

2015

ParaSport Ontario

MAGAZINE

**Getting
Started in
Parasport**

Vicki Keith Munro

Poolside with the
Lady of the Lakes

**Elisabeth
Walker-Young**

Athlete Ambassador

Legacy of the Parapan Ams

plus...

Athlete &
Sport Profiles

Adam Lancia
Wheelchair Basketball



planning
“I’m ~~afraid~~
for her
future.”

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Welcome

to ParaSport Ontario's Official Publication!



Reaching New Heights

This magazine will reach the greatest audience in the history of ParaSport Ontario (PO). It celebrates the people and organizations that make sport in Ontario accessible to everyone. Our objective is simply to connect people to activities, clubs, coaching, competitive opportunities and resources that will make involvement in parasport easy.

PO works hand in hand with the Ontario Blind Sports Association, Ontario Amputee and Les Autres Sports Association, Ontario Cerebral Palsy Sports Association and the Ontario Wheelchair Sports Association to foster opportunities for athletes with physical disabilities in this province. Together, we work with other sports organizations, coaches, clubs and municipal parks and recreation programs to provide the support necessary to include all athletes.

Building on the enthusiasm created by the 2015 Pan Am and Parapan Am Games, ParaSport Ontario is focusing on a legacy program that will set the stage for dramatic increases in participation in sport and healthy active living

opportunities for persons with a physical disability.

To reach our goals we need your help. We need you to take action, make a call and make a difference.

Our next Provincial Games will be in Brantford, Ontario. The competition will truly be a wonderful event and there are many ways that you can get involved. Our great staff and volunteer board of directors welcome your input, participation and questions.

Please connect with us:

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Join our conversation on:

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Help us broaden the horizon, expand inclusion and support all sports to include people of all abilities.

Sincerely, yours in sport,

Joe Millage
 CHAIR, PARASPORT ONTARIO



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Photo by Canadian Paralympic Committee



To learn more information about our affiliated clubs and the process to join, visit: www.parasportontario.ca

Welcome

from Alan Trivett
Executive Director



I had no way of knowing that a little over thirteen months ago a career change would also mean a life change. Since coming to ParaSport Ontario in July of 2014 I have witnessed and participated in a completely parallel sport pathway and community. As a former executive director at Triathlon Canada and Tennis Canada I was involved in, actually more aware than involved, both para-triathlon and wheelchair tennis but my main focus was on the able-bodied side of the two sports. The athlete pathway was pretty clear – start learning the basic skills at a young age and then progress through a mature development and competitive pathway with which almost everyone is familiar. I soon came to realize that these pathways don't always exist for persons with physical disabilities but just as importantly, entry into the pathway comes at many different stages due to injuries, neurological progress and congenital challenges, among others.

ParaSport Ontario (PO) is committed to ensuring that all Ontarians with physical disabilities have access to sport throughout the Province. This is exciting yet daunting. Through various partnerships,

we are able to introduce people to parasport through our *Ready, Willing & Able* program and steer prospective para-athletes toward programs and clubs in their own communities. Hosting the Parapan Am Games in 2015 will undoubtedly provide great exposure to parasport and should result in increased curiosity, which PO hopes to nurture and turn into greater participation. However, this is the rub. Increased participation requires increased infrastructure to support new participants. We need more qualified coaches working with our para-athletes; we need more officials who understand the uniqueness of parasport and more qualified people (classifiers) who can direct new athletes to sports and events based upon their functional ability. We also need more competitive opportunities for parasport athletes in Ontario.

ParaSport Ontario partners with the Ministry of Tourism, Culture and Sport and local host communities to present the Ontario ParaSport Games (winter and summer) with the next games scheduled for February 2017 in the City of Brantford and the County of Brant. We expect up to four hundred athletes to com-

pete in these games (an increase of 150 above the most recent games in Northumberland). PO has accepted a leadership role in bringing awareness, public interest and media coverage to these games.

Everything we do requires resources – either human or financial. In the 2015 edition of the *Ontario ParaSport Magazine* (expected distribution is 10,000 with over 50,000 impressions) you will find many inspiring examples of what athletes with physical disabilities can achieve and the stories of those who are helping them. If, upon reading these articles, you are inspired to become a "difference maker", I would ask that you consider helping us with our cause and mandate. There are many ways in which you can help and I'd be happy to discuss them with you.

Yours in parasport,

Alan Trivett
EXECUTIVE DIRECTOR,
PARASPORT ONTARIO

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Ready, Willing and Able

The Ready, Willing & Able Program (RWA)

provides introductory sports sessions throughout Ontario which are ideal for rehabilitation centres, community centres, schools, recreation staff, teachers, college/university students (in recreation, rehabilitation and sport programs), parents of children/teenagers with a physical disability and able-bodied groups.

RWA aims to educate participants, recruit volunteers and increase awareness of sports for persons with a physical disability across the province. Athlete ambassadors conduct the sessions, share their stories and help demonstrate the different parasports which include sledge hockey, boccia, goalball, athletics (including wheelchair racing), guide running, wheelchair basketball, wheelchair curling, sitting volleyball, para-cycling and wheelchair tennis.

ParaSport Ontario offers access to adaptive sport-specific equipment through its Equipment Rental Program. Provincial and multi-sport organizations, affiliated clubs, rehabilitation centres, provincial disability service organizations, and developing communities are eligible to rent the following inventory of equipment: basketball/tennis wheelchairs, handcycles, tandem cycles, roller or ice sledges, boccia sets, curling stones/ extender sticks, alpine ski/outriggers and nordic ski/poles. The equipment is available for short-term or long-term rentals.

For more information on RWA and/or the Equipment Rental Program, contact the ParaSport Ontario office toll-free at 1-800-265-1539 or go to www.parasportontario.ca.



Brantford and Brant County to Host in 2017

The City of Brantford and the County of Brant will, for the first time, host the Ontario ParaSport Games. After a recent change in structure to the Ontario ParaSport Games, the winter program will be reintroduced in 2017.

"These games will provide an excellent opportunity for the hosts to showcase their sport and recreation facilities to visitors, leave behind a legacy of accessible infrastructure for the community, and support the local economy," said Michael Coteau, Minister of Tourism, Culture and Sport and Minister Responsible for the Pan/Parapan American Games.

"ParaSport Ontario is thrilled that Brantford and the County of Brant will be hosting our games and look forward to working with them to deliver a *Best in Class* experience for Ontario's top para-athletes," commended Alan Trivett, Executive Director, ParaSport Ontario. For more information visit www.parasportontario.ca.



Igniting ParaSport Spirit

ParaSport Ontario was part of the TO2015 Ignite program, which was a community partnership designed to spread awareness about the Parapan Am Games. Partnering with

organizations like Ontario Wheelchair Sports Association, Ontario Blind Sports Association, and Ontario Cerebral Palsy Sports Association, ParaSport Ontario ran Parapan Am-themed sport sessions and introduced thousands of children and adults across the province to sports like goalball, para-cycling, wheelchair basketball, boccia, and sitting volleyball.

Our athlete ambassadors shared stories about their involvement in the upcoming, or previous, Parapan Am Games! "ParaSport Ontario is excited to continue to provide opportunities and new experiences to thousands more even after the Parapan Am Games," says Jennifer Bruce, Manager, Sport Development, for ParaSport Ontario.





On A Mission

Your Donation Makes a Difference

ParaSport Ontario is a not-for-profit, multi-sport organization with a mission to support the development and promotion of the Paralympic movement in Ontario by promoting parallel opportunities in sport for athletes with a physical disability.

We satisfy this mission through a variety of programs including Ontario ParaSport Games, the Ready, Willing and Able program, the Equipment Loan Program and many others.

Join Us Today!

There are a variety of ways that you can give to support the work of ParaSport Ontario.

Cash Contributions:

a one-time gift, monthly gift, or a gift pledge over multiple years. Donors receive a tax receipt for the full amount of the gift.

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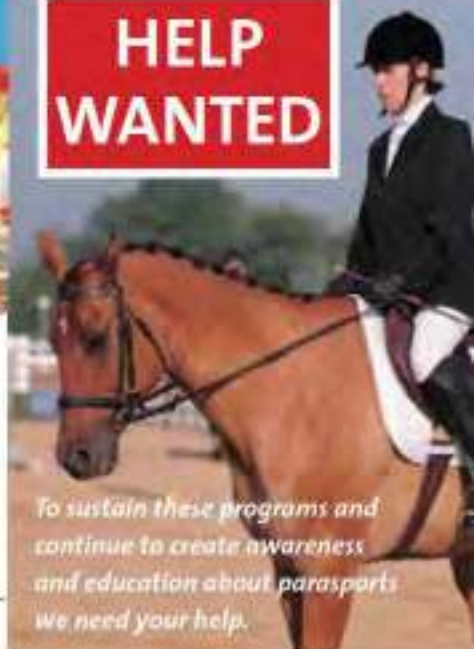
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Life Insurance: gifts of life insurance allow donors to turn a relatively small gift now into a large gift in the future. A new policy can assign ownership to ParaSport Ontario, name ParaSport Ontario as a beneficiary, or give a paid-up policy.

