



Athlete Representative Report

Hi, my name is Heidi Mallett and I am happy to be presenting my second athlete report at our AGM. I have been an SOPEI athlete for 14 years. I enjoy participating in bowling, bocce, golf, and snowshoe. I am honored and blessed to serve on the SOPEI Board of Directors and the Canadian Athlete Leadership Council as the PEI Athlete representative.

I work with the SOPEI Athlete Leaders and staff in the development and growing our Athletes Leadership Program. In January we launched the Athlete Leadership Academy that members can apply to, to build skills and learn about leadership. SOPEI offered two courses this spring; Health messenger and speaker training. I would like to congratulate the 8 Athletes and their mentors who completed the courses. There will be more opportunities for athletes to take courses in the future.

Canadian Athlete Leadership Council

Last November, my mentor and I went to Toronto for our face to face CALC meeting. Topics we discussed were coach evaluation, new future sports programs, and world games. Special Olympics Canada CEO, Sharon Bollenbach was also in attendance and it was great to share our ideas with her. During this challenging time of COVID, the CALC has been meeting on Zoom, to discuss ideas for all our chapters to try to connect with our athletes across Canada. The CALC had discussions with SOC staff to talk about National and World Games and what return to play could look like during COVID. CALC members also helped in the selection process for the SOC Athlete of year awards.

As you all know these days have been hard for our Athletes as well as everyone. I worked with SOPEI ALPs leaders and SOPEI staff to find ways to keep our athletes active during COVID lockdown. Some of things we did that I am proud of are: virtual

bowling provincials, word searches and Dr. Joanne Reid's social challenges. I also participated in training how to do video/pictures with your cellphone.

I would like to share a few of my highlights during past year.

We should all be grateful and thankful for the opportunity for our Athletes, coaches, and mission staff that got to attend the Special Olympics Canada Winter Games in Thunder Bay, Ontario. Congratulations to the whole team for representing PEI so well.

Despite COVID we all added making changes to our daily activities. Such as learning how to use virtual technology like Zoom and other online resources. We started a new Facebook page to keep our members informed and active during the cancellations of programming. And held SOPEI/CALC monthly Athlete social hours.

This year we had to host our bowling provincials virtually through bowling at home, a look back video and a virtual dance. Yes, it was a disappointment we could not meet in person but hopefully next year.

SOPEI's return to play was one of the first chapters to return to their local programming this past summer and it was very exciting time for our athletes, coaches and volunteers. Not all of our athletes were not able return to sport programs this summer but we look forward to when they can and are happy to provide activities online for them to participate in.

In closing, my hope for the next year is to have all our sport programs back up and running even if we have to do things a little bit different. I would like to thank SOPEI board and staff for their support and for allowing me to serve another year as a SOPEI board member, and represent PEI on the CALC. Stay positive and be safe and healthy.

Heidi Mallett,

Athlete Representative