



THE
STEADWARD
CENTRE

for Personal & Physical
Achievement

ANNUAL REPORT
April 2011 - March 2012

VISION AND MISSION

The Steadward Centre (TSC) vision and mission support the achievement of the Faculty of Physical Education and Recreation's (FPER) vision and priorities, as well as those of the University of Alberta.

Practical Vision

The Steadward Centre is internationally recognized for supporting independence and inclusion of children, youth and adults experiencing disability in their communities by inspiring:

- Vital accomplishments in personal fitness, motor skill development, and athletic development
- Meaningful, innovative, and applied advancements in adapted physical activity
- Passion for learning and discovery
- Excellence and leadership

Mission

To create, disseminate, and apply knowledge of physical activity, athletic development, and motor skill development specific to persons living with impairment.

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MESSAGE FROM THE CHAIR OF THE BOARD OF DIRECTORS



It has been a pleasure to serve as the President and member of the Board of Directors of The Steadward Centre for Personal & Physical Achievement ("The Steadward Centre" or the "Centre") this past year.

The Steadward Centre, an incorporated society with voting members from both the community and the University of Alberta, continues to serve the

community by providing expertise in adapted physical exercise as well as a fully equipped exercise centre with adapted exercise programs. The Centre, through its activities, continues to assist The Faculty of Physical Education and Recreation in achieving its desired outcomes in the areas of research, education and service to the community.

Through an array of high quality adapted physical activity, fitness and sport programs, our Centre not only served over 500 individuals experiencing disability in our community, but contributed greatly to the learning and discovery components of the Faculty. During the past fiscal year The Steadward Centre provided valuable applied learning opportunities for over 126 undergraduate students at the U of A campus through full and part-time practicum placements, volunteer positions and lab experiences. The Centre provided full and part time practicum placements to 21 students from academic institutions such as University of Alberta, MacEwan University, NAIT and Brevard College, USA.

The Centre's strong service component, participant base and innovative service delivery models provide an excellent avenue for researchers and graduate students, both internal and external to the University of Alberta, to engage Centre participants and staff as study participants and research assistants. The Steadward Centre is able to offer to its program participants an exercise facility where the norm, not the exception, is adapted physical activity thus removing reluctance to participate.

In keeping with the work of founding President Dr. Robert Steadward, the Steadward Centre continues to be a leader in the field through the implementation of innovative programs. We launched the Community Functional Electrical Stimulation (FES) Transition Program, a first of its kind in Canada, with the generous support of our partners, the Saville Community Sports Centre, and the Spinal Cord Injury Treatment Centre

Society (SCITCS). The program provides individuals living with spinal cord injury, multiple sclerosis or stroke with the opportunity to choose to exercise in a community fitness facility with family and friends while still having access to FES exercise equipment. We are now also able to offer participants the choice of the FES Cycle (RT300) or the new FES Elliptical (RT200).

Innovation is also top of mind when we speak of the Centre's iDANCE Edmonton Integrated Dance group under the leadership of Artistic Director Lindsay Eales. iDANCE earned the TELUS Courage to Innovate Award at the Mayor's Awards for the Arts 2012 banquet this past winter.

On behalf of the Board of Directors, I thank each and every member of our teams at The Steadward Centre for their invaluable contribution to all aspects of the Centre. This includes our committed professional staff, our many volunteers, students, members and their families who have given their time and resources to ensure that The Steadward Centre continues to be a place that promotes community inclusion for people with disabilities through physical activity, sport and the resulting social interaction.

As always, I would like to recognize the volunteer Board of Directors (Marcel Bouffard, Margaret Conquest, Rick Gingras, Trish Manns, Kerry Mummery, Dhiren Naidu, Neil Pierce, Wallace Whitford, Roman Wozniak, and our honorary chair, Robert Steadward) for their individual and collective advice and support throughout this past year.

In closing, I offer my sincere thanks and appreciation to all who have supported The Steadward Centre over this past fiscal year including but not limited to the following collaborators and donors: the University of Alberta, Faculty of Physical Education and Recreation; the Province of Alberta (through its Ministry of Culture) and the Alberta Sport, Recreation, Parks and Wildlife Foundation.

I look forward to another successful year.

Sincerely,

*The Honourable Judge J. Bradford Kerby
President, The Steadward Centre for
Personal & Physical Achievement*

ASSOCIATE DIRECTOR'S MESSAGE

The past year provided opportunities to reflect, refine and recognize The Steadward Centre's potential for 'creating, disseminating and applying knowledge of physical activity, athletic development, and motor skill development specific to children, youth and adults experiencing disability'. A dedicated team of staff, students and volunteers supported the efforts of over 500 individuals living with impairment to achieve their personal fitness, physical activity and/or athletic goals across our many program areas.