RRSP/RRIF Contributions: according to Revenue Canada, 100 percent of the remaining balance of any registered savings must be added to income in the year of death. By making a charitable contribution of an RRSP or RRIF, a donor could save considerable tax.

Your generosity will be appreciated by our athletes with physical disabilities of today and tomorrow.

For more information on how to give to ParaSport Ontario please contact the ParaSport Ontario office or go to www.parasportontario.ca.





Let's Get Started

Discovering the Parasport that's Right for You

By Jamie Millage



With 28 sports currently in the Paralympic Games, there's a wide world of parasports out there to try. There are also new sports, such as wheelchair ultimate, being introduced and tested and tried all of the time. And best of all, you don't have to limit yourself to just one!

The first step of course, is to explore. A great place to start is ParaSport Ontario's online directory of sports clubs in the province (www.parasportontario.ca/SportDevelopment/ClubDirectory.aspx).

Ask yourself what type of sports you might enjoy – do you prefer team sports, or individual ones? Are you looking for something you can play year-round, or just during a particular season? Different sports offer unique health benefits; they can improve strength, endurance, flexibility, and give you a sense of social well-being.

If you are interested in a certain sport, you can host or attend a Ready Willing & Able (RWA) session offered by ParaSport Ontario. RWA sessions are a great way to try out a sport without having to invest in equipment. Ask your school, rehabilitation centre or community centre to host an RWA event, and get the chance to meet and learn from an RWA athlete ambassador at the same time.

If team sports is your thing, and once you have found a local squad, talk to the players and coaches to alleviate any reservations you might have, or just to learn more. Ask if you can come to a practice to try out the sport. If you find the idea of jumping in right away a bit intimidating, watch a practice or a game to see how it's done. Sometimes bringing a friend along can help as well, and keep in mind that able-bodied participants are often



welcome to play parasports at the recreational or even provincial level.

As you start to play the sport, it's important to be patient – it can take a long time to learn to play a sport proficiently. And be sure to not compare yourself to the athletes who have been playing the game for a long time. If you keep at it through practice, learning the sport, and honing your skills, you will see much improvement.

It can also help to research the sport to better understand as much as you can about it, and its rules. This will help you to feel comfortable in participating too.

If you don't have the funding or equipment to play, don't worry! There are a number of organizations and clubs that can help you get the equipment you need, whether it be through loan programs or locating used equipment. Talk to the coaches or the provincial sport organization that governs the sport to determine how they can help out. And if there is no program available in your community, then create your own opportunity! You can always contact ParaSport Ontario for help in getting something started up in your community!

Let's Get Serious

While many people with and without disabilities play parasports for recreational fun, there is a high level of competition to be found if that's what you're looking for. If playing for a provincial or national team is something that interests you, you'll need to know the eligibility requirements for play at the highest levels.

The Australian Paralympic website has a great tool for quickly identifying eligibility based on athlete impairments and abilities, but here's a quick summary. Athletes within the following physical impairment groups may be eligible for parasport:

Impaired muscle power: spinal cord injury, spina bifida, transverse myelitis, sacral agenesis, spinal tumours, erbs palsy, muscular dystrophy.

Impaired passive range of movement: arthrogryposis, talipes equinovarus, joint fusions.

Limb deficiency or significant limb length difference: amputation from trauma, cancer, limb deficiency from birth.

Hypertonia, ataxia and athetosis: cerebral palsy, acquired brain injury, stroke, brain tumour, multiple sclerosis, cerebellar ataxia, hereditary spastic paraparesis or other conditions where hypertonia (spasticity, rigidity or dystonia), ataxia or athetosis are present.

Vision impairment: albinism, retinitis pigmentosa, macular dystrophy, rod cone dystrophy.



Contact ParaSport Ontario at
www.parasportontario.ca

for more information or a club near you.

Access the Australian Paralympic site tool here:

www.paralympic.ca/findyoursport



Making Introductions

The Provincial Partner Program

The goal of ParaSport Ontario's Provincial Partnership program was the development of high quality, safe and sustainable parasport programming in Ontario. The program was designed to eliminate barriers, educate about parasport and physical literacy opportunities and engage and empower a strong network of national, provincial and community partners.

In 2013, the ParaSport Provincial Partnership Program was created to increase the rate of participation of those with a physical disability in organized sport. Working in collaboration with the Ministry of Tourism, Culture and Sport, the Canadian Paralympic Committee, as well as three provincial sport organizations (PSO), ParaSport Ontario set out to develop capacity, train coaches and help with recruitment in Sitting Volleyball, Para-Cycling and Para-Alpine Skiing.

All of this work has resulted in new clubs, more athletes, and new sport-specific equipment to help all Ontarians get active and engaged. The three partner PSOs, Alpine Ontario, Ontario Volleyball Association and Ontario Cycling Association, are now more capable than ever to implement programs, and to host training and coaching events and develop new athletes. Here's a look at some of the recent highlights of this program:



The Alpine ParaSport Festival

On the weekend of February 1st, 2015, ParaSport Ontario held the Parasport Festival at Craigleith Ski Club, in Collingwood. The two-day event was a big success in raising awareness about opportunities for athletes with physical disabilities to participate in para-alpine. The 25 participants and 25 volunteers took part in the learn-to-ski session and a fun para-alpine race hosted by Alpine Ontario and Alpine Canada. This event offered a unique chance to experience the thrill of an alpine race course, and gave many athletes their first taste of a downhill race.

As a result of the event, many young athletes have found their way to local ski and racing clubs; one participant was even identified as a prospect by Alpine Canada.

Cycling

Track or "velodrome" cycling takes place on a wooden oval track, with a steep embankment. In the Paralympics and Parapan Am Games, cyclists can choose single rider events, or tandem events, where cyclists with a visual impairment race together with a sighted cyclist in the front.

In March, the Milton Velodrome hosted two "Try-it" events to allow people to try tandem track cycling. Among the many participants, this event welcomed students with visual impairments from W. Ross MacDonald School to test out the sport with the help of Ontario Cycling Association coaches and pilots.

Anne Wood, from Peterborough, and a participant in one of the events said to the organizers: "As a 59-year-old survivor of fourth stage cancer and resulting vision loss, it was a thrill of a lifetime for me! I've ridden tandem bikes as a stoker with vision loss for three years now, but this was the first time cycling on an indoor track. I was very excit-



PROVINCIAL PARTNER PROGRAM

not unlike conventional volleyball, with the notable exception of a lower net (approximately one metre high) and the need for the athlete's torso to remain in contact with the floor when striking the ball.

Jamoi Anderson, a member of the Men's National Sitting Volleyball team and participant at the Grand Prix said: "It was an awesome turnout and a great foundation in creating an inclusive event that allows people of all abilities, impairments and skill levels to come together and play some volleyball. Looking forward to the next Ontario Volleyball Association grand prix event!"

Keep an eye on the ParaSport Ontario or Ontario Volleyball Association websites for information about next year's Grand Prix, and to sign your team up!

ed to make it to the top of the velodrome on a speedy tandem with no brakes! I rode with three different captains and all three were excellent, inspiring confidence and a "we can do this" attitude. As we did our laps, the para-cycling coach could be heard calling out 'faster, faster.'"

The sport of cycling continues to pick up steam in the province, as the Ontario Cycling Association is developing a tandem cycling program and has been able to purchase new tandem cycling equipment as a result of recent funding initiatives. Keep an eye out

for more integrated para-cycling races through the Ontario Cycling Association in the future!

Sitting Volleyball

The Abilities Centre in Whitby is a relatively new facility that plays host to many accessible sports, but on June 21st it was the home of the first Sitting Volleyball Grand Prix. The free event saw individuals and teams of up to six players come and experience the inclusive and exciting sport with members of the Men's and Women's National teams.

The game of sitting volleyball is

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Parapan Footprint

The Legacy of the 2015 Games

By Jamie Millage

Stretching 5,300 square kilometres across Toronto and the Golden Horseshoe, the 2015 Pan American and Parapan American Games stand as the largest multi-sport event ever held in Canada.

