



ANNUAL

REVIEW

2022 - 2023



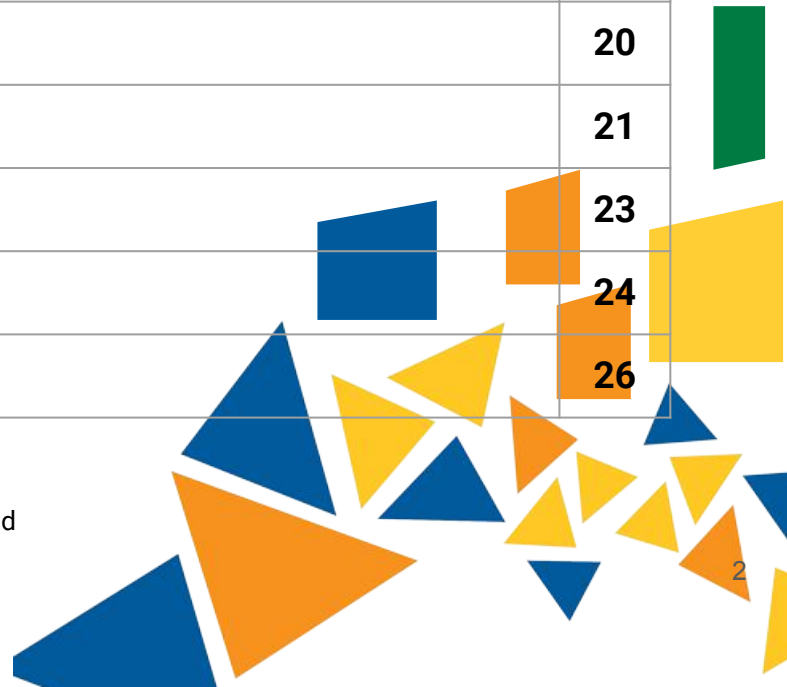
THE STEADWARD CENTRE
FOR PERSONAL & PHYSICAL ACHIEVEMENT
UNIVERSITY OF ALBERTA



**UNIVERSITY
OF ALBERTA**

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2022-2023 Summary

929

TOTAL
PARTICIPANTS

523

TOTAL
VOLUNTEERS

31 PROGRAM OPTIONS

Across Free2BMe, Para Sport, Adult Fitness, and FES



Education & Outreach

10 Field Trips

9 Conference Presentations

16 Inservices & Lectures



Research & Knowledge Translation

Inclusive Play Leadership Online Learning (2022)

Creating Inclusive Playgrounds Playbook (2022)

We want more! Examining the perceived training and information needs of health and fitness practitioners about disability and physical activity (2022)



New Initiatives: Early Years Programs, Swimming Lessons, and The AAPA Symposium



The Steadward Centre for Personal & Physical Achievement

Mission

Foster community and individual achievement and excellence in Adapted Physical Activity and Para sport by applying innovative research, widely sharing our expertise and delivering quality programs with and for individuals experiencing disability.

Vision

To facilitate Adapted Physical Activity and Para sport opportunities for everyone.

Core Values

- Embodied ways of knowing
- Connection
- Collaboration
- Leadership
- Learning
- Accessible



Letter from the Director

Reflecting on the past year, 2022- 2023 stands out as a year of connection and community. We focused on building (and re-building) relationships and delivering quality programming, with an emphasis on safe and accessible spaces. We were surprised and thrilled to welcome more participants than expected as we all continued to navigate the COVID-19 pandemic. We were grateful that in addition to participants experiencing disability, students were also looking for connection and community, which meant that we welcomed more than anticipated numbers of volunteers!

Regular physical activity is so important role in helping people to feel good- good about their bodies and how they move, good about the feelings that come with being active, and good about having a place to belong and feel welcome. To ensure that we offer quality programs that meet the needs of those in the disability community, we prioritize learning from those with lived experience so that we can support and foster movement in a way that works for everyone. We are continually learning, which means that while we are proud of the work we have done, we know that each year there is going to be something that we can do better.

