020 Olympic Games – 12
- 2019 World Championships – 8
- 2018 Commonwealth Games - Bronze



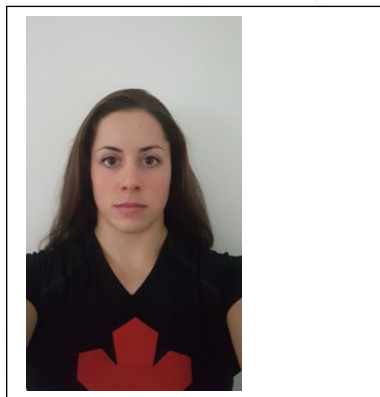
Athlete Name: Tali Darsigny
Sport/Event: Weightlifting 59kg
DOB: 03/08/1998
Hometown/Residence: St-Simon-de-Bagot, QC
Club/Coach: Machine Rouge / Yvan Darsigny
Social Media: @talidarsigny (Instagram) / Tali Darsigny (Facebook)

Career Highlights: Senior Canadian record for snatch in the 59kg weight category with 94 kg, Silver medalist at 2018 Commonwealth Games in Gold Coast, Bronze medalist at 2018 Junior Worlds.

Major Competitions:

- 2018 Commonwealth Games (58 kg) - Silver
- 2020 (2021) Tokyo Olympic Games (59 kg) – 9
- 2019 Pan Am Games (59 kg) – 7
- 2019 Pan Am Championships (59 kg) – 4
- 2020 Pan Am Championships (59 kg) – 7
- 2021 Pan Am Championships (59 kg) – 5
- 2018 Senior Worlds - (59 kg) – 15th
- 2019 Senior Worlds (59 kg) – 18
- 2018 Junior Worlds (58 kg) – Bronze
- 2018, 2019, 2022 Senior Nationals (58kg/59 kg) - Canadian Champion

Fun Fact: My whole family did or does weightlifting. My father went to the Olympics twice (Los Angeles 1984 and Barcelona 1992). He is now my coach. My mom went to four Worlds in the 1980s-1990s. My two brothers, Matt and Shad, are also weightlifters. Matt is the 2022 Canadian Champion in the 73 kg weight category and Shad is part of Team Canada for the 2022 Commonwealth Games!



Athlete Name: Maude Charron
Sport/Event: Weightlifting 64kg
DOB: 04/28/1993
Hometown/Residence: Sainte-Luce, QC
Social Media: @m_charron28 (Instagram)

Career Highlights: 2020 Olympic Games, 2019 Pan-Am Games, 2019 World Championship, 2018 Commonwealth Games (champion), 2019 Grand Prix Champion, National Champion and Best Female six years in a row. Snatch clean and jerk and total Pan-Am records holder.

Major Competitions:

- 2020 Olympic Champion
- 2020 Pan-American Champion
- 2018 Commonwealth Games Champion

Fun Fact: Maude used to do circus and still enjoys doing a handstand anywhere.



Athlete Name: Alexis Ashworth
Sport/Event: Weightlifting 71kg
DOB: 01/24/1999
Hometown/Residence: Oungre, Saskatchewan
Club/Coach: 1 Kilo Weightlifting, Wil Fleming
Social Media: alexis.ashworth (Instagram)

Career Highlights: Making the 2022 Commonwealth Games Team Canada.

Major Competitions:

- 2022 Canadian Invitational in Toronto (71kg) - Gold

Fun Fact: Alexis will be completing her Bachelor of Science in Nursing this fall.



Athlete Name: Maya Laylor

Sport/Event: Weightlifting 76kg

DOB: 07/04/1995

Hometown/Residence: Toronto, ON

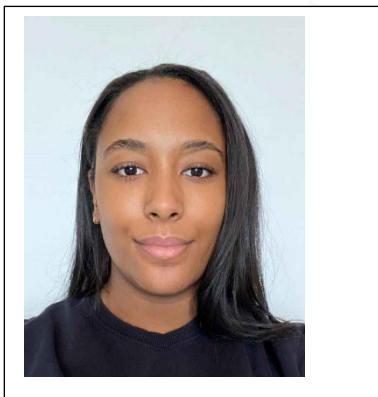
Club/Coach: Laylor Performance Systems/Clance Laylor

Social Media: MayaLaylor

Career Highlights: Commonwealth Games, Senior World Championships. 2x Canadian Record Holder.

Major Competitions:

- 2022 Commonwealth Qualifier - Gold
- 2022 Canadian Champion

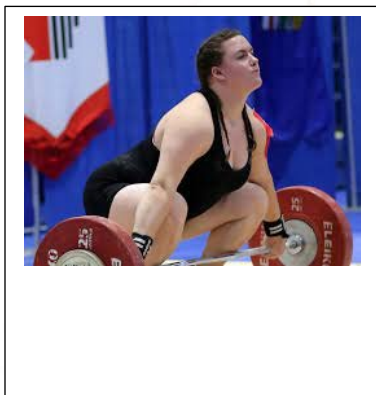


Athlete Name: Kristel Ngarlem
Sport/Event: Weightlifting 87kg
DOB: 07/20/1995
Hometown/Residence: Montréal, QC
Club/Coach: Jean-Patrick Millette
Social Media: @kristelngarlem (Instagram)

Career Highlights: Tokyo Olympics (2021), Commonwealth Games (2014, 2018, 2022), Pan-Am Games, University Games, Senior and Junior World Championships.