With the Closing Ceremony of the Parapans the spotlight shifts from the 1,500 Parapan Am athletes who competed in Toronto to four years down the road, when the Pan Am and Parapan Am Torches head for Lima, Peru. It will be a time for reflection and dissection in Toronto and surrounding areas, and a time to determine what the legacy of these two sets of games will be for the Province of Ontario and its residents.

If the games are about the athletes, then first and foremost the games' legacy will be most vividly remembered in the performances of the competitors, and the young athletes they inspire. The messages and exposure that the Parapan Am Games provide are sure to stand as fantastic platforms for athlete recruitment for all parasport events in Canada and around the world.

Of course, there will also be lasting changes to the landscape that include housing, transportation, and education – all essential elements of the games. But the exposure that our top athletes receive, the heightened profile of their sports, and the state-of-the-art venues in which they showcase their athletic abilities will leave an indelible impression for all parasports in the years, and even decades, to come.

Northern Exposure

The Parapan Am Games serve as a unique opportunity for people in Ontario to enjoy a front-row seat to world-class parasport competitions. The USA-versus-Canada rivalry will be on full display in Wheelchair Rugby, where elite competitors such as Zak Madell and Trevor Hirschfield look to push Canada past the United States.

“The legacy of these games lies in the people of Ontario being exposed to parasport,” says Alan Trivett, executive director of Parasport Ontario. “For the first time in Ontario, we get a glimpse of the highest-level parasport athletes from across the Americas, and we get to witness them perform first-hand.”

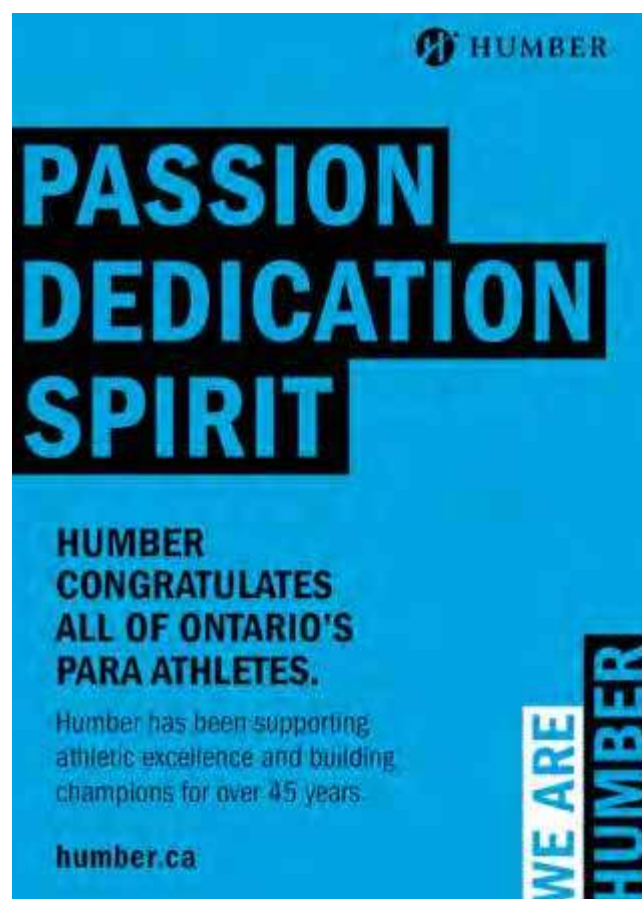
The games feature plenty of storylines and many Canadian athletes and teams come in with lofty expectations. The Canadian Women’s Wheelchair Basketball team heads into the Parapan Am Games as the reigning World Champions, and will have a talented roster looking to maintain their spot at the top. Meanwhile, the Canadian Men’s Wheelchair Basketball team is the defending London 2012 Paralympic Games champions, and will need to finish first or second to secure their ticket to the 2016 Paralympic Games in Brazil.

Other team sports, such as Goalball, will see both the men and women looking to move their way up the international rankings and improve on their respective fourth and third place finishes at the 2011 Parapan Am Games in Guadalajara, Mexico. The talent on display on the court, both from the Canadian athletes and their opponents, will be sure to inspire.

The Parapan Am Games will also provide the opportunity to make the distinction between the Special Olympics and Parasports for those who may still think of these two unique sporting movements as one and the same. Both programs aim to serve individuals with a disability, and for this reason they can generate confusion among those not familiar with the terms. Special Olympics uses sport to enrich the lives of people living with an intellectual disability, while Parasport exists to enable competitors with a physical disability to achieve sporting excellence.

With the Toronto 2015 Parapan Am Games serving as a qualifier for the Rio 2016 Paralympic Games, there will be no shortage of elite competitors. As Trivett shares, “seeing the intensity, dedication, and the talent that these athletes exhibit is going to be a lot of fun, and it is going to help people understand what the Parapan Am Games are all about: world-class competition.”

...continues



PARAPAN LEGACY



CIBC Pan Am/Parapan Am Athletics Stadium



Cisco Milton Pan Am/Parapan Am Velodrome



CIBC Pan Am/Parapan Am Aquatics Centre and Field House

The Facilities

In total, 28 venues were utilized to host events for the Pan Am Games, and 12 facilities for the Parapan Am Games. Existing facilities benefitted from improvements and renovations, and newly-constructed buildings for the games will expectedly benefit the people of Ontario for generations. Here are some of the premier properties and what you can expect to see after the Closing Ceremony:



CSIO Multi-direction area



Pachi

The University of Toronto Scarborough Tennis Centre is host to six days of wheelchair tennis and is located in the lower Scarborough campus valley. Once the aces have been served, and the medals have been handed out, the new acrylic courts – eight in all – will be accessible for all ages and abilities as a legacy of the games.

The Greater Toronto Area's future home for international badminton and volleyball competitions is likely the **Atos Markham Pan Am/Parapan Am Centre**. Located in Markham, this multi-purpose facility includes an expansive triple gymnasium, as well as a 10-lane, 50-metre Olympic-sized swimming pool. The facility also has a number of all-purpose rooms, meeting areas and a two-level fitness centre.

The **CIBC Pan Am/Parapan Am Aquatics Centre and Field House** features not only two internationally-sanctioned 10-lane, 50-metre pools, but also a deep diving tank and dry-land dive training facilities. The Field

House features a large gymnasium, as well as an indoor recreational track and fitness area.

One of the most unique sporting facilities in Canada – the **Cisco Milton Pan Am/Parapan Am Velodrome** – will be the only facility in Canada that meets the stringent requirements set by the International Cycling Union to hold World Championships. A 250-metre wood track, two 42-degree banks and the ability for cyclists to train indoors year-round will make this facility a beacon for elite cycling in Canada.

Located at York University, the **CIBC Pan Am/Parapan Am Athletics Stadium** will not only host the Parapan Am Opening Ceremony, but will also be the home of a 400-metre track and a new infield capable of hosting a variety of field events. Its state-of-the-art makeover will also include professional broadcast capabilities, athlete change rooms, equipment storage and multi-purpose rooms.

And when the athletes depart Toronto after the games, what will become of the Athlete Village? Located in the West Don Lands, the Village has brought new life to a former industrial landscape and fast-tracked the creation of a new 32-hectare sustainable, mixed-use neighbourhood. More than half of this community will be in place when the games wrap up on August 15th.

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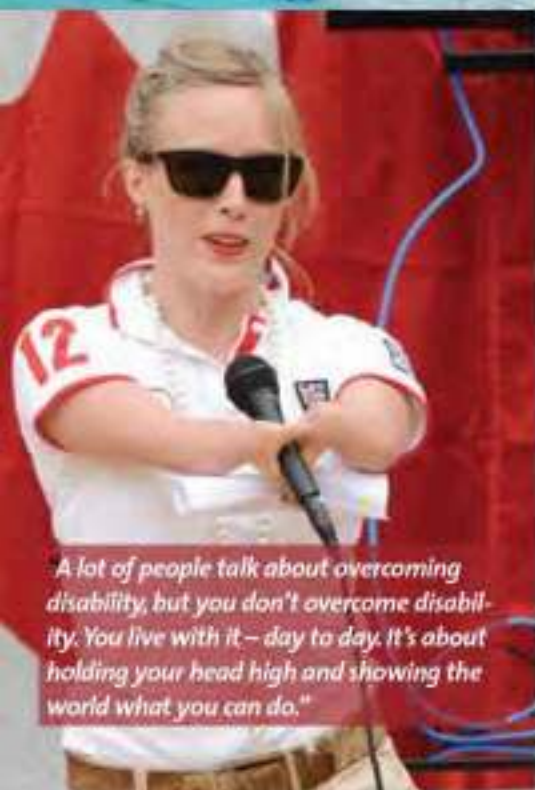
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Elisabeth Walker-Young

Athlete, Advocate and Parapan Am Team Leader

By Allan McCarthy



A lot of people talk about overcoming disability, but you don't overcome disability. You live with it—day to day. It's about holding your head high and showing the world what you can do.

