



THE  
STEADWARD  
CENTRE

for Personal & Physical  
Achievement

**ANNUAL REPORT**  
April 2012 - March 2013

## 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



I have been pleased 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 activity as well as a fully equipped fitness facility meeting the fitness and exercise needs of children, youth and adults experiencing disability. Through its activities, The Centre continues to assist the University of Alberta’s Faculty of Physical Education and Recreation (“the Faculty”) to achieve its desired outcomes in the areas of research, education and service to the community.

Nearly 600 individuals living with physical impairment benefited from high-quality, adapted physical activity, fitness and sport programs. Additionally, the Centre contributed greatly to the learning and discovery components of the Faculty. During this past fiscal year The Steadward Centre provided valuable applied learning opportunities for over 195 undergraduate students at the U of A campus through full and part-time practicum placements, volunteer positions and lab experiences. The Centre provided quality professional practicum placements to students studying at the University of Alberta, MacEwan University, NAIT and the University of Regina. We were also pleased to host Dr. David Legg’s Children’s Adapted Physical Activity Program coordinator from Mount Royal University for a week this past January.

The Centre’s strong service component, loyal 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 research assistants. The Centre strongly supports and encourages the active engagement of its members and staff in its research activities.

As a leading community advocate for inclusion and in the field of adapted physical activity, the Centre has embarked on a variety of unique projects to enhance access to physical activity for individuals of all abilities. The Centre was a recipient of the Alberta Human Rights Education and Multi-culturalism grant program for a project entitled “*People in Motion. More Places. More Often*” to conduct accessibility audits in community fitness facilities throughout the Capital Region. It is projects such as these that assist individuals living with

disability to create meaningful, inclusive, community-based fitness programs—reducing barriers to accessibility.

Our Centre takes great pride in our highly specialized staff in the area of inclusive fitness. This past year three of our staff, Bobbi-Jo Atchison, Karen Slater and Kirsti Van Dornick, were invited authors for four chapters in the American College of Sports Medicine (ACSM)/ The National Center on Health, Physical Activity and Disability (NCHPAD) Resources for the Inclusive Fitness Trainer text book. Slater also served as a reviewer for two additional chapters.

We strive for excellence. On behalf of the Board of Directors, I thank each and every member of The Steadward Centre’s teams 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 and social interaction for people with disabilities through physical activity and sport.

The Steadward Centre Society has a longstanding tradition within The Faculty of Physical Education and Recreation at The University of Alberta. In efforts to ensure a sustainable model for this unique Centre, founded by Dr. Robert Steadward, the Society has worked collaboratively this past year with the Governors of The University of Alberta to establish a governance structure that will serve as mutual benefit to all stakeholders of The Steadward Centre—members, directors, staff, students and community at large. I look forward to the new structure and the active role that the Society’s Board of Directors can play in the future vision of The Steadward Centre.

As always, I would like to recognize the volunteer Board of Directors (Margaret Conquest, 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; and the Alberta Sport, Recreation, Parks and Wildlife Foundation (ASRPWF).

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

A dedicated team of staff, students and volunteers supported the efforts of close to 600 individuals living with impairment to achieve their personal fitness, physical activity and/or athletic goals across The Steadward Centres’ many program areas.

As an academic unit within the Faculty of Physical Education and Recreation, we are committed to serving both the University community and our greater community—locally and provincially. Through the tenets of **Learning**, **Discovery** and **Citizenship** we provide opportunities for students, community professionals and individuals experiencing disability to enhance their knowledge, skill and understanding of the world of Adapted Physical Activity. Teaching, research and programming activities over the past year supported the independence and inclusion of children, youth and adults experiencing disability within their communities.

### Learning—

Actively engaged in teaching and learning, undergraduate students from four post-secondary institutions in Western Canada gained valuable hands-on experience in the area of Adapted Physical Activity by completing fourteen-week practicum placements. In total, 193 student placements were provided through practicum, course work, and volunteer opportunities. New this year was the launch of the P.A.L.S Program (Physical Activity Led by Students). The P.A.L.S. initiative paired Free2BMe program participants with students enrolled in a senior level Adapted Physical Activity course. The Steadward Centre provided direct applied learning opportunities for three University of Alberta courses and Centre staff served as guest lecturers in a variety of courses across academic programs such as the U of A Faculty of Physical Education and Recreation, MacEwan University Physical Education and the NAIT Personal Fitness Trainer program.

I am very pleased to report that with the generous support of Alberta Sport Recreation Parks and Wildlife Foundation (ASRPWF) we had the opportunity to develop partnerships with Grande Prairie Regional College (GPRC) and the EastLink Centre—Grande Prairie, to launch the first Adapted Physical Activity, Sport and Fitness Symposium. Despite the mighty March snowstorm, over 100 professionals and students from Saskatchewan and Alberta attended the three-day event. Highlights of the symposium included keynotes Craig McCord, National Paralympic Swim Coach, and Paralympic wheelchair basketball player Ross Norton. A special thank you to the organizing committee comprised of dedicated and talented individuals from Wolverines Wheelchair Sports Association, Canadian Paraplegic Association—Grande Prairie, EastLink Centre, GPRC and The Steadward Centre.

