



MEDIA RELEASE

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Lethbridge Sport Council publishes Sport Matters 2022

(Lethbridge, Alberta) - The Lethbridge Sport Council (LSC) is pleased to announce the publication of the 2022 Edition of Sport Matters, an online sport magazine for Lethbridge.

The magazine features promotions for over 30 local sport organizations and businesses, articles related to sport and active recreation, links to programs and resources, and more.

A sample of the local sport organizations you'll find in Sport Matters include the Lethbridge Sport Council Achievement Award 2021 Sport Organization, the Lethbridge Curling Club, which is taking registrations for their Learn to Curl programs. Legacy Tae Kwon-Do is taking fall registrations, the Lethbridge Amateur Speed Skating Club is gearing up for another great season and is offering skill development programs for all ages (4+). The new Lethbridge Badminton Club is ready to start in October, and they want you to join them on the courts, and Lethbridge Rec Hockey offers low-commitment hockey for all genders, and they are taking registration for the upcoming season right now. In Sport Matters, you'll find the details on all this and much more.

Sport Matters also contains valuable resources to help parents, athletes and coaches. You'll read about how Fundamental Movement Skills relate to sport, how to register for Board Leadership Alberta sessions, what makes sport 'quality', learn about True Sport, the 'Rule of Two', and find out about the Canadian Centre for Ethics in Sport.

"Fall is an exciting time of year with the start of school and sport. In partnership with our members we are excited to launch this publication to help families discover the many fabulous programs Lethbridge has to offer", said Lethbridge Sport Council Executive Director, Susan Eymann.

To help you find the right sport to fit your lifestyle check out the article on page 5 called, 'Picking a New Sport - Tips for children, teens, and adults'.

The online Sport Matters publication can be found on the Lethbridge Sport Council website, at www.lethbridgesportcouncil.ca/sportmatters and is suitable for viewing on both mobile and desktop devices.

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