Elisabeth Walker-Young's proven leadership skills and experience as a respected athlete and administrator were cited by Canadian Paralympic Committee (CPC) president Gaetan Tardif as being "uniquely suited" for the important job of leading Canada's largest-ever Parapan Am team to the 2015 Games.

Tardif praised her "spectacular" contribution as Assistant Chef de Mission at the 2012 Paralympics in London, noting that her natural rapport-building abilities and athlete's perspective would be vital assets in her new role. After retiring from competitive sport, Walker-Young

reinvented herself in the Paralympic sports community by becoming a member of the organizing committee for the 2010 Winter Olympic and Paralympic Games in Vancouver, and as Educational Programs Manager for Curl British Columbia. She is a passionate advocate for the importance of active, healthy living and sport opportunities for all. A compelling motivator and keynote speaker, Walker-Young serves on the Paralympic Development Committee and Classification Taskforce for the CPC and also teaches indoor cycling classes.

"I'm honoured and thrilled to be named the Chef de Mission for the Canadian 2015 Parapan Am Team," enthused Walker-Young. "This is the culmination of years of focus and hard work as an athlete, of contributions as a volunteer and experiences working in the sport sector. It is these experiences, memories and skills from my participation in sport and the values that I learned along the way that I hope to share with the athletes and coaches of Team Canada, to help them reach their goals."

Arguably, Walker-Young's greatest asset in her role as Chef de Mission, and as an advocate for para-athletes overall, is her unique perspective born out of her expe-

riences growing up as a young girl with a disability who loved sports, but never dreamed of participating in elite competition. Of all of her attributes, it's her in-depth understanding of what really matters to the athletes that drives her decision-making as the face of the Canadian Team.

Many leaders earn admiration from how they cope with adversity. Walker-Young was born with dysmelia, a congenital disorder that interfered with the full formation of her hands and forearms just below the elbow. "A lot of people talk about overcoming disability," explains Walker-Young, "but you don't overcome disability. You live with it day to day. It's about holding your head high and showing the world what you can do," she affirms.

As a member of the Canadian Paralympic Swim Team for 13 years Walker-Young competed at the 1992 Barcelona, 1996 Atlanta, 2000 Sydney, and 2004 Athens Paralympic Games, winning three gold, one silver and two bronze medals overall. Throughout her swimming career, she broke numerous Canadian and world records and was team captain for more than half of her tenure.

Originally from Toronto, now residing in Vancouver, Walker-Young took up swimming with the famed

Variety Village Flames as a youngster. Despite her disability, she enjoyed all of the same activities as her friends and family, especially swimming. “I just loved the water. I was always the first one in and the last one out. I knew I was good at it, but I never thought about being an Olympian because people who went to the Olympics didn’t look like me,” recalls the 38-year-old, who recently became a new mother.

In fact, it was happenstance that introduced Walker-Young to Paralympic sport. “It was just luck that I heard about it. I think that’s why I got so involved in volunteering after my swimming career – I didn’t like to think that anyone else would have to find out by accident and perhaps miss out on a glorious opportunity,” she says in explaining her eventual transition into advocacy and sports administration.

In her lifetime as a competitor



and advocate, Walker-Young has witnessed the Paralympic Movement grow from a largely grassroots undertaking into a major international sporting event which has captured the imagination of the world. Almost 40 years ago, Canada laid the groundwork for changing the perception here at home and

ELISABETH WALKER- YOUNG

internationally toward this burgeoning sports movement when Toronto hosted the 1976 Olympiad for the Physically Disabled, the fifth ever Paralympic Games.

Walker-Young acknowledges that Canada, once again, has a chance to propel the movement forward by putting on the best – and largest – Parapan American Games ever held, and the first in Canada, in hosting 28 countries and over 1,500 athletes competing in 15 sports. And she is quick to note that “the Paralympic Games are not just about sport. They are a great jumping-off point for creating social and cultural equality,” she continues. “Many of the countries now fielding Paralympic teams lag behind Canada in recognizing the rights of persons with disabilities and in promoting inclusivity, so there is still a lot of work to be done on that front worldwide,” she advocates.





Lady of the Lakes

Vicki Keith Munro Now Resides Poolside

By Jeff Tiessen

Vicki Keith Munro was described as an unlikely athlete, not apt to succeed in any sport. But she refused to accept the negative comments about her abilities, and today is the most successful marathon swimmer in the history of the sport with an unprecedented sixteen world records.

*“Our program is all about young people participating – proving that **nothing** is impossible – and knowing that when faced with a road block, or hurdle, that they **can** overcome it.”*

Keith Munro's most recognized accomplishments include becoming the first person to swim across all five Great Lakes over a two-month period (the summer of 1988, as a 27-year-old), and for being the only person to complete the 104-km double crossing of Lake Ontario. She was the first to butterfly across the English Channel and the first to cross the Catalina Channel, with a blue shark beneath her no less.

Keith Munro didn't start life destined to be a marathon swimmer. “My life started as a young person who was kicked out of ballet,” she recalls, “and who was poor at every sport I participated in. I was always picked last for team sports.” But she loved the YMCA and hung out there all the time. Her mother pushed her to get involved in volunteering. When Keith Munro was 10 and volunteering at the Y in Ottawa, she worked with a young person with a disability in a pool class. She remembers taking this young child into the pool. “On land he needed his wheelchair, but in the water he moved independently,” she observed. “Water was his freedom.”

For Keith Munro, her marathon swimming career was never about breaking records. "It was always about doing what others thought to be impossible," she promotes, and she shares that personal mantra with youth who aspire to be like her, especially kids with disabilities. All of her swims have been done to raise money for charities, save for her very first swim, the 12-mile butterfly in 1984. Her Great Lakes swims raised almost \$600,000 for the Sunshine Pool at Variety Village in Scarborough, Ont., where she coached. In 2005, Keith Munro came out of retirement (she formally retired from marathon swimming in 1991) to swim 80.2 km across Lake Ontario, from Oswego, N.Y., to Kingston, with her husband John Munro. She raised over \$200,000 for a new 25-metre pool at the Kingston Family YMCA and an inclusive swim program called the Kingston Y Penguins... because penguins can fly... when in the water! The Y Knot Abilities Program was created to provide children with physical differences and disabilities a place to play, learn and explore the joys of a healthy active lifestyle.

A Canadian Disability Hall of Fame inductee, Keith Munro has raised over one million dollars for services and programs for youth with disabilities worldwide. She now coaches full-time and inspires kids living with disabilities to celebrate their differences and recognize their similarities with able-bodied youth.

The Kingston Y Penguins program is extremely important to Keith Munro and the community in which she lives. "For the first time in many of their young lives these kids are free to explore and focus on their abilities, not their disability," she explains. "That's what our program is all about... young people participating and proving that nothing is impossible and knowing that when faced with a road block, or hurdle, that they can overcome it. Our participants are learning to see possibilities. They are learning to strive and set goals. And they are pushing beyond past expectations and taking on new challenges."

Her motivation for creating the Y Knot Abilities Program was to fill a hole... the "Black Hole" as Kingston has been called with respect to the lack of sports

opportunities for kids with disabilities. In other words, nothing there. "I realized that there are probably a lot of places with little or no opportunity for sports for kids

with disabilities in Ontario," notes Keith Munro, "so my husband and I agreed to move to Kingston and start our program. I started it without a pool, then just one lane and now we have 40-some swimmers. I love working with kids, and I love to coach, but I'm not an organized person. I just did it with my heart. I want to expand this program to YMCAs all across Canada. Every small community is a 'Black Hole.' We need these opportunities across the country."

But long before she made the decision to move to Kingston, Keith Munro's experiences as a child at her local YMCA may have directed her choice of careers. "Working with a young person with a disability in a pool class when I was just 10 years old showed me how important water was for his freedom."