### Discovery—

Collecting, developing and sharing knowledge continues to guide the Centre forward. The Centre engaged in research activities that included attending conferences, collaborating with researchers and hosting visiting scholars. A small delegation

presented at the North American Federation of Adapted Physical Activity Symposium (NAFAPA) at the Lakeshore Foundation, Birmingham, Alabama. Our visit to the Lakeshore Foundation—an Olympic and Paralympic training centre provided us with insight, new networks, and high aspirations as we embark on the development of our new facility! Additionally, we were pleased to host Mr. Pat Flanagan, IT Tralee, Ireland to learn more about the CARA Adapted Physical Activity Centre. Discovering how others around the world support the physical activity and sport development of individuals living with impairment will only help us to achieve our potential.

### Citizenship—

Programming continues to be the foundation of the Centre. Through quality adapted physical activity programs we train future leaders—educators, health care professionals, and coaches; it is our programs (and thus the program participants) that guide our research inquiries; and subsequently ensures that individuals of all abilities have access to physical activity, fitness and sport pursuits. Partnerships old and new continue to ensure that more opportunities and choice of physical activity is available. I am very pleased to share that as a direct result of the partnership with the Spinal Cord Injury Treatment Centre Society (SCITCS) and The Saville Community Sports Centre, the second year of the Community FES Transition program has seen an end to the long wait to access FES through the Steadward Centre. A wonderful step forward ensuring that more people are active, more places, more often.

### Going Forward—

In the midst of new initiatives and the current construction of the new PAW Centre project (future home of The Steadward Centre); I would be remiss to not acknowledge the current economic climate affecting the non-profit sector and post-secondary institutions. I continue to work to develop a sustainable and diversified funding strategy that will ensure The Steadward Centre remains in a position to deliver quality Adapted Physical Activity programs grounded in learning and discovery. This past year, we launched the Free2BMe Catalogue of Giving, an online donation tool in support of our children and youth programs. Additionally, we experienced success with applications for funding through provincial and national funding programs.

All of this however, would not be possible without the dedication and tremendous talents of the entire Steadward Centre team—staff, students, volunteers, the Board of Directors and our Dean, Dr. Kerry Mummery. Many thanks.

Sincerely,  
*Karen Slater, MA*





## LEARNING

As an academic centre within The Faculty of Physical Education and Recreation at The University of Alberta, The Steadward Centre is committed to the teaching and learning of undergraduate and graduate students through the creation of rewarding learning and volunteer opportunities.

The Steadward Centre (TSC) provided a range of applied learning opportunities through our many programs. Students enhanced and developed applied professional skills while completing their degrees by taking advantage of the progressive learning and mentoring opportunities offered through volunteer placements, coursework and full-time (14- to 16-week) practicum placements.

In the 2012/2013 academic year the Centre supported 205 students across four program areas: Free2BMe Physical Activity for Kids and Teens with Disabilities; Athlete Development for Disability Sport; Adapted Fitness Programs for Adults and the Community Exercise Transition Program.

### Undergraduate Students

The Steadward Centre served as a living laboratory for eight full-time practicum students from The University of Alberta, one from the University of Regina, and three from NAIT; Two part-time students also engaged in full-time practicum opportunities. An additional 61 students completed course work requirements through senior level Adapted Physical Activity courses. Students were instrumental in the implementation and delivery of programs such as:

- The new P.A.L.S (Physical Activity Led by Students) program within Free2BMe; adapted physical activity classes with Alberta School for the Deaf and adult adapted physical activity exposure sessions. Students were also actively engaged within the Athlete Development for Disability Sport program and the Community Exercise Transition Programs.

### Interdisciplinary Opportunities

This past January saw the introduction of a new joint practicum placement with the Glenrose Rehabilitation Hospital and their Inter-professional Student Services (ISS) program. Two students completed 14-week placements in a practicum experience that afforded them opportunities to work collaboratively across both the Recreation Therapy Department at the Glenrose and the Community Exercise Transition Program within The Steadward Centre. These two students became the first within The Faculty of Physical Education and Recreation to participate in the ISS program with students from Physical Therapy, Occupational Therapy and Speech and Language Pathology.

### Graduate Students

The Steadward Centre supports graduate students through opportunities for clinical field placements (Physical Therapy) and the facilitation of independent research studies. Three graduate students completed participant recruitment activities and collected research data in the Centre this past year.

### Visiting Scholar

We also welcomed visiting scholar Mr. Patrick Flanagan, from CARA: Adapted Physical Activity Centre, IT Tralee and the Irish Sports Council, Kerry Ireland.

