



THE STEADWARD CENTRE
for Personal & Physical Achievement

ANNUAL REPORT
April 2013 - March 2014



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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ASSOCIATE DIRECTOR'S MESSAGE

The Steadward Centre served as a research, teaching and service delivery unit within The Faculty of Physical Education and Recreation at the University of Alberta to facilitate engagement in physical activity, fitness and sport for individuals experiencing disability. A dedicated team of staff, students and volunteers provided opportunities for 812 individuals living with impairment to achieve their personal fitness, physical activity and/or athletic goals across The Steadward Centre's many program areas.

A team effort—

With the generous support of Alberta Sport Connection, community foundations, community grant programs, corporate and individual donations, the Centre served 460 children and youth, 282 adults and 70 athletes living with impairment ranging in age from 3-85 years. Innovated program models such as: P.A.L.S (Physical Activity Led by Students), school and community outreach programs, Para-swimming and the FES community program have increased the participant base of the Centre by 25% in one year.

A team of 11 full-time staff and nine part-time instructors facilitated all activities and functions of the Centre from research, programming, volunteer coordination, fund development and administration. The Centre became a designated University of Alberta Community Service-Learning (CSL) site further enhancing its ability to provide high-quality applied learning opportunities for undergraduate students. A total of 239 students gained experience in the Centre through practicum placements, CSL credit courses and volunteer placements—contributing an astonishing 4793.5 hours to the Centre's programs and services

A year in review—

I encourage you to read about the many highlights from this past year included in this report—our opportunities, challenges and achievements. Hear our stories of learning, personal growth and physical achievement.

This past year we were excited to strengthen old partnerships and develop new connections with regional and provincial organizations. Some formal partnerships came to a close. We are very pleased to have worked in collaboration with the Alberta Sport Development Centre—Capital Region (ASDC-CR) for the past four years through a shared athlete coordinator position. As ASDC-CR evolves, so does our relationship. The Athlete Development for Disability Sport (ADDS) program will continue to provide high performance and development opportunities for athletes with impairment under The Steadward Centre. We are pleased to announce

the new Steadward Bears Para-swim program as a result of a successful new partnership with the Varsity Swim teams.

After a very successful two-year pilot program, the Community FES Program at the Saville Community Sport Centre is now operating effectively under the umbrella of our Community Exercise Transition Program.

New initiatives were made possible through the support of external granting agencies. The Steadward Centre was successful in receiving nine operating grants supporting the following projects:

- Inclusive Move and Play Cards in collaboration with Be Fit For Life Centre and Special Olympics Edmonton
- Para-swimming development program
- People in Motion. More Places. More Often.: Accessibility Audits of 26 community fitness facilities
- Kickstart Instructional Soccer Program for children and youth living with autism
- Free2BMe: 1:1 Motor Skill Development Program
- Free2BMe Youth Community Development Program: Transitioning to Community Recreation
- Hip Hop with internationally acclaimed B-boy Luca "LazyLegz" Patuelli
- Explorasport program for kids and teens with disabilities: a partnership with the YMCA of Northern Alberta
- Free2BMe Physical Activity for Kids and Teens with Disabilities: Instructional group programs

Faced with the challenge and opportunity of on-site construction, we transitioned to interim program space. This past winter we worked collaboratively with our members, Faculty and University operations, and the patient folks at DATS accessible transit to plan, construct and test the new parking and drop-off zone for the Centre. The Physical Activity and Wellness (PAW) Centre is really taking shape. With the opening planned for fall 2014, we can anticipate construction on the new Steadward Centre facility by Winter 2015.