From that experience Keith Munro came to understand early in life that with a positive attitude and belief in yourself, you can follow your passion and be successful through sheer determination. "We have kids come in that have been told that they won't be able to learn to swim," she shares, "or family members with preconceived ideas that because they have a particular type of disability that they won't be able to swim or float. It doesn't take long to see that they can do it, and they see others doing it too."

Keith Munro's life motto has always been to dream, believe, laugh, achieve and inspire, seeds planted by her grandmother. "She taught me to love unconditionally, treat everyone with respect and to live life as an adventure," she abridges. With that, her rewards come easily. "The moment I see the light in the eyes of a young person who realizes for the first time that their passion and determination will bring them to their goal, I know that their journey has begun and I have done my job well." And she adds, "as Helen Keller once said, 'Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired and success achieved.'"





LOSS DOES NOT MEAN DEFEAT.

Becky Richter, 100-metre sprint

At Toronto Rehabilitation Institute, we see firsthand the hard work and determination that goes into conquering the effects of disabling injury and illness. Canada's Parapan Am athletes personify this perseverance and their accomplishments are now on display for the world.

We also want to champion two of our leading physicians, Dr. Gaëtan Tardif, President of the Canadian Paralympic Committee, and Dr. Julia Alleyne, Chief Medical Officer of the 2015 Pan Am and Parapan Am Games, who are both integral to the success of these games. To learn about how the Toronto Rehabilitation Institute is helping Canadians, visit www.uhn.ca/TorontoRehab

Credit: Canadian Paralympic Committee

Toronto Rehab Foundation  **UHN**
COURAGE LIVES HERE

Q & A

ParaSport Ontario Athletes in Profile



Photo: Darren Calabrese

Christopher Sergeant

AGE:	HOMETOWN:	SPORT:
22	Kingston	Swimming

Q. How did you get involved in parasport?

A. I wanted to do a triathlon when I was 12 and needed to learn how to swim. I was a complete non-swimmer when I started.

Q. Highlight of your sporting career?

A. Competing at the World Championships two times and medalling at the last Parapan Ams... a silver in the 100-metre backstroke and a bronze in 50m freestyle.

Q. What about disappointments in sports?

A. For the past year I've been going through stroke changes to make me more efficient in the water in the long run. But getting my muscles adjusted has taken a while which ended up having me swim a lot slower – that's frustrating.

Q. How about challenges you face in training or competition and how you overcome them?

A. When I swim, I can't feel what my right hand and arm are doing. I know the basic movement but can't feel how much I am pulling with it. My right leg also kicks at a slower pace than my left. So keeping a constant kicking action with both legs can be hard. Practice, practice to overcome... I'm swimming six to seven times a week.

Q. What are your goals or expectations for yourself in parasports?

A. I have very high expectations of myself. I never want to lose or say I didn't try. My goals are to get to be the fastest I can be, and compete at the Paralympic Games.

Q. What has competitive sport taught you about yourself and/or others?

A. You really can accomplish anything you want. It's all about the effort you put in.

Q. Your sports hero or mentor, or what inspires you?

A. I'm a fan of the underdog. It's kind of how a person in parasport usually is. Many people have told me that I wouldn't achieve anything in my life and everything I do just proves how wrong they were. I also love uber-competitive people who just never give up.

Q. Why do you compete?

A. I crave the atmosphere that comes with it. The stress that you get from a big stage is amazing. I like that stress.

Q. Advice for someone considering getting into parasport?

A. Don't be afraid to try new things. You may not be good at something when you first begin, but you never know – you may end up loving a new sport.

Q. Favourite thing about parasport?

A. The people. No one cares that you have a disability because everyone else does too.

Q. What do you want the average Canadian to know about parasport?

A. When it comes down to it, parasport is really the same as all other sports. Parasport just has minor differences to accommodate disabilities. It may not always be as fast or flashy as able-bodied sports but not everyone is the same.



AGE: 32 **HOMETOWN:** London **SPORT:** Boccia

Q. How did you get involved in parasport?

A. I started in sledge hockey at age eight and then at 13 I was looking for a summer sport and a friend suggested boccia.

Q. Highlight of your sporting career?

A. A bronze medal at the 2010 World Championships and a gold medal at the 2011 Parapan Am Games.

Q. Any challenges you face in training or competition and if so, how have you overcome them?

A. Finding gym time can be challenging and finding good sport assistants can be challenging. I've had help from a lot of people with gym space and as for sports assistants, I've always been able to find awesome people.

Q. Your goals or expectations for yourself in parasports?

A. To play until at least 2020 and then become an international-level technical delegate.

Q. Describe a typical week of training.

A. Fourteen hours on courts, three to four hours of physical workouts, eight hours of mental training.

Q. What has competitive sport taught you about yourself and/or others?

A. It opened the world to me and has allowed me to do things I could've only dreamed of.

Q. Advice for someone considering getting into parasport but hesitant about it?

A. Just go for it and try a few sports.

Q. Favourite thing about parasport?

A. Going to the Paralympic Games.

Q. Who has helped or supported you the most in parasport?

A. Of course my parents. I've also been lucky enough to have had five great sports assistants, Kim Read, Charlene Cowell, Brittney Richardson, Kristin Dorrance and Aline Ha.

Q. What would you want the average Canadian to know about parasport?

A. We are elite-level athletes.



AGE: 15 **HOMETOWN:** Toronto **SPORT:** Track & Soccer

Q. How did you get involved in parasport?

A. Back in Grade 7, I got my first prosthetic running blade and started training on it. I have always competed in able-bodied competitions and para coaches noticed my potential and I got involved in parasport too.

Q. Athletic career highlights?

A. Setting the Canadian record for my amputee class in the 100m in 2013 and a new Canadian record in the 200m in 2015. Competing at my first international competition in Arizona in 2015. Competing in my first Canadian nationals in 2015, and keep growing as an athlete.

Q. Challenges you face as an amputee sprinter?

A. Being a para-athlete there are always walls and challenges to

overcome on an everyday basis. I tend to try to stay positive when things don't work out, such as when my equipment malfunctions and when injuries occur. My family, friends, coaches and doctors help me keep that positive attitude going.

Q. What are your goals in parasport?

A. To compete at the international level, continue to grow and stay active, and to represent my country in an outstanding way.

Q. What is an average week of training like?

A. I train about five days a week. Workouts or training sessions can range from two to four hours. Two to three of the training days are speed workout days. Two to three training days are tempo workouts for recovery and fitness.

AGE:

14

HOMETOWN:

Kingston

SPORT:

Swimming

Abi Tripp

PHOTO: Darren Calhoun

Q. How about interests outside of parasport?

A. I enjoy playing the guitar. I play soccer for Mooredale in the Ontario Youth Soccer League. I enjoy spending time with friends and family and I love to travel.

Q. What has competitive sport taught you about yourself?

A. Through sport I have learned how to be a leader, and not just to lead others, but to lead myself in the right direction. I learn transferable skills every day in sport that I can apply to everyday life which makes me a better all-round person. I also know how to problem solve in sports when I have to overcome challenges, which prepares me for real-life situations.

Q. What inspires you?

A. The will and want to do better each and every day. They say lift up yourself so you can lift up others. That's the reason why I want to always push for better, not just for myself but for other people and make others proud. My parents are my heroes because no matter what, they are always there for me.

Q. Advice for other young athletes like yourself just starting in parasports?

A. Join parasport because it is truly unlike anything else; it's different from able-bodied sports because everyone here wants everyone who is involved to succeed and athletes are always there to support you.

Q. Who has helped you the most in succeeding in parasport?

A. My parents, my family, my coaches and the people in the prosthetics department at Holland Bloorview Children's Rehab Centre have all played a really big role in my success. Without their contributions, many of my accomplishments would not be possible.

Q. How did you get involved in parasport?

A. When I was five years old I participated in a triathlon in Kingston (Kids of Steel Triathlon). Swim coach Vicki Keith Munro was there and noticed that I have cerebral palsy. Vicki asked me to join the Kingston Y Penguins, a swim team she started and coached for kids with disabilities and their siblings. The next year I joined the team and at age six I learned to swim on my own for the first time.

Q. Highlight of your sporting career?

A. Being a member of Canada's Para Swim Team at the Parapan Am Games in Toronto. And, setting a world record with some of my teammates for the longest distance covered in open water by an eight-person relay team in 24 hours.

Q. What about disappointments in sports?

A. In 2012, I qualified for the Paralympic Swimming Trials. At the time I was 11 years old, so my coach and I made the decision that it was not the right time to participate. Then in 2013 the Canada Games were being held in Sherbrooke, Quebec. I competed for a spot on Team Ontario, but I was seven days too young to be selected for the team.

