

SPORTS DAY

Sports Day came back in 2022 after a couple of years off due to covid and it was great to have it running again.

We had lots of participation in all of our age groups: Junior (8 – 10 years old), Intermediate (11 – 13 years old) and Senior (14 – 16 years old). Congratulations go out to all of them! And as always, the golf course was full of spectators cheering everyone on. Thank you for showing your support to the athletes.

A big thank you to all of our volunteers who led the groups and helped run the individual events and, in some cases, taught kids how to do some of the activities. For many it was their first-time trying triple jump or high jump, which can take a number of tries to get the hang of.

This year Sports Day will be held on **Saturday, August 5th at 9:00am**. All kids aged 8 – 16 are welcome to participate and we are always looking for volunteers to run events or lead one of our groups. If you are interested in helping out, please reach out to Kelly or Mike Buchanan at mikeandkellyb@rogers.com. We look forward to seeing you there.