

Athlete Panel

Thursday 1st May 2025

Territorial Acknowledgement

- We gratefully and respectfully acknowledge that our workplace exists on the traditional, ancestral, and unceded territories of the xwməθkwəy̓əm (Musqueam), Skwxwú7mesh (Squamish), Líl'wat7úl (Lil'wat), Esquimalt and Songhees Nations of the Coast Salish peoples.
- I am speaking to you today from Sidney BC which is located within the traditional territory of the W̱SÁNEĆ People

Housekeeping

- We have a fully subscribed event
- Please make sure your microphone is muted
- You can keep your camera on if you choose

- We will have a Q and A session at the end of the presentations
- Please add your questions to the chat box

CSI Pacific and Team BC Webinars

- CSI Pacific and Team BC have partnered to provide support to Canada Games Athletes and Coaches.
- Offer services and benefits to registered Canada Games Athletes and Coaches
- Provide webinars to support you in your preparation for the games
- Through registration you can access our library of resources to support your education as an athlete and coach.
- <https://www.csipacific.ca/benefits-resources/videos-podcasts/>

Tonight's Webinar

- Tonight, our athlete panel will reflect on their previous game's experiences
- Answering some prepared questions
- Time for questions from you at the end
- Our hope is that you will pick up some useful tips to help you at the Games

Introducing our panel

- Moderator Celina Toth
- Emma Entzminger
- Joel Ewert
- Kristen Henry

Celina Toth



- Celina Toth is a veteran Canadian diver specializing in the 10m platform, with over a decade of international experience, including Tokyo 2020 and multiple FINA Grand Prix medals.
- She is currently Comms Coordinator at CSI Pacific and has two hairless cats, Reggie & Otis.

Emma Entzminger

- Emma Entzminger is an Olympic bronze medallist and longtime member of Canada's Women's National Softball Team, known for her resilience and leadership on and off the field.
- She helped Canada reach the podium at multiple international events, including the World Championships, Pan American Games, and Tokyo 2020.



Joel Ewert

- Joel is a dual-sport athlete in wheelchair rugby and basketball, recently named to Canada's wheelchair rugby team for the Paris 2024 Paralympics.
- A standout both on the court and in the classroom, he balances international sport with medical studies at UBC's Northern Medical Program.



Kristen Henry

- Kristin is a former Canada Games canoe kayak athlete and spent seven years on the national rowing team, competing at World Championships, World Cups, and the Pan American Games.
- Her multi-sport journey reflects a deep commitment to high performance and athlete development in Canada.



Question 1

- What would you tell yourself now if you were in these athletes shoes now, looking back at your first games experience?

Question 2

- What is something you didn't do that you wish had done when you were at the games?

Question 3

- What was your biggest takeaway or key learning from your first games experience?

- Thanks for taking the time to join us this evening
- Many thanks to our panel!
- Next Games Prep Webinar
- Thursday 29th May 7pm
- Preparing to Compete on Arrival