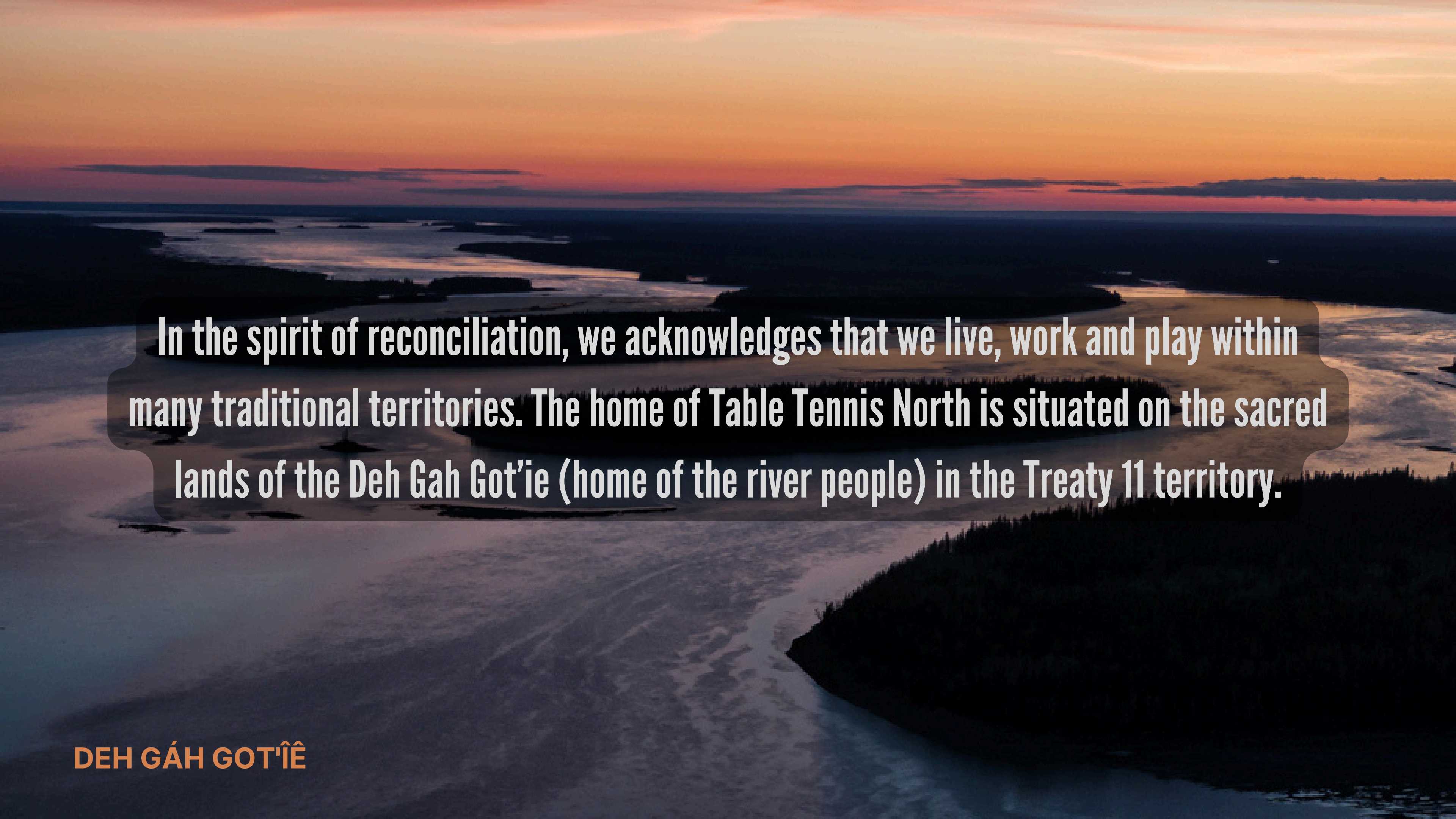




**Supporting our Athletes Beyond
the Sport of Table Tennis**

Unceded territory of the Algonquin, an
Anishinaabe people who have occupied the entire
Ottawa watershed for thousands of years

A wide river flows through a landscape at sunset or sunrise. The sky is a mix of orange, red, and blue. The river is dark, with some lighter patches reflecting the sky. In the foreground, there is a dark, forested bank. The text is overlaid on the river.

