



# YOUTH DARTS NEWSLETTER - JANUARY 2010

Submitted by: Helen MacKenzie, Darts BC Youth Director

**DARTS BC, GARDEN CITY YOUTH DARTS & DARTS VICTORIA**  
Will be your hosts and invite you to attend this year's:

## 2010 BRITISH COLUMBIA YOUTH DARTS PROVINCIAL PLAYDOWNS

MARCH 5<sup>th</sup> & 6<sup>th</sup>, 2010

### VENUE

ROYAL CANADIAN LEGION, BRANCH #172  
622 Admirals Road, Victoria, B.C.



ALL YOUTH PARTICIPANTS & COACHES MUST HAVE THEIR  
2009/2010 DARTS BC & NDFC MEMBERSHIP ON THEIR PERSON  
**(Youth Membership must be obtained by February 1, 2010)**

**FRIDAY MARCH 5, 2010 - BLIND DRAW OPEN DOUBLES**  
(SOCIAL SHOOT - NON-QUALIFIER)

REGISTRATION CLOSES 6:00 PM, TOE THE LINE 6:30 PM

**SATURDAY, MARCH 6, 2010 - QUALIFYING PLAYDOWNS**

REGISTRATION CLOSES 10:00 AM, OPENING CEREMONIES 10:30 AM  
TOE THE LINE 11:00 AM SHARP!



### **NDFC RULES WILL APPLY**

4 DIVISIONS - AGE AS OF OCTOBER 1, 2009

SENIOR MALE / SENIOR FEMALE: 16 - 18 YRS  
JUNIOR MALE / JUNIOR FEMALE: 11-15 YRS

(Youth players under age 11 may be eligible to compete, please contact Darts BC Youth Director)

### **BOARD SPONSORSHIP AVAILABLE - \$25 PER BOARD**

Call: Helen MacKenzie (250) 579-2311 or via EMAIL: [mac2311@telus.net](mailto:mac2311@telus.net)

Or Kim Bate (250) 478-0536 EMAIL: [info@gardencityyouthdarts.com](mailto:info@gardencityyouthdarts.com)

### **INSIDE**

Provincial Youth Playdowns  
Welcome new youth players!  
Youth darters ready for action  
Thank you trophy donors!  
Darts BC Coaching Team  
Coaching - Code of Ethics  
LTAD - Training to Compete  
Why play darts?  
Thank you sponsors!  
Darter's Crossword Puzzle  
Sponsorship Opportunities



*Kamloops Junior Darters take to the boards in preparation for the 2010 B.C. Provincial Playdowns*



*It all starts with a handshake...*

As we enter into a new year of youth darts we are encouraged by the enthusiasm of our returning players and the interest from our younger players. Our active community groups continue to struggle with trying to increase their numbers to ensure sustainability of their programs, which of course has direct impact on the Provincial Youth Program.

With several of our seniors graduating last year it is important to increase the enrolment and viability of the local youth programs currently running, while trying to encourage other communities to start youth leagues. Securing volunteers to assist with coaching and finding appropriate venues continues to prove challenging; the ongoing requirement of fundraising so that our young athletes have the opportunity to travel to compete as a component of their training for the provincial and national competition are among the challenges faced. Sponsorship of the youth program is always welcomed – we are looking for ‘board’ sponsors for this year’s Youth Provincial Playdowns – for only \$25 show your support to our youth dart players. Contact Kim Bate (250) 478-0536 or Helen MacKenzie (250) 579-2311 for information.



Kandice MacKenzie, our 2007 Canadian Gold Medalist, says her darts are flying great and she is looking forward to the Provincial Playdowns and the opportunity to potentially travel to Gander, Newfoundland and compete in her 5<sup>th</sup> and final year of youth National competitions. Kandice says that she stays in touch with all of her friends from Newfoundland and can’t wait to see everyone again. Kandice is now living in the Okanagan and says “if there are youth players in Kelowna that want to play, she is committed to coaching and helping to build a youth program in the Okanagan” for more information contact Darts BC Youth Director.

Jared Brown, also in his last senior year of the youth program, has competed at the last 3 Canadian National competitions for Team BC. Jared’s darts are stronger than they have ever been and he says this year will be ‘his year to bring it home’. Jared has full intentions of being on the Darts BC Team roster - destination Newfoundland.



