

MLSE LAUNCHPAD

TOMORROW IS BUILT TODAY



Our 6-10 Ball Hockey Game Play program in action!

Program Cycle Info: Winter 1

Hard to believe but we are almost ready to open registration for our Winter 1 program cycle! Winter 1 runs from Monday, November 18 – Saturday, February 1.

Excited for new programs? Watch out for the Futsal Clinic Series that will be launching in our 11-14 age group. Also, Rugby is back on the schedule for the 6-10 age group! We can't wait to get started!

Reminders

October 28: Winter 1 Program Registration Begins

November 11 - 16: Break Week *NO REGULAR PROGRAMS*

November 15: PA Day Camp * Look out for registration email*

November 18: Winter 1 Programs Begin

Upcoming Event

Healthy Me Healthy COMMUNITY Showcase

The Healthy Me, Healthy Community Showcase provides members with the opportunity to make 3-4 different recipes they have learned throughout the program for LP members, staff, and parents while educating the community on type 2 diabetes prevention and awareness.

- The showcase will be on Tuesday November 5th from 4:30-6:30pm
- The community meal will take place at the end of the showcase from 6:00-6:30pm



Spring Cycle Healthy Me Healthy Community Showcase.

VISIT US AT

259 Jarvis Street, Toronto, ON

QUESTIONS? REACH OUT!

info@mlselaunchpad.org

@MLSELaunchPad

follow us:    

Did you know?

At MLSE LaunchPad, every program cycle we focus on a different life skill. Life skills are skills that can be taught along with sport skills like kicking and shooting but can also be helpful in other areas of life like at school or home. This cycle's life skill is resilience.

Resilience is the ability to cope with and respond to life stressors. It's the ability to face and recover from adversity and/or rebound from difficult situations. It is the successful adaptation and/or coping with stress, adversity, or failure so that you can grow from the experience.

How can I help promote resilience at home? Ask your kids about the life skill and how they've been using it at MLSE LaunchPad. Provide encouragement during challenging times and ensure they know they have friends, family, and a community that is there to support them!

Fall Scoreboard Survey Contests

Contest #1: To celebrate the start of the Toronto Maple Leafs season, we're drawing 2 ticket to the Leafs vs. Minnesota Wild game on Tuesday, October 15th at 7:00pm at Scotiabank Arena! Fill out the "Fall Scoreboard Survey" before **October 11th at 5:00pm** to be automatically entered in the draw. Already filled out the survey? Great! Your name has been entered into the draw!

Contest #2: As a thank you for all of our members who come MLSE LaunchPad each and every week for programs, all of our members with perfect attendance in a registered program will be entered in a contest for cool prizes at the end of the cycle. Stay tuned for more information about this contest in the upcoming weeks!



Congrats to Ryan won TFC tickets from a Scoreboard draw!

Scoreboard Prizes + Surveys

Get geared up for the Toronto FC playoff run and the upcoming Toronto Maple Leafs and Toronto Raptors seasons at the Scoreboard Prize Store. **Pick up your prizes on Tuesdays and Fridays from 4-6pm.**

Need more points to get that sweet Toronto FC jersey to wear while cheering on your team in the playoffs? Fill out one of the surveys currently live on Scoreboard:

- Fall Scoreboard Survey
- Sport Interest Survey

Life Skills Challenges will also be available in weeks 5 & 7 of this program cycle. And as always, stay tuned for the end-of-cycle surveys in weeks 8 & 9!