



ANNUAL REVIEW

2019 / 2020



THE STEADWARD
CENTRE
UNIVERSITY OF ALBERTA





PRACTICAL VISION

The Steadward Centre is a hub for pioneering, high-caliber, research-based Adapted Physical Activity and Parasport development.

SUPPORTED BY

- › Embedded Research and Training
- › Integrated Continuum of Physical Activity, Fitness and Sport Opportunities
- › Comprehensive Athlete Development Pathway
- › Strong Strategic Partnerships
- › Progressive Funding Framework

OUR PRINCIPLES

- › Living with an impairment is best understood by those with an impairment
- › Adapted Physical Activity and Para-sport development should be accessible by all who choose to participate
- › Innovation is our expectation
- › Our decisions and approaches are informed by research, and our work informs our research
- › More can be accomplished in partnership than alone
- › Meaningful inclusion requires communities and individuals informed about the possibilities





MESSAGE FROM THE DIRECTOR

The year 2019-2020 was one of activity, community, and partnership at The Steadward Centre. I am thrilled to share our successes from this past year and highlight some key partnerships that will help us achieve our mission in the years to come! As we deliver meaningful programs, work with future professionals, and learn from our members, we are committed to inspiring individual achievement in Adapted Physical Activity and Parasport by conducting and applying innovative research, widely sharing expertise and knowledge, and delivering highly successful programs for individuals experiencing disability.

As part of our effort to build capacity across the province we launched Promoting Inclusive Play in Alberta, a 3 year initiative, funded by the Ministry of Culture, Multiculturalism, and Status of Women, and delivered in partnership with Canadian Tire Jumpstart. Focused on using inclusive play and playgrounds this initiative will get young Albertans experiencing disability and their families more active.

To enhance pathways to participation, we established an FES Community Committee which focused on communication and collaboration across FES partners in the Edmonton area. Investing time and energy into building relationships with partners such as the Glenrose Rehabilitation Hospital and the YMCA of Northern Alberta is vital to ensure seamless access to participation in FES programming for people experiencing disability.

With over 200 undergraduate students gaining experience in adapted physical activity as Steadward Centre volunteers, part time instructors and floor monitors, and practicum students, we are proud to influence how these future professionals engage with members of the disability community. Regardless of the field they enter, we hope these young professionals will bring a commitment to person-

centred planning and decision making and reflect our values to ensure people experiencing disability have access to movement experiences that work for them.

As we look ahead to another year, I want to say thank you to all of our members- adults, youth, and kids, who continue to show up to be active and connect with one another across our Free2BMe, Adult Fitness and Recreation, and Athlete Development program areas. Our TSC community is supportive and collaborative- thank you for being flexible to accommodate changing schedules and for lending a hand to assist others with equipment set up- this showcases how important belonging to a community really is!

I also want to thank everyone who supported our efforts to provide quality physical activity, sport, and recreation programming for individuals experiencing disability! Whether you volunteered, donated money, or provided assistance for someone to attend and participate, your support was critical in making a difference. I want to express my gratitude to our incredible donors, including Canadian Tire and FLAMAN who sponsored our fundraising breakfast, the Ministry of Culture, Multiculturalism, and Status of Women for their ongoing operational support, and the many foundations, organizations, and individuals who continue to demonstrate their commitment to making our community better! Thank you- we couldn't do this work with you!

This report reflects the work of a different time. In March 2020, we had no idea what the rest of 2020 would be like. We want to celebrate these accomplishments and acknowledge that we are committed to staying connected to maintain our community, work with our partners, and continue to keep Albertans experiencing disability active.

**Jennifer Leo, PhD, Director,
The Steadward Centre**

BECOMING A HUB FOR HIGH PERFORMANCE ATHLETE DEVELOPMENT



1 ATHLETE ENROLLED IN POWER LIFTING PROGRAM

5 STRENGTH & CONDITIONING ATHLETES



30 ATHLETES SERVED IN VARIOUS PROVINCIAL ZONES

39 ATHLETES RECEIVING PARA-SWIMMING PROGRAMMING

Through The Steadward Bears Para-swim team.

1 PARA SWIM MEET HELD

First para swim only meet in Alberta.