Q. Are there challenges you face in being active?

A. Kids at school not letting me play sports because I was a bit slower. I have overcome this by doing my best and not letting the negative comments impact me wanting to become better and faster. I have mild cerebral palsy that affects all my limbs but mostly my legs and my right side. I didn't learn to walk until I was almost two years old.

Q. Your goals or expectations for yourself in parasports?

A. My overall goal for myself in parasports is to become the best I can be. My goal is to compete for Canada at the Paralympic Games.

ATHLETE PROFILE

Q. What has competitive sport taught you about yourself and/or others?

A. Competitive sport has taught me to be good at time management, keeping a balance in my life (between school, swimming and getting enough sleep), being an all-around athlete, and striving to do the best in all I do.

Q. Why do you compete?

A. I compete because I love to challenge myself and others. For me, competition is not just about winning or always having a great performance; it's about being able to give everything and learn from the experience to become better.

Q. Advice for someone considering getting into parasport but hesitant about it?

A. Parasport can open up so many doors. You become stronger physically and mentally and there is a community where you can find people who are like you or have

gone through the same thing. You learn so much about yourself and how you can push yourself on and off the field of play.

Q. Favourite thing about parasport?

A. You meet so many cool people. Everyone has a story and it is so fun seeing how each person has a different way of overcoming daily challenges.

Q. What would you want the average Canadian to know about parasport?

A. Parasport is not just to keep "the disabled" fit, but it's where athletes can show what they are truly capable of. Each athlete has their own unique challenges but can do extraordinary things. Just because my limbs don't work the same as everyone else's, it doesn't mean that I am not athletic. I can compete at a high level.

Q. How did you get involved in parasport?

A. I got involved through Variety Village at the age of nine. Program director Archie Allison approached my mother and I at the Ontario Science Centre and told us about Variety Village and all of the adapted sports they offer. I tried wheelchair basketball and have been hooked ever since!

Q. Highlight of your sporting career?

A. My first major tournament was the Junior World Championships which were held in Toronto at Humber College. We won that tournament. Competing successfully in front of my family and friends was amazing. I'm looking forward to that same opportunity at the Parapan Ams.

Q. What about disappointments in sports?

A. There have been a couple. The biggest one would probably be failing to qualify for World Championships last summer. That still stings. Another would be our 7th place finish at the World Championships in 2010. We had a sub-par quarter final game and that's all it took to knock us out of medal contention.

Q. Challenges that you face in training or competition or in simply being active?

A. When I was growing up, I would get a lot of blisters on my stumps. I grew so fast that my legs would only fit for a month or two at a time and once that fit wasn't ideal, my stumps paid the price. Luckily I stopped growing. But challenges in competition are what fuel me... the opponent puts up a wall and I go about tearing it down. Training can be tougher because you're either



Adam Lancia

AGE:	HOMETOWN:	SPORT:
35	Scarborough	Wheelchair Basketball



AGE:	HOMETOWN:	SPORT:
38	London	Boccia

training against yourself or your teammates and when that becomes monotonous, you run the risk of not getting the most out of yourself.

Q. Your goals or expectations for yourself in parasports?

A. I have always been driven and competitive so winning has always been the goal. Fortunately, each team I have played for has also had that same goal and more often than not, we achieved it.

Q. Describe a typical week of training.

A. I train three days a week and work the other two. Weekends are a crap shoot, especially with a two-year-old daughter. On training days we have a team practice which includes multi-player drills and skills work. That's followed by an hour of lifting and conditioning in the weight room. Lastly, a one-hour individual skills workout takes place in the afternoon.

Q. Interests or activities outside of parasport?

A. I love to fish. Getting outside and enjoying nature is really relaxing for me. My wife and I bought kayaks last summer so we'll be doing a fair bit of that once the Parapan Ams have wrapped up.

Q. What has competitive sport taught you about yourself?

A. There's no short answer for this one. Because I've been in competitive sport so long, it has helped shape me into who I have become. If I had to pinpoint one thing it would be how willing I am to compromise in order for a teammate or the team to be successful. That applies to every aspect of my life as well.

Q. Advice for someone considering getting into parasport but hesitant about it?

A. Try it! Without trying something and trusting yourself to do it, you will ultimately limit yourself. That self-limitation will bleed over into your day to day life and lead to you limiting yourself more and more. Find out what your limits are rather than imposing them on yourself.

Q. Favourite thing about parasport?

A. I love the sense of community in parasport.

Q. What would you want the average Canadian to know about parasport?

A. Come out and see our sports to know why our sports are so amazing. Find the time to see any parasport and you'll become a fan!

Q. Last thought?

A. I'm thankful for being born missing my feet. Not that there is anything wrong with being average and having an average life, but I wouldn't trade my current life for anything, including feet.

Q. How did you get involved in parasport?

A. I first got involved through the Thames Valley Children's Centre in London by joining the swim team that they started called the London Lightning Bolts. I was competing in swimming across Ontario, but I was pretty much the only one in my classification, so I wasn't going anywhere with it. But my dream/goal was to go to the Paralympic Games since I was a kid. One of my swimming teammates told me about boccia. I went to check it out at a local tournament called Boccia Blast and from then I was hooked, and that was over 20 years ago!

Q. Highlight of your sporting career?

A. Having the honour of representing Canada at four Paralympic Games (2000 Sydney, 2004 Athens, 2008 Beijing, 2012 London). Also, being the Canadian Champion for three consecutive years (2013, 2014, 2015).

Q. How about your goals or expectations for yourself in parasports?

A. My ultimate goal is to be a Paralympic medalist.

...continues



Q. Describe a typical week of training.

A. A typical week of training is on-court training at least four times a week (sometimes more if I have training on the weekend) for a period of three to four hours each session, plus stretching and some physio. One day at the gym for a two-hour workout with trainers. One day for chiropractor/physio. And on top of all this, I do mental preparation work on and off the court.

Q. What has competitive sport taught you about yourself and/or others?

A. I have learned how far I can push my limits and how much adversity I can push myself through. I have learned how strong of a person that I am, both on and off the court.

Q. Why do you compete?

A. I love the competitiveness of sport and the adrenaline when I compete.

Q. Advice for someone considering getting into parasport but hesitant about it?

A. Just do it! You'll never know if you can do it if you don't try! Don't let anything or anyone come between you and your love for sport, and don't let anyone tell you that it's not possible! Anything is possible if you put your mind to it! Keep your head up and go for it!

Q. Who has helped you, or supported you, the most in parasport?

A. My parents! They drove me to practices, made sure that I had all of the equipment needed to be involved, and have been my #1 cheerleaders/supporters throughout my career! Without my parents, I wouldn't have been able to do this for so long.

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THE GAMES ARE TOUGH | THE ATHLETES ARE TOUGHER

As one compelling video narrates, "You're a cyclist. You ride every morning. Uphill. Downhill. In the wind. In the rain. You ride for your coach. Your teammates. Your country. And you do it without legs.

*The games are tough.
The athletes are tougher."*

The campaign was created for the Toronto 2015 Parapan Am Team. Says Martin Richard, Executive Director of Communications and Marketing for the Canadian Paralympic Committee (CPC): "The campaign is a true reflection of our brand and the strong traits of world-class Paralympic athletes."

Here, you'll read a selection of excerpts from several of the para-athletes featured in CPC's new campaign.

Meet Shelley Gautier

This para-cyclist from Toronto sustained a brain injury resulting in an initial six weeks in the hospital and seven months more in rehab.



"I got out of the hospital and was riding my recumbent tricycle and sailing right away. Because of my hemiplegia I couldn't go on to the Paralympics for sailing so my training partner introduced me to para-cycling. I got a bike, got into shape and onto Team Canada."

"Sport has shaped me into a more confident person. I can inspire others to try and do things either in cycling or in their everyday lives, and that is important to me."

Meet Aurélie Rivard

This para-swimmer from Montreal was born without fingers on her left hand.



"At age 11 I started swimming for fun with my swim club. I live for swimming. I always have my goal in mind. This is what motivates me."

"My twin sister swims too and I don't like her to beat me so we are pretty much the same speed. She pushes me in training to get out of my zone. She pushes my limits."

"To be a Paralympian takes a lot of dedication, motivation and inspiration. It's not easy to live every day with a disability. But you can achieve what you want."



The Canadian Paralympic Committee is thrilled to share some of its athletes' powerful stories and engage Canadians through a variety of media including television, radio, print, digital. Through the #PARATOUGH campaign, Canadians get to discover the toughness of our nation's para-athletes on and off the playing field.