In the spirit of reconciliation, we acknowledge that we live, work and play within many traditional territories. The home of Table Tennis North is situated on the sacred lands of the Deh Gah Got'ie (home of the river people) in the Treaty 11 territory.

DEH GÁH GOT'ÎÊ

A portrait of a young woman with long dark hair, wearing a dark grey hoodie, standing against a solid blue background. Her arms are crossed. The name 'KATHLEEN' is overlaid in large white letters, with the letters 'T', 'H', 'L', and 'E' having white outlines that frame her face.

KATHLEEN

Kathleen Cai
Team NT Athlete (she/her)

“Thor”sten Gohl (he/him)
Executive Director



THORSTEN

#TABLETENNISROCKS
#WEAREMORETHANJUSTTHEGOVERNINGBODY

GOVERNING BODY OF TABLE TENNIS IN THE NORTHWEST TERRITORIES



VISION & MISSION

Vision 1.1

Providing anyone involved with positive and meaningful experiences, fostering personal growth and development of essential skills and values through sports, **empowering** them to become the best version of themselves.

Mission 1.1

Deeply understand the strengths and weaknesses of the athlete/coach, to promote and sustain their motivation, and to create opportunities and possibilities through sport. By leveraging this understanding and motivation, aim to **empower** them to reach their full potential and achieve success in their endeavours. A holistic approach explore the interconnected facets of mind, body and spirit.



#SPORTFORGROWTH
#MINDBODYSPIRIT

VALUES

"CREATING OPPORTUNITIES & POSSIBILITIES FOR OUR YOUTH TO BECOME THE BEST VERSION OF THEMSELVES."

VALUES IN PLACE

Caring, Commitment, Courage, Creativity, Efficiency, Positivity, humour, initiative, integrity, openness

VALUES IN PROGRESS

Balance, competence, continuous learning, excellence, future generations, health, leadership, listening skills, resilience

#VALUESFORPRESIDENT





CULTURE

- Holistic model, **human first**
- Valuable platform for achieving success in any endeavours
- Our values are the centre of everything we do.

##VALUESATTHECORE
#HUMANFIRST

CREATING SAFE SPACES



#SAFESPACE
#LISTEN & #SHARE

Police Record Check
Rule of Two
Ethics Training
Safe Sport Training



#FORTHEBETTEROFSPORT

Tue, Aug 27

Chelsea Currie

Hey gang, fill me in over here in Ontario... how much Table Tennis are you getting in this week??