Taking the time to reflect—

As we once again received news from Edmonton Catholic Public Schools that space currently housing one of our satellite sites would need to be regained for school use, we were grateful for our learnings from our previous (St Joe's) site closure. During the summer of 2011, staff supported over sixty members to select a new exercise facility, with approximately half choosing to exercise in a community facility close to home and half relocating to the Centre's University of Alberta location. The Steadward Centre continues to be thankful for the ongoing partnership of 25 community fitness facilities within the Capital Region, making the transition for many of our members a very positive experience.

Current trends locally, nationally and globally gave pause for reflection as we were reminded of the need for our work with the release of the national Physical Activity Guidelines for Adults with Spinal Cord Injury and the Canadian Physical Activity Guidelines recommending 60 minutes of daily moderate to vigorous physical activity for children and youth and 150 minutes per week for adults. The need for people of all ability levels to be active is high and the desire for accessible programming and facilities is evident among all of our community partners and a trend only witnessed to this level in the past few years. Aply, The Steadward Centre coordinated the local, Edmonton end-of-day celebrations for the 25th Anniversary of the Rick Hansen Man in Motion Tour in March 2012. Speeches from both Rick Hansen and final medal bearer Dr. Bob Steadward reminded us of the progress made in the past 25 years and the momentum built to carry on the work of Drs. Hansen and Steadward in the support of inclusion for all individuals experiencing disability. Globally, economic instability has reinforced our need to create sustainable programming models with a diverse funding strategy. Work continued this past year to secure funds to pilot new student-led programming initiatives that will enable us to enhance our impact while using existing resources.

A time to refine—

To support both child and adult participants to be active in their communities, we refined our program offerings to better align with a) The Steadward Centre Community Transition Model b) Sport Canada's Canadian Sport for Life Initiatives and c) community fitness facility standard of practice. As

such, participants are learning skills to increase their individual readiness to transition to community facilities; are gaining experience through diverse group programming to be active for life and are developing the confidence to manoeuvre through the intricacies of the fitness culture—with skills in resistance training and fitness centre etiquette. Examples of our recent activities of 'refinement' are evident in our electrode purchasing program for the Functional Electrical Stimulation (FES) members, a streamlined intake process, member education sessions and new service delivery models.

Recognize potential—

We recognized opportunities to be a leader through innovation by strengthening and renewing partnerships with "old friends." In partnership with the Saville Community Sports Centre, and the Spinal Cord Injury Treatment Centre Society (SCITCS), we launched the FES Community Exercise Transition Program, providing choice to individuals seeking to exercise in a community fitness centre while retaining access to FES equipment such as the FES cycle and FES elliptical. The Steadward Centre Community Exercise Transition Model continues to extend its reach by being applied to all user groups of the Centre, including FES participants, youth, long-term members, athletes and individuals in the community experiencing disability for the first time.

We recognized opportunities amongst our strong participant base, families and volunteers. We held a casino with the generous support of 45 friends of The Steadward Centre volunteering their time. A new fundraising event featuring the comedic singing tenors of Il Duo was initiated and led by Free2BMe parents Tim and Bertha Swanson and supported by many families making this inaugural fundraising event a huge success—raising close to \$5000! We continue to be grateful to Dr. Brian Maraj and former Free2BMe volunteer Terry Tenove for organizing the second annual tremendous eight hour all day squash tournament, 'The Maraj-athon' raising over \$3,000, in support of Free2BMe programs. We recognize the generous support of all of our partners, volunteers, members, participants and their families.

Once again, I was pleased to have the opportunity to work alongside such a vibrant and talented group of staff, students and volunteers and am grateful for the guidance and support of Dean Kerry Mummery and the Board of Directors.

Sincerely,

Karen Slater, MA





LEARNING

Learning at The Steadward Centre can take many different forms—whether it involves applied learning opportunities for undergraduate students, research training for graduate students or involving our members in research activities. We are committed to sharing a passion for learning and discovery with members, staff, and future adapted physical activity specialists.