We are incredibly grateful for the support of the numerous funders and donors who make it possible for us to have such an impact on our community. We can't wait to see where 2023-2024 takes us and we know that we will not get there alone! Thank you to everyone who is a part of our community and if we haven't made a connection yet, please know that we are looking forward to doing so!

We also pride ourselves on sharing our knowledge and expertise beyond our walls, which this year, meant bringing together professionals from across the province (and beyond!) for the Alberta Adapted Physical Activity Symposium. Keeping with our theme of connection and community, we did this by collaborating with our partners at Mount Royal University and the Calgary Adapted Hub. We also presented at conferences and delivered workshops and continued to build capacity in communities across the province. We want all Albertans to have access to quality physical activity experiences and sharing our knowledge and expertise is a way that we can contribute.



Dr. Jennifer Leo
Director
The Steadward Centre



FREE2BME

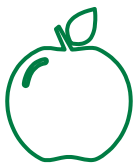


Free2BMe Highlights

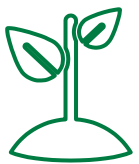
2022 - 2023

271 F2BM Participants

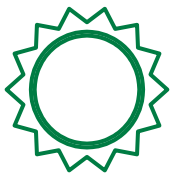
189 Volunteers



10 Field Trips for **202** students



49 Early Years Sessions



88 Kids in Summer Camps

Program Highlights



- F2BM programs included 1:1 sessions, Physical Activity Lead by Students (PALS), Teen Fitness Fun, and River Valley Adventure
- Free2BMe attended the Greater Edmonton Teachers Conference to promote field trip opportunities and TSC
- Professional development for instructors included Play for Early Years, Verbal De-escalation Skills, and Introduction to Behaviours





Little Activators: Early Years Programming

With support from the Alberta Recreation and Parks Association (ARPA) and the Alberta Government's Return to Play grant program, we piloted programming for some of the youngest members of our community. Public health restrictions placed on early childhood programming impacted the cognitive development, physical development, and the social, emotional, and behavioral development of young children, with children experiencing disabilities more likely to experience negative impacts of the lockdowns and restrictions (Parliamentary Office for Science and Technology (UK), 2021).


With this new project, Little Activators, we aimed to provide enriching, intentional play programming for children experiencing disability, 2-5 years old. Activities in the program included music and movement, sensory play, instructed games, and exploratory free play.

This child-centric, instructor-led program was offered both onsite at the Centre and through visits to early childhood programs in Edmonton schools and childcare.

By expanding TSC program offerings to the early years, we will connect children and families who are new to TSC to a stream of physical activity programming they can grow with, through every age and stage.

The pilot year of Little Activators included 371 total participants over 4 school sites and 49 total class visits.





We love the entire program's flexibility and support...F2BM should be named "yes, we can do that" because in a world which repeatedly tells us "no, your child won't ... or can't ... or won't ever ..." TSC says "yes, let's try that" or "Have you considered this activity? Let's give it a shot!"

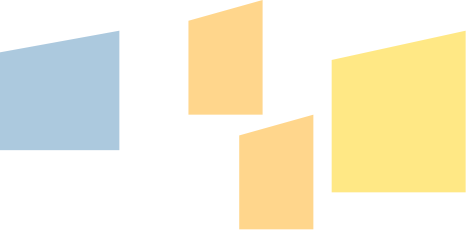


-F2BM Parent



PARA SPORT





Para Sport: Swim, Athletics, and Training Highlights

2022 - 2023

53 Fall Swimmers & Athletes

37 Fall Volunteers

73 Winter Swimmers & Athletes

52 Winter Volunteers



2 New Swim Programs

Adaptive Learn to Swim and U12 Development Para Swim



STEADWARD
BEARS

UNIVERSITY OF ALBERTA

Partnership Events

- **Para Sport Try It Day: November 12, 2022**

10 athletes registered

Participants tried athletics, powerlifting, swim, and para hockey with TSC and partners

- **Youth Summit: February 4-5, 2023**

12 attendees

With ALACD partners, the event brought together youth experiencing disability from across Canada to network and learn together

The Steadward Bears: Canada Summer Games 2022

We want to offer a huge congratulations to all of our Steadward Bears who traveled to Niagara, Ontario for the Canada Summer Games! We are so proud of Morgan Cathcart, Matthew Dysktra, Torie Langdale, Maggie Slessor, Britney Volkman, and coaches Maegan Ciesielski and Evelyn Kostiniuk. These athletes were part of the biggest provincial para athletics contingent at the games, and the best overall placing of Alberta in track and field in Canada Summer Games history!