***“The Best Way to Predict Your Future, Is to Create It”***

Darts BC youth program remains strong, in that several of last year’s juniors are committed to their sport and have returned to the program this year as seniors; along with our enthusiastic new recruits, we are confident that B.C.’s youth team will again be a force to reckon with at this year’s Canadian Nationals in Gander, Newfoundland.



Entering into their first year in the Seniors Division, Connor Book (left) and Zack Johnson Watson (center) along with returning Junior, Jesse Hencheroff (right) are no strangers to competitive darts (shown here at the 2009 Canadian Nationals in QC). Having experienced Nationals first hand, they are excited for the potential opportunity of travelling to Newfoundland to compete this year.

These committed dart players have increased their playing time in preparation for this year’s Provincial Playdowns and welcome new players into the league, such as Ontario’ darter Shawn Van Santen who has relocated to Ft. St. John and will be competing for one of B.C.’s Sr. Male spots on this year’s team. Welcome Shawn!

**The top 2 players in each division will secure themselves a spot on Darts BC 2010 Youth Dart Team.**

**‘THANK YOU!’**

**Trophy Donors:**

**Sally Fong Hoon  
Roger Bernier**

**Jim Fenwick  
Jac Aitken**

**Connie McGonigal  
John & Maureen Markham**

**Glenn Fong Hoon  
Suzie Letrud**

**A Special THANK YOU** : Dave Walsh for the great dart bumper stickers and various other prizes,  
: John Gibson, for always reporting on B.C.’s Youth Dart Program to the WDF,  
: Dart B.C.’s adult dart players for supporting senior youth darters playing in adult shoots!  
: Winner’s Awards & More in Kamloops for refurbishing all our donated trophies!  
: To all our volunteer chalkers & coaches for the time you give to the youth program.  
: Darts BC Executive for all your support this past year!

*Your donations and support truly make a difference to the local and provincial youth dart programs.*

**The Coaching Association of Canada** - A 'Code of Ethics' defines what is considered good and right behaviour. It reflects the values held by a group. These values are usually organized into a series of core principles that contain standards of behaviour expected of members while they perform their duties. It can also be used as a benchmark to assess whether certain behaviours are acceptable.



**Helen MacKenzie**  
Darts BC Youth Director  
Kamloops Coordinator/Coach



**Al Wright**  
2009 Darts BC Coach



**Jim Brown**  
Kamloops Coach



**Scott MacKenzie**  
2009 Darts BC Coach  
Kamloops Coach

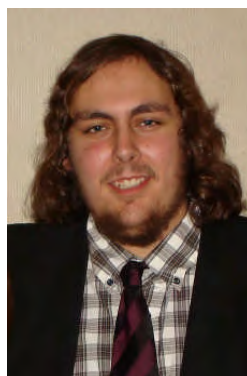
**A Code of Ethics in Coaching** - core coaching values have been formalized and expressed as a series of principles in the *National Coaching Certification program Code (NCCP)* of Ethics. These principles can be thought of as a set of behavioural expectations regarding participation in sport, coaching athletes or teams and administering sports.



**Gerald Thiebert**  
Sechelt Coordinator/Coach



**Alycia Hope**  
Victoria Coach



**Bryce Book**  
Victoria Coach



**Kim Bate**  
Victoria Coordinator

**The NCCP Code of Ethics** can help coaches to evaluate issues arising within sport because it represents a reference for what constitutes both "the good and right thing to do". The code of ethics helps coaches make balanced decisions about achieving personal or team goals and the means by which these goals are attained.

**The NCCP Code of Ethics is a simplified version of the Code of Ethics of Coaches of Canada.** However, both codes deal with the same fundamental values:

- ❖ Physical safety and health of athletes
- ❖ Coaching responsibly
- ❖ Integrity in relations with others
- ❖ Respect of athletes
- ❖ Honouring sport

**Darts BC** adopts the ethical principles and their corresponding standards of behaviours/expectations expected of coaches set by the NCCP Code of Ethics. We would like to recognize the efforts of our committed coaches and commend them for their commitment to B.C.'s youth dart players. Darts BC encourages and supports youth coaches in obtaining their NDFC Coaching Certifications and encourages the implementation of the guidelines within the coaching manuals.

*(Missing from photos – Cheryl Hencheroff – Kamloops Coach)*

**Darts BC supports the NDFC's Long Term Athlete Development (LTAD)** - an approach developed to maximize the potential and active involvement in every athlete's career for optimal training, competition, and recovery with the sport of his or her choice. The NDFC's LTAD program promotes this development in all of the dart players and athletes as a whole to encourage the full potential within. By creating a child's sport program to fit with basic principles of growth, beginning in the early years, enables the athlete to reach their full potential and ensure a long-term commitment to not only darts, but to other physical activities.