Undergraduate Students

Nine full time practicum students from U of A (Faculty of Physical Education and Recreation), one full-time practicum student from Brevard College, USA, eleven part-time practicum students from MacEwan University and the Northern Institute of Technology (NAIT) along with seventy-one volunteers, shared their talents within all program areas while gaining valuable applied learning experiences. Thirty-six senior level students enrolled in PEDS 472 "Active Living for Persons with Physical Impairment" received applied learning opportunities through formal course work. Students facilitated a wheelchair skills course, supported the Free2BMe group programs, co-taught adapted aquatics, provided strength and conditioning coaching to elite athletes, supported community transition participants and helped the adults in the adapted fitness programs achieve their fitness goals. This year nine more students enrolled in PEDS 471

"Active Living for Persons with Developmental Impairment" and were mentored by Free2BMe staff by working one-to-one with Free2BMe program participants through the Movement Buddies program.

Graduate Students

Four doctoral graduate students, under the supervision of Dr. Goodwin, were actively involved in research through The Steadward Centre. In addition, a number of graduate students from the Faculty of Physical Education and Recreation and the Faculty of Rehabilitation Medicine conducted participant recruitment and clinical field placements within the Centre for their independent research studies and professional training.

DISCOVERY

Dr. Donna Goodwin continued to pursue her research activities in her position of Executive Director (April to November 2011) and then in her current role as an affiliate researcher. Dr. Donna Goodwin, along with her graduate students, presented at international conferences and prepared manuscripts for publications, further advancing the field of adapted physical activity. With the ongoing support of Steadward Centre administration, program staff and participants, Dr. Goodwin conducted the second phase of her research grant from the Canadian Institute for Health Research for her study, "Transition to Community Fitness Programs for Persons with Disabilities Following Rehabilitation." This study examined the role and perceptions of the community fitness facilities, including administration and front-line fitness professionals. The study afforded the opportunity to engage graduate students, our community exercise transition coordinator as a research assistant, and Steadward Centre participants in leading-edge research.

Research funding

Canadian Institutes of Health Research - *Transition to community fitness programs following rehabilitation* (\$149,916, 2010-2013)

Principal Investigator:
Donna Goodwin, University of Alberta

Co-Investigators:
Peter Howe, Loughborough University;
Kent Kowalski, University of Saskatchewan;
Jacqueline Hebert, University of Alberta;
Keith Johnston, University of Alberta;
Teren Clark, Canadian Paraplegic Association (Alberta)

Canadian Centre on Disability Studies - *The meaning of dignity within the lives of persons with physical impairments* (\$5000)

Co-Investigators:
Donna Goodwin, Keith Johnston

Publications

Jonzon, A., & Goodwin, D. L. (2012). Daughters of mothers with MS: Their experiences of play. *Adapted Physical Activity Quarterly*, 29, 205-223. **study was made possible with the financial support of the MS Active Fellow position held by Ms. Jonzon.

Performance Research of iDANCE (under artistic direction of Lindsay Eales and management of Roxanne Ulanicki)

Eales, L. & Ulanicki, R. (2012). Title that moves you: The experience of integrated dance. Invited presentation in PERLS 207 - Physical Education and Leisure for Special Populations, University of Alberta.

What's Cooking? (April 29, 2012). Work titled "(Dis)quiet in the Peanut Gallery". The Good Women Dance Collective. TransAlta Arts Barns, Edmonton. 12 dancers.

Eales, L. & Ulanicki, R. (December 19, 2011). Work titled "Title that moves you: The experience of integrated dance." Invited presentation - NextUp Edmonton: A leadership program for young people committed to social and environmental justice.

Eales, L. & Ulanicki, R. (December, 2011). Title that moves you: The experience of integrated dance. Invited presentation at the Arts Based Research Studio Speakers' Series, University of Alberta.

Eales, L. & Ulanicki, R. (September, 2011). Title that moves you: The experience of integrated dance. Performance in EDSE 612 - Theory and Practice of Arts Based Educational Research, University of Alberta.

Eales, L. & Ulanicki, R. (September 9, 2011). Title that moves you: The experience of integrated dance. Presented at RECON Graduate Student Conference, Faculty of Physical Education and Recreation, University of Alberta.

iDANCE Edmonton Performances

FEATS Festival Flashmob (June 30, 2012). Masquerade. West Edmonton Mall NewCap Stage. 9 dancers.

Dance Motif 2012 (January 27 & 28, 2012). Work titled "The New Constellation". Orchestis Dance Group. Myer Horowitz Theatre. 14 dancers.

Convergence (December 1-3, 2011). Work titled "iDANCE, dance dance" (dance on film). Produced, filmed and edited by the Good Women Dance Collective. 14 dancers.

Limelight Film Festival (October 18, 2011). 20 minute Opening Ceremonies performance. City of Edmonton. 7 dancers.

Spina Bifida and Hydrocephalus National Conference (October 8, 2011). 30 minute banquet performance. Spina Bifida and Hydrocephalus Association of Canada. 15 dancers.