Results included personal bests for Matthew Dysktra in men's wheelchair racing, a 6th place finish for Torie Langdale in women's para shot put, Maggie Slessor with a personal best and Bronze medal in women's 400m wheelchair racing, and Britney Volkman placed Gold in both the 400m and 1500m women's wheelchair racing.

“The thing I love most about wheelchair racing is getting to race against other people, and improving my personal bests. It's been fun to be surrounded by other athletes with disabilities from across Canada and compete with them. Traveling across Canada has also been a huge highlight of racing.”

- Britney Volkman, on The Canada Summer Games





Para Swim Makes Waves!


Para Swim at The Steadward Centre continues to grow in success with long term athletes, new athletes, and swimmers who are new to the water!

Long term para swim athlete Morgan Cathcart's 2022 season highlights included Gold in the 400m freestyle at the Ken Demchuk Invitational and 4th place in the 100m breaststroke at the 2022 Canada Summer Games. Morgan summarised her long term participation in para swim, "Swimming means freedom, community and health. On the daily, I struggle to use my body to its fullest potential due to medical and physical barriers. It feels like my body wasn't made to be on land. In the water I can move my body in the ways it was meant to moved. I have also been able to build a super supportive community who have gotten me through some of the hardest days".

New para swimmer Delaney Frame joined The Steadward Bears after a 'try-it' day in December 2022, "I found a great program at TSC as part of the para swim team that has allowed me to significantly increase my confidence in the water and improve my swimming skills. Working with the amazing coaches and interacting with my teammates has had a huge positive impact on my recovery both mentally and physically."

And, TSC had brand new swimmers join us in the pool this year as the para swim program launched a learn to swim aspect to our programming options!





**Confidence, sense of
community, and true inclusion
brought us [here]**

-Para Swim Parent

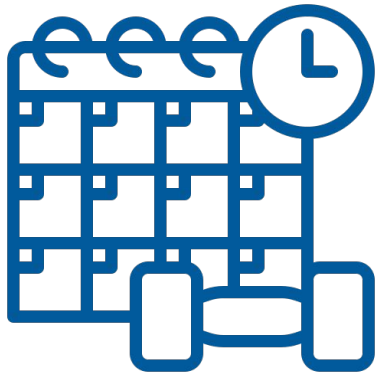


ADULT FITNESS AND RECREATION



Adult Fitness and Recreation & FES Highlights

2022 - 2023



92 1-on-1 training sessions per week-
The most sessions ever!

Volunteer & Staff Highlights

New and improved FES-specific training to enhance participant experiences

Volunteer intake process refined to increase inclusivity and reduce barriers for volunteers

Focus on staff training and support to improve staff and participant experiences at TSC





Adult Fitness & Recreation: Building Relationships

At The Steadward Centre, our adult membership participates in group fitness, 1:1 training, Functional Electronic Stimulation (or FES), drop-in gym access, and PALS (physical activity led by students)- with many of our members taking part in multiple different activities.

This year the Physical Activity Led by Students (PALS) program saw a significant increase in enrollment with an expansion of PALS offerings. The program grew from 53 registered participants in Fall 2022 to 68 participants in Winter 2023- an increase of 28% in one year! This growth was made possible with the efforts of our APA consultants along with our wonderful volunteers. PALS is a key component of TSC programs and it relies on volunteers to run. Through volunteering, students build their communication, instruction, leadership and interpersonal skills in a fun and social environment. Members share their knowledge and expertise about experiencing disability and being active. Together, they build relationships and student volunteer take their experience at The Steadward Centre into their future careers and communities. Across all our program areas, volunteers are contributing approximately 200 hours a week! We are very appreciative of their dedication to our programs and members.

What do you like best about The Steadward Centre?

