October 29, 2026

Nomination of Lonnie Flett for the Saskatchewan Sport Coach Dedication Award
Sport: Volleyball

To the Saskatchewan Sport Awards Selection Committee,

It is with great pride and sincere appreciation that I nominate Lonnie Flett for the Saskatchewan Sport Coach Dedication Award in recognition of her 20 years of dedication, leadership, and commitment to the sport of volleyball.

For two decades, Lonnie has devoted her time, knowledge, and passion to volleyball as a player, coach, and referee. As a Level 2 coach, she has continued to develop her coaching knowledge and skills while sharing her experience with athletes and fellow coaches. Her contributions include coaching both female and male teams, working with the Toppers, coaching athletes involved in the North American Indigenous Games, and 20 years of coaching and coordinating volleyball with the Tony Cote Summer/Winter games. She's not only organised athletes but coaches and worked along side of numerous coordinators from across the province.

Lonnie's dedication goes far beyond teaching volleyball skills and preparing teams for competition. She understands the importance of building confidence, encouraging teamwork, demonstrating sportsmanship, and helping athletes recognize their potential. Through her commitment, she has helped create opportunities for athletes to learn, grow, and experience the many benefits that sport can bring to their lives.

One of Lonnie's most meaningful contributions is her encouragement of others to become involved in volleyball and, just as importantly, to stay involved. She recognizes that keeping people connected to sport takes patience, support, encouragement, and a genuine interest in their success. By motivating others to participate and continue contributing, she helps strengthen the volleyball community and encourages the next generation of athletes, coaches, and officials.

Her involvement with the Toppers and the North American Indigenous Games reflects her commitment to athlete development and Indigenous participation in sport. Coaching athletes who can represent their communities is an important responsibility. It involves helping them prepare, work together, build confidence, and represent themselves and their communities with pride. Lonnie's involvement in these programs reflects the value she places on providing athletes with opportunities to develop through sport.

Lonnie's experience as a player, coach, and referee gives her a well-rounded understanding of volleyball. She has contributed to the game in different capacities and has continued to give her time and energy to help others succeed. Her willingness to work with both female and male teams demonstrates her commitment to supporting athletes and helping volleyball continue to grow.

Twenty years of coaching represents countless hours of practices, games, preparation, encouragement, and support. Much of a coach's dedication happens behind the scenes, without recognition or reward. It is the consistent commitment to showing up, sharing knowledge, supporting athletes, and encouraging others that makes a lasting difference. Lonnie's 20 years of service demonstrate the kind of dedication that deserves to be acknowledged and celebrated.

Recognizing Lonnie would celebrate not only her years of coaching but also the positive influence she has had on the people and volleyball communities around her. Her dedication reflects the true spirit of coaching: giving back, supporting others, and helping ensure that sport continues to thrive for future generations.

Thank you for your time and thoughtful consideration of this nomination.

Sincerely,

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Sturgeon Lake First Nation-First nations Representative