Kaleido Arts Festival (September 10, 2011). 30 minute main stage performance. Arts on the Ave. 12 dancers.

Global Youth Assembly (July 28, 2011). 15 minute Opening Ceremonies performance. John Humphrey Centre for Peace and Human Rights. 10 dancers.

iDANCE Edmonton Annual Recital (July 18, 2011). 1 hour dance performance of community class contents. Glenrose Rehabilitation Hospital Gym. 25 dancers.



Academic Integrated Dance Workshops -

PEDS 471: Active Living for Individuals with Developmental Disability (2 provided - January 17, 2012 & May 8, 2012)- 1 hour guest lecture on iDANCE Edmonton, and workshop on integrated dance and developmental disability

RLS 471: Therapeutic Recreation (February 29, 2012)- 1 hour guest lecture on iDANCE Edmonton, and workshop on integrated dance as a therapeutic modality

Community Integrated Dance Workshops -

Mira Facilitation Centre (Spring 2012)

Camp Mission Access (Summer 2011, Spring 2012)

The Steadward Centre Free2BMe program & Free2BAGirl camp (Summer & Fall 2011)

The Paralympic Sports Association camps (Summer 2011)

Research Presentations

Goodwin, D. L., Johnston, K., & Yi, K. J. (July 2011). Transition to community fitness programs for persons with impairments following rehabilitation. Paper presented at the North American Federation of Adapted Physical Activity, Paris

Awards and Recognition

iDANCE Edmonton under the leadership of Lindsay Eales received:

- TELUS Courage to Innovate Award at the Mayor's Awards for the Arts 2012

Visiting Scholar

We also welcomed visiting scholar Dr. Peter David Howe from Loughborough University, Loughborough, Leicestershire, UK

Teaching

Student	Program	Topic	Dr. Goodwin's Supervisory Role	Progress
Keith Johnston	PhD	Dignity and Physical Activity: The Experiences of People with Mobility Impairments	Supervisor	In progress
Brenda Rossow-Kimball	PhD	The Storied Lives of Community-Dwelling Older Adults with Intellectual Disabilities	Supervisor	In progress
Jennifer Leo	PhD	The Experience of Trying on a Disability in Post-secondary Education	Supervisor	In progress
Cathleen Edwards	PhD	The Experience of Family Recreation Following Spinal Cord injury	Supervisor	In progress
Kyoung June Yi	PhD	Narratives of self as another way of knowledge construction in the field of adapted physical activity	Supervisor	In progress
Lindsay Eales	MA	Integrated Disability Dance	Supervisor	In progress
Marianne Clark	PhD	Constructing the Dancing Self	Supervisory Committee	In progress

CITIZENSHIP

Innovative, diverse adapted physical activity programming promoting healthy active lifestyles for individuals and their families experiencing disability continues to form the cornerstone of The Steadward Centre for Personal & Physical Achievement. The Centre thrives to support children, youth and adults as they gain physical literacy, improve strength, enhance endurance and develop self-confidence in a physical activity and fitness setting, whether at the University of Alberta site or in a fitness facility close to home.

Aspiring athletes, group fitness enthusiasts, Trail Rider adventurers, the Little Activator and those seeking activity for life all make their mark at The Steadward Centre.

Community Exercise Transition Program

The Community Exercise Transition Program got a real boost this past year, as a result of continued partnership with the Saville Community Sports Centre and the renewed partnership with the Spinal Cord Injury Treatment Centre Society (SCITCS). With their support we were pleased to welcome Jessica Imppola to the team to work alongside Community Transition Coordinator Bobbi-Jo Atchison in the development of the brand new Functional Electrical Stimulation (FES) Community Exercise Transition Program housed within the Saville Community Sports Centre -fitness facility. The program, featuring an FES cycle (RT300) and FES elliptical (RT200), provides choice for people living with spinal cord injury, multiple sclerosis and stroke, to exercise in a community fitness facility with friends and family while still gaining access to the highly specialized FES equipment— an opportunity unique to Edmonton. Additionally, the development of peer mentors was further enhanced with trained peer mentors now present at four community facilities within the Greater Edmonton area. The Steadward Centre community exercise transition model guiding this work is receiving much support which has led to the expansion of this model to FES, with work underway to extend to children and youth living with impairment. Ms. Atchison and her team have addressed numerous groups on the role of the model in creating community-based physical activity opportunities for individuals navigating the rehabilitation process, living in assisted living environments or seeking support to maintain or re-engage in activity in a fitness centre close to home.