**\*\*\*\*\* MEMBERSHIP DEADLINE REMINDER \*\*\*\*\***

**ALL YOUTH PLAYER & COACH MEMBERSHIPS FORMS & FEES MUST BE RECEIVED BY DARTS BC POSTDATED NO LATER THAN FEB 1, 2010 TO ENSURE ELIGIBILITY AT THE BC PROVINCIAL YOUTH DART PLAYDOWNS, MARCH 5 & 6, 2010.**

### **Coaches Corner**

Darts BC would like to extend a welcome to Bryce Book and Alycia Hope who were graduates of our Youth program last season and who have now joined the youth dart coaching team, 'leading the way' for the youth players in the Garden City Youth Program based in Victoria, our hosts for this year's Provincial Playdowns. Bryce and Alycia have experienced the excitement of competing, both excelling in competitive play in B.C. and successfully bringing home medals for Team B.C. from the Canadian Nationals on more than one occasion. Their mentorship is sure to be inspirational for this year's contingent of youth players. We wish them the best of luck at the adult provincials this year! For more information on the Victoria youth program contact Kim @ (250) 478-0536 or email: [info@gardencityyouthdarts.com](mailto:info@gardencityyouthdarts.com)

Gerald Thiebert is committed to rebuilding the youth dart program in Sechelt. He has been working with a small contingent of enthusiastic young players in an effort to send a representing community team from Sechelt to the Provincial Playdowns this March in Victoria. Gerald has experienced the challenges of trying to get a new community team started but is committed to these young dart players and hopes to develop the program further. To get involved in the Sechelt program contact Gerald at (604) 886-8243 or through email at [Tbear\\_art@hotmail.com](mailto:Tbear_art@hotmail.com)

'Downtown Jimmy Brown' has officially joined the Kamloops coaching team, along with Cheryl Hencheroff (picture not available at this time) this season. Jim has been 'unofficially' involved with supporting the youth program for the past 5 years, travelling with the Provincial Youth team to Nationals in 2007. We are pleased to have him join our committed group of youth coaches. Scott and Helen MacKenzie continue to coach the Kamloops team; "with all of the new and younger players this season, the additional coaching support is welcomed, our players are gearing up for the Provincial Playdowns and are looking forward to another trip to the Island and another Canadian National competition. For more information on the Kamloops program call: Helen or Scott at (250) 579-2311 or email: [mac2311@telus.net](mailto:mac2311@telus.net)

***BELIEVE IN YOUR DREAMS AND THEY MAY COME TRUE, BELIEVE IN YOURSELF AND THEY WILL***



DARTS BC 2009 YOUTH TEAM @ Canadian Youth Nationals QC

**THANK YOU!**

**ROYAL CANADIAN LEGIONS  
ARMY NAVY AIRFORCE VETERANS CLUBS  
MOOSE LODGES**

**For their ongoing support of the  
Youth Dart programs in our active  
B.C. Dart communities.**

**Your commitments and sponsorship of Youth Darts is  
instrumental in helping us to sustain these youth  
initiatives in our communities.**

**LONG TERM ATHLETE DEVELOPMENT PROGRAM (LTAD)**



**‘TRAINING TO COMPETE’**

The **Training to Compete** stage is where the peak strength velocity and peak weight velocity occur simultaneously with the opportunity for greatest strength gain. It is here that the athlete will optimize their fitness preparation and specific skills as well as overall performance.

As such, the **main objective** is the emphasis on the development of strength and aerobic power, which are vital to optimal sport performance. When competing, it is to remain positive and any weaknesses identified, must be corrected before expanding this stage. ‘Training to Compete’ is basically about training to succeed in all competitive conditions.

As athletes are further developing in this stage, it is important to enhance their individual knowledge of sport psychology, sport medicine, nutrition and “True Sport” programs available. Whilst the athlete is learning more in the competitive end of things, it is important for their training and competitions to still be positive, while increasing personal commitment to achieving their desired outcome.