1 ATHLETICS ATHLETE RECEIVED

Support from Canadian Athletics Performance Pathway (CAPP)

2 NATIONAL GOALBALL ATHLETES

Participated in SPC training group



13 PARA-ATHLETICS ATHLETES

Served through the Sport Performance Centre and Alberta Sport Development Centre partnership.

2 GRANTS SUPPORTING

Athlete development received totaling \$35,000



HIGHLIGHTS FROM PROMOTING INCLUSIVE PLAY IN ALBERTA

14 STAKEHOLDER MEETINGS CONDUCTED

4 CONFERENCES ATTENDED

56 STAKEHOLDERS AND DELEGATES CONNECTED WITH

For insights on the status and vision of inclusive play in Alberta.



MAIN LEARNING OF PIPA 2019-2020:

“There is a strong desire for more accessible playgrounds in our city. However, physical access does not necessarily equate to feelings of inclusion and belonging in a space. In addition, inclusive play has many different meanings. Therefore, providing facilitated play programming may be a key solution to promoting more inclusive play experiences at playgrounds.”



PARA-ATHLETICS REMOTE COACHING HIGHLIGHT

Britney Volkman has been with the para-athletics program since 2017 when she discovered it through Athletics Alberta. Britney participates in wheelchair racing, attending the Western Canada Summer Games in 2019 placing 1st in the wheelchair 400m race. This past fall Britney moved away for college but wanted to continue training so she was prepared for outdoor season when she returned for summer break.

“It’s great to be part of a team that supports each other...”

Head Coach Maegan Ciesielski set her up with an indoor training roller and weekly training program to complete through the Remote Coaching program. The flexibility was her favorite part of the program, “I can do it on my own time schedule, whenever it fits in best”. Britney will be returning to Edmonton this summer to train with the team for the Canadian National Track and Field Championships in Montreal. When asked what it means to Britney to be a Steadward Bear, she shares “it’s great to be part of a team that supports each other”. And her advice to anyone thinking about trying para-athletics? “It’s lots of fun, and builds self-confidence”.



PROFESSIONAL DEVELOPMENT

BE THE 'GOLD STANDARD' FOR ADAPTED PHYSICAL ACTIVITY ACROSS ALBERTA

7 CONFERENCE PRESENTATIONS AT 6 EVENTS

26 WORKSHOPS & IN SERVICES

Delivered to multiple groups



12 TOURS & TRAINING SESSIONS PROVIDED

including Minister of Culture, Multiculturalism, & Status of Women, Canadian Paralympic Committee, Canadian Tire Jumpstart Charities, visiting Faculty from German Sport University Developed & presented CSEP online course on Exercise & Disability for Fitness professionals

4 RESOURCES CREATED AND IN DEVELOPMENT

COMPLETED: Becoming Para Ready: A resource to help club and school athletics programs support more effective integration. **IN DEVELOPMENT:** Event Access Checklist, Promoting Inclusive Play in Alberta Toolkit, and Get Active Together Toolkit