✔ Select one

I'm playing 3+ times 😄 2

I'm playing 1-2 times 💪 0

I'm back to business NEXT week 📝 1

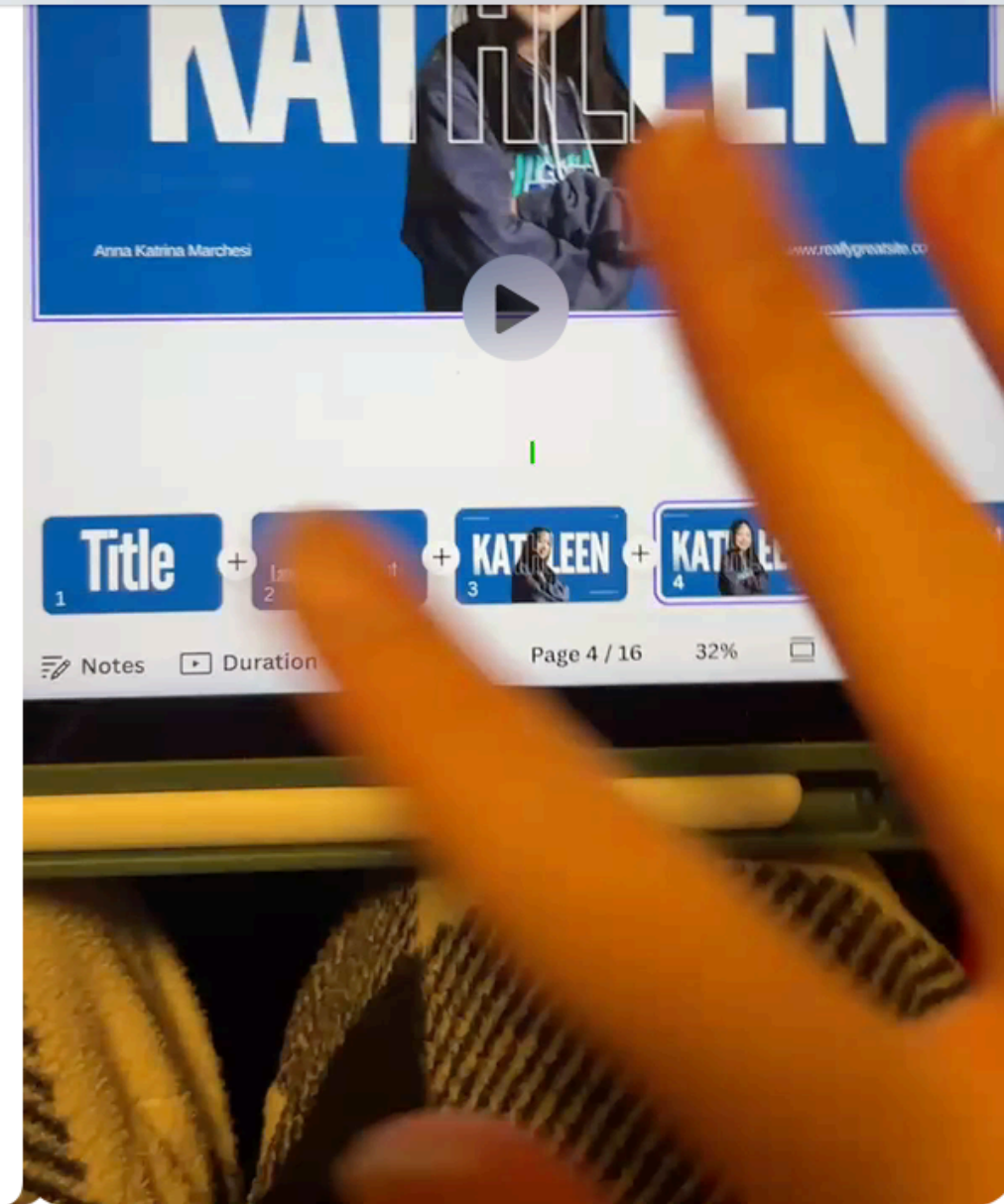
I have no idea 😞 2

1:02 PM

View votes

#RULEOFTWO

To: Tommaso Cai, Kathleen Cai



KC

Smiling one 😊.

Love the look of the first one better, but you are right, the smiling one is much better.

KC

Okay thanks

Good choice of Thorsten picture 😊

+

iMessage



#DIDWESAYFUNYET



WORKING OUT

NATIONAL TEAM PLAYERS

COAST TO COAST TO COAST

MUSIC

FUN FUN FUN

GIRLS & WOMEN

VIRTUAL

HAVE FUN - KEEP FIT - LEARN TABLE TENNIS



INCLUSION

#SPORTSFORALL
#WHOAREWE

Empowering young athletes to learn the importance of inclusivity and acceptance in all aspects of life.

#SOSIMPLE
#LOVEISLOVE



LOVE IS LOVE

#EVERYCHILDMATTERS

#TRUTH&RECONCILIATION

#everychildmatters

<https://tabletennisnorth.ca/truth-reconciliation/>

Encourage participants to reflect on what "Every Child Matters" means to them personally, fostering a deeper connection to the concept.

Learning to express their ideas clearly helps build confidence and communication skills, essential for personal and professional growth.







EMPOWERMENT

#WHYDOWEDOWWHATWEDO
#EMPOWERTHROUGHSPORTS

- Mental Performance
- Head Coach
- Guest Coaches
- Strength & Conditioning
- Nutrition
- Mentor

HIGH PERFORMANCE

#WEAREALLTEAMNT

#TOGETHERWEARESTRONGER

#...



Thorsten (he/him)



Ivy Liao



#YOUAREAWESOME

#

##...