Athlete Development

In partnership with the Alberta Sport Development Centre-Capital Region (ASDC-CR), the Steadward Centre's Athlete Development for Disability Sport (ADDS) program led by Kirsti Van Dornick, continues to thrive with a strong contingent of Paralympic, national and provincial level athletes training as part of the athlete enhancement program (ASDC-CR). Additionally, emerging athletes spent the past year building a strong foundation through improved strength, technical knowledge and physical conditioning through participation within the athlete in training club (TSC). Twenty four athletes participated in the ADDS program receiving adapted assessment protocols and training in sport-specific strength and conditioning programs. Sports represented were alpine skiing, flat water kayaking, goal-ball, sitting volleyball, sledge hockey, seven-a-side soccer, wheelchair basketball, and wheelchair rugby. Sound principles of athlete development, from teaching physical literacy to training athletes for high performance sport, have been integrated throughout The Steadward Centre programs, from Free2BMe to FES rowing and Community Transition. In addition to individual athletes, Ms. Van Dornick has provided strength and conditioning sessions for athletes within Cross Country Alberta's para-nordic ski program and the Alberta Sports & Recreation Association for the Blind's (ASRAB) sight night training group.

Adapted Fitness Programs for Adults

Adult Fitness Programs

We provided individualized fitness programs to 170 people at the University of Alberta site, with an additional 81 individuals achieving their fitness goals through the many group exercise programs ranging from adapted circuit training to adapted aquasize, to the walking and wheeling club. Staff members, worked alongside the Faculty of Physical Education and Recreation's students enrolled in the professional practicum placement and PEDS 472 course work, to create opportunities for enhanced member independence, through increased fitness knowledge by implementing member education sessions utilizing guided discovery questions, task cards, exercises of the week and adapted physical activity exposure sessions.

Functional Electrical Stimulation (FES)

Twenty six people participated in FES exercise, with 21 FES cyclers and five rowers keeping pace on the RT300 cycles and FES rowing machines. Access to the FES program improved this past year with the addition of the new FES Community program initiative at Saville Community Sports Centre, new intake procedures and additional assessment support from Dr. Trish Manns, Faculty of Rehabilitation Medicine (U of A) and Su Ling Chong, Research Physical Therapist, Faculty of Medicine (U of A). In addition to cycling and rowing to good health, FES participants continue to achieve overall health with participation in full body exercise regimes within the Centre's U of A site or community transition site.

Rundle Park Ramblers

One of The Steadward Centre's most popular group programs, the walking and wheeling club was a big success combining exercise, camaraderie and nature. Using hand cycles and urban poling equipment, over 25 participants challenged themselves on the 1.5-3km loops. During winter this group couldn't get enough and the Fitness in the Pavilion program emerged. This weekly program ensured that adult members had the opportunity to stay fit through laps around the indoor track combined with resistance exercises—great, for a full body workout.

Trail Rider Excursion Program (TREP)

TREP is an adapted hiking program using the Trail Rider, a one-wheeled vehicle that is propelled by two to four volunteers, called sherpas, to explore the Edmonton river valley during the summer months. Geo-caching, a treasure hunt type of activity using a global positioning system (GPS) unit continues to be a highlight for riders as they direct their team throughout the trails using the GPS unit. The Steadward Centre's members, staff and volunteers have also been active educating recreation students about the use of the Trail Rider through presentations, demonstrations and hikes within the Faculty of Physical Education and Recreation's Introduction to Outdoor Recreation course. We continued to work with our community partners such as The City of Edmonton, Alberta Ability Lodges and the Canadian Paraplegic Association-Alberta to increase access and opportunity for Trail Rider participation for outdoor enthusiasts living with disabilities in our community.

Water in Motion

Many participants got their feet wet this past year, as they challenged each other to great lengths in the adapted aquasize program. Offered twice a week, this popular program provided a water-based group fitness class that works to increase cardiovascular endurance, strength and flexibility for participants of varying levels. This program attracts both community and student volunteers, creating a diverse, high energy, welcoming environment for all.

iDANCE Edmonton

iDANCE is an integrated dance program exploring a variety of traditional dance forms and creative movement processes with the goal of fostering accessibility in dance for dancers of all abilities. Under the leadership of graduate student Lindsay Eales of The Steadward Centre, iDANCE continued to shine during their many performances, with highlights including FEATS Festival, Limelight Film Festival, the Kaleido Arts Festival and the Orchestis Dance Motif 2012. In addition to an active performance group of 14 dancers, iDANCE offered two sessions of community classes spring/summer and fall this past year with a total of 36 dancers. The July recital was a huge success with over 100 guests in attendance. A special thank you to The Glenrose Rehabilitation Hospital for providing rehearsal and performance space for this popular program. We would also like to congratulate this talented group of dancers on receiving the TELUS Courage to Innovate Award at the Mayor's Award for the Arts.