Scheduled work-out sessions, staff who can assist when I need it, the overall working out atmosphere, and variety of instructors, staff, volunteers, and other clients - a great place to interact socially and physically.

- AFR Member





Adult Fitness & Recreation: Future Directions

Our participants and families of participants are active in our ongoing program feedback and evaluation surveys in which we check in with the TSC community about what's working, what could be improved, and ideas for new programming. A gap identified based on this year's feedback and staff observations is the need to develop young adult (18-30 y.o.) program options that meet the likes, interests, and preferences for being physically active among this demographic. Looking forward to later 2023 and early 2024 we are taking this advisement to develop a Young Adult Committee to provide input on how best to create and market programs for young adults experiencing disability!

What we heard...

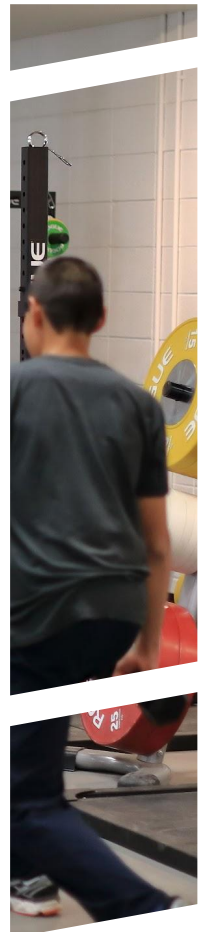
"More group opportunities for 18+, exposure to different sports like golf (learning technique, rules of sport, etiquette etc.) badminton, pickle ball etc."

"This is my son's last year in high school, currently I'm not aware of any group activities for his age for after school hours, other than para swimming."

"Young adult dance class, teaching line dancing. If possible could it be on a Saturday?"

"Programs for kiddo's over age 25"

We're looking forward to working with young adults with lived experience to help us innovate our programming, expand TSC awareness and increase enrollment among young adults in our community!