Meet Tracey Ferguson

This Markham, Ontario, career wheelchair basketball player acquired her disability at age nine when a complication in a surgery to correct a curvature in her spine (scoliosis) resulted in paralysis.



"It wasn't until I was about 12 years old that I discovered wheelchair sports. The day that I did, the world opened up. Wheelchair basketball is played at incredible speeds in metal chairs. It's supposed to be a no-contact sport but I don't know about that considering the number of bones I've broken."

"The reason I train every day is to be the best. It's tough at times to go to the gym every day but you have to remember that someone is doing the work to pass you by. The only limit you will ever have is the one that you put on yourself."

Meet Zak Madell

This Paralympic medalist in wheelchair rugby from Alberta has a reputation of toughness. In this rough and tumble sport every elite player does. A "staph" infection at age 10 necessitated his amputations to save his life.



"Wheelchair rugby gets pretty rough out there. It's partly what I love about it... players are strapped into their wheelchairs so when they go over, the chair goes with them."

"Mental toughness plays a key role in our sport. It is a high-pressure sport. You need to make crisp passes over a defender. Keep your mind in the zone and don't get sloppy out there."

All photos courtesy Canadian Paralympic Committee

Meet Joel Dembe

A native of Hamilton, this Paralympic wheelchair tennis player was born with a spinal tumour causing partial paralysis. He began using a wheelchair at a very young age.



"Wheelchair tennis is arguably the toughest sport in the world. You have to do so many things at once... wheel your chair, coordinate your chair towards a moving ball, hold your racket, and hit your ball over the net."

"Sport got me through some dark times in my childhood. Perseverance is everything. Growing up with a disability is not the easiest thing. I used sport to motivate me in everyday life."

Meet more of these elite athletes at
paralympic.ca/paratough.

Share them on social media using #PARATOUGH.

Protect This House

Spotlighting Supported Housing

Parasport athletes include a wonderful diversity of physical function that comes together as expressions of excellence. A great example is found in the sport of wheelchair basketball where athletes are classified by their level of physical function (i.e. level of amputation or level of spinal cord injury) and assigned a point score between 1 and 4.5. To keep a fair playing field, teams can only play a total of 14 points on the court... that being a collective combination of player point scores.



Coach Mike Frogley often speaks to the point that wheelchair basketball is very much like a game of chess. Players may move differently but they are all important in helping you win the game.

Participation House (PH) brings a similar philosophy to persons who require assistance with daily living and housing needs. The term "Together Everyone Achieves More" has never been more accurate. At PH, persons with multiple complex physical and developmental challenges live active and inclusive lives within their community. People excel at reaching their true potential through provisions of support that focus on each individual's skills with a view to what they bring to the community. In the same way that athletic skills are required to play a sport, life skills must be developed to maximize independence.

Similar to the national wheelchair basketball program, PH also has a development program, offering Life Skills and Life Readiness training both as day programs and as residential programs using the facilities at the University of Ontario/Durham College and the Abilities Centre in Whitby.

PH has a 40-year track record of helping people maximize their independence. "Our residents and our residences are both unique," says Executive Director Michelle Marshall. "Everyone has a capacity to contribute to their community and to gain from the significant support the community provides for them," she continues. "Our big-



gest roles are as provider and connector. We provide safe, clean, supportive housing, personal care and education. We also connect with other programs to maximize independence and value."

People with physical and developmental challenges are living longer; they are surviving accidents, illnesses and congenital conditions that would have been terminal not that many years ago. In many cases (15,000 in the Greater Toronto Area), adults are transitioning from a home-care situation in need of finding alternative housing as their parents age. To meet these needs we need to expand housing options like Participation House.

RESPONSIVENESS • INCLUSION • DIGNITY • ENGAGEMENT • RESPECT

"Within every body...
there is a person."

-40ie Dalings center



Call or Visit:

The Participation House Project (DURHAM REGION)

55 Gordon Street, Suite 1, East Administrative Tower, Whitby, Ontario L1N 0J2
P: (905) 579-5267 | F: (905) 579-5281 | W: www.phdurham.com

Together *Everyone* Achieves More

Sport by Sport

Parasports in Profile. Who Can Play. How to Play.



Athletics

The track and field events offer a wide range of competitions.



Advances in technology have made once unimaginable feats become realities. Some compete in wheelchairs, others with prostheses and athletes who are blind or visually impaired compete with the guidance of a sighted companion. Athletes compete according to their functional classifications in each event.

Boccia

A game of precision and concentration.



The objective is to throw leather balls as close as possible to a white target ball (the jack) on a long, narrow field of play. At the end of the game the player closest to the "jack" receives one point for each ball closer to the jack than their opponent's. Boccia is played on an indoor marked court, usually with a hard surface, with men and women competing together. The athletes use their hands, feet or an assistive device where required, to propel the ball. All events are mixed gender and feature individual, pair and team competitions for a total of seven medal events.



Swimming

Competitors measure their skills in Freestyle, Backstroke, Butterfly, Breaststroke and Medley events.



Athletes are classified based on their functional ability to perform each stroke. Swimming is governed by Swim Ontario, which incorporates the rules of the International Swimming Federation (FINA). There are various ways for swimmers to start their race in the water, a dive start sitting on the starting platform or the typical standing start. During a swimming event, swimmers who are blind are required to have an assistant 'tap' him/her as he or she approaches the swimming pool end wall, either to make a turn or for the finish of the race. These swimmers are also required to wear blackened goggles in their events.

Lawn Bowling

Lawn bowls is played on a large grass surface called a "green".



Equipment includes bowls, which are hard balls with a bias that makes them travel in an elliptical path. A small white ball called the "jack" is rolled first, and aligned. Players then alternate delivering their bowls. Points are scored by players having their bowls closer to the jack than their opponent's closest bowl. The game has added complexity in that the jack can be hit by a bowl anytime during the game.





Para Alpine

Athletes compete in three categories based on their functional ability.



A results-calculation system allows athletes with different disabilities to compete against each other in Slalom and Giant Slalom events. Para Alpine Skiing is governed by the Ontario Disabled Alpine Race Team. Skiers with blindness/visual impairment are guided through the course by sighted guides using voice signals. Athletes with physical disabilities use adapted equipment including single ski, sit-ski or orthopaedic aids.



Para Nordic

The competition is open to athletes with a physical disability and blindness/visual impairment.



Athletes compete in a short distance sprint and middle distance race using classical or free techniques. Cross Country Ontario governs the sport. An athlete with a lower-body disability uses a sit-ski, which is a specially built chair that can be attached to a pair of skis. The skis are almost identical to standard skis, although shorter, and are attached to the chair with a standard cross-country binding. A visually impaired athlete competes in the event with a sighted guide who uses their voice or a radio device to guide the athlete through the course.

Para Cycling

Cycling events are open to all athletes with physical and visual disabilities.



Not all events, however, are offered to all athletes. For example, tandem competitors (athletes who are blind or partially sighted) compete in track and road events while athletes with spinal cord injuries compete in road events only. Competitors are classified into four broad categories with separate events for each: 1) Handcycling with four sub-categories (H1, H2, H3, H4, H5); 2) Tandem (Stoker + Pilot); 3) Tricycles with two sub-categories (T1-T2); and 4) Regular bikes (Upper or/and lower body disability, amputation, cerebral palsy) with five sub-categories (C1, C2, C3, C4, C5).

Para Equestrian

Para Equestrian is a multi-disability sport, open to athletes with a physical disability or visual impairment.



Events are mixed and grouped according to their functional profiles. Riders compete in two Dressage events: a Championship Test of set movements and a Freestyle Test to music. Competitors are judged on their display of horsemanship skills using a series of commands for walk, trot and canter. The competition is judged on how the horse/pony performs under the influence of the rider. The more skillful the rider, the better the horse is able to perform without resistance, rhythmically and with suppleness, reflecting the skills of the rider.



Wheelchair Rugby

Wheelchair Rugby is a contact team sport for male and female athletes with quadriplegia.



The sport can be very physical as athletes attempt to carry the ball over the opponent's goal line. Depending on their functional abilities, athletes are placed into one of seven sport classes from 0.5 (most severely disabled) to 3.5. During play the total value of the four players allowed on the court from each team cannot exceed a total of 8 points. Wheelchair Rugby is governed by the Ontario Wheelchair Sports Association.

Wheelchair Basketball

Wheelchair Basketball was designed for athletes who have lower body impairment.