## DISCOVERY

The Steadward Centre continued its involvement in research through the initiatives of affiliate researchers Dr. Donna Goodwin, Dr. Patricia Manns and Dr. Dave Collins. The Centre served as a recruitment site for research projects from within The Faculty of Physical Education and Recreation and The Faculty of Rehabilitation Medicine, University of Alberta.

The Steadward Centre continued to play a significant role in the facilitation of Dr. Donna Goodwin's research grant from the Canadian Institute for Health Research (CIHR) for her study, "Transition to Community Fitness Programs for Persons with Disabilities Following Rehabilitation." Community Transition Coordinator Bobbi-Jo Atchison served as a research assistant, and program staff and participants actively participated in the study. Phase 3 examining "Transition to an Active Lifestyle: The Role of Group Participation" began in fall, 2012.

Associate Director, Karen Slater served as a knowledge user on one CIHR grant application, is on the end user advisory board for a study entitled "Sedentary Behaviour in Adults and Youth with Motor Disability" with Principal Investigator Dr. Patricia Manns, Faculty of Rehabilitation Medicine, UofA; and provided

three letters of support on behalf of The Steadward Centre as a collaborator for proposed research study applications for Tri-Council Funding.

This past year, a delegation from The Steadward Centre attended and presented at the North American Federation of Adapted Physical Activity Symposium at Lakeshore Foundation, Birmingham, Alabama, further advancing the knowledge base and engagement of research activities within The Steadward Centre.

### 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)

Knowledge User Group: The Steadward Centre for Personal & Physical Achievement

### Publications

**Van Dornick, K., Atchison, B.J. & Slater, K.** (2012). Chapter 8: The Initial Client Consultation. In Wang, C. (Ed.), *ACSM/NCPAD Resources for the Inclusive Fitness Trainer*. (43-48). Indianapolis: ACSM.

**Van Dornick, K., Atchison, B.J. & Slater, K.** (2012). Chapter 9: Client-Centered Goals and Objectives. In Wang, C. (Ed.) *ACSM/NCPAD Resources for the Inclusive Fitness Trainer*. (49-52). Indianapolis: ACSM.

**Atchison, B.J., Van Dornick, K. & Slater, K.** (2012). Chapter 10: Screening, Risk Assessment and Red Flags. In Wang, C. (Ed.) *ACSM/NCPAD Resources for the Inclusive Fitness Trainer*. (53-63). Indianapolis: ACSM.

**Atchison, B.J., Van Dornick, K. & Slater, K.** (2012). Chapter 11: Health, Physical Fitness and Functional Assessments. In Wang, C. (Ed.) *ACSM/NCPAD Resources for the Inclusive Fitness Trainer*. (64-77). Indianapolis: ACSM.

**Atchison, B.J.** (Winter Ed. 2013). Physical activity for everyone. *The Provincial Fitness Unit of Alberta Fitness Informer*. (24-25). Edmonton, Alberta: University of Alberta.



## Performance Research of iDANCE

- Eales, L. (July 12, 2012). Work titled "(Dis)quiet in the Peanut Gallery". Speakers' Series Arts-based research studio.
- Eales, L. (July 13, 2012). Work titled ""(Dis)quiet in the Peanut Gallery". Made in Alberta Professional Showcase: Feats Festival of Dance. Alberta Dance Alliance.

## iDANCE Edmonton Performances

- FEATS Festival Flashmob (May 30, July 7 & 14, 2012). Masquerade. West Edmonton Mall NewCap Stage. 9 dancers.
- iDANCE Edmonton Annual Recital (July 24, 2012). Community class dance performance. Glenrose Rehabilitation Hospital Gym. 21 dancers.
- Resurrected Motifs Fundraiser (August 10, 2012). Orchestis Dance Society.
- Dance Motif 2013 (January 25 & 26, 2013). Orchestis Dance Group; 18 dancers.

## Teaching

Course	Description	Number of Students	Principal Instructor
PEDS 472: Active Living for Persons with Physical Impairment	Emphasis on the delivery of adapted physical activity services to individuals living with physical impairment, with a focus on the theoretical frameworks that guide professional practice.	24 students (Fall 2012) 24 students (Winter 2013)	Karen Slater
Professional Practicum Placement, University of Alberta	Full or part-time non-paid work experience program for senior level students in the Faculty of Physical Education and Recreation.  The Steadward Centre serves as a practicum placement site for students with an interest in adapted physical activity, sport science, recreation therapy, physical education, and/or rehabilitation medicine.	8 full-time students (UofA) 1 full-time student (University of Regina) 2 part-time students	Practicum Student Supervisors: - Bobbi-Jo Atchison - Scott Durocher - Amanda Ebert - Kirsti Van Dornick