Wheelchair Skills Course

The fifth annual eight-week intermediate wheelchair skills course was offered in fall in conjunction with the PEDS 472 course, Active Living for Persons with Physical Disabilities. University students and 14 community participants worked together on weekly skill progressions taught by expert wheelchair user and disability advocate Roxanne Ulanicki. Highlights of the course were a visit from Edmonton Transit with the opportunity to test the accessibility features on a city bus as well as an introduction to wheelchair rugby and hand cycling presented by Wheelchair Sports Alberta (WSA) and many members of the Steelwheels Rugby team.

Free2BMe Physical Activity Programs for Kids and Teens with Disabilities

Cycle Challenge

This popular one-on-one instructional group program taught kids and teens to ride their bicycles efficiently and safely in a supportive environment. This spring, saw 28 children aged 7-14 gain confidence, increase skill level and work towards their goal of riding a two wheel bike independently. Thanks to the generous support of the many volunteers and staff required to provide one-on-one assistance, many of the children achieved their goal.

Motor Skill Development and Fitness Sessions

The Free2BMe adapted physical activity consultants provided high quality individualized one-on-one motor skill development and fitness sessions to 91 participants each week throughout September to June. Participants received individualized instruction, and benefited from specialized physical activity and exercise equipment. Additionally, over 125 participants actively engaged in learning new skills in our group programs.

Movin' and Groovin' Dance Class

This expressive dance class continued to provide boys and girls the opportunity to experience creative movement through different styles of dance including hip hop, ballet, social dance, jazz, popular dance and line dancing. The group also moved to the beat with a gymnastic ball session with guest instructor Mary Ann Rintoul and a contemporary dance class from our very own iDANCE Edmonton. The true highlight however was attending the guest performance by B boy Luca "LazyLegz" Patuelli, as part of the Limelight Film Festival. "LazyLegz", who performed at the opening ceremonies of the 2010 Paralympic Games greeted our aspiring dancers afterwards spreading his message of "No Excuses, No Limits."

Teen Night

Teens took part in all kinds of fitness activities such as weight lifting, martial arts, swimming, floor hockey and more—all in the name of getting fit, developing confidence, learning healthy living life-skills, making friends and having fun. Highlights from this past year include an evening of Capoeira, wall climbing, making bicycle powered smoothies and a community tour at the Jamie Platz YMCA.





Sport Sampler

This popular program saw a total of 32 kids aged 7-12 become confident, fit and knowledgeable about new sports. Guided by a high ratio of instructors to participants, Sports Sampler introduced a wide range of sports—everything from badminton, Para-sports, and martial arts to swimming. In addition to our own skilled staff, we tapped into the community for added expertise. Guest instructors provided expert coaching and a rich variety of experiences for kids in the program. Instructors this past year included: national sit volleyball team members Jolan Brunner and Leaha Hickman, Capoeira Kids and the Paralympic Sports Association.

Summer Camps

Summer programming this past year was offered to kids and teens ages 4-19 through four different camps. Based on the age, interests and skills of the participants, activities ranged from fundamental movement and body awareness activities, to sports, skill development, strength conditioning and team play. Participants developed new movement skills through activities and games while expanding their knowledge of new countries and making friends along the way in the camp themed **Around the World in 5 Days**.

Girls aged 8-12 got into the action with Zumba, mixed martial arts, dance instruction and a workout session at the Saville Community Sports Centre during the week long **Free2B-A-Girl** camp. Participants tested their skills during the Paralympic and Olympic themed **Free2BMe Games**. Some of the events included wheelchair basketball, curling, boccia, goal ball and track and field. Opening and closing ceremonies including the lighting of the 'Free2BMe Games Torch' were celebrated. Even the littlest of campers got into the action at **Little Activators** camp geared for kids between 4-6 years. Highlights included day trips to local playgrounds to enhance playground skills and a fun-filled session in the pool.



Volunteers

The Steadward Centre is fortunate to have the support of a dedicated team of volunteers comprised of TSC members, families, students and residents of the greater Edmonton community. This past year, 45 participants, family members and friends of the Centre generously gave their time to work the fall casino, raising valuable operating funds for the Centre. Additionally, a team of parent volunteers ran a fundraising event for Free2BMe, with generous donations of framed wildlife photography from acclaimed wildlife photographer and Free2BMe parent Gordon Court.