I am very pleased to announce that we have received six project grants to date, for the 2014-15 year. As a result we are excited to advance our work with the Para-swimming program, engage in work to remove barriers for youth transitioning to community programs and further grow our student-led program models



PROGRAM SPOTLIGHT

PHYSICAL ACTIVITY LED BY STUDENTS (P.A.L.S)

Going forward—

Fully immersed in the learning, discovery and citizenship activities of the University, we are excited about the Centre's opportunities for growth. This coming year, our team welcomes two new advisory committees—the Scientific and Education committees—and looks forward to working with the management group comprised of Dr. Kerry Mummery (Dean, Faculty of Physical Education and Recreation); Lloyd Bentz (Executive Director, Alberta Sport Connection) and Judge Brad Kerby (Chair, The Steadward Society). We are also pleased to work alongside the members of the Steadward Society in their enhanced role as advocates and supporters of The Steadward Centre.

Of course none of this would be possible without the dedication and tremendous talents of the entire Steadward Centre team—staff, students, volunteers, and the Dean of the Faculty of Physical Education and Recreation, Dr. Kerry Mummery. Many thanks.

Sincerely,

Karen Slater

Associate Director

WHEN ASKED WHAT THE P.A.L.S PROGRAM MEANT TO HIS FAMILY, AMELIA'S DAD MARK HAD THIS TO SAY...

"Amelia went from learning to jump on two feet to being able to hop on one. And if this was written on a poster as a testimonial, I'm sure some passerby would mutter what a ridiculous waste of time and money, teaching someone to move from two feet to one. And yet, in that very act—cognitive development, balance, coordination, strength, confidence and trust were all learnt. What did I get out of the program? I got to watch my daughter jump from two feet to one."



Amelia and Katie

AMELIA—A message from her dad, Mark

"Prior to the program, Amelia had very poor balance and coordination. She walked on unsteady feet and often looks like she might bump into things. She has difficulty negotiating play equipment independently; she has difficulty going up and down stairs and will often 'mark time'. Amelia is unable to stand on one foot, hop or jump with success. Now she is able to use the green machine! (a double pedal roller). She can hop and jump and hold her leg steady in the air while standing on one foot (for a limited time but still).

She no longer stands and bumps into people when she gets close to them (so that helps socially when playing with children). Amelia is amazing at sports...who knew! Now knowing this will allow me to help build her skills in new ways. Emotionally, Amelia is pretty friendly and good spirited. Although I notice that she gets tired quickly with "boring" games (her words), and the students just move onto the next thing that engages her—the students are exceptional at engaging Amelia."

KATIE

I started this program as a part of my course work at the University. After the first day, I immediately fell in love with the program. We had the amazing opportunity to work with a range of children with a range of abilities. It is so amazing to finally be able to put the theory I've learned into practice. After I completed my course work, I decided to come back and volunteer with the program. As it turned out, I was able to take on two participants to help them meet their physical goals. I have learned so much from this program including how to adapt activities to meet student's needs, how to respond to different behaviours and most importantly how to develop meaningful relationships with these amazing children. I believe these sorts of experiences are much richer than any sort of instruction I have received. By participating in this program, it has allowed me to not only make a difference in children's lives, but has overall made me a better learner, teacher and person.

I never thought of myself as a person who would love to work with children with disabilities. I am so truly thankful for my (short) time here at the Free2BMe program because I was able to quickly find something that I am so passionate about. I have never been part of an environment that makes me instantly happy like this one. It is such a great feeling to be a part of this program and being able to interact with these energetic, talented and happy individuals. I can't wait to continue my time with the program to continue learning and interacting with the participants.



LEARNING

Professional practicum placements, community service-learning (CSL) credits, volunteer placements and research participation comprise the many different ways in which undergraduate and graduate students gain rewarding applied learning experiences within The Steadward Centre.

As an academic centre within The Faculty of Physical Education and Recreation at The University of Alberta, The Steadward Centre (TSC) provided a wide range of learning opportunities and volunteer experiences through our programs. Students completing degrees across a variety of disciplines: physical education and recreation, kinesiology, education, science and the arts all took advantage of the breadth of learning and mentoring opportunities offered at the Centre.

In the 2013-2014 academic year the Centre supported 239 students across four program areas: Free2BMe Physical Activity for Kids and Teens with Disabilities; Adapted Fitness Programs for Adults; Athlete Development for Disability Sport; Community Exercise Transition Program.