## Conference Presentations

- Atchison, B.J.** (October 2012). People in Motion. More Places. More Often: A Community Exercise Transition Model. North American Federation of Adapted Physical Activity (NAFAPA) Symposium 2012, Birmingham, Alabama.
- Atchison, B.J.** (2013). People in Motion. More Places. More Often: A Community Exercise Model. Are We Ready 2013 Adapted Physical Activity, Sport and Fitness Symposium, Grande Prairie, Alberta.
- Ebert, A.** (March 2013). *Fundamental Movement Skills: Tools and Strategies to Enhance Physical Literacy.* Are We Ready 2013 Adapted Physical Activity, Sport and Fitness Symposium, Grande Prairie, Alberta.
- Slater, K. & Van Dornick, K.** (October 2012). *The Long Term Athlete Development Model and the Child Experiencing Disability:*

## Academic Integrated Dance Workshops -

- PERLS 207: Introduction to Adapted Physical Activity. (April 5, 2012; September 20, 2012; January 17, 2013). Workshop on integrated dance with people with developmental impairment.
- Communicating Otherwise Symposium. (April 12, 2012). Trudeau Foundation.
- PEDS 401: Applied Ethics in Physical Education and Sport. (June 7, 2012). iDANCE presentation.
- PEDS 471: Active Living for People with Developmental Impairment. (May 8, 2012; January 30, 2013) Workshop on integrated dance with people with developmental impairment.

## Community Integrated Dance Workshops -

- Mira Facilitation Centre (April 20, 2012).
- The Paralympic Sports Association Summer Camp (July 9 and August 10, 2012).
- Beyond Access Disability Arts Symposium (October 3, 2012).
- Canadian Integrated Dance Symposium (November 18, 2012).
- Chrysalis Society (January 14, 2013).

*A Community Based Adapted Physical Activity Approach.* North American Federation of Adapted Physical Activity (NAFAPA) Symposium 2012, Birmingham, Alabama.

- Slater, K.** (March 2013). *Adapted Physical Activity in the Community: Let's Be Ready!* (Keynote presentation). Are We Ready 2013 Adapted Physical Activity, Sport and Fitness Symposium, Grande Prairie, Alberta.
- Slater, K.** (March 2013). *Motivating the child and youth participant.* Are We Ready 2013 Adapted Physical Activity, Sport and Fitness Symposium, Grande Prairie, Alberta.
- Van Dornick, K.** (March 2013). *Exploring Training Principles: A Practical Approach.* Are We Ready 2013 Adapted Physical Activity, Sport and Fitness Symposium, Grande Prairie, Alberta.

## CITIZENSHIP

Committed to providing choice and opportunity for individuals experiencing disability locally, and provincially, The Steadward Centre supports 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 individuals seeking activity for life all make their mark at The Steadward Centre.

## Community Exercise Transition Program

The Steadward Centre works hard to reduce barriers to physical activity in the community. The Community Exercise Transition Program in collaboration with our community partners and with the efforts of talented practicum students and volunteers, eased the transition of sixty-one individuals experiencing disability from rehabilitation and specialized fitness programs to community-based programs. With dedicated staff support, participants gained valuable skills to establish and maintain a quality exercise program in a facility of their choice, close to home. This year we were able to facilitate community development classes to afford participants the opportunity to develop their fitness skills and knowledge base. Sessions began in a weekly instructional group program within The Steadward Centre (TSC), and the final sessions took place in a community facility of the participants' choice.

Initiatives to enhance opportunities for youth to be active in the community were also pursued this past year. Through partnerships with the YMCA, a pilot community transition program was offered to Free2BMe youth throughout the summer months. Families received free YMCA drop in passes and were accompanied by TSC staff to support initial sessions in the community.

In its second year, the Community FES Transition Program (sponsored, in part, by the Spinal Cord Injury Treatment Centre Society (SCITCS) and hosted by the Saville Community Sports Centre) was a wonderful success. Throughout the year, fourteen participants gained the knowledge and skills to independently workout at the Saville Centre using the FES cycle and FES elliptical technology.

Each community centre that achieves the ability to support inclusive pursuit of physical activity, and each individual who achieves the independent pursuit of physical activity provides a foundation for many more to follow.

## Athlete Development

Elite, emerging and aspiring athletes all made their mark this year within the Athlete Development for Disability Sport (ADDs) program. In partnership with the Alberta Sport Development Centre—Capital Region (ASDC-CR), Para and Special Olympic athletes training under the supervision of athlete development coordinator Kirsti Van Dornick settled into their new home within the High Performance Training Centre at the Saville Community Sports Centre. Thirty-one athletes participated in the ADDs program receiving adapted assessment and training in sport-specific strength and conditioning programs. Sports represented were: alpine skiing, goal-ball, sitting volleyball, sledge hockey, para-cycling, wheelchair rugby and wheelchair basketball. Programs offered follow the Long Term Athlete Development (LTAD) framework and range from Athlete in Training Club (TSC) to complete sport science support in the Athlete Enhancement Program (ASDC-CR). This past year, Ms. Van Dornick shared her knowledge and experience on how to implement the LTAD framework within Para-sport through workshops and presentations at conferences and in-services. Highlights included two medals in alpine skiing at the World Winter Special Olympic Games in Pyeongchang, Korea: a silver medal for athlete Ambyr Lindon and a bronze medal for Larry Green.