#AMAZINGPARTNERS

AURORA FORD







RYAN

#RYANREYNOLDS

#SEEYOU SOON



HOCKEY & TABLE TENNIS



#HOCKEY&TABLETENNIS

#MULTISPORT





**CREATING OPPORTUNITIES
AND POSSIBILITIES FOR
YOUTH TO BECOME THE BEST
VERSION OF THEMSELVES.**



#THATSWHY

#WEAREALLTEAMNT



#YOUAREAWESOME

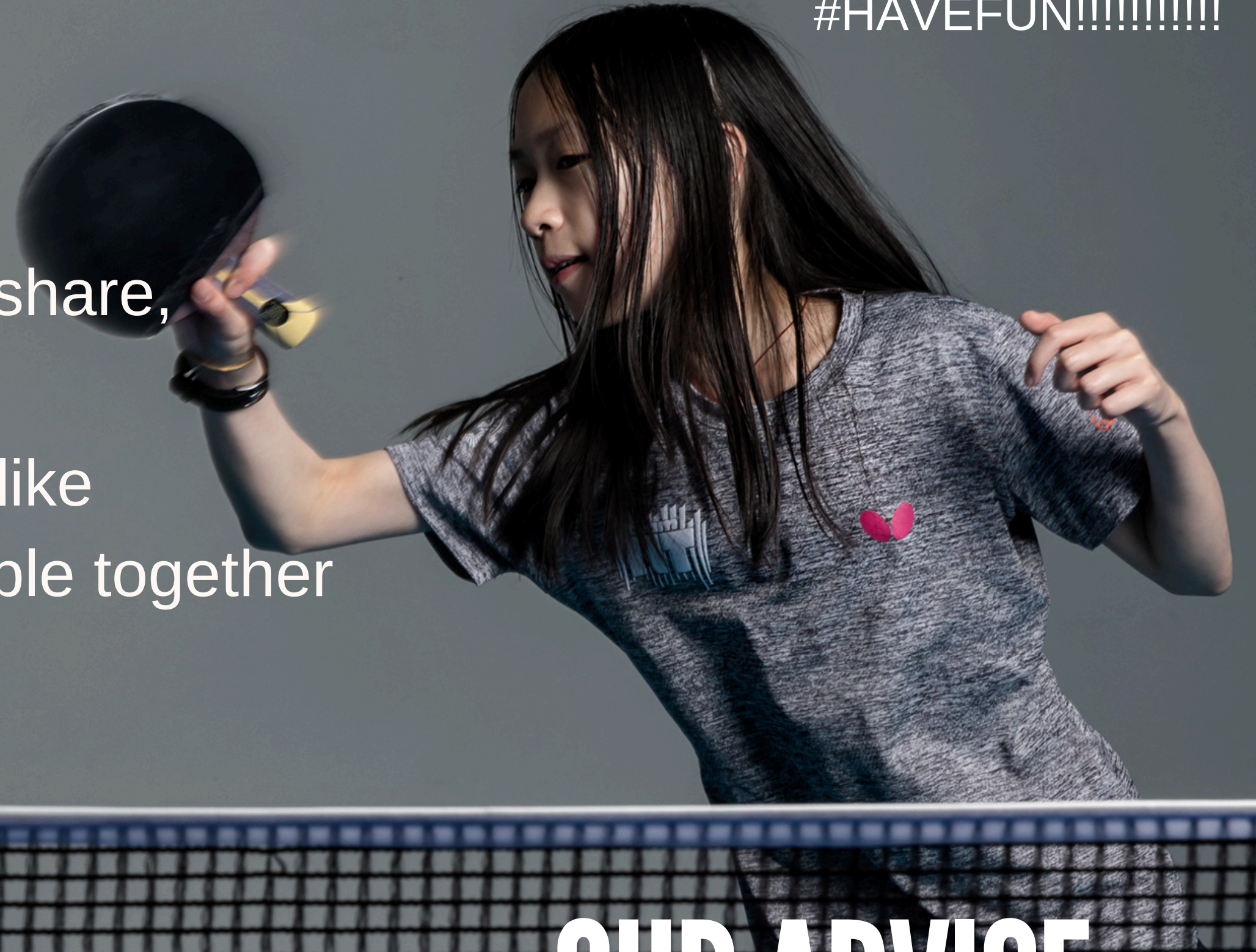
#HAVEFUN!!!!!!!!!!!!

OPTION #1

MOVE TO THE NWT

Seriously

- Build a Community of Practice, share, listen and learn together
- ask your participants what they like
- think outside the box, bring people together
- lead by example
- HAVE FUN!!!!!!!!!!!!



OUR ADVICE

Thank you | Merci | Mársı | Kinanāskomitin | Haj' | Quana | Qujannamiik | Quyanainni | Máhsı | Máhsı | Mahsi



THOUGHTS RECOMMENDATION LOVE NOTES?

<https://tabletennisnorth.ca>

@TABLETENNISNORTH

info@tabletennisnorth.ca