3 SCHOOLS VISITED THE STEADWARD CENTRE

Over multiple visits to enhance transition from school to community

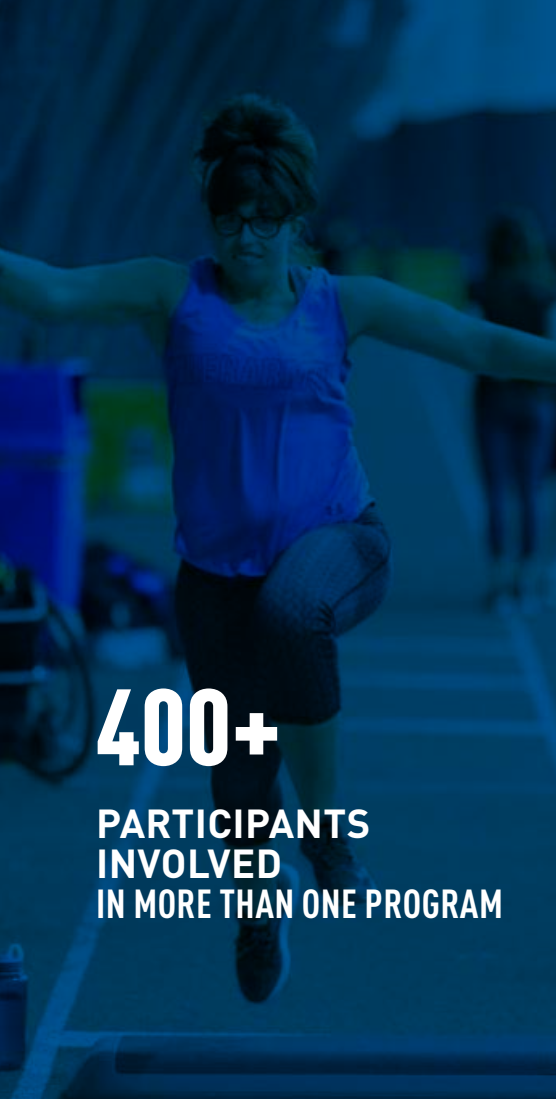
AND

4 SCHOOL FAIRS ATTENDED

to share information

PARTICIPANTS & PARTNERSHIPS

BROADEN OPPORTUNITIES AND ACCESS TO APA WITH CLEAR PATHWAYS TO ACHIEVE PERSONAL AND PHYSICAL ACTIVITY AND PARA SPORT GOALS



1,268 PARTICIPANT UNITS

(1 unit = 1 participant / program / term)

559 UNIQUE PARTICIPANTS

400+

PARTICIPANTS INVOLVED IN MORE THAN ONE PROGRAM

194 UNIQUE VOLUNTEERS IN PROGRAMS

3 NEW PARTNERSHIPS ESTABLISHED & MAINTAINED

Including Special Olympics Edmonton



20+ MEETINGS ATTENDED BY **5** STAFF MEMBERS

Including PLAY GREAT, ISR Collective, Edmonton Accessibility Advisory Committee, & Community FES Committee)

8 COLLABORATIVE CONVERSATIONS HELD

With sport and physical activity organizations.





ATHLETES IN TRAINING

Eli joined The Steadward Centre in 2008 when he was 11 years old, participating in Motor Skills Development in the Free2BMe program (formerly CAGE). Over the years he participated in a wide range of programming, and in 2011 he joined Athlete Development for Parasport in para-swimming and Athletes in Training programs.

“The Steadward Centre has helped introduce Eli to a healthy and active lifestyle...”

His father, Rene, said “The Steadward Centre has helped introduce Eli to a healthy and active lifestyle. We are very fortunate and thankful that there is such a facility in Edmonton. The staff throughout the years have been exemplary, always welcoming, supportive and caring. They are all very well trained, have exceptional knowledge of Adapted Physical Activity, and patience to handle and work with adults and kids experiencing disability. They have the necessary skills

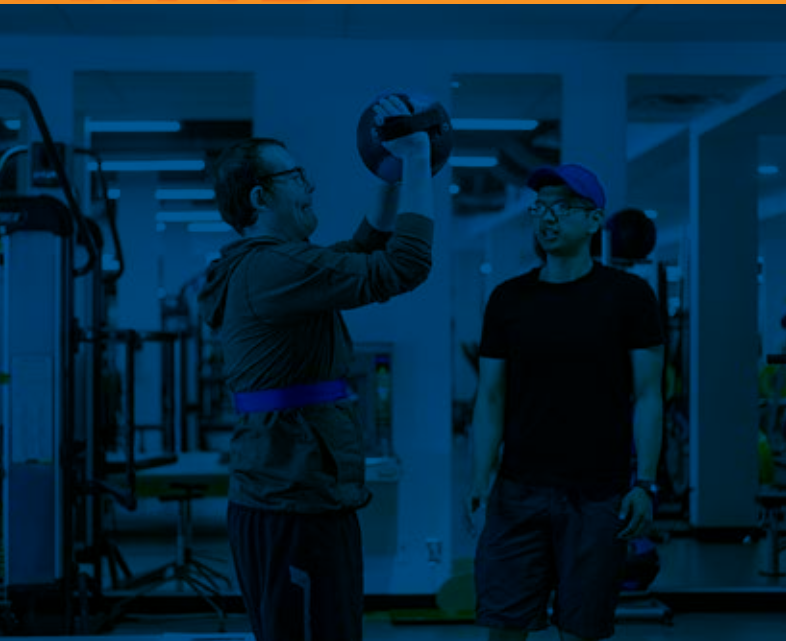
to communicate extensively”. Cost can often be a barrier to families, he went on to say “TSC has been very accommodating, always finding ways (funding, subsidy) so that Eli can continue with his programs and development”.

