



Greetings,

My name is Mike McDonald and I would like to thank you all for giving me the chance to speak here today at the 2017 U Sports AGM.

I am the Founder/Executive Director of Recess Guardians. We are a non-profit organization dedicated to: bringing play back into recess, helping youth build leadership abilities, and increasing the chances of a healthy lifestyle later in life.

Since its inception, Recess Guardians has worked with over 400 schools and brought play back to the playground for over 150,000 youth across Western Canada. We have helped teach children positive skills in a controlled and educational environment, while allowing them to 'play' like children during recess.

With the right funding, Recess Guardians is looking forward to expanding across the rest of Canada in the near future. We will be able to make an even bigger impact with the help of U Sports and your universities.

Recess Guardians would love the chance to work with your student-athletes to help engage your communities and develop strong youth leaders. The skills your student-athletes gain from Recess Guardians will serve them well as they grow to be pillars in their communities. It will also allow them to make a big difference in the lives of youth, right now.

Now, most of your universities will already have a community outreach program, and I commend you on that. Recess Guardians is the perfect program to either complement whatever you have going on, or be its own initiative. Our staff take care

of organizing and scheduling the schools, so your staff or student-athletes do not have to. The training is simple and does not require much extra time from your students.

Again, I would like to thank you for giving me the chance to introduce you to Recess Guardians. I hope to connect with many of you personally in the near future. If you have any questions or comments, please do not hesitate to ask.

All the best,

Mike McDonald

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