Additionally, we would not be able to offer the breadth of programs we do without the ongoing support of student volunteers. In our programs, from Water in Motion, Cycle Challenge and individualized fitness program support to being Trail Rider sherpas and delivering summer camps, over 126 undergraduate students from the University of Alberta, MacEwan University and NAIT completed a total of 3,335 hours of service this past year alone.

New Partnerships

The Steadward Centre is committed to working with the community and each year brings new opportunities to connect with other organizations as we work together to improve the quality of life for all Canadians. This year, we further developed partnerships and collaborations with Saville Community Sports Centre, The Alberta School for the Deaf, the Spinal Cord Injury Treatment Centre Society (SCITCS) and the Glenrose Rehabilitation Hospital. We also maintained current collaborations with the Alberta Sport Development Centre—Capital Region (ASDC-CR), City of Edmonton, YMCA, Strathcona County, Tri-Leisure Centre, Servus Place, Dow Centre and the Leduc Recreation Centre.

Community Presentations

Atchison, B.J. (April 2011). Adapted Assessment/ Neuromuscular Impairment. Guest lecture, Faculty of Physical Education and Recreation, U of A, PERLS 370, Edmonton, AB.

Atchison, B.J. & Imppola, J. (September 2011). The Steadward Centre Community Exercise Transition Model: Program and services. Presentation to the Leduc Stroke Association, Leduc, AB.

Atchison, B.J. & Van Dornick, K. (October 2011). Athlete Development and Community Transition. CPA Peer Conference, Edmonton, AB.

Atchison, B.J. (November 2011). Community based physical activity and sport opportunities for individuals living with physical impairment. Panel Discussion, Faculty of Physical Education and Recreation, U of A, PEDS 472, Edmonton, AB.

Atchison, B.J. (November 2011 & March 2012). Adapted Assessment and Neuromuscular Impairment. Guest lecture, Faculty of Physical Education and Recreation, U of A, HEED 311, Edmonton, AB.

Atchison, B.J. & Slater, K. (January 2012). The Steadward Centre Community Exercise Transition Model: Theory to practice. Presentation to Glenrose Rehabilitation Hospital, Department of Recreation Therapy, Edmonton, AB.

Atchison, B.J. & Durocher, S. (February 2012). Adapted Physical Activity and the Certified Personal Trainer. Guest lecture. NAIT, Personal Fitness Trainer Program (PFT) year 2 students, Edmonton, AB.

Atchison, B.J. (March 2012). Adapted Physical Activity and Therapeutic Recreation. Guest Lecture, Faculty of Physical Education and Recreation, RLS 473, Edmonton, AB.

Ebert, A. & McWilliam, C. (January 2012). Assessment of motor skills and fitness levels of individuals living with physical impairment. Guest lecture to, Department of Physical Education, Mace wan University, PERLS 207, Edmonton, AB.

Gergatz, M. & Atchison, B.J. (September 2011). Free2BMe Physical Activity for Kids and Teens with Disabilities: Programming and assessment tools. Presentation to the Stollery Children's Hospital, Pediatric Rehabilitation, Edmonton, AB.

Krol, P. (October 2011). Free2BMe Physical Activity for Kids and Teens with Disabilities: Programming and assessment Procedures. Guest lecture to Faculty of Rehabilitation Sciences, Department of Occupational Therapy, course OT 557, Edmonton, AB.

Liew, S. (January, 2011). Career opportunities in Adapted Physical Activity. Presentation at Mace wan University, Edmonton, AB.

Slater, K. & Atchison, B.J. (April 2011). Nuts and Bolts of FES Panel Discussion. Open presentation at Glenrose Rehabilitation Hospital, Edmonton, AB.

Slater, K. (November 2011 & March 2012). Adapted Physical Activity in Action: Running a not for profit organization. Guest lecture. Faculty of Physical Education and Recreation, PERLS 105, Edmonton, AB.

Media

Mayor's Awards (Outstanding Service nomination). Shaw TV (May, 2012). Television news story.

Mayor's Awards for the Arts (TELUS Courage to Innovate Award recipient). Edmonton Journal (April 3, 2012). Article with photo.

Spina Bifida and Hydrocephalus Conference Media Event . West Edmonton Mall Main stage (October 3, 2011). Live performance for television.