Major Competitions:

- 2021 Tokyo Olympics – 8
- 2015 Junior World Championships (69kg) - Silver
- Canadian Championships 14x - Bronze



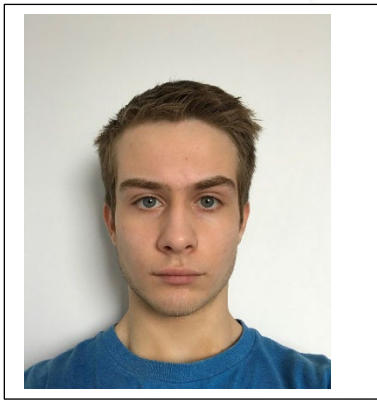
Athlete Name: Emma Friesen
Sport/Event: Weightlifting 87+kg
DOB: 03/20/2002
Hometown/Residence: Edmonton, AB/St-Hyacinthe, QC
Club/Coach: La Machine Rouge/Yvan Darsigny
Social Media: [_emma.friesen_](#) (Instagram)

Career Highlights: Junior Worlds, Junior Pan-Ams, Canadian nationals

Major Competitions:

- 2021 Jr Worlds - Bronze
- 2021 Jr Pan Am championships - Silver
- 2022 at Jr Worlds - 5
- Junior (Snatch, Clean and Jerk and Total) and Senior (Snatch and Total only) National Record Holder

Fun Fact: Weightlifting is Emma's first sport.



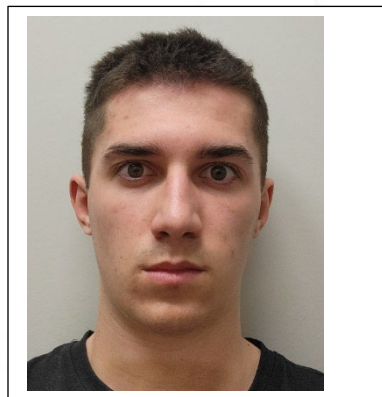
Athlete Name: Youri Simard
Sport/Event: Weightlifting 61kg
DOB: 01/03/2001
Hometown/Residence: St-Hyacinthe, QC
Club/Coach: La Machine Rouge/ Yvan Darsigny
Social Media: Youri Simard (Facebook and Instagram)

Career highlights: 2021 Junior Worlds, 2021 Junior Pan-Am Championships, Senior Nationals, Junior Nationals. Three Junior Canadian records (61kg) and three Juniors Canadian records in the 55kg category. Junior and Senior National Champion since 2017.

Major Competitions:

- 2021 Pan-Am Junior Championships –silver (61kg) (clean and jerk)
- 2021 Pan-Am Junior Championships – silver (61kg) (total)
- 2021 Pan-Am Junior Championships – bronze (61kg) (snatch)

Fun Fact: Youri is in the same weight-class as his weightlifting role model Naim Süleymanoğlu.



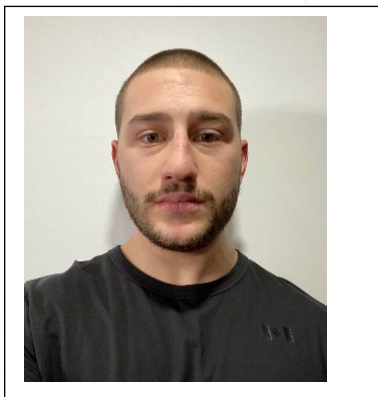
Athlete Name: Shad Darsigny
Sport/Event: Weightlifting 73kg
DOB: 04/20/2003
Hometown/Residence: Saint-Hyacinthe, QC
Club/Coach: La Machine Rouge/ Yvan Darsigny
Social Media: shaddarsigny (Instagram, Facebook)

Career Highlights: Junior World Championship 2022 and 2021, Junior Pan-Am Championship 2021, Senior National 2021, 2019 and 2018, Junior National 2020, 2021. Best Male Lifter at the Junior National in 2021.

Major Competitions:

- 2022 Junior World Championship (81kg) – 14
- 2021 Junior World Championship (73kg) – 10

Fun Fact: All five members of Shad's family do or did weightlifting.



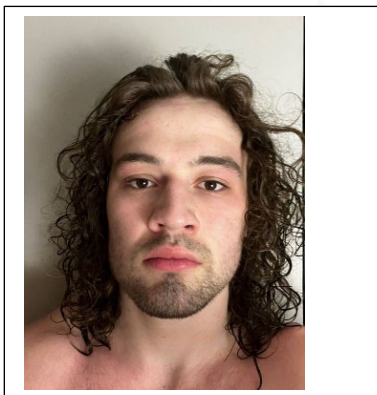
Athlete Name: Nicolas Vachon
Sport/Event: Weightlifting 81kg
DOB: 07/05/1996
Hometown/Residence: St-Hippolyte, QC
Club/Coach: Mario Vachon
Social Media: Nicolas Vachon (Facebook), nicvachon (Instagram)

Career Highlights: Commonwealth Games 2014-18, Pan-Am Championships 2019-20-21, World Championship 2019, FISU Worlds 2018, Nationals 2017-18-19-21-22

Major Competitions:

- 2018 Commonwealth Games (77kg) – 4
- 2021 Pan-Am Championship (81kg) – 4
- 2018 FISU World Championship (77kg) - Bronze

Fun Fact: Nicolas spent the last twenty minutes of his life thinking about fun fact.