## Adapted Fitness Programs for Adults

### Adult Fitness Programs

Providing quality accessible fitness and exercise programs continues to be a key component of The Steadward Centre. This past year, our University of Alberta site provided individualized exercise programs to 182 members living with physical impairment. An additional 76 individuals achieved their fitness goals through the many group exercise programs ranging from adapted circuit training, and adapted aquasize, to the walking and wheeling club. The Adapted Fitness Programs for Adults also served as a training ground for post-secondary students completing studies in the area of physical education and recreation, kinesiology, rehabilitation medicine and science. The adult fitness Centre provides students with experience in adapted physical activity. Working alongside the members, students develop the hands-on skill to run programs, conduct assessments and create effective, safe and innovative exercise programs for people of all abilities.



## Functional Electrical Stimulation (FES)

Among the adult membership base are 26 individuals complimenting their exercise programs with the use of functional electrical stimulation (FES)—a technique by which electrical currents are applied to nerves supplying paralyzed or weakened muscle through electrodes placed on the surface of the skin. Our FES program received a boost this year with the upgrade of two new FES RT300 cycles from URO Medical Supplies, Saskatoon Saskatchewan. Participants challenged themselves with the introduction of weekly interval training sessions using the upgraded FES equipment. Access to this unique program has been significantly enhanced through the successful implementation of the Community FES Transition Program (see Community Exercise Transition Program).

## Rundle Park Ramblers

With the goals of enhancing cardiovascular endurance and improving muscular endurance, all while spending time with friends in the summer sun, the participants of the walking and wheeling club came prepared each Friday to Rundle Park with urban walking poles, hand cycles and sunscreen in tow. Over 20 participants challenged themselves on the 1.5-3km loops. With many participants now choosing to exercise year round at a community facility close to home, the weekly gathering of old friends proved to be extra special this past summer.

## Trail Rider Excursion Program (TREP)

Close to 20 adults and youth alike hit the trails with the use of the Trail Rider, a one-wheeled vehicle that is propelled by two to four volunteers, (sherpas). Geo-caching, a popular treasure-hunt 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 members, staff and volunteers have also been active educating students about the Trail Rider through presentations, demonstrations and hikes within the Faculty of Physical Education and Recreation's introduction to Outdoor Recreation course.

## Water in Motion

Many participants got their feet wet as they challenged each other to great lengths in the adapted aquasize program. Offered twice a week, this popular program provides 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 Edmonton is an integrated dance program rich in community spirit. Offering instructional dance classes and performance opportunities, iDANCE fostered the creative and artistic talents of 40 dancers this past year. Under the direction of Lindsay Eales, iDANCE considers the physical, organizational, social and cultural aspects of accessibility through dance. This unique program is supported in part by the Glenrose Rehabilitation Hospital. The University of Alberta's Orchestis Dance Group in the Faculty of Physical Education and Recreation, also supports iDance with the generous donation of rehearsal space. iDANCE shone during their many performances. Highlights included the performance groups' showcase in Orchestis Dance Motif 2013 and the annual recital performed by 36 dancers from The Steadward Centre's community class. Members of the iDANCE community also had the unique opportunity to participate in Lindsay Eales' performance ethnography research entitled "(Dis)quiet in the Peanut Gallery" as part of her Master of Arts thesis project.

## Free2BMe Physical Activity Programs for Kids and Teens with Disabilities

Free2BMe supported over 300 kids, teens and their families in the Edmonton and surrounding area to develop fundamental movement skills and physical literacy. By developing physical strength and fitness in traditional athletic or creative settings, participants became strong and confident. Partnerships with community organizations such as the YMCA and The Centre for Autism Services of Alberta provided youth experiencing disability with increased opportunities to be active in their community.

With the generous support of the Alberta Sport Recreation Parks and Wildlife Foundation (ASRPWF) and Sport Canada, Free2BMe has embarked on a three-year project to expand its work throughout the province of Alberta through presentations, staff training workshops, resource sharing and collaborative programs. The goal is to ensure that more children and youth experiencing disability have access to quality physical activity and sport programming.

