

# InMotion Network

MAY NEWSLETTER

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Alexis Flamand takes the gold in Boxing at Nationals.

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A mother passing on the championships and talent to reigning champion daughter.

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Small but effective cut backs on spending, to keep you on a budget while still doing the things you want to.

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Even when it's raining, there are good ways to socialize inside.



“Do what you  
love”

- Kelly O’Hara

## THIS MONTH’S NEWSLETTER

Summer is quickly approaching, and the weather is getting warmer and sunnier; times for relaxing and having fun are closely upon us. This month's newsletter is highlighting a mother-daughter duo that reigns triumph in boxing. To follow, we will let you in on some tricks to still enjoy your time and activities while spending less doing them!

Link to a video on Sheena T. Kaine: <https://www.youtube.com/watch?v=RRjYkop8hQ>

# Take's the Gold

## ALEXIS FLAMAND WIN'S GOLD AT THE CANADIAN NATIONAL BOXING CHAMPIONSHIPS

Alexis Flamand, a 16 year old indigenous youth from Edmonton, took the gold in the 57kg female division representing Alberta for the '2019 Super Channel Championships' on the 26<sup>th</sup> of April in Langford BC. In 2018, Alexis took to the podium once again as the gold medal recipient at the National Championships, after her gold victory win in the qualifying 2018 provincial championships.

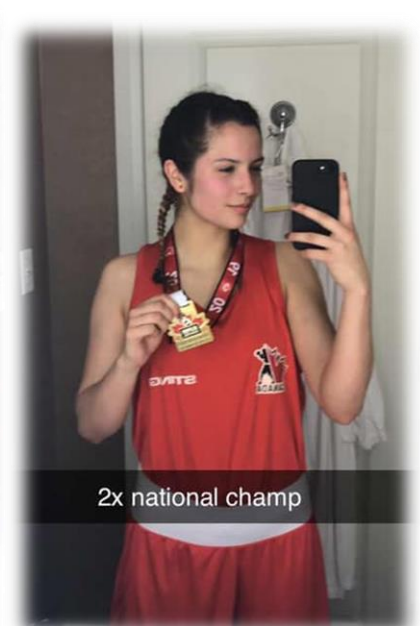
Alexis began her training at 9 years of age, with her competitions starting one short year later. With this early start, and her driven determinism for the sport, has lead her to claim championships and become a title holder.

Alexis, however, is not the first woman of her family to compete. Her mother, Sheena T. Kaine, was a successful and reigning champion in boxing herself. Alexis attributes a lot of her successful start to her mother and says that she would not be where she is today had it not been for her mothers passion and enduring attitude to help Alexis raise to the top as reigning champion.

Coach John Mendoza, previously coaching Alexis mother, took Alexis on as a new student shortly after her introduction to boxing. John claims that Alexis has a natural talent and skills that "most boys will not achieve".

This past event was Alexis' last year competing as an amateur boxer. Her successful journey has set her up for a bright future and we want to wish all the best of luck in her upcoming endeavours and continue to be a strong role model for all female athletes, and gaining a chance at a professional career.

"What an amazing feeling winning Nationals two years in a row now! I would not have been able to accomplish this without the help and constant support from Pivotal Physiotherapy , Tina Beckenhauer, and InMotion Network Promoting Physical Activity for Girls and Women, and Alliance for always providing full access for me to train. They made this all possible for me and I'm forever grateful ♡" – **Alexis Angel Flamand, April 29<sup>th</sup> 2019**





# Like mother like daughter

**SHEENA T. KAINE**

Sheena T. Kaine (stage name) began boxing in her late teens/early adulthood. Sheena, a single mom of two, took to boxing as a way of releasing aggressions, getting healthy and feeling better about herself; she saw boxing as a positive outlet and a way of getting through hard times. For herself and her daughter, boxing encouraged healthy habits, good eating, and was a way of socializing with people who shared their passion for the sport. After her first boxing session in the gym with trainer John Mendoza, Sheena left feeling empowered, strong and of a calm mind. The self gain from participating in the sport kept her going back the boxing gym, increasing her skill and self determinism.

Trainer John noticed her improvements and natural talent for the sport and suggested pursuing a professional career. Sheena went on for five wins and a tie in her professional career, with one win resulting in a total knock out. However, after a car accident and the discovery of cancer, Sheena ended her time as boxer. She saw these as physical barriers, defeats, preventing her from boxing. Sheena still wanted to stay active and fit, so she continued to run, skip and hitting the bag. This, however, was not the end of Sheena's boxing career.

As a mother, Sheena introduced boxing to her kids mainly for self defense, but also because she wanted her children to experience the healthy, happy feeling she got from the sport. The early opportunities of boxing for her children resulted in a peak interest from her daughter Alexis in the sport. With Alexis' interest in training for boxing, Sheena got back into training and fighting as an amateur boxer, and evidently Alexis followed in her footsteps. The two trained, travelled, and attended competitions together, creating a strong and healthy bond between the duo. Sheena desired nothing but the best for her daughter, and encouraged Alexis to stand on her own two feet and be self motivated to push yourself through hard times.

While Alexis' career began to take off, Sheena was able to become a certified trainer, although she was not ranked a level 5 coach and able to sit in the corner ring at Alexis' nationals, she was then able to attend all of the training sessions and competitions along side her daughter.

Sheena desires to be back in the ring competing fulltime again, waiting for a call that there will be another fight for her soon. With this goal in mind she continues to train pushing herself to be the best she can be.



# On a Budget



## HAVING THE SAME FUN WITHOUT THE SAME COST

Have you ever been to a movie theatre where the price of a movie ticket was less at a matinée than an evening show? This is because some companies / businesses will drop their prices during “non-peak hours” to encourage customer attendance during slower times<sup>1</sup>. These businesses will often list their prices and corresponding hour changes on their websites, in newspaper offers, city guides or can be mentioned on the radio. Other businesses that may change their pricing based on hours are the following<sup>2</sup>:

- Amusement Parks: Admission is generally discounted during the evenings or weekdays, whereas on the weekends prices are raised.
- Restaurants: Often restaurants will offer “special deals” or a “lunch menu” that incorporates lower priced foods/meals than during dinner times.
- Outdoor Activities: Activities such as camping, canoeing, ziplining and white water rafting are dependent on the season, yes, but also on the day to day weather. On days that it are cooler, drizzling, and/or cloudy the prices for these activities are generally lowered. On the weekends, holidays and hottest months of the year the prices will be peaked.

Other than coordinating your schedule to accommodate for these hours, another way of saving long term is to purchase memberships. Other than top golf clubs, memberships will be given at a set price that will cost you less than paying an admission fee for each use. Given that you attend this facility regularly, many sporting facilities and recreation centers memberships should save you lots!

<sup>1</sup> Smith 2019 <https://www.youtube.com/watch?v=RRjJykop8hQ>

<sup>2</sup> Smith 2019





## CHANGE YOUR SOCIALIZATION

It can be challenging to think of new things to do, and to do with friends. Here are some easy and simple things to get you and your friends out and socializing together:

“Life is better with friends”

- Go to the Beach! Look up a local beach or nearby beach. -> e.x. Alberta Beach, Gull Lake
- Walks in the park
- Take turns hosting a game night
- Have a potluck, cookout, or themed based cooking night where everyone contributes or cooks together
- Start a club! There are lots of clubs that you can start up with just you and a group of friends: Running/walking club, painting club, knitting club, book club.

Getting outside or inside with friend can change how you socialize and give you are variety or new things to do.