2011-2012 BOARD OF DIRECTORS LIST

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 Mr. Neil Pierce Director
 Ms. Karen Slater Associate Director (non-voting)

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THE STEADWARD CENTRE STAFF

Dr. Donna Goodwin Executive Director
 (July - November 2011)
 Karen Slater Acting Executive Director (April 1-June 30,
 2011)/Associate Director (July - March 2012)
 Gina Newell Financial Administrator
 Danielle Della Siega Receptionist
 Bobbi-Jo Atchison Community Transition Coordinator/
 Acting Program Director (April - June 2011)
 Kirsti Van Dornick Athlete Development Coordinator
 Scott Durocher AFPA APA Consultant- Team Lead
 Nozomi Kamei AFPA APA Consultant
 Denise Silzer AFPA APA Consultant
 Claire McWilliams APFA APA PFT
 Jessica Impolla Community Transition - APA Consultant
 Chris Hurlburt AFPA APA instructor
 Amanda Ebert Free2BMe APA Consultant - Team Lead
 Megan Gergatz Free2BMe APA Consultant
 Philip Krol Free2BMe APA Consultant
 Stephanie Liew Free2BMe APA Consultant
 Heather Jim Free2BMe APA instructor (summer programs)
 Kirsten Miazga APA instructor - evening program support

THE STEADWARD CENTRE For Personal and Physical Achievement

Statement of Revenues and Disbursements Year Ended March 31, 2012

	Budget March 31, 2012	Current Year March 31, 2012	Prior Year March 31, 2011
RECEIPTS			
Alberta Sport, Recreation, Parks & Wildlife Foundation (ASRPWF)	552,500	555,800	617,200
Alberta Paraplegic Foundation Grants	40,000	55,000	66,250
Alberta Sport Development Centre	21,810	21,810	15,000
Alberta Government Grants	-	19,740	35,862
Spinal Cord Injury Treatment Centre Society	-	12,500	-
In Motion Network	-	5,000	800
STEP grant	3,430	3,430	-
Public Health Agency of Canada	-	-	75,000
Edmonton Oilers Foundation	-	-	30,000
Stollery Foundation	-	-	25,000
City of Edmonton Grant	-	-	19,750
Ronald McDonald House Grant	-	-	18,611
Butler Family Foundation	-	-	5,000
Edmonton Public Teachers' Local 37	-	5,000	5,000
Memberships	80,000	79,954	-
Donations Individuals	-	8,715	2,972
Donations Businesses	-	2,738	400
Parking revenue	-	5,454	-
Miscellaneous	-	7,791	98,000
Costumes	-	1,438	-
Casino Revenue	-	73,599	-
	697,740	857,969	1,014,845
DISBURSEMENTS			
Salaries and wages	672,780	671,722	634,323
Employee benefits	145,650	152,314	139,388
Equipment purchases	-	8,839	30,440
Supplies	7,000	1,761	6,202
Graduate student awards & bursaries	-	-	1,817
Facility rentals	10,000	9,503	9,653
Travel	1,500	-	745
Office	2,565	1,437	2,750
Telephone	6,500	6,000	6,389
Printing & photocopying	5,000	3,238	4,705
Meals & Entertainment	500	1,743	1,418
Parking, visitor permits	200	2,032	3,325
Sub contracts	15,000	4,532	200
Vehicle	1,000	1,157	863
Repairs and maintenance	2,500	2,817	2,291
Bad debts	-	575	175
Meetings and conventions	2,000	905	1,850
Computer support, supplies & services	2,200	1,605	2,280
Memberships	250	225	-
Purchases for resale	2,500	-	-
Rental	3,151	3,271	3,151
Advertising and promotion	400	822	370
Interest and bank charges	800	797	760
Gains (losses) on disposal of assets	50	-	56
Uniforms	2,500	1,323	964
	884,046	876,618	854,115
EXCESS (DEFICIENCY) OF RECEIPTS OVER DISBURSEMENTS	\$(186,306)	\$(18,649)	\$160,730

ACKNOWLEDGEMENTS

The Steadward Centre recognizes the generous support and cooperation of the following agencies:

- Alberta Sport, Recreation, Parks & Wildlife Foundation (ASRPWF)
- Faculty of Physical Education and Recreation, University of Alberta
- The Government of Alberta – Ministry of Culture and Community Spirit
- The Government of Alberta- Summer Temporary Employment Program
- Alberta Paraplegic Foundation— Alberta SCI Solutions Fund
- Spinal Cord Injury Treatment Centre Society (SCITCS)
- InMotion Network
- Alberta Teachers Association— Edmonton Public Teacher's Charity Trust Fund
- Allard Foundation



THE STEADWARD CENTRE
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Faculty of Physical Education
and Recreation

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University of Alberta
Edmonton, Alberta
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Government of Alberta ■