## Motor Skill Development and Fitness Sessions

Core to the Free2BMe programs are individualized motor skill development and fitness sessions delivered weekly to children and youth aged 4-19+ with physical, sensory and developmental impairment. This year saw 119 participants work to achieve their goals of running/wheeling, jumping, catching, and throwing during weekly sessions with Adapted Physical Activity Consultants. Meanwhile 94 youth gained strength, improved endurance, flexibility and balance as they

developed skills in a structured fitness setting. The Centre is proud to announce that all Free2BMe program consultants are NCCP-certified as fundamental movement skill coaches and coach trainers.

New this year was the **P.A.L.S.: Physical Activity Led by Students** program. This initiative was developed to ensure that a) more children have access to individualized motor skill instruction, and b) Free2BMe provides quality applied learning opportunities for undergraduate students preparing to be teachers, coaches, and health-care professionals. The primary outcome was for more children and their families to develop skills necessary to lead healthy, active lives.

With the guidance and continuous support of an Adapted Physical Activity Consultant, 31 P.A.L.S. student instructors designed and implemented weekly lesson plans and motor skill development sessions for 44 children and youth living with physical, sensory, and developmental impairment. Motor skill development sessions were 30 minutes in length and based on both participant and program goals. This pilot program was generously supported through the Healthy Active Living Fund (ASRPWF) and the Edmonton Community Foundation.

In addition to the individualized programs, 124 group program registrants got in to the game as they participated in a variety of activities from dance, to weight lifting, cross-country skiing and bike riding.

## Movin' and Groovin' Dance Class

Cuban salsa, zumba, hip hop—Gangnam style, and a Halloween-inspired "Thriller" night were all part of the creative mix as kids and teens were exposed to a wide range of dance forms. Participants became performers, choreographers and enthusiastic audience members exploring movement through dance.

## Teen Night

Fun, healthy life skills were the order of the evening at the weekly Teen Night program. Supported in part by the Alberta Teachers Association Edmonton Public Teachers Charity Trust Fund Local #37, the program facilitated the learning and practice of correct strength training techniques. Further goals of the program were to develop aerobic fitness and introduce anaerobic exercise to the teens. Goal setting strategies and opportunities for peer mentorship and relationship building amongst participants were built into the foundation of the ever popular Teen Night program—benefiting 36 youth this year!

## Sport Sampler

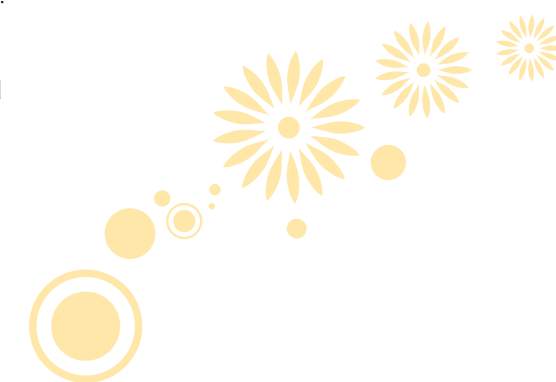
Creating confidence, enhancing fitness and developing sport knowledge in an accessible, welcoming and fun environment was the goal for Free2BMe's flagship Sport Sampler program. This program focused on progressive skill development for 20 kids ages seven to 12 years of age. Guided by enthusiastic instructors, participants sampled everything from core sports (soccer, floor hockey, football and rugby), to court sports, dance and winter outdoor activities such as cross-country skiing. Effective game-play strategies based on the concepts of Teaching Games for Understanding (TGfU) formed the basis of the weekly lessons.

## PAWS

The focus of PAWS—*pre-adolescent workout stations*—is to teach the basics of personal fitness to kids and pre-teens (ages 7-13). PAWS provides a wide range of activities from circuit training and yoga to games such as "Fitness Monopoly." Program consultants and student volunteers guide kids through an interactive 10-station circuit training program which builds strength, endurance and flexibility and also mirrors activity-related-movements such as cycling, rowing or skating. Participants learn to use specialized equipment such as a ski-trainer, moonwalker and elementary-sized semi-recumbent bikes. The structured, group environment introduced young exercise enthusiasts to basic fitness principles in a fun, interactive group setting.

## Cycle Challenge

The sense of freedom and pure joy that comes from riding a bicycle is an experience that we, at The Steadward Centre, believe that all children should share. Using indoor and outdoor facilities, participants benefited from one-on-one support to practice the art of bike riding. Skill progressions learned through fun activities helped to develop balance, spatial coordination, strong legs and lungs, and confidence to ride independently. Due to the generous support of volunteers, 27 children participated in two 8-week sessions offered in spring 2012. New this year were summer "tune-ups," providing eager participants the opportunity to further hone their bike riding skills through individual cycling sessions with trained consultants.





## Intramurals Night

New this past year was the Free2BMe Intramural Night. Putting all the hard work from individual sessions and instructional group programs into practice, Intramural Night was an opportunity for program participants to play different games each week in a friendly, non-competitive environment. Friends and siblings were welcomed, and an average of 19 sport enthusiasts participated each week. The variety of activities and sports included wallyball, wheelchair basketball, handball, soccer, kickball, floor hockey and tchoukball. The program was open to kids and teens ages 10-19. Participants were placed in age-appropriate teams and got the chance to put their motor skills, coordination, team and social skills together to get active and have some fun.

