

## 2023 Secret Pal Information Sheet

Canadian Nations Cup & World Championship Athletes will participate in the Team Canada Secret Pal Exchange!

The objective is to foster team spirit and to help your Secret Pal feel happy, motivated and part of the team through little gifts, notes, cards, positive phrases, pictures etc.

Secret Pals will be assigned by our Team Managers, Steven Kopas and Nancy Lighthead. Don't tell anyone who your Secret Pal is - try and keep it a secret until the final exchange on August 8!

The attached Secret Pal Information Sheet is meant to tell your Secret Pal something about yourself. Once completed, the attached Secret Pal Information Sheets should be:

- submitted in advance of May 22 to [office@cbtf.ca](mailto:office@cbtf.ca), OR,
- returned to Joanne Moser at the Contingent Clinic on May 22.

Attachment



[Secret\\_Pal\\_2023.pdf](#) [1]

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**Source URL:**<https://www.cbtf.ca/article/2023-secret-pal-information-sheet?mini=2025-08>

### Links

[1] [https://www.cbtf.ca/sites/default/files/media/Forms/Secret\\_Pal\\_2023.pdf](https://www.cbtf.ca/sites/default/files/media/Forms/Secret_Pal_2023.pdf)