Undergraduate Students

Students studying in related fields from post-secondary institutions across the province received training in adapted physical activity through the Steadward Centre. Seven full-time practicum students from the University of Alberta and one part-time student from NAIT benefited from 14 weeks of applied work experience across all aspects of the Centre. An additional 70 students completed course work requirements through senior-level Adapted Physical Activity courses. New this year, the Centre is now a designated community service-learning partner, providing students with community service-learning (CSL) credits.

Students were instrumental in the implementation and delivery of student-led program models throughout the Centre. Students worked alongside adult Centre members to progress individual exercise programs and introduce a variety of adapted physical activity and Para-sport opportunities to individuals experiencing disability. Another group of energetic students served as PALS* for children and youth participating in Free2BMe's 1:1 motor skill development programming. Students also actively engaged with the Athlete Development for Disability Sport program and the Community Exercise Transition Program

Interdisciplinary Applied Opportunities

The successful collaboration with the Glenrose Rehabilitation Hospital through the Inter-professional Student Services (ISS) program continued to thrive. Three students completed 14-

***Physical Activity Led by Students**



week practicum placements that afforded them opportunities to work collaboratively with the Recreation Therapy Department at the Glenrose and the Community Exercise Transition Program within The Steadward Centre

Six students enrolled in Karen Slater's PEDS 472: Active Living for Individual's with Physical Impairment course had the opportunity to apply their knowledge in adapted physical activity with older adults within the MOVE-EZ (Mobilization of Vulnerable Elders—Edmonton Zone) program at the Glenrose Rehabilitation Hospital.

Graduate Students

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

DISCOVERY

Enhancing capacity for research engagement is a key priority for the Centre. Efforts were made this past year to build partnerships with researchers whose interests are reflective of our diverse program activities. The formation of the new Scientific Advisory Committee is complete with the inaugural group meeting spring 2014.

Our unique program offerings and diverse participant base informed the research design for studies by affiliate researchers Dr. Dave Collins, Dr. Donna Goodwin, Dr. Patricia Manns and Dr. Nancy Spencer-Cavaliere. The Centre serves as a sight for recruitment, data collection, and knowledge dissemination. TSC supports funding applications for research projects through informing project design and writing letters of support, identified as knowledge user and co-applicant.

Centre staff explored research questions of their own—

Athlete development coordinator Kirsti Van Dornick teamed up with Dr. Gordon Bell, professor of exercise physiology in the Faculty of Physical Education and Recreation, UofA, to conduct a study entitled "Time Motion Analysis of Sitting Volleyball." Ms. Van Dornick conducted her research with the National Men's Sitting Volley team, travelling with the team to the Para-Pan American Games in Edmond, Oklahoma to collect video data for her study. Work will be presented at various conferences 2014-2015.

Community exercise transition coordinator, Bobbi-Jo Atchison worked in collaboration with the Free2BMe program to collect data for her study entitled "Transition to community physical activity for youth with disabilities: The parental experience." Ms. Atchison is working alongside Dr. Donna Goodwin to complete this research as part of her Masters of Arts (Adapted

Physical Activity) thesis program.

Associate Director, Karen Slater completed the Professional Certificate in Knowledge Translation from the University of Toronto and Sick Kids Hospital. As a Centre we seek to integrate knowledge translation activities through our work in the three areas of learning, discovery and citizenship as it pertains to Adapted Physical Activity.

Research Funding

- SSHRC VP Research Funding, UofA—Recreational Sport for Youth Experiencing Disability: Coaches Perspectives (\$10,000)
 - » Principal Investigator: Dr. Donna Goodwin, University of Alberta
 - » Knowledge User Group and Study Site: The Steadward Centre for Personal & Physical Achievement
 - » Knowledge Translation Expert: Karen Slater, The Steadward Centre, University of Alberta

Conference Presentations

Durocher, S. (September 2013). Panel: Ask the expert. MS Connections Conference, Edmonton, AB.

Ebert, A. (April 2013). Athletes with a Disability & Physical Literacy. Panel Discussion. International Physical Literacy Conference 2013, Banff, Alberta.