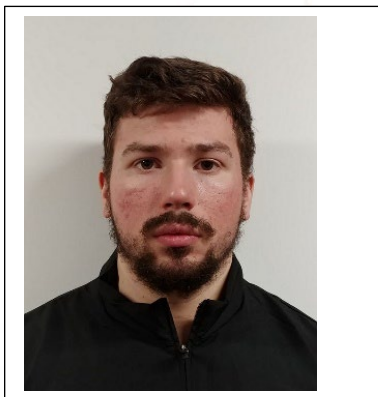


Athlete Name: Boady Santavy
Sport/Event: Weightlifting 96kg
DOB: 05/22/1997
Hometown/Residence: Sarnia, ON
Club/Coach: Dalas Santavy
Social Media: @BoadyChamp (Twitter), @boady_champ (Instagram)

Career Highlights: Tokyo Olympics (2021), Commonwealth Games (2018), Pan-Am Games (2019 & 2015), Pan-Am Championships, World Cup, Youth Pan-Am Championships, Nationals. Best snatch 2021 Olympics. 3x gold medalist at 2014 Youth Pan American Championships

Major Competitions:

- 2020chia Olympic Games – 4
- 2018 Commonwealth Games - Silver
- 2019 Pan-Am Games - Silver
- 2021 Pan-Am Championships - Silver
- 2020 World Cup - Silver
- 2019 Pan-Am Championships – Bronze



Athlete Name: Pierre Alexandre Bessette

Sport/Event: Weightlifting 102kg

DOB: 09/28/1999

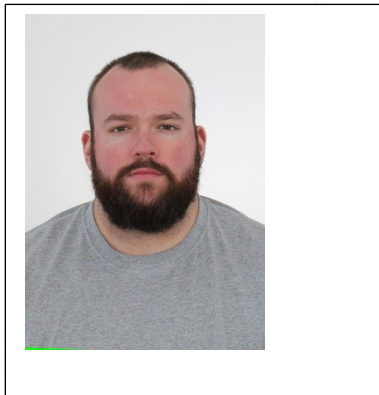
Hometown/Residence: Saint-Hyacinthe, QC

Club/Coach: Machine-Rouge- Denis Desgranges

Career Highlights: Best snatch 162kg best clean and jerk 180kg. Record holder of Provincial senior record snatch -96kg,

Major Competitions:

- 2022 Nationals - Gold
- 2019 World Junior Championship – 8
- 2018 Senior World Championship
- 2018 World Juniors – 8



Athlete Name: Quinn Everett

Sport/Event: Weightlifting 109+ kg

DOB: 12/11/1992

Hometown/Residence: Halifax, NS, Canada

Club/Coach: Braver Barbell Club - Isaac Smith

Social Media: @quangggg_ (Instagram)

Career Highlights: 2021 Worlds, 2020 Roma World Cup, 2019 Pan-Am Championships, 2016-2022 Canadian Nationals.

Major Competitions:

- 4x Canadian National Champion
- 8x Team Canada member

Fun Fact: Everette has two cats (sisters), named Bacon and Eggs.

Overview on Coaches:

Coach Name: Yvan Darsigny

Sport/Event: Weightlifting

Role: Coach

Hometown: Saint-Hyacinthe, QC

Coach Name: Dalas Santavy

Sport/Event: Weightlifting

Role: Coach

Hometown: Sarnia, ON

Coach Name: Clance Laylor

Sport/Event: Weightlifting

Role: Coach

Hometown: Toronto, ON

WRESTLING

Team Canada in Birmingham

The 12 athletes were selected based on results from the 2022 Canadian Wrestling Trials, May 26-29 in Edmonton, Alberta. This team for the 2022 Commonwealth Games is highlighted by Olympians, World, and Continental champions.

On the women's side, few wrestlers in the world have the resume that Justina Di Stasio, who will compete in the women's 76kg weight class, has. Di Stasio, from Burnaby, British Columbia, won gold at the 2018 World Championships, gold at the 2019 Pan-American Games, and is a four-time Pan-American Championships gold medalist.

Joining Di Stasio is another former World Champion in Tecumseh, Ontario's Linda Morais. Morais, who will compete in the women's 68kg weight class, captured her title in 2019. She is also coming off a silver medal at the 2021 Pan-American Championships.

Rounding out a trio of world champions on the women's side is Ana Godinez Gonzalez. Godinez Gonzalez won the 2021 U23 World Championship and earlier this year added a Pan-American Championship title to her collection. The Coquitlam, British Columbia resident will compete at 62kg.

On the men's side, the team is led by Amar Dhesi, who represented Canada at the Tokyo Olympics. Dhesi, from Surrey, British Columbia, recently won gold at the 2022 Pan-American Championships. He will compete at 125kg.

Joining Dhesi is one of the sport's future stars in North York, Ontario's Lachlan McNeil. McNeil captured gold at the 2021 Junior Pan-American Championships and is a two-time Cadet Pan-American Championships gold medalist. He will look to add his first senior medal at the Commonwealth Games at 65kg.