NDFC PRINCIPLES/EXPECTATIONS	TRUE SPORT PRINCIPLES
<p><b>Encourage rational and reasonable thinking</b></p> <p><b>Playing by the rules – rationalize behaviour/channel emotional energy</b></p> <p><b>Mastery of psychological elements in the game</b></p> <p><b>Win with dignity &amp; lose with grace – celebrate and recognize athletes who demonstrate these principles</b></p> <p><b>Respect towards officials/players/coaches/parents</b></p> <p><b>Monitor and record individual athlete progress</b></p>	<p><b>Rise to the challenge and discover how good you can be</b></p> <p><b>Play honestly and obey rules as winning in only real when competition is fair</b></p> <p><b>Respect team mates, competitors &amp; officials, both on and off the field</b></p> <p><b>Keep a positive attitude and contribute to a positive atmosphere &amp; have a good time</b></p> <p><b>Respect your body, keep in shape and avoid unsafe activities</b></p>

*For more information on the NDFC’s LTAD program see the youth section on the Darts BC website*


## Why Play Darts.....

- ✚ Good Times, Good Friends, Good Darts!
- ✚ It's fun and a great way to hang out or meet new friends
- ✚ My family all plays darts, it's something we do together
- ✚ I love being able to travel to other places in Canada
- ✚ I have dart friends on my facebook from across Canada
- ✚ Personal achievement, I like competing in tournaments
- ✚ I like being an ambassador for my community & for B.C.
- ✚ I can still listen to my IPOD while I play
- ✚ I like being a part of a team and you can play darts anywhere



**THANK YOU!!**

**VANCOUVER MENS  
THURSDAY NIGHT  
DART LEAGUE**



**FOR YOUR GENEROUS DONATION  
AND SUPPORT OF THE**


**DARTS BC PROVINCIAL  
YOUTH PROGRAM**

## PRACTISE YOUR NUMBERS!

	2X	3X	5X
15	30	45	75
16	32	48	80
17	34	51	85
18	36	54	90
19	38	57	95
20	40	60	100

**THANK YOU!!**

**KAMLOOPS BLAZERS  
SPORT SOCIETY**



**FOR YOUR 2009  
COMMUNITY SPONSORSHIP FOR  
TEAM SHIRTS & JACKETS  
FOR THE LOCAL PLAYERS  
WHO SECURED A SPOT ON  
THE DARTS BC YOUTH TEAM**