When asked what has been the most impactful part of the Athletes in Training program, Rene said “I believe that Eli strives to be ‘perfect’ in anything that he does. Eli has been introduced to a variety of activities that he can learn to be perfect in. Eli is generally athletic in nature and he has found an activity (weightlifting) that is recreational, that he has grown to love and can be very good at. It’s an activity that he can continue to do and excel at for the rest of his life. Finally; because Eli has communication challenges, programs such as Athletes in Training have given him the opportunity to learn and further practice listening, following instructions, communicating and developing interpersonal and social skills. He also likes the snacks I provide him after his workout!”



RESEARCH & TEACHING

EXPAND AND FULLY INTEGRATE RESEARCH, TEACHING, AND KNOWLEDGE TRANSFER INTO ALL PROGRAMS, INITIATIVES, AND SERVICES



175 STAFF HOURS DEDICATED TO

Developing, implementing and disseminating new program models

7 STUDENTS AND RESEARCH ASSISTANTS

Active on initiatives within The Steadward Centre

+ MULTIPLE OPPORTUNITIES

For participants/ staff and students to engage in meaningful research.

**COLLABORATING WITH
4 KSR UNDERGRADUATE COURSES &
3 FACULTY OF BUSINESS COURSES**

The Steadward Centre is involved in multiple collaborative research projects including:

- National Physical Activity Measurement Study — to learn about physical activity behaviour of children & youth experiencing disability.
- Play Finds a Way — national study on inclusive play and Canadian Tire Jumpstart playgrounds.
- Canadian Activity Based Therapy Community of Practice.



1 NEW
NATIONAL
RESEARCH PROJECT





STEADWARD BEARS PARA-SWIMMING INVITATIONAL

This year the Steadward Bears Para-swimming Team partnered with Swim Alberta to host their first competition, taking place following the Para Prospects West camp in February at the University of Alberta. The competition provided a unique opportunity for para-athletes at various developmental stages to compete together and was the first club run specialized Para-swimming meet in Alberta. The competition was inclusive to athletes at any stage of athletic development.

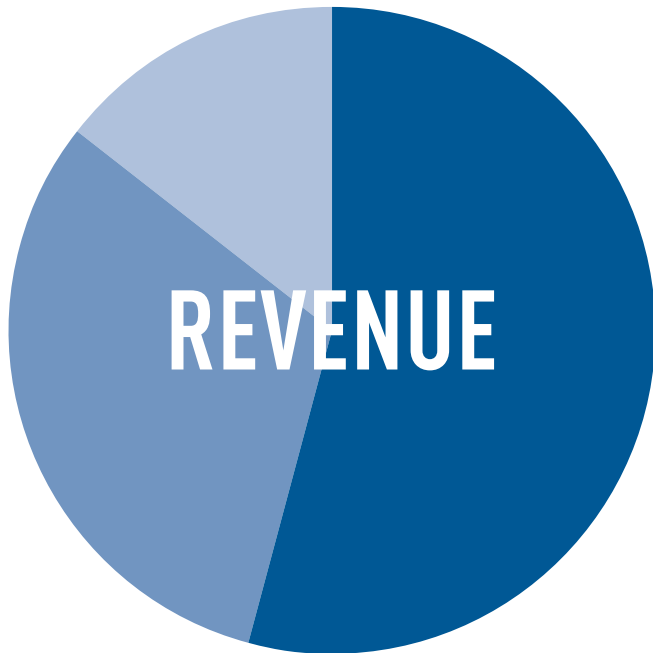
“This was Spencer’s first swim meet. He loves the water and has been working hard to prepare...”