Ebert, A. (March 2014). Physical Literacy for People Experiencing Disability. Youth Development Through Recreation Services Symposium, Alberta Recreation & Parks Association, Canmore, AB.

Publication

Imppolo, J. (Fall Ed. 2013). Exercise for Every Body. The Provincial Fitness Unit of Alberta Fitness Informer. (20-21). Edmonton, Alberta: University of Alberta.



ACTIVITY HIGHLIGHTS

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.	21 students (Fall 2013) 24 students (Winter 2014)	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. 7 full-time students (UofA)	7 full time students 1 part-time student	Practicum Student Supervisors: Bobbi-Jo Atchison Scott Durocher Amanda Ebert Kirsti Van Dornick
Community Service Learning	The Steadward Centre is a designated Community Partner for Community Service-Learning (CSL) at The University of Alberta CSL Community Partner for the following courses: PEDS 471: Active Living for Individuals living with Developmental Impairment PEDS 472: Active Living for Individuals living with Physical Impairment PEDS 497: Neuroscience Considerations in Adapted Physical Activity	A total of 70 students enrolled	
Centre wide initiative National Coaching Certification Program's Fundamental Movement Skills Work	NCCP-FMS Certification National Coaching Certification Program's Fundamental Movement Skills Workshops: Course focuses on 7 fundamental movement skills	Three sessions held, 24 Students completing certification	Amanda Ebert and Stephanie Liew



CITIZENSHIP

Achieving personal health and wellness through physical activity, fitness and sport is the primary aim for many individuals at The Steadward Centre who experience disability. The Centre is dedicated to providing choice and opportunity for children, youth and adults living with impairment as they gain physical literacy, improve strength, improve endurance, enhance functional ability and develop self-confidence in a physical activity, fitness and sport performance setting. High quality, evidence-informed programs led by knowledgeable staff are the flagship of the Centre. This past year, we expanded our efforts and our reach both regionally and provincially.

Community Exercise Transition Program

The dedicated Community Exercise Transition team supported eighty-three individuals experiencing disability to make the successful transition from rehabilitation and/or specialized fitness programs to community based fitness programs.

The transition team was also instrumental in creating opportunities for youth with impairment to successfully transition into the community. With direct support from APA consultants from Free2BMe, 10 youth gained the skills and confidence and 1:1 support to exercise in a community-based fitness setting—a community recreation facility, or school fitness centre.

Following a successful two-year pilot program funded in part by SCITCS (Spinal Cord Injury Treatment Centre Society), the Community FES Exercise Program is effectively embedded within the community exercise transition program. Close to thirty individuals living with paralysis participate in FES exercise (cycle and/or elliptical) at The Saville Community Sports Centre, exercising when they want and with whom they want—enjoying their independence in a community based program.

Athlete Development

The Paralympic Spirit was alive and well at the Centre this past year. A total of 70 athletes received coaching in strength and conditioning to enhance their performance across a variety of sports including: para-alpine skiing, sledge hockey, para-triathlon, cycling, sitting volleyball, goal ball, wheelchair rugby and wheelchair basketball.

Two exciting new initiatives this year!

A brand new Learn 2 Train Dragon Sight program developed and facilitated by athlete coordinator Kirsti Van Dornick, provided high performance training for 9 athletes on the Dragon Sight dragon boat team comprised of athletes with visual impairments.

The Steadward Centre made a big splash with its inaugural

Para-swimming development program generously supported in part by the Canadian Paralympic Committee (CPC). With the ever-enthusiastic and talented head coach Nathan Kindrachuk, the para-swimming program became a huge success, with 28 athletes participating. Supported by 17 volunteers over the course of the three terms, most of whom compete on the U of A varsity swim team, athletes received high quality coaching on competitive swim strokes and technique. The successful program culminated with a Going the Distance Swim Challenge netting the program an astonishing \$12,000, solidifying the newly minted **Steadward Bears Para-swim** team as a mainstay on The Steadward Centre program roster.