## Summer Programs

Free2BMe provides all kinds of summer-active fun. Over 125 kids and teens, aged four to 19, participated in Free2BMe summer camps and community-based physical activity programs. 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. Summer camp offerings included: Move Your Body expressive dance camp; Sports Jam; Little Activators and Teen Adventure. The Centre also hosted summer programming for children and youth living with Autism from two different organizations; the Centre for Autism Services and Children's Autism Services of Alberta.



Teens got active in the community this past summer through the launch of a pilot community summer transition program in partnership with the YMCA. Fourteen youth and their families worked out in a YMCA facility with the support of a Steadward Centre Consultant.



## Volunteers

*I can no other answer make, but, thanks, and thanks.*  
~William Shakespeare

With the generous support of volunteers, The Steadward Centre was able to ensure that over 600 members continued to receive quality adapted physical activity, sport and fitness programs. Centre members, families, students, community members and even the Free2BMe youth rolled up their sleeves volunteering across many aspects of the Centre, from programming to fundraising.

The Centre hosted 193 student volunteer placements for a total of 3,223.50 hours. Of the 126 student volunteers in Free2BMe, five were still attending high-school, three of whom are current or former Free2BMe participants serving as role models to kids and youth experiencing impairment.

## Partnerships

Growth and opportunity comes from strong partnerships and collaborations—a commitment and desire for everyone to work together. We have been so fortunate to work alongside passionate and dedicated partners such as: Alberta Sport Development Centre—Capital Region, Centre for Autism Services of Alberta, City of Edmonton, Dow Centre, Faculty of Physical Education and Recreation (Summer Camps and Recreation Services), Glenrose Rehabilitation Hospital, Leduc Recreation Centre, Saville Community Sports Centre, Servus Place, Spinal Cord Injury Treatment Centre Society (SCITCS), Strathcona County, Tri-Leisure Centre and The YMCA.

This past year new partnerships emerged. The Steadward Centre teamed up with Grande Prairie Regional College (GPRC) and the EastLink Centre, Grande Prairie, to plan and facilitate the inaugural Adapted Physical Activity Sport and Fitness Symposium. Additional provincial partnerships also began to be forged with colleagues from Red Deer College, Mount Royal University and the Provincial Fitness Unit of Alberta's Be Fit For Life Centres.

Internationally, a delegation from the Centre toured the Lakeshore Foundation—a world class Olympic and Paralympic designated training facility in Birmingham, Alabama. We were also fortunate to welcome Mr. Patrick Flanagan, Director of CARA Adapted Physical Activity Centre, Institute of Technology Tralee, County Kerry, Ireland to the Centre for a comprehensive tour of our programs. We are keen to further establish relationships with these Centres.

## Community Presentations

**Atchison, B.J. & Van Dornick, K.** (April 2012). People in Motion. More Places. More Often. Adapting Physical Activity for All Abilities. YMCA, Edmonton, AB.

**Atchison, B.J.** (April 2012). Basic Fitness Principles and Adapted Physical Activity. In-service, Covenant Health, Edmonton, AB.

**Atchison, B.J.** (June, 2012). Adapted Physical Activity: People in Motion. More Places. More Often. Guest lecture, Faculty of Physical Education and Recreation, UofA, PERLS 207, Edmonton, AB.

**Atchison, B.J.** (October 2012 & March 2013). 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 2012 & March 2013). Adapted Assessment and Neuromuscular Impairment. Guest lecture, Faculty of Physical Education and Recreation, U of A, HEED 311, Edmonton, AB.

**Atchison, B.J.** (January 2013). Adapted Assessment/ Neuromuscular Impairment. Guest lecture, Faculty of Physical Education and Recreation, U of A, PERLS 370, Edmonton, AB.

**Durocher, S. & Imppolo, J.** (March 2013). Adapted Physical Activity and the Certified Personal Trainer. Guest lecture. NAIT, Personal Fitness Trainer Program (PFT) year 2 students, Edmonton, AB.

**Gergatz, M.** (November 2012). The Steadward Centre Children, Youth and Adult Programs. Guest lecture, Faculty of Physical Education and Recreation, UofA, PERLS 207. Edmonton, AB.

**Slater, K.** (October 2012 & 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

Free2BMe Catalogue of Giving Campaign Launch. Global Morning Television (December 12, 2012). Live television interview.

Edmonton Community Foundation (Fall 2012). "Helping Kids Be Active: Free2BMe PALS Program" inTOUCH (p3).

