

A JOCK'S GUIDE

Cooking up a Storm for Kids

Local teacher and athlete raising funds for KidSport™ Ontario through her “Real” Reality Cooking Series

About A Jock's Guide



A woman, a laptop and a kitchen...and a great partnership with KidSport™ Ontario.

Meet Kate Drummond. She's a jock, *not* a cook. But Kate loves great food and is always up for a challenge so...this jock is learning a new sport: Cooking - and she's bringing KidSport™ Ontario along for the ride.

It's a one-woman show, from start to finish. It's filmed & edited on a

laptop, with no script or retakes and in any kitchen, any time! It's *real*, reality cooking in its truest form, and even though the process may be full of fumbles; the recipes are guaranteed touchdowns!

This is **A Jock's Guide Cooking Series**: a hilarious online reality cooking show that's all about fun in the kitchen. **Real** fun!



www.ajocksguide.com

About KidSport™



KidSport™ Canada is a national not-for-profit organization that provides financial assistance for registration fees and equipment to kids under 18. It was established by leaders in the sporting community who witnessed a decreased participation of kids in sports and recreation programs due to financial barriers. KidSport™ plays a significant role in financially supporting these under-represented families in Canada, ensuring that no kids are left on the sidelines.

CONTACTS

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About Kate Drummond



Kate Drummond is the creator and host of the new hit cooking series, “A Jock’s Guide”, but her journey into the kitchen has been anything but direct or intentional.

Kate grew up in Southern Ontario and immersed herself in athletics and academics. In University, she studied Kinesiology, Psychology and Education, and has spent decades as a competitive athlete at the city and provincial levels.

After twelve very fulfilling years as an elementary school teacher, Kate took a leap of faith and left the schoolyard to pursue her other passion - acting. She balanced teaching and coaching, with a regular involvement in the local theatre scene for many of those years. Since her move into acting, her steady work and consistent training has taken her to Los Angeles, Vancouver, Montreal, Ottawa and her current hometown, Toronto, where she is just completing the lead female role in an internationally acclaimed video game.

Kate has always been a passionate and driven person. She has never been one to sit around and wait for opportunities to come to her. She’s a doer; she loves a challenge and she is happiest when finding new ways to create and be involved with her community.

Throughout her life, Kate has been a devoted volunteer. She has worked with Meals on Wheels, the Easter Seals Society, various initiatives for Breast Cancer Research, and coached Special Olympics teams as well as hundreds of children in many different sports.

It was through this drive that “A Jock’s Guide” was born. Little did she know that one video would turn into a hilarious series with thousands of views on YouTube. Kate approached KidSport™ Ontario about a partnership when she realized that these videos could bring exposure to a charity that was so dear to her.

Kate currently films at her home in Toronto or in any kitchen that will have her. When she's not working on a set or cooking up a storm for her show, Kate can likely be found in a class, yoga studio or talking to herself while walking her dog, Jackson.



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What People Are Saying...

“...you crazy broad! You're very entertaining... now get a damn food processor!”

~ **Jann Arden, Juno Award winning singer/songwriter** ~

“Great home style cooking show, even better is that its supporting a wicked organization like KidSport™!”

~ **Brady Reardon, 2008 Canadian Olympian, Kayak** ~

“As an avid baker and true believer in the power of sports, I fully support Jock's Guide. Way to bake it up for the community Kate!”

~ **Stefan Frei, soccer player, Toronto FC** ~

“A Jock's Guide is proof that what you do and what you love can be the same thing. Kate keeps what matters to her front and center: creating a show suitable for all ages and helping kids. A Jock's Guide can't help but to suck you in.”

~ **Tattiawna Jones, actress (Flashpoint, Heartland)** ~

"I want her to be my BFF in real life LOL..."

~ **Melissa, Owner of bestfriendsforfrosting.com** ~

“I have loved watching your videos ...I never learned to cook growing up so I've had to learn here in Africa (unless I want to eat fish & rice nonstop!) so I relate to your videos and the successes and failures in the kitchen. I just donated to KidSport™ because I believe it to be a worthy cause!

Thank you for the many laughs!”

~ **Viewer, teacher in Africa** ~

A Message from Kate



Many people have asked me about my show. Why am I doing it? Am I really doing it for free? What does KidSport™ have to do with it?

It's simple really.

The show is about giving; making someone smile and laugh, showing people that you don't have to be great at something to have fun at it! And yes, I do it for free.

Happily. I'm doing the show because I love to laugh and learn, I love food and most importantly, I'm learning to take myself less seriously.

Why KidSport™ Ontario? I'm a teacher, competitive athlete and lover of kids. I have witnessed and experienced the benefits of sports and how they help to foster healthy and happier kids. My website was getting a lot of traffic and I saw this as an opportunity to bring awareness to this great charity. Maybe someone would see the link to KidSport™ and give it a click!

I never thought that a Saturday night fudge-making adventure would turn into 12 episodes (and growing) of hilarity, learning and great food, not to mention, an international fan base that has blown me away with their support and amazing feedback. I am so grateful.

By helping to spread the word about “A Jock's Guide”, you are also helping to spread the word about KidSport™ and that is the best reward anyone could ask for.

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