Canadian wrestlers have traditionally done very well at the Commonwealth Games, including 10 medals at the 2018 Games, and are expecting to be in medal contention for most of the weight classes

Dates

August 5 – August 6, 2022

Venue(s):

Coventry Arena, Coventry

Number of events:

12

Six men's: (57, 65, 74, 86, 97, 125kg)

six women's: (50, 53, 57, 62, 68 and 76kg).

HISTORY

Wrestling can be traced back to ancient times and throughout the ancient and modern Olympic Games. Wrestling was contested at the first ancient Olympic Games in 776 BC and has been on the Olympic programme since the modern Olympic Games resumed in Athens in 1896 (except 1900), with Greco-Roman wrestling. Freestyle wrestling first made its appearance in 1904.

In September 2001, the International Olympic Committee announced the inclusion of women's Freestyle wrestling at the 2004 Olympic Games in Athens. In February 2013, the International Olympic Committee recommended removing the sport from the 2020 & 2024 Olympic programmes. However, on September 8, 2013, the IOC announced that wrestling would be reinstated on the Olympic programme for 2020 and 2024.

OVERVIEW

Wrestling has two styles: Freestyle (men and women) and Greco-Roman. In Freestyle wrestling, it is permissible to grasp the legs of the opponent, trip the opponent, and use the legs and the upper body to execute any action. In Greco-Roman wrestling, it is forbidden to intentionally grasp the opponent below the hips, trip the opponent, or use the legs actively in executing any action.

Equipment

The wrestling area is a square or octagonal mat measuring 12 metres on each side. The "central wrestling area" is a large circle in the middle of the mat, measuring seven metres in diameter, and includes an orange-coloured circle (1 metre in diameter) in the centre of the mat. An orange-coloured "passive zone," one metre in width, borders the central wrestling area. Wrestlers square off in the centre of the mat at the beginning of a match or whenever the referee restarts the match after wrestling has extended beyond the passive zone (out-of-bounds). The two diametrically opposite corners of the mat have the colours of the wrestling singlets worn by the two opponents: red and blue.

Weight Categories

Wrestlers are divided into categories according to their age and weight. At the Commonwealth Games in Birmingham, athletes will compete in the following weight categories:

Six Freestyle weight categories for men:

57kg
65kg
74kg
86kg
97kg
125kg

Six Freestyle weight categories for women:

50kg
53kg
57kg
62kg
68kg
76kg

Dress

Wrestlers must wear a "singlet" of their colour. Countries must have two versions of their singlet, one that has blue markings and one that has red marking. The remaining colours of their singlet may reflect the country's flag colours. The 'blue singlet' can be comprised of: Black, Blue, Green, Grey, Purple, Silver, and the 'red singlet' comprised of: White, Orange, Pink, Red, Yellow, Brown, Gold. When called to the mat, wrestlers must appear on the edge of the mat, in their respectively coloured corners, with singlet straps up and shoelaces secured.

Officials

Three officials score a wrestling match: the referee, the judge and the mat chairman. The referee is on the mat and makes the initial call on points verified by the judge (mat-side). The mat chairman has the final say on points awarded if there is a disagreement between the referee and the judge.

The Match

The match will consist of two periods, three minutes in length each, with 30 seconds interval between each period. A match may be won by "fall," by technical superiority or points.

A fall or pin is called when both shoulders of the defensive wrestler are instantaneously held in contact with the mat for a sufficient time to allow the referee to observe total control. The referee acknowledges and registers the fall (having first agreed with the judge or mat chairman) by blowing the whistle and striking the mat with his/her hand. A fall signals the end of the match regardless of the period in which it occurs or the score of the wrestlers at that point.

If there are no falls, the match is judged on cumulative points scored throughout the match. If at any time the difference in points between the wrestlers is more than 10 in Freestyle and more than eight in Greco-Roman, the match is stopped, and the winner of the match is the wrestler who holds the lead, due to a "technical superiority" over his/her opponent.

If the match lasts the entire regulation time period, the wrestler with the most technical points is declared the winner. If the score is tied at the end of the match, the winner will be declared by considering the highest value of takedowns and holds, the least amount of cautions and the last technical point(s) scored.

Technical Points

Technical points are awarded for various takedowns and holds, depending on the level of control during the execution of the move or the difficulty of the move.

One point is awarded for stepping out of bounds or reversals, whereby a wrestler in the defensive par Terre position executes an action, which now puts him/her behind and in control of the opponent on the mat.

Two points are awarded for a "takedown" – when a wrestler takes the opponent to the mat without back exposure from the standing or neutral position.

Four points are awarded for a "takedown" or "throw" to the danger position – when a wrestler, from the standing or neutral position, takes the opponent to the mat with direct back exposure to the mat (danger position).

Cautions - wrestlers who flee the mat, flee a hold, apply an illegal hold, or assume an incorrect par Terre starting position, may be given a caution. This results in their opponent receiving one technical point. The opponent of a

wrestler who receives three cautions over the duration of a complete match will be declared the winner of the match.