**YOUR SUPPORT TRULY MADE A  
DIFFERENCE**

***KAMLOOPS YOUTH DART PROGRAM***

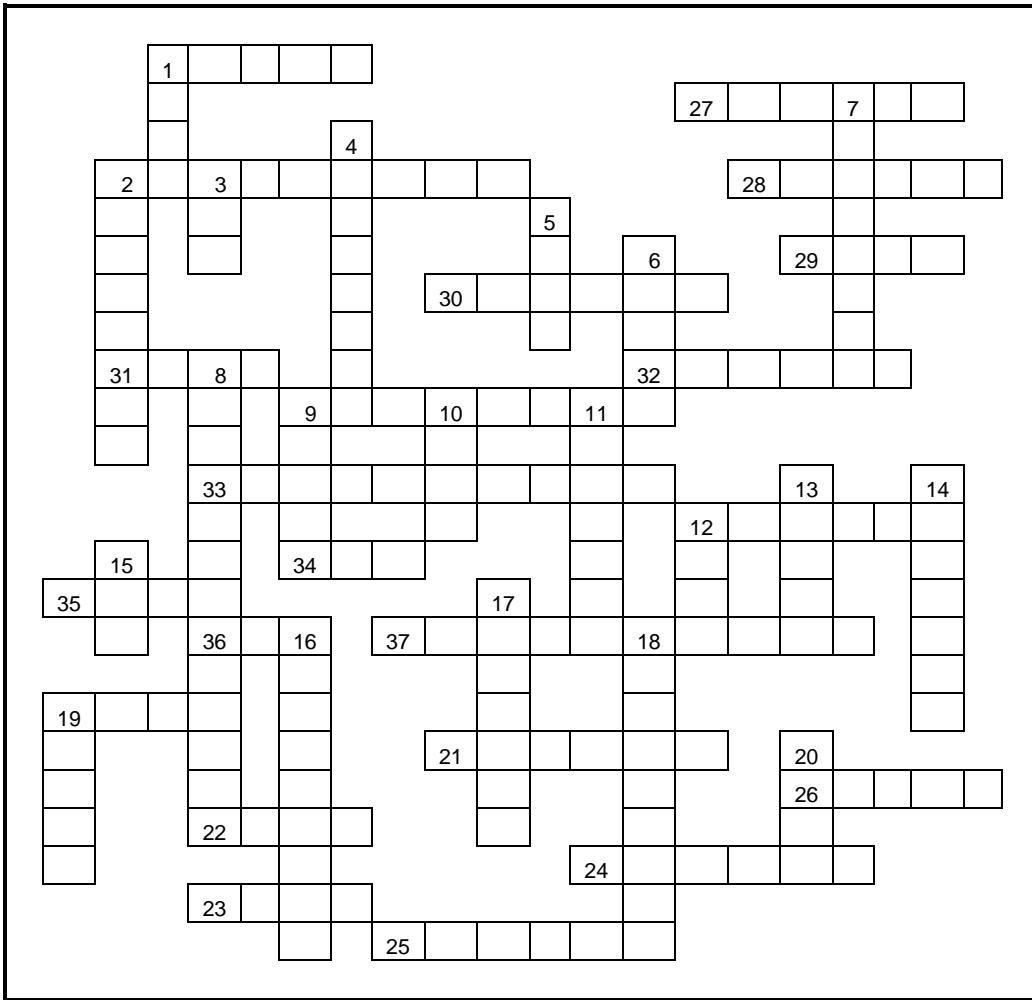


**DARTS BC WILL BE PURCHASING  
NEW DART BOARDS FOR THE  
BC PROVINCIAL PLAYDOWNS THIS YEAR**

**THESE BOARDS WILL THEN BE DONATED TO:**

**GARDEN CITY YOUTH DARTS &  
DARTS VICTORIA**

**IN APPRECIATION OF THEIR SUPPORT IN  
HOSTING THE PLAYDOWNS THIS YEAR**



**ARE YOU SMARTER  
THAN A YOUTH  
DART PLAYER?**

**A DARTER'S  
CROSSWORD PUZZLE**

**DESIGNED FOR FUN  
AS A TAKE OFF OF  
"ARE YOU SMARTER THAN  
A 5<sup>TH</sup> GRADER"**

**BY  
DARTS BC  
YOUTH DIRECTOR  
Helen MacKenzie**

*Don't Peek.....  
Answers on next page...*

**DOWN**

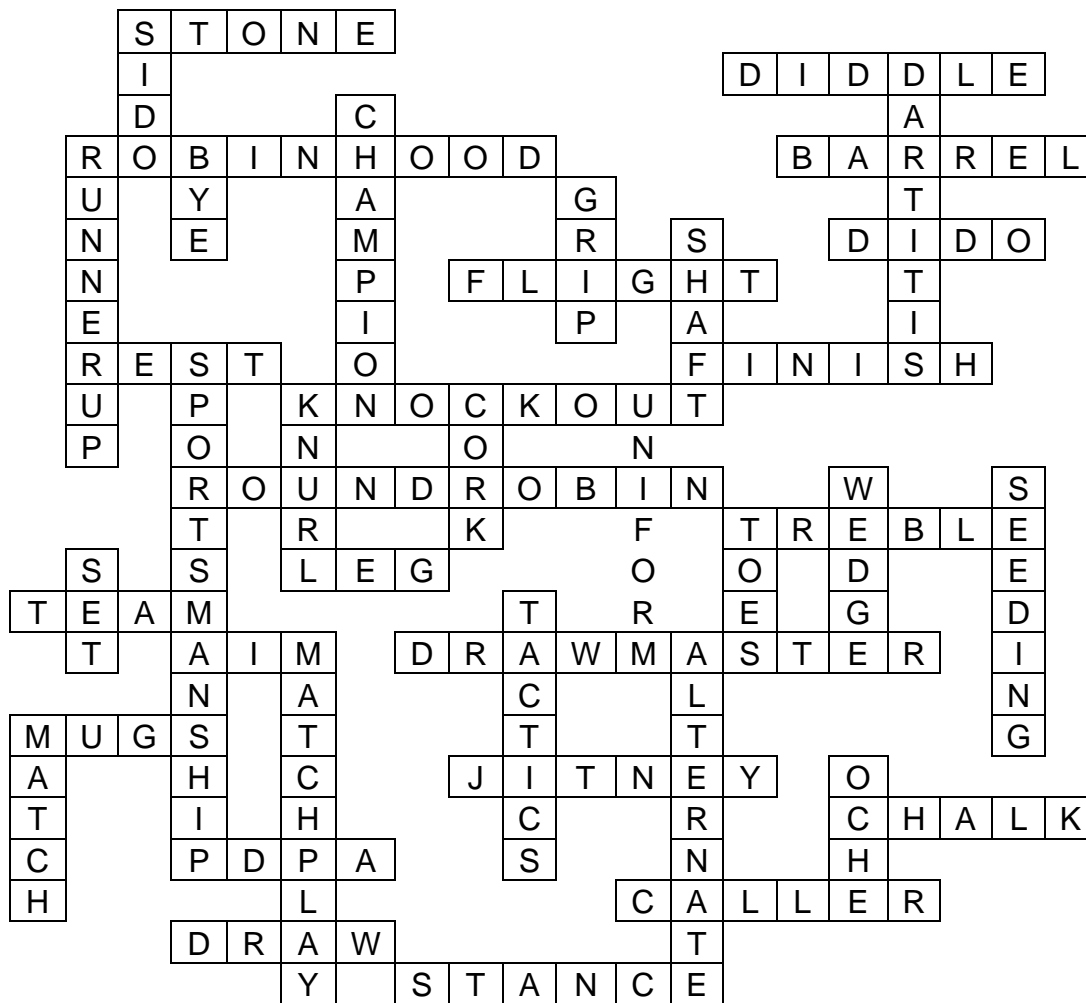
1. Straight In Double Out
2. The competitor or team that has placed second in a specific event or tournament.
3. An uncontested match, resulting in automatic progression for the sole player or team involved.
4. The winner of a specific event or tournament.
5. The act or technique of holding a dart.
6. The portion of equipment that extends from the barrel in which the flight is affixed.
7. A condition that affects a thrower's ability to release the dart.
8. Refers to virtues such as fairness, self-control, courage, persistence and respect for the opponents.
9. The grooved texture of the barrel of a dart.
10. A slang term for the centre bull.
11. Specific apparel criteria designated for a team.
12. You must always keep these behind the Oche.
13. The entire section of one number on the dartboard.
14. The act of placing a ranked player into a draw based on his/her ranking status.
15. An odd number of legs forming part or all of a darts match.
16. The act of competing in a match.
17. A version of the game Cricket, with the difference being that the numbers required to be closed are 13-20, doubles, triples and bulls-eyes.
18. An individual that is the next eligible person to compete on a team, in the event a substitution is required.
19. The total number of sets or legs being competed for between players or teams.
20. The line or raised toe barrier that marks the measured minimum distance a thrower may stand from the board.