Wheelchair Basketball is open to male or female athletes and is played by two teams of five players each. Depending on their functional abilities, a point value from 0.5 (most severely disabled) to 4.5 is given to each player. The total point value of each team must not exceed 14 points on the court at one time. The measurements of the court and the height of the baskets are the same as in able-bodied basketball. The Ontario Wheelchair Sports Association is the governing body for Wheelchair Basketball in the province of Ontario.



Wheelchair Curling

Wheelchair Curling is a game of great skill and strategy.



Each team must be comprised of male and female players. It is governed by the Ontario Curling Council and played according to the rules of the World Curling Federation (WCF), with only one modification – no sweeping. Curling is a target sport based on a very simple idea. The players slide a stone down a sheet of ice and have it stop as near the centre of a set of rings, called the house, as possible. The opposing teams will do everything tactically to stop each other from achieving this goal. Players use an extender stick to push the rock down the ice from a seated position.

Wheelchair Tennis

Wheelchair Tennis follows able-bodied tennis rules, with the exception that the ball is allowed to bounce two times.



The first bounce being within the bounds of the court, the player must return the ball before it hits the ground a third time. Athletes must have a permanent, substantial or total loss of function in one or both legs. To win a set an athlete or pair must win six games. The winner of the game is the player to win two of three sets.

THE SHOT CLOCK
DOESN'T TICK
ANY SLOWER
FOR WHEELCHAIRS.

THE GAMES
ARE TOUGH

THE ATHLETES
ARE TOUGHER



AUGUST 7-15



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Sitting Volleyball

Sitting Volleyball is a version of the game played by athletes with disabilities.



It is played while seated on the court. The sport is governed by the same set of rules as the able-bodied game, with a few minor rule modifications. The Sitting Volleyball court measures 10m x 6m, divided into two sides of 5m deep by 6m wide. The net height is lower than that of able-bodied or standing volleyball, set at a height of 1.15m for men and 1.05m for women. Athletes must be in a seated position with part of their torso touching the ground when they make contact with the ball.

Goalball

Goalball is a sport for athletes with blindness/visual impairment exclusively.



The object is to roll the ball into the opponent's goal while the opposing players try to block the ball with their body. Bells inside the ball help to orient the players, indicating the direction of the on-coming ball. While play is in progress, complete silence is required in the venue to allow the players to concentrate and react to the ball. Goalball is played by male and female athletes. Athletes wear masks on the playing court, which allows persons with varying degrees of vision to participate together.



Sledge Hockey

Sledge Hockey is governed provincially by the Ontario Sledge Hockey Association and follows the rules of able-bodied hockey with some modifications.



Teams play with six players on the ice surface and attempt to outscore opponents by shooting the puck into the opposing team's goal. The players are strapped onto custom-made aluminum frame sledges having two blades and a runner. The players use two sticks, each having a blade at one end and a pick at the opposite end. The sticks are used to propel themselves along the ice using the pick end and the blade end is used for stick handling, passing and shooting.

Para Soccer

There are two versions of soccer recognized at the Paralympic level, 7-a-side and 5-a-side.



Seven-a-side soccer is played by athletes with cerebral palsy and other neurological disorders, including stroke and traumatic brain injury. The rules for 7-a-side soccer are the same as those for Olympic soccer with a few modifications including, one-handed throw ins and no offside rules. Five-a-side soccer is played by athletes with visual impairments. The field is smaller with boards on each side and only the goalie is sighted. Teams commonly have a guide who is positioned off the field of play and behind the goal being attacked who assists in directing players towards the target. The Ontario Soccer Association governs both 5-a-side and 7-a-side soccer in Ontario.

ParaSport Ontario's Affiliated Clubs

Join
the
Club!

Achilles Canada

Toronto, Peterborough
Contact: Brian McLean
bmclean@achillescanada.ca
www.achillescanada.ca

Sport: Running

Achilles provides people with various disabilities an opportunity to receive the physical, psychological, and communal benefits of running. The club offers training and support by able-bodied members to its Achilles athletes of all ability levels. Guide runners and volunteers are always needed.



Breaking Down Barriers

Collingwood
Contact: Elaine Kelly
705-445-1543
reception@
breakingdownbarriers.ca
Sports: Golf, Wheelchair Curling,
and other recreational activities
Breaking Down Barriers operates the Georgian Bay Breakers Sports Club. This club offers sports throughout various times of the year.



Canadian Electric Wheelchair Hockey Association - North York

Contact: Bob Cassidy
Executive Director
416-757-8544
bpcassidy@cewha.ca
www.cewha.ca

Sport: Electric Wheelchair Hockey
Toronto is the largest division of the CEWHA. People with disabilities can play hockey at the competitive level, interact and share common experiences, make new friends and have fun!

Canadian Electric Wheelchair Hockey Association - Toronto Division

Toronto
Contact: Bob Cassidy
416-757-8544
info@cewha.ca
www.cewha.ca

Sport: Electric Wheelchair Hockey
The Canadian Electric Wheelchair Hockey Association (CEWHA) is a national, charitable organization. Established in Toronto in 1980, the mission of the CEWHA is to provide a quality hockey program for all persons with disabilities who have limited upper body strength and/or mobility, who could significantly benefit from the use of an electric wheelchair in competitive sport and daily living.

Cruisers Sports for the Physically Disabled

Halton/Peel
Contact: Chris Gee
president@cruisers-sports.com
www.cruisers-sports.com
Sports: Wheelchair Basketball, Ice Hockey, Athletics, Boccia
Cruisers Sports for the Physically Disabled is a non-profit charitable organization that provides sports and recreational opportunities to people with physical disabilities living in the municipalities of Peel and Halton.



Golden Horseshoe Disabled Sports Association

Burlington
Contact: Dianna Chandler
905-844-8429
www.dmchandler@cogeco.ca
www.ghdsa.org

Sports: Athletics, Boccia, Swimming, Wheelchair Basketball

GHDSA's programs are open to persons with physical disabilities. All programs run from September to June at various venues around the Burlington-Oakville area.



Interested in registering your club?

If so, download the 2015 Club affiliation form at www.parasportontario.ca and reap the many benefits!

A description of insurance coverage can be downloaded from the Resource Section of the website.



London Cannonballs Boccia Club

London and Surrounding Areas
Contact: Steve Dukovich
519-659-5157
bb2013@londoncannonballs.ca
www.londoncannonballs.ca

Sport: Boccia

To promote boccia playing for all levels of play from recreational to competitive.

National Capital Wheelchair Tennis Association

Ottawa
Contact: Barry Butler
613-225-9388
bgbutler@magma.ca
Sport: Wheelchair Tennis
Wheelchair tennis in the Ottawa region is guided by the National Capital Wheelchair Tennis Association (NCWTA) dedicated to promoting and providing competitive and community-based wheelchair tennis activities for persons with a physical disability. The NCWTA is a volunteer-based body administered by an elected board of directors.



SD Lambton

Sarnia

Contact: Kathy Gabriel
kathyboomer@hotmail.ca
www.sdlambton.com
Sports: Sledge Hockey, Athletics, Swimming, Weight Training, Boccia, Floor Hockey, Baseball
SD Lambton (Sports for the Disabled) brings sports to individuals with a disability in Lambton County. This sports club works closely with provincial sport organizations to bring opportunities to its athletes. Everyone is encouraged to move at their own pace and a positive enjoyable experience is emphasized. Sports for disabled gives the opportunity to compete in sports for physical well-being, socialization or at provincial, national, or international levels.



SkateABLE

Waterloo, Cambridge, Toronto
info@skateable.ca
www.skateable.ca/
Sport: Ice Skating
SkateABLE™ is Canada's first high-quality adaptive ice skating program for children and adults with physical and developmental disabilities.

Sport by Ability Niagara Inc.

St. Catharines

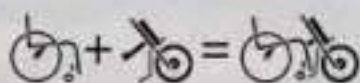
Contact: Judy Gronman
905-687-6988
sban@niagara.com
Sports: Athletics, Sledge Hockey, Weight Training
Formed in 1986, SBAN is a non-profit organization benefiting people with physical disabilities in the Niagara Region. The goal of SBAN is to provide people of all ages and abilities the chance to participate in the sport of their choice. Members are encouraged to participate in SBAN sports and recreation programs, as well as attend various track and field events throughout the year.



Toronto Tornadoes

Toronto
torontotornadoes@gmail.com
www.tornadoesparasport.org
Sport: Wheelchair Basketball
The Toronto Tornadoes currently offers wheelchair basketball for players of all levels and ages. They hope to expand to sledge hockey in the near future.





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