RESEARCH AND EDUCATION





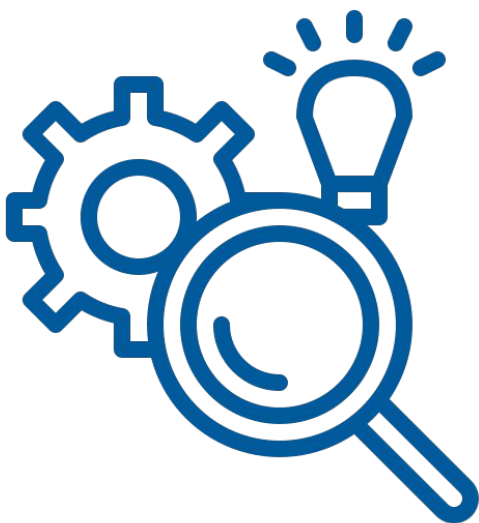
Research and Education Highlights

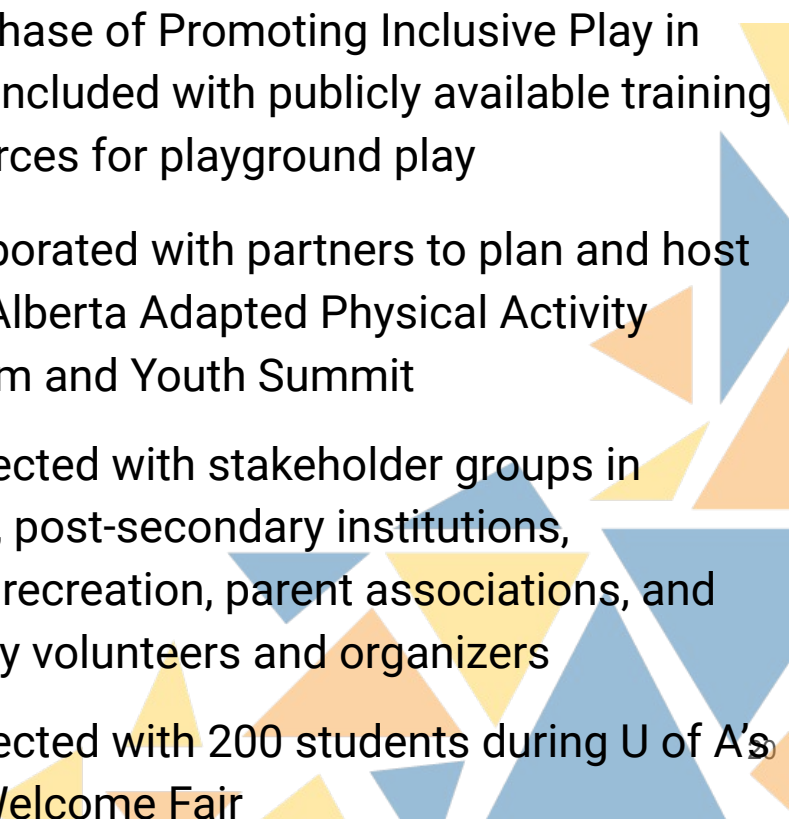
2022 - 2023

479 attendees over **16** in-services, lectures, and workshops.

308 attendees over **9** conference presentations.

Outreach & Education



- The first phase of Promoting Inclusive Play in Alberta concluded with publicly available training and resources for playground play
 - TSC collaborated with partners to plan and host the 2023 Alberta Adapted Physical Activity Symposium and Youth Summit
 - TSC connected with stakeholder groups in education, post-secondary institutions, municipal recreation, parent associations, and community volunteers and organizers
 - TSC connected with 200 students during U of A's Week of Welcome Fair
- 





Alberta Adapted Physical Activity Symposium

In 2023, The Steadward Centre collaborated with Mount Royal University, the University of Calgary, and Calgary Adapted Hub to host the fourth biennial Alberta Adapted Physical Activity Symposium in Calgary, Alberta. The symposium received funding support from the Government of Alberta. 2023 also marked the return of the APA Symposium after a hiatus during the pandemic.

Over two days, we brought together sport, physical activity and recreation leaders from across Western Canada to share ideas and best practices and facilitate engagement and learning to get more Albertans, specifically those experiencing disability, more active, more often. We prioritized learning from those with lived experience, as demonstrated by all keynote speakers (and many session presenters) who shared their knowledge and expertise as people experiencing disability.

The conference was preceded by a Youth Summit for young leaders in APA with lived experience. In partnership with the ALACD, the theme of the 2023 summit was Building Together: Advocacy, identity, and support in sport and recreation for youth experiencing disability.

The AAPA conference was attended by 72 delegates virtually and 169 in-person at Mount Royal.

With the return of the AAPA symposium, we are excited about the opportunity to showcase the innovation and expertise of Alberta's professionals, researchers, community-based practitioners, leaders, advocates, students and athletes through presentations, workshops, information sharing, panel discussions and applied sessions.





We hope to collaborate with our partners for a future symposium in 2025.



AAPA

ALBERTA ADAPTED PHYSICAL ACTIVITY
SYMPOSIUM





The speakers reflected the reality of APA today and were so authentic in their communications. I'm really excited to continue learning from this community and to attend future AAPA symposiums.

-AAPA Symposium Attendee



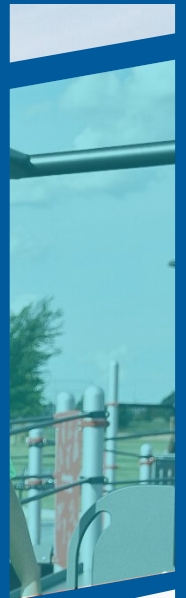
Inclusive Play Leadership Resource

The Steadward Centre's Promoting Inclusive Play in Alberta Project, in collaboration with the University of Toronto, has created research based online education modules about leading inclusive play for children of all abilities. Designed for young persons, early career professionals, and seasonal staff in the areas of physical activity, recreation, education and childcare- the Inclusive Play Leadership Resource provides an introduction to planning for play from an adaptive lens.