**ACROSS**

1. A device used to sharpen the point of a dart.
2. When a dart lands in the flight and shaft of a dart already in the board.
9. The player is not eliminated until he has lost the required number of legs, matches or sets.
12. The segment of a dartboard that scores three times the value of the scoring segment.
19. A slang term meaning that the individual that has lost the preceding match starts the next match.
21. Another word for blind draw.
22. Professional Dart Players Association.
23. An assigned or series of assigned matches between competitors.
24. The individual responsible for announcing the scores and adjudicating a match.
25. The physical positioning of the thrower's feet and body preparatory to shooting.
26. A critical item used to score the game on the blackboard.
27. A slang term for 'Bull Up'
28. The centre portion of the dart.
29. Double In Double Out.
30. The stabilizing device inserted into the shaft.
31. Those dart players competing in National Events should get a lot of ..
32. Another term for game shot.
33. All players entered in the event playing a match against each other opponent entered in that event.
34. The element of a dart match, which is recognized as a fixed number (501).
35. Spirit is highest when it comes from the entire \_\_\_\_\_.
36. In the game of darts it helps to \_\_\_\_\_.
37. Another name for tournament director.

Answers to Darter's Crossword Puzzle

HOW WELL DID YOU KNOW YOUR DART TERMINOLOGY?



**Feeling Lucky? You can you support Youth Darts in B.C. and maybe even win a cash prize for yourself?**



The Darts BC Youth Dart Program will be selling raffle tickets to raise funds for the B.C. Provincial Youth Team to travel to Gander, Newfoundland for the Canadian Youth Dart Nationals in May 2010. Raffle tickets will be available in February from the youth dart players or by contacting youth coordinators/coaches in your area.

Board Sponsorship for the BC Provincial Playdowns March 5 & 6, 2010 is available - \$25 per board. Proceeds will be directed to help cover expenses of Darts B.C. provincial youth players participating in the Canadian Nationals this May.



For more information contact: B.C. Youth Director – Helen MacKenzie (250) 579-2311 [mac2311@telus.net](mailto:mac2311@telus.net)  
 Garden City Youth Darts – Kim Bate (250) 478-0536 [info@gardencityyouthdarts.com](mailto:info@gardencityyouthdarts.com)