Athletes in action—

Jesse Power earned the bronze medal in the 2013 Edmonton ITU Paratriathlon International Event.

One determined athlete completed the 100km Le Tour de l'Alberta.

The men's national sitting volleyball team travelled to Edmonton to complete fitness testing with the support of TSC athlete coordinator, prior to heading to Edmond, Oklahoma for the Para-Pan American Games.

Adapted Fitness Programs for Adults

Individual and group adapted exercise programs were provided to 200 members living with physical impairment this past year. New exercise equipment was introduced, with members testing out Sci-Fit Inclusive Fitness PRO1 Upper Body Exercise machines with removable seat and ramp and two new THERA-Vital Active Passive Exercisers. Program participants were introduced to IPAD tablets to enhance fitness assessments, member education sessions and deliver exercise programs. All equipment was generously provided through individual donations.

With construction of the new Physical Activity and Wellness (PAW) Centre well underway, the adult programs were the first to experience some "movement." The demolition of the main entrance to the Van Vliet Centre (VVC) and thus the accessible ramped entrance to the main level of the building, necessitated a temporary relocation of the adult program area. In January 2014, the adapted fitness programs for adults moved to a new, (although temporary) home. Located on the lower level of the Van Vliet Centre and adjacent to the future permanent home of The Steadward Centre, programs are in full swing in two activity rooms. Coinciding with the move a new DATS turn around and parking lot on the west entrance of the VVC was installed.

New program space, facilitated new program opportunities. Two days a week progressive instructional group programs ranging from sit to be fit, circuit training and afternoon energizer replaced individualized exercise sessions.

Programs provided applied learning opportunities for undergraduate students to explore adapted physical activity by working alongside members. Students gained valuable experience applying the Canadian Physical Activity Guidelines for specific populations (multiple sclerosis, spinal cord injury, Parkinson's), conducting accessibility audits, and leading adapted sport activities.

iDANCE Edmonton

Offering instructional dance classes for a community of individuals experiencing disability was the goal of The Steadward Centre's iDANCE program this past year. Under the direction of Artistic Director, Lindsay Eales, 23 participants gained valuable dance experience, culminating all they learned at the annual community recital in July 2013. Dancers were again supported through the generous gift of rehearsal space from the Glenrose Rehabilitation Hospital. This past fall, variety was the spice of life, with a workshop series featuring hip hop, ballroom dance and swing. Dancers even received hip hop lessons from internationally acclaimed B-boy Luca "LazyLegz" Patuelli!

Saying goodbye...

Lindsay Eales and the entire iDANCE community have collectively taken integrated dance to new heights. Opportunities for performance and other artistic endeavors have grown beyond the scope of The Steadward Centre. As such CRIP-SIE (Collaborative Radically Integrated Performers Society in Edmonton) was born! CRIP-SIE is a community based society with the purpose of providing integrated performance opportunities for dancers experiencing disabilities and their allies. We are very excited to see all they can accomplish under this new initiative. . We are pleased to continue to work alongside Lindsay and her team to ensure that instructional dance opportunities are still available to individuals seeking dance as an option for physical activity at The Steadward Centre.

Free2BMe Physical Activity Programs for Kids and Teens with Disabilities

Moving with competence and confidence was the focus for Free2BMe this past year. Over 300 children and youth experiencing disability gained physical literacy through diverse individual and group instructional programs at Free2BMe.

Free2BMe active outdoors!

Cycle adventure and Arctic adventure, two new initiatives this year, introduced kids and teens experiencing disability to a variety of physical activity and sport skills such as cycling on the trails, curling and skating. Kids enjoyed taking their skills outside to explore different environments and activities regardless of rain, snow or sun.

Education, advocacy and staff training were key elements to the success of the Free2BMe program. Staff provided NCCP-Fundamental Movement Skills certification training to over 20 students, served as a community service learning site for approximately 50 undergraduate students and delivered numerous presentations, workshops and training sessions for recreation professionals in the community. An additional 160 elementary, junior high and high school students and their teachers received quality adapted physical activity through programming delivered by Free2BMe consultants. The Steadward Centre is pleased to be an approved preferred vendor with Edmonton Public Schools, enhancing our ability to work collaboratively with school groups.

