

Newfoundland and Labrador Sports Centre

Activity Plan 2023- 2026

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Chairperson's Message

On behalf of the Board of Directors for the Newfoundland and Labrador Sports Centre Inc. (NLSC), I am pleased to submit this three-year Activity Plan for 2023-26. The plan has been prepared in compliance with the **Transparency and Accountability Act**, under which the NLSC is classified as a Category 3 Government entity.

In the development of this plan, the Board has considered the mandate of the Department of the Tourism, Culture, Arts and Recreation, the strategic directions of government, as well as the Board's primary objective to conduct overall management, maintenance and operation of the NLSC to ensure a high-quality facility that allows Newfoundland and Labrador Provincial Sports Organizations the opportunity to implement and develop programs through training and competition. In addition, the NLSC will endeavour to provide a high performance program that promotes and supports increased physical conditioning, skill development and overall athlete development.

My signature below is indicative of the Board's accountability for the preparation of this plan and the achievement of the objectives therein.

Sincerely,



Tom Godden

Overview

The Newfoundland and Labrador Sports Centre (NLSC) is a high-quality multi-purpose athlete training facility, and was officially opened in July 2008. It serves as a venue for athlete training and for hosting provincial, national and international competitions for more than 85,000 athletes, coaches and administrators that make up Sport Newfoundland and Labrador. The NLSC hosts over 270,000 athlete and user participant visits per year, not including spectators. The NLSC is operated as a Provincial Crown Corporation and includes two separate facilities on the same site: the PowerPlex, a multi-purpose indoor training facility, and The Dr. Noel Browne High Performance Centre, a world-class strength and conditioning facility. In 2017, a \$2.4 million expansion and upgrade of both facilities was completed.

The indoor training facility, the PowerPlex, provides the province's elite athletes with access to a boxing/combat room, locker and shower rooms and a 2,944-square metre (or 32,000 square foot) gymnasium, which is large enough to have four basketball, seven volleyball or seven badminton courts playable at any one time. The newest addition completed in February 2017 is a 600-square metre turf area that includes a bleacher area and washrooms.

The Dr. Noel Browne High Performance Centre is an extension to the adjacent Swilers Rugby Club, and includes a multi-purpose meeting room, three offices, and a strength and conditioning room which is on equal scale and of equal quality to many of North America's professional sports teams' facilities. The high performance centre was also upgraded in February 2017 with an additional 270-square metres of strength and conditioning area.

During the 2023-26 planning cycle, the Board of Directors will support Government's mandate for the Department of Tourism, Culture, Arts and Recreation to increase physical activity through policy and public education; to provide protections for amateur sports organizations that follow public health guidelines to ensure people who want to

engage in physical activity feel comfortable doing so; to maintain awareness of the Healthy Active Living Action Plan and assist in the implementation; and to work with Canada Games Secretariat where necessary to facilitate the NLSC role in the 2025 Canada Summer Games.

The Board of Directors is made up of representatives drawn from a range of the sport and recreation community who have far-reaching experience in the field. At the time of the preparation of this NLSC activity plan, the board of the NLSC included:

- Tom Godden (Chair);
- Tanya Haywood (City of St. John's);
- Sandy Hickman (City of St. John's);
- Laura Haley (Sport NL);
- Gary Martin (Sport NL);
- Dennis Clarke (Swilers Rugby Club);
- Dr. Noel Browne (Swiler's Rugby Club);
- Michelle Healey (TCAR);
- Andrew Bruce (Community Representative);
- Roger Head (Community Representative);
- Sheena McCrate (Community Representative); and,
- Winston Jenkins (Community Representative).

For more information on the NLSC, please contact:

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Mandate

The mandate of the NLSC Board, as described under the objects of the corporation, is:

- a) To manage, maintain and operate the Newfoundland & Labrador Sports Centre;
- b) To provide high-quality facilities that allow Newfoundland and Labrador Provincial Sports Organizations the opportunity to implement and develop programs through training and competition; and,

- c) To provide a high performance program that promotes and supports increased physical conditioning, skill development and overall athlete development.

Budget

The NLSC budget for 2023-24 is \$740,000 which includes a provincial operating grant of \$426,900. Provincial appropriations provide for the operation of the NLSC.

Lines of Business

The three primary lines of business for the NLSC are as follows:

Operation of the Sports Centre: The NLSC operates seven days per week and, as such, the daily operations require a great deal of time and focus. This includes the management of human resource issues, centre maintenance, managing bookings, procuring required items and information technology management, among others.

Athlete Development and Training: The NLSC complex includes two buildings – a multi-purpose indoor training facility (the PowerPlex) and a high performance centre (Dr. Noel Browne High Performance Centre). These facilities enable athletes and teams to access training space and to help achieve a higher level of athletic success.

Sport Event Hosting: The NLSC complex serves as a venue to host provincial, national and international competitions for Newfoundland and Labrador.

Primary Clients

The NLSC is overseen by a board and represents a partnership among two levels of government (Provincial and Municipal), the Sports Community and the Private Sector. Because of this, the Centre has a diverse range of primary clients, including:

- Provincial Sport Organizations (PSOs);

- Sport and Recreation organizations (Sport Newfoundland and Labrador, School Sport Newfoundland and Labrador, and Recreation NL);
- Department of Tourism, Culture, Arts and Recreation ;
- Department of Justice and Public Safety;
- Law Enforcement and The Royal Newfoundland Constabulary;
- City of St. John's;
- Newfoundland and Labrador elite athletes;
- Newfoundland and Labrador schools;
- Memorial University of Newfoundland and Labrador, particularly the School of Human Kinetics and Varsity Athletics;
- Multiple Health Care Organizations and Community Groups;
- Cardiac patients and seniors for rehabilitation; and,
- the general public.

Vision

The vision of the NLSC is to be a vehicle to facilitate the overall development of Provincial Sport Organizations, their programs and athletes in multiple sports, at all ages through the access to high-quality facilities. Through this access, athletes have the opportunity to realize their athletic potential by sport specific training, and advanced sports performance training programs scientifically designed to maximize human sports performance. Additionally, the NLSC also meets the requirement to encourage, attract and host high-level sporting events that showcase these potential increases in athletic performance.

Strategic Issues

In consideration of the mandate and financial resources of the NLSC, the Board intends to report on the strategic issue and objectives below, through its annual reports, for each year of this plan (2023-24, 2024-25 and 2025-26).

Strategic Issue 1

Facilitate sport development by providing safe, high-quality sport programs and facilities and being a primary venue for provincial sports organizations for training, competition and athlete improvement. This supports Government's strategic direction of promoting active healthy lifestyles. The NLSC works with its partners to ensure gender equity across all programs.

Objective 2023-2024

By March 31, 2024, the NLSC will have provided safe, high-quality sport facilities and programs for Provincial Sports Organizations (PSO).

Indicators

- Hosted sporting activities and competitions for multiple PSO's.
- Undertook infrastructure review to ensure minimum standards are met for NLSC hosted sporting events for Canada Games 2025.
- Conducted policy review to promote and enable safe and healthy sport environment.

Objective 2024-2025

By March 31, 2025, the NLSC will have provided safe, high-quality sport facilities and programs for Provincial Sports Organizations.

Objective 2025-2026

By March 31, 2026, the NLSC will have provided safe, high-quality sport facilities and programs for Provincial Sports Organizations.

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