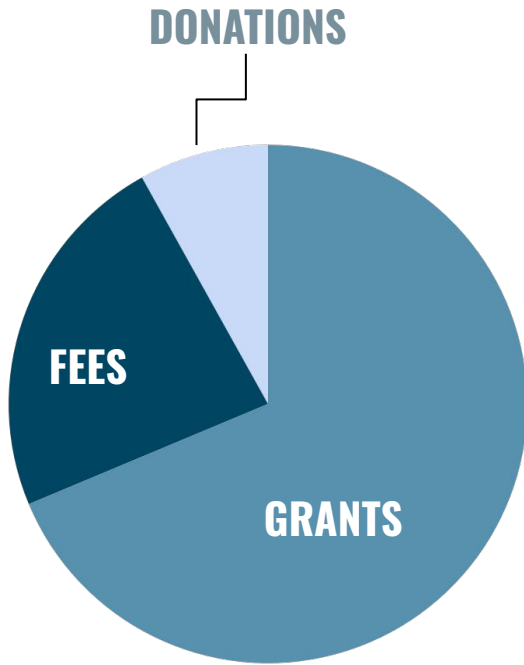
The online resource was supported by Canadian Tire Jumpstart Charities and designed in collaboration with The Respect Group. By hosting the resource on their learning platform, Jumpstart has helped us reach leaders across Canada. As of January 2023, 771 leaders have accessed the training, with this number expected to increase during training for summer camps in 2023!

Learning outcomes from this training include:

- A well-rounded understanding of play and "Quality Participation"
- Understanding the definition of inclusion and the value of inclusive play
- Modifying games and activities to suit everyone's abilities, needs and strengths
- Thinking critically about inclusion and accessibility at playgrounds and play areas

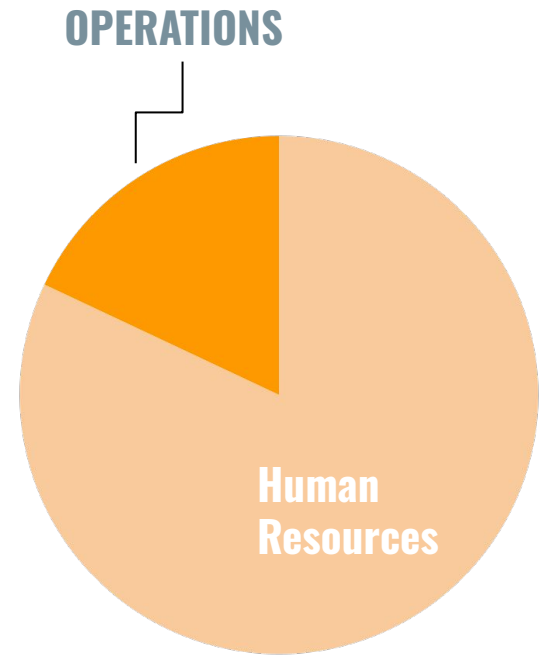


2022-2023 Finance Overview



Revenue

Grants: \$663,592
 Program and service fees: \$226,062
 Donations: \$73,820



Expenses

Operations: \$178,680
 Human Resources: \$837,423

Total Revenue: \$963,474

Total Expenses: \$1,016,103

Total Revenue - Expenses = - \$52, 629

*Please note: Due to the timing of funds received, there is a deficit. As of April 2023, there is a net positive position.



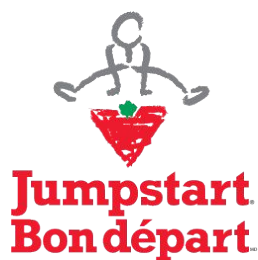
2022-2023 Grants Received

- Government of Alberta, Operational Grant: \$479,250
- Government of Alberta Grant, TSC APA Symposium: \$25,000
- Government of Alberta, Sport Participation Grant: \$39,791
- Melton Foundation: \$10,000
- Flaman Fitness Charitable Foundation: \$10,000
- Calgary Foundation: \$20,000
- Canadian Tire Jumpstart Charities (Sport Relief Fund): \$57,551
- Abilities Centre (support for) Becoming Para Ready: \$22,000

Total Grants Received: \$663,592



Some of our generous supporters and donors include:



Canadian Disability Participation Project
Le projet canadien sur la participation sociale
des personnes en situation de handicap



Thank you to
The Friends of The Steadward Centre Society
for their ongoing support





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For more information
uab.ca/tsc