Passivity Procedure (Freestyle)

The fundamental principle of a wrestling match is "total wrestling." A referee will encourage and stimulate activity at appropriate times throughout the match by gestures and words identifying which wrestler is passive so the wrestler at fault can react. Passivity is considered to be any behaviour on the part of one or both wrestlers who, contrary to the spirit of continuous wrestling, avoid and/or obstruct the match's progress.

When passivity continues to be evident, the match will be interrupted, and a verbal and visual official warning will be awarded. If the wrestler continues to be passive, the referee will declare "passive" (upon confirmation from the judge or chair). Upon receiving confirmation, the referee will interrupt the match as long as no imminent scoring occurs. The referee will indicate to the wrestler (and may indicate to the coach) that the wrestler is "passive." A 30 second "activity period" will commence, and the identified wrestler will have 30 seconds to score.

If the cautioned wrestler does scores during the 30-second activity period, the passivity penalty will be suppressed.

If the cautioned wrestler does not score during the 30-second activity period, the match will be interrupted immediately, the identified wrestler will receive a caution, and the opponent will be awarded one point.

Challenge

The challenge is the action through which the coach, on behalf of the wrestler, is allowed to stop the action and request the jury of appeal and the refereeing body to watch video evidence in case of a disagreement with the call.

The coach must request the challenge by throwing a soft object on the mat immediately after the refereeing body has awarded or failed to award points to the disputed situation.

Each wrestler is entitled to one challenge per match. If, after reviewing the challenge, the jury of appeal modifies the decision, then the challenge can be used again during the match. If the jury of appeal confirms the decision by the refereeing body, the wrestler loses the challenge, and the opponent will receive one technical point.

The jury's appeal decision is considered final, and no further appeal is possible on the disputed situation.

For more information:

Wrestling Canada Lutte

RA Centre – House of Sport 2451 Riverside Dr.

Ottawa, ON K1H 7X7

Tel: (613) 748-5686

Email: info@wrestling.ca

Website: www.wrestling.ca

Twitter: @wrestlingcanada

United World Wrestling: www.uww.org

Media attaché in Birmingham: Darren Matte - dmatte@wrestling.ca

Wrestling Team in Birmingham

First	Last	Hometown	Event
Madison	Parks	Komoka, ON	WW 50kg
Samantha	Stewart	Fredericton, NB	WW 53kg
Hannah	Taylor	St. Catharines, ON	WW 57kg
Ana	Godinez Gonzalez	Coquitlam, BC	WW 62kg
Linda	Morais	Tecumseh, ON	WW 68kg
Justina	Di Stasio	Burnaby, BC	WW 76kg
Darthe	Capellan	Coquitlam, BC	FS 57kg
Lachlan	McNeil	North York, ON	FS 65kg
Patrik	Leder	Mississauga, ON	FS 74kg
Alex	Moore	Montreal, QC	FS 86kg
Nishan	Randhawa	Abbotsford, BC	FS 97kg
Amar	Dhesi	Surrey, BC	FS 125kg

Athlete Information:

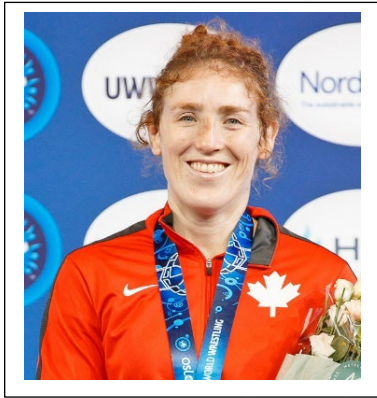


Athlete Name: Madison Parks
Sport/Event: Women's Wrestling 50kg
DOB: 11/14/1993
Hometown/Residence: Komoka, ON
Club/Coach: London-Western Wrestling Club / David Spinney
Social Media:

Career Highlights: World Championships, Pan-American Championships, National Trials

Major Competitions:

- 2022 Matteo Pellicone Ranking Series – Gold
- 2022 Pan-American Championships – Silver



Athlete Name: Samantha Stewart
Sport/Event: Women's Wrestling 53kg
DOB: 10/12/1989
Hometown/Residence: Fredericton, NB
Club/Coach: Black Bears Wrestling Club/ Don Ryan
Social Media: @Sam_Stewart53

Career Highlights: 2021 Senior World Championships, 2020 Pan-American Olympic Qualifier, 2021 World Olympic Qualifier, 2022 Pan-American Championships. 14x Canadian National Medalist

Major Competitions:

- 2022 Pan-American Champion – 5
- 2021 Senior World Championships - Bronze
- 2x University World medalist
- 2x Jeux de la Francophonie Medalist

Fun Fact: Favourite anime is One Piece.



Athlete Name: Hannah Taylor

Sport/Event: Women's Wrestling 57Kg

DOB: 05/30/1998

Hometown/Residence: Summerside, Prince Edward Island

Club/Coach: Brock Wrestling Club/ Marty Calder, David Collie and Tonya Verbeek.

Social Media: Instagram & Twitter: Hannahfaytay. Facebook: Hannah Taylor

Career Highlights: Pan American Games 2019, Senior World Championships, Senior Pan American Championships, Junior Worlds, Junior Pan American Championships, Junior and Senior Nationals.