12 year old Spencer joined the Steadward Bears in Fall 2019. His mother, Claire, was excited about the prospect of competition although worried that he wouldn’t enjoy it when the day came. She was thrilled with his positive experience, saying “This was Spencer’s first swim meet. He loves the water and has been working hard to prepare. He was so nervous. This meet was welcoming and accepting. Thought was put in to making sure everyone did their best. He was SO excited at the event and proud of his success. It has been a really positive event for improving his self-esteem. He is now working even harder at his swimming skills so he can do better next year.” – Claire Wilde



2019/2020

BY THE NUMBERS



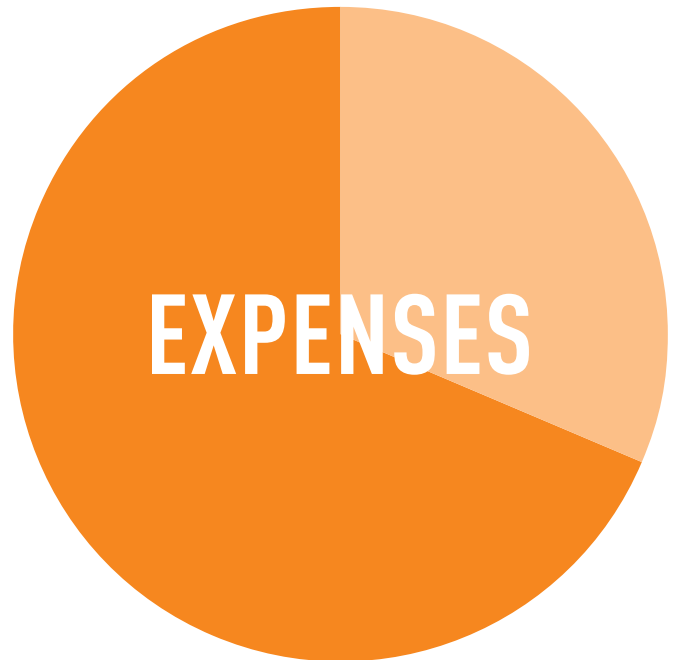
GRANTS \$498,277

Alberta Sport Connection	\$404,500
Canadian Paralympic Committee	\$10,000
Canadian Tire JumpStart	\$21,300
Edmonton Civic Employees Charitable Assistance Fund	\$6,400
Edmonton Twins/Triplets Club	\$5,000
MakeaDiff	\$15,000
Melton Foundation	\$5,000
Worker's Compensation Board	\$42,500
TELUS Future Friendly	\$15,000
The Calgary Foundation	\$20,000

PROGRAM & SERVICE FEES \$286,873

DONATIONS \$130,725

Individuals	\$17,522
Business	\$68,468
Business - Breakfast Fundraiser	\$44,735



OPERATIONS \$286,873

HUMAN RESOURCES \$623,634

TOTAL REVENUE

\$962,298

TOTAL EXPENSES

\$855,059

OPENING BALANCE

\$46,423

CLOSING BALANCE

MARCH 31, 2020

\$153,662

SOME OF OUR GENEROUS DONORS & SUPPORTERS INCLUDE



THANK YOU TO OUR OUTGOING BOARD MEMBERS FROM THE FRIENDS OF THE STEADWARD CENTRE SOCIETY.

Your support and dedication throughout these many years have been critical to the success of The Steadward Centre!

Judge Bradford Kirby

Wallace Whitford

Dr. Kerry Mummery

Dr. Dhiren Naidu

Dr. Robert Steadward

Thank you also to Margaret Conquest who is continuing with the board as the incoming President.

THANK YOU TO ALL OF OUR STAFF,
VOLUNTEERS AND SUPPORTERS
FOR ANOTHER AMAZING YEAR!

DR. JENNIFER LEO,
DIRECTOR

SCOTT FORRESTER,
MANAGER, FITNESS & RECREATION

JESSICA FERGUSON,
ATHLETE DEVELOPMENT COORDINATOR

NANCY CHEUNG,
FINANCE AND HR ADMINISTRATOR

LEMMUEL DE LA CRUZ,
APA CONSULTANT, ADULT FITNESS AND RECREATION

KIRSTEN LARGE,
APA CONSULTANT, FREE2BME

KASSI BOYD,
COMMUNITY IMPACT COORDINATOR

MAEGAN CIESIELSKI,
PARA-ATHLETICS COACH

JENNIFER THISTLE,
PARA-SWIMMING COACH

UAB.CA/TSC



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