## Putting it All Together

The Steadward Centre is much more than a provider of adapted physical activity programs to the Capital region. We are a locus of knowledge translation, advocacy for inclusion, and an important contributor to research, teaching and applied learning in adapted physical activity in North America. Our recent collaboration and participation at international conferences and with visiting scholars, places us firmly on the international stage in a much-needed capacity.



#### 2012-2013 BOARD OF DIRECTORS LIST

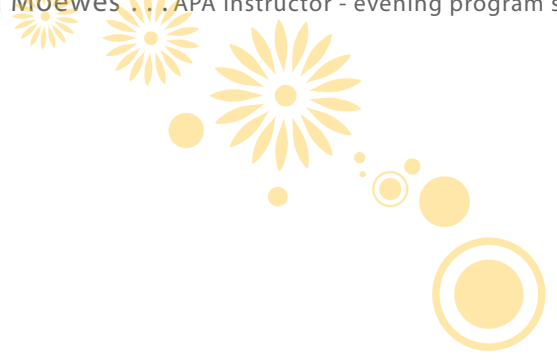
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#### 2012-2013 THE STEADWARD CENTRE STAFF

Karen Slater . . . . . Associate Director  
 Gina Newell . . . . . Financial Administrator  
 Shirley Ewmett . . . . . Receptionist  
 Bobbi-Jo Atchison . . . . . Community Transition Coordinator  
 Kirsti Van Dornick . . . . . Athlete Development Coordinator  
 Scott Durocher . . . . . AFPA APA Consultant—Team Lead  
 . . . . . Nozomi Kamei  
 . . . . . AFPA APA Consultant  
 Claire McWilliams . . . . . APFA APA PFT  
 Jessica Impola . . . . . Community Transition—APA Consultant  
 Amanda Ebert . . . . . Free2BMe APA Consultant—Team Lead  
 Megan Gergatz . . . . . Free2BMe APA Consultant  
 Philip Krol . . . . . Free2BMe APA Consultant  
 Stephanie Liew . . . . . Free2BMe APA Consultant  
 Kirsten Miazga . . . . . APA instructor - evening program support  
 Niomi Mulligan . . . . . APA instructor - Summer STEP student  
 Dana Moewes . . . . . APA instructor - evening program support



## THE STEADWARD CENTRE For Personal and Physical Achievement

### Statement of Revenues and Disbursements Year Ended March 31, 2013

OPENING BALANCE		<b>188,801.12 cr</b>
<b>REVENUE</b>		<i>April 1, 2012 - March 31, 2013 (cr)</i>
Alberta Sport Recreation Parks and Wildlife (ASRPWF)		590,720.00
Alberta Government Culture and Community Spirit		11,645.35
City of Edmonton		34,000
Edmonton Community Foundation		25,000
Spinal Cord Injury Treatment Centre Society		25,000
Stollery Family Foundation		25,000
Alberta Teacher's Association Charity Trust Fund Edmonton Local #37		6,000
United Way of Alberta		260.00
Donations—Individuals		3,294.55
Donation—Businesses		2,862.77
Parking revenue		5,900.68
Internal revenue sales		787.24
Sales Goods and services		66,284.93
Rentals—external		250.00
Memberships		90,578.02
Workshops		3,590.48
Admissions Gate External		2,985.96
Capital Equipment Reserve Fund		322,779.99*
<b>TOTAL FUNDS AVAILABLE</b>		<b>1,405,741.09</b>
<b>EXPENDITURE</b>		<i>April 1, 2012 - March 31, 2013 (dr)</i>
Salaries		686,229
Benefits		179,994
Operational Expenses		28,235
Communications		5,421
Travel		4,253
Repair and maintenance		1,157
Financial Fees		1,323
Equipment and leases		12,012
<b>TOTAL EXPENDITURE</b>		<b>918,624</b>
<b>PROJECT BALANCE AS AT: MARCH 31, 2013</b>		<b>\$487,116.58 cr*</b>



## ACKNOWLEDGEMENTS

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

- Allard Family Foundation
- Alberta Sport, Recreation, Parks & Wildlife Foundation (ASRPWF)
- Alberta Teachers Association—Edmonton Public Teacher's Charity Trust Fund Local #37
- City of Edmonton
- Edmonton Community Foundation
- Faculty of Physical Education and Recreation, University of Alberta
- Government of Alberta – Ministry of Culture and Community Spirit
- Government of Alberta – Human Services, Summer Temporary Employment Program
- Spinal Cord Injury Treatment Centre Society (SCITCS)
- Sport Canada
- Stollery Charitable Foundation



THE STEADWARD CENTRE  
for Personal & Physical Achievement

Faculty of Physical Education  
and Recreation

W1-67  
Van Vliet Centre  
University of Alberta  
Edmonton, Alberta  
Phone: 780-492-7298

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The Steadward Centre is a Registered Society that is managed by a board of directors comprised of directors from the community and the University of Alberta



Government of Alberta ■