Major Competitions:

- 2021 U23 World Champion - bronze Silver
- 2020 Senior Pan-Am Championships - Silver
- 2019 U23 Senior World Championships - Bronze
- 2019 Senior Pan-American Championships - Silver
- 2018 Junior Pan-American Championships - Gold
- 8x National Champion (multiple age groups)
- Olympic Trial alternate

Fun Fact: Hannah loves thrift shopping and she has a French Bulldog named Nelson.



Athlete Name: Ana Godinez Gonzalez

Sport/Event: Women's Wrestling 62kg

DOB: 11/26/1999

Hometown/Residence: Coquitlam, BC

Club/Coach: Burnaby Mountain Wrestling Club / Raj Viridi and Dave McKay

Social Media:

Career Highlights: Senior World Championships, U23 World Championships, Junior World Championships, Pan-American Championships, National Trials

Major Competitions:

- 2022 Pan-American Championships – Gold
- 2021 U23 World Championships – Gold
- 2021 Poland Open – Silver
- 2019 Junior World Championships – Bronze



Athlete Name: Linda Morais

Sport/Event: Wrestling 68 KG

DOB: 07/31/1993

Hometown/Residence: Tecumseh, Ontario

Club/Coach: Montreal – NTC/ David Zilberman

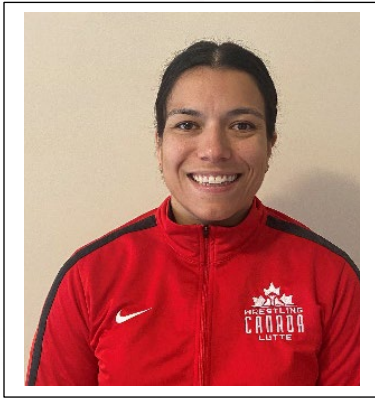
Social Media: linda.morais.71 (Facebook)

Career Highlights: Pan Am (2021), Worlds (2021), Nationals (2022)

Major Competitions:

- 2019 World Champion (59 KG)

Fun Fact: Linda loves ketchup chips.



Athlete Name: Justina Di Stasio

Sport/Event: Wrestling 76kg

DOB: 11/22/1992

Hometown/Residence: Coquitlam / Burnaby B.C.

Club/Coach: Burnaby Mountain Wrestling Club/Raj Virdi and Dave McKay

Social Media: IG: @justinarenay twitter:@justinadistasio Facebook: Justina Renay

Career Highlights: World Championships, Pan Am Games, Pan Am Championships, World Cup, Canadian Olympic Trials Finals

Major Competitions:

- 2018 World Champion
- 2017 World Bronze Medalist
- 2019 Pan Am Games - Gold

Fun Fact: Justina's nickname is Juice.



Athlete Name: Darthe Capellan

Sport/Event: Wrestling 57kg

DOB: 05/04/1996

Hometown/Residence: Coquitlam, BC

Club/Coach: Burnaby Mountain Wrestling Club/ Raj Virdi and Dave McKay

Career Highlights: Senior World Championships, U23 World Championships, Junior World Championships, Pan-American Championships, Junior Pan-American Championships, Commonwealth Wrestling Championship.

Major Competitions:

- 2019 Pan-American Games – Bronze
- 2019 Matteo Pellicone – Silver
- 2016 Pan- American Championships -Gold
- 2014 Junior Pan-American Championships – Gold

Fun Fact:



Athlete Name: Lachlan McNeil

Sport/Event: Wrestling 65kg

DOB: 01/19/2001

Hometown/Residence: North York, ON

Club/Coach: Team Impact / Tony Ramos

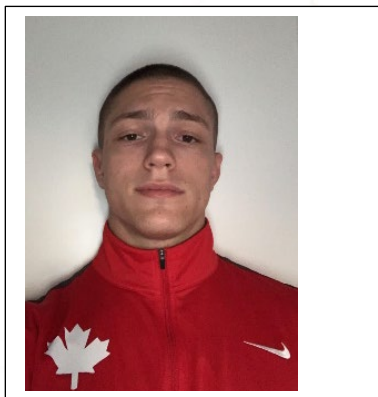
Social Media: twitter/Instagram @Lachlan.mcneil

Career Highlights: Junior World Championships, Junior Pan-American Championships, Cadet World Championships.

Major Competitions:

- 2021 Junior Pan-American Championships – Gold
- 2016 & 2017 Cadet Pan-American Championships – Gold
- 2018 Cadet Pan-American Championships – Silver

Fun Fact: Lachlan was born in the Middle East (Bahrain).



Athlete Name: Patrik Leder

Sport/Event: Wrestling 74kg

DOB: 06/14/2001

Hometown/Residence: Mississauga, ON

Club/Coach: Burnaby Mountain Wrestling Club/ Raj Virdi and Dave McKay

Social Media:

Career Highlights: Junior World Championships, Cadet World Championships, Cadet Pan-American Championships

Major Competitions:

- 2021 Junior World Championships – Silver
- 2017 Cadet Pan-American Championships – Bronze

Fun Fact: Patrik can crack his ankles on command.



