

NEWSLETTER

24TH ANNUAL BREAKFAST OF CHAMPIONS



CONGRATULATIONS to all the champions that were recognized and celebrated at the Dec 2, 2024 at the 24th Annual Breakfast of Champions: Home Grown Champions “Celebrating our Paris Olympians.” To see all the award winners and special awards visit <https://www.sporthamilton.com/boc>

Registration for the 25th Annual Breakfast of Champions will take place on Dec 1 at Carmens and registration will be open on May 1, 2025 for Hamilton area athletes, teams and coaches who have accomplished the following in the 2025 season: Provincial Champions, or Qualified and competed as provincial champs at the National level or Qualified and competed for Canada at an International competition.

CLICK THE IMAGE BELOW TO VIEW THE PHOTOS FROM THE 2024 BOC



35TH ANNUAL SPORT VOLUNTEER APPRECIATION AWARDS



APRIL 29, 2025 at LIUNA STATION (360 James St. N. Hamilton)
Doors open at 5pm, dinner 6:30pm. Registration is required.

The City of Hamilton, in partnership with Sport Hamilton, is excited to announce, after a 5-year hiatus, we will be hosting the 35th Annual Sport Volunteer Appreciation Banquet. This year's event will take place on Tuesday, April 29th, 2025, at Liuna Station Banquet Hall, and will honour volunteers who give their time and energy to sports in Hamilton. A fantastic evening has been planned, featuring Emcee – Mike Fortune (Cable 14), and keynote speaker Simoni Lawrence of the Hamilton Tiger-Cats!

Sport User groups from around the City of Hamilton have been invited to participate in this event. Ticket availability will be shared in late March. Questions and inquiries, please email sport@hamilton.ca

ARCELORMITTAL DOFASCO GRASSROOTS SOCCER PROGRAM



The 2025 summer season will be held at Tim Hortons Field with additional days for the program being held 2 days a week (Tuesdays and Thursdays) for FREE to children who reside in Wards 2, 3 and 4. Registration is currently full, however a waiting list has been set up for interested families.

www.hamiltongrassrootsoccer.com/



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NEWSLETTER


APRIL 1 - 30, 2025


WALK 30-4-30 Challenge

WALK TO SCHOOL, WORK, SHOP OR PLAY - EVERY MINUTE COUNTS!

[WWW.SPORTHAMILTON.COM/WALK30](http://www.sporthamilton.com/walk30)

LET'S GET MOVING HAMILTON!

SportHamilton is proud to launch the Walk 30-4-30 Challenge, to get you moving on a regular exercise program. We encourage everyone to start moving by simply

Walking 30 continuous minutes a day for 30 consecutive days, starting April 1, 2025

Register for **FREE** via the [link on our website](#) or scan the QR code

Track your progress everyday for a chance to win daily prizes!!!

Join our "Walk-off" event at 6 pm on April 1st at T.B. McQueston Park
1199 Upper Wentworth St, Hamilton,

Help support  by making a donation [on-line](#)



2ND ANNUAL SPORTHAMILTON WALK 30-4-30 CHALLENGE

The SportHamilton Walk 30-4-30 Challenge encourages everyone to start moving by simply Walking 30 continuous minutes a day for 30 consecutive days, starting April 1, 2025

Be sure to [join our Walk 30-4-30 Facebook group](#) to post some pictures and promote your progress in completing our challenge.

Join our "Walk-off" event at 6 pm on April 1st at T.B. McQueston Park
1199 Upper Wentworth St, Hamilton

CHALLENGE HOUND

Registration is now

OPEN!

CLICK HERE TO REGISTER

www.sporthamilton.com/walk30 



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FREE NCCP COACHING ATHLETES WITH A DISABILITY eLEARNING MODULE

Ontario residents can access the NCCP Coaching Athletes with a Disability eLearning module for FREE by signing up for a Code with the Coaches Association of Ontario: www.coachesontario.ca/cawad

Coaching Athletes with a Disability typically costs \$15 in the Locker, and equips sport coaches to develop and adapt their practice planning to accommodate athletes with physical, intellectual, sensory and behavioural disabilities. Newly revised, the module now has a more effective learning design, with real-life stories from coaches and athletes throughout the module, and improved accessibility across various devices.

The deadline for this offer is March 31st, 2025.

If you have any questions, please contact Brooke Leonardo at CAO brooke@coachesontario.ca.

For more information and events go to: <https://www.coachesontario.ca/>

ABOVE AND BEYOND NEWSLETTER



[CLICK HERE to read the Above and Beyond Newsletter!](#)



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ONTARIO PHYSICAL LITERACY SUMMIT 2025



The OPLS is returning to an in-person summit for 2025 to be held on **Monday, October 20, 2025** at St. Thomas More Secondary School from 8:30am-3:30pm *“Everyone Move: Just Roll With It”*.

All abilities, all ages, all cultures, all sports and all activities that develop and enhance physical literacy, moving competently, mental and emotional well-being, while embracing equity, diversity and inclusion to maintain active participation throughout the lifespan will be the focus of this summit.

How can movement, physical activity and sport benefit any persons’ over-all well-being will be discussed by experts in the field. Registration and more details will be open by June 1, 2025. Save the date and check the link at

<https://physicalliteracyhamilton.ca/>

PARASPORT® ONTARIO - THERE IS A SPORT FOR EVERYBODY MARCH 2025 NEWSLETTER

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ParaSport® Ontario Resource Hub

ParaSport® Ontario Resource Hub There is a sport for everyBODY!
Niagara Sledge Hockey League In St. Catharines and Grimsby. What you...

Parasport Ontario / Dec 1, 2024



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