Athlete Name: Alex Moore

Sport/Event: Wrestling 86kg

DOB: 08/18/1997

Hometown/Residence: Montreal, QC

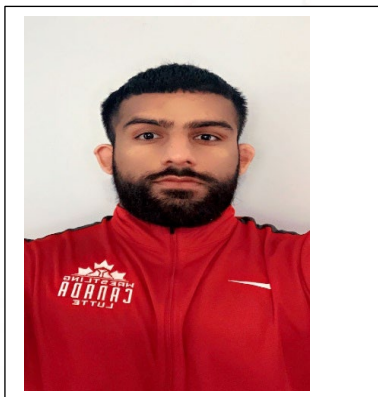
Club/Coach: Montreal- NTC / Rob Moore and David Zilberman

Social Media:

Career Highlights: Commonwealth Games, World Championships, Junior World Championships, Pan-American Games, Pan-American Championships.

Major Competitions:

- 2017 Pan-American Championships - Bronze
- 2017 Junior Pa-American Championships – Gold



Athlete Name: Nishan Randhawa

Sport/Event: Wrestling 92kg

DOB: 12/05/1997

Hometown/Residence: Abbotsford, BC

Club/Coach: Burnaby Mountain Wrestling Club / Raj Virdi and Dave McKay

Social Media: Instagram: @nrandhawa1

Career Highlights: World Championships, U23 World Championships, Junior World Championships, Pan-American Championships, Junior Pan-American Championships

Major Competitions:

- 2017 Junior Pan-American Championships – Gold
- 2017 Pan-American Championships – Bronze



Athlete Name: Amar Dhesi
Sport/Event: Wrestling 125kg
DOB: 09/02/1995
Hometown/Residence: Surrey, BC
Club/Coach: Burnaby Mountain Wrestling Club/ Logan Stieber
Social Media: Instagram: @adhesi1

Career Highlights: Olympic Games, World Championships, Pan-American Championships

Major Competitions:

- 2022 Pan-American Championships – Gold
- 2022 Pan-American Championships – Silver
- 2021 Matteo Pellicone ranking series – Gold
- 2020 Matteo Pellicone ranking series – Silver

Overview on Coaches:

Coach Name: Raj Virdi
Sport/Event: Wrestling
Role: Coach
Hometown: Surrey, BC

Coach Name: David Zilberman
Sport/Event: Wrestling
Role: Coach
Hometown: Montreal, QC

Coach Name: Chris Woodcroft
Sport/Event: Wrestling
Role: Team Leader
Hometown: Huntsville, ON

Coach Name: Surinder Budwal
Sport/Event: Wrestling
Role: Medical/Therapist
Hometown: Hamilton, ON

MISSION STAFF



Team Canada 2022 Mission Staff

Leadership

- Co-Chefs de Mission - Claire Carver-Dias and Samuel Effah
- Scott Stevenson, Executive Director, Team Canada 2022

Operations Team

- Kelly Lafamboise, Team Leader, Operations
- Wayne Parro, Operations, NEC Village Lead
- Tamara Medwidsky, Operations Warwick Village Lead
- Chris Taylor, Operations, Birmingham Village Lead
- Benoit Girardin / Adam Klevinas, Ombudspersons
- Shravan Chopra, Operations, Technology
- Jamie Williams, Operations, Team Uniform
- Eli Saab, Operations, Travel
- Ryan Pelley, Operations, Transport
- Marc Bolduc, Security Lead
- Steve Ethier, Security
- Harp Dhaliwal, Security

Medical Team

- Dr. Marni Wesner, Chief Medical Officer
- Dinah Hampson, Chief Therapist
- Antoine Atallah, Clinic Manager
- Dr. Richard Goudie (MD)
- Dr. Olesia Markevych (MD)
- Jami Boyd (AT)
- Andrea Prieur (AT)
- Brigitte Gauthier (PT)
- Jacques Lavergne (PT)
- Monty Churchman (RMT)
- Suzanne Morony (RMT)
- Jason White (RMT/AT)

Communications Team

- Communications Lead and Attaché for Badminton & Table Tennis – Patrick Kenny
- Communications Coordinator and Attaché for Squash & Gymnastics – Laura Gray
- Social Media Lead and Attaché for Triathlon and Rugby & Gymnastics – Aerin England
- Communications Assistant – Felicia Potvin
- Attaché for Basketball, Wheelchair Basketball, Athletics and Para-Athletics – Caroline Sharp
- Attaché for Beach Volleyball and Cycling – Jackie Skender
- Attaché for Swimming, Para-Swimming and Diving – Nathan White
- Attaché for Lawn Bowls and Judo – Helene Lavigne
- Attaché for Boxing, Weightlifting and Wrestling – Darren Matte
- Attaché for Field Hockey – Yan Huckendubler
- Photographer – Dan Galbraith
- Videographer – Marc Durand

CSC Board of Directors

- Richard Powers, President
- Keith Gillam, Treasurer
- David Bedford, Director
- Trevino Betty, Director
- Claire Carver-Dias, Director
- Karen Hacker, Director
- Ava Hill, Director
- Graham Smith, Director
- Marisha Roman, Director
- Riley McCormick, Director
- Brian MacPherson, Commonwealth Sport Canada, CEO

Canadian Medal Summary

Games	Gold	Silver	Bronze	Total
1930 Hamilton, CAN	20	15	19	54
1934 London, ENG	17	25	9	51
1938 Sydney, AUS	13	16	15	44
1950 Auckland, NZL	8	9	13	30
1954 Vancouver, CAN	9	20	14	43
1958 Cardiff, WAL	1	10	16	27
1962 Perth, AUS	4	12	15	31
1966 Kingston, JAM	14	20	23	57
1970 Edinburgh, SCO	18	24	24	66
1974 Christchurch, NZL	25	19	18	62
1978 Edmonton, CAN	45	31	33	109
1982 Brisbane, AUS	26	23	33	82
1986 Edinburgh, SCO	51	34	31	116
1990 Auckland, NZL	35	41	37	113
1994 Victoria, CAN	40	42	47	129
1998 Kuala Lumpur, MAL	30	31	38	99
2002 Manchester, ENG	31	41	46	118
2006 Melbourne, AUS	26	30	31	87
2010 Delhi, IND	26	17	33	76
2014 Glasgow, SCO	32	16	34	82
2018 Gold Coast, AUS	15	40	27	82
Total	486	516	556	1558

The Commonwealth Games

- The Commonwealth is home to 74 nations & territories and 2.2 billion citizens, representing about 30% of the world's population. It is the oldest political association of sovereign states.
- Members are united by language, history and culture, and shared values that underpin modern, progressive societies, such as; democracy, human rights, equality, justice and the rule of law. Canada takes pride in its membership in the Commonwealth of Nations, as well as its cultural and historical ties to Britain.
- The Commonwealth Games are an international multi-sport event involving athletes from the Commonwealth of Nations. The event was first held in 1930, and, with the exception of 1942 and 1946, has taken place every four years since then. 74 nations and territories compete, representing a third of the world's total population. The Commonwealth Games celebrate humanity, equality and destiny.
- The Commonwealth Games are one of the only multi-sport event where para-sport events are fully integrated into the sporting schedule of every Games since 2002. Medals won by athletes and para-athletes count to their nation's medal tally.
- Canada is the birthplace of the Commonwealth Games, having hosted the first ever Games in Hamilton in 1930, which were then known as the British Empire Games. Canada hosted the Commonwealth Games 4x to date – Hamilton (1930), Vancouver (1954), Edmonton (1978) and Victoria (1994).
- Canada has participated in every Commonwealth Games since their inception. Canada is third on the all-time medal tally with an overall total of 1,394 medals (439 Gold, 460 Silver and 495 Bronze). Canada was top of the medal tally once, at the 1978 Games.
- Not only did Canada host the very first Commonwealth Games in Hamilton in 1930 but those games introduced the Athletes Village, awards podium and volunteerism.
- Canada has a special relationship with the Commonwealth Games. Each time Canada has hosted the Commonwealth Games a “games changer” was introduced, permanently elevating the global Commonwealth sport movement.
- The 1954 Commonwealth Games in Vancouver included the first ever live televised sporting event in North America, the iconic Miracle Mile event. The title “Commonwealth Games” was introduced at the 1978 Games in Edmonton and the 1994 Commonwealth Games in Victoria introduced Para-sports.
- The Commonwealth Games play an important role in Canadian sport and the international sport calendar, and are:
 - a world-class sporting competition;
 - a key marker of athlete development: an important stepping-stone to World Championships and Olympic Games (for example, at the 2020 Olympics Canada won 18 medals in the Commonwealth sports, 16 medals won were by Commonwealth Games alumni athletes);
 - a celebration of sport and friendship within the Commonwealth family.

Canadian Team Flag Bearer

1930 Percy Williams
1934 Unknown
1938 Unknown
1948 Unknown
1950 Unknown
1954 Gerard Baton
1958 Unknown/inconnu
1962 Gordon Dickson
1966 Bill Crothers
1970 Ralph Hutton
1974 Jamie Paulson
1978 Russ Prior
1982 John Primrose
1986 Ben Johnson
1990 Tom Ponting
1994 Angela Chalmers
1998 Marianne Limpert
2002 Daniel Igali
2006 Chantal Petitclerc
2010 Ken Pereira
2014 Susan Nattrass
2018 Meghan Benfeito

Commonwealth Games Held in Canada

Hamilton 1930

11 countries sent a total of 400 athletes to participate in these first Games, then known as the British Empire Games.

Sports featured: track and field, bowls, boxing, rowing, swimming, diving and wrestling.

Vancouver 1954

22 countries sent 662 athletes to compete in these fifth Games known as the British Empire and Commonwealth Games.

Sports featured: track and field, bowls, boxing, cycling, fencing, rowing, swimming, diving, weightlifting and wrestling.

Edmonton 1978

44 countries sent 1,475 athletes to compete in these 11th Commonwealth Games.

Sports featured: athletics, badminton, boxing, cycling, gymnastics, lawn bowls, swimming, diving, shooting, weightlifting and wrestling.

Victoria 1994

63 countries sent approximately 2,446 athletes to these 15th Commonwealth Games.

10 sports were featured: aquatics (swimming, diving, synchronized swimming), athletics, badminton, boxing, cycling, gymnastics, lawn bowls, shooting, weightlifting and wrestling.

Websites of Interest

Visit Commonwealth Games Canada www.commonwealthsport.ca for up-to-date information on our athletes and daily news stories. See the LINKS for a list of valuable web resources including International Sports Federations, National Sport Federations and more.

Birmingham Commonwealth Games:

www.birmingham2022.com

The Commonwealth Games Federation:

www.thecgf.com

Canadian heritage (Sport Canada):

www.pch.gc.ca