Volunteers

*Alone we can do so little: together we can do so much
~Helen Keller*

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 239 student volunteer placements for a total of 4793.50 hours. Of the 123 student volunteers in Free2BMe, four current or former participant still attending high-school served as role models to kids and youth experiencing impairment.

Partnerships

Coordinated, deliberate, and mindful were the key attributes that defined the partnerships driving the work of the Centre. This past year we further solidified our role as an academic Centre within the Faculty of Physical Education and Recreation, U of A. We developed a successful partnership with the Department of Athletics Varsity Swim program to create opportunities for individuals living with impairment to train as Para-swimmers. Partnerships with faculty researchers have also begun to form strengthening and enhancing our research capacity.

Community partners were essential as we remained committed and connected to our joint initiatives with primary partners: Glenrose Rehabilitation Hospital, YMCA of Northern Alberta, City of Edmonton, Be Fit For Life Network—Provincial Fitness Unit and Centre for Autism Services of Alberta.

New partnerships were forged this past year with the goal of broadening our reach provincially. We are very excited to begin work with our neighbours in the south at Foothills Hospital and the Canadian Paraplegic Association's (CPA-AB) Spinal Cord Injury Wellness Centre (Calgary) to provide Functional Electrical Stimulation (FES) exercise in Calgary.



PROGRAM SPOTLIGHT COMMUNITY SERVICE LEARNING

GEOFFREY AND TREVIS

"In doing, we learn." - George Herbert

Perhaps it's a lesson that people learn more than once in life--that when you think you are teaching others, it is others who are teaching you. This is one motivation behind Community Service Learning, which offers students the opportunity to apply skills and theory that are talked about in class in community settings and to provide the opportunity for connection, engagement and self-understanding--the kind of learning that can only happen through doing.

Geoffrey Howard graduated from the U of A with a Bachelor of Physical Education this year. Geoffrey had a lot of experience as a volunteer, working with high-risk youth before enrolling in PEDs 472, an advance level course in adapted physical activity, designed to have students critically examine issues of active living for individuals experiencing physical disability. One of the theories discussed in class is that "ability" and "disability" are social constructs--a concept that can be hard to understand for the non-impaired.

A light-bulb moment happened when Geoffrey was working with Trevis, getting ready for a game of wheelchair soccer. The two were giving each other the gears over their respective football teams--Trevis a Jets fan, and Geoffrey a Bears fan.

"All of a sudden I realized that Trevis was another guy--just like me and I had been unintentionally treating him differently because he was impaired." Geoffrey apologized to Trevis on the spot.

"I thought I was well-rounded," says Geoffrey. "But, thinking critically in class and then working with Trevis three times a week taught me to think in a completely different way."

Trevis will be the first to tell you he's just one of the guys, "but it's hard for people to get past the disability." Trevis feels that sports like wheelchair hockey or soccer are a positive platform. Elements of team sport such as the competition, the working together, the elements of danger "feel normal, like back in the day, [before his injury]."

The experience of working with Geoffrey to learn the ins and outs of wheelchair soccer was also positive. "It was good for both of us," says Trevis. The class sparked enough interest that Trevis and teammates are working towards establishing a wheelchair soccer league. Trevis, who has always been active, also participates in FES at The Steadward Centre.



Trevis

Expanding our Reach—Provincial Based Initiatives

Generously funded by Alberta Sport Connection and Sport Canada, we continue to work alongside the Be Fit For Life Centre Network and Special Olympics Edmonton to develop and distribute inclusive move and play cards. (Move and Play cards provide physical literacy fundamentals for educators and physical activity leaders.)

The Steadward Centre continues to seek out, collaborate, and learn from community organizations across Alberta. We are excited to provide opportunities for site tours, consultations and resource sharing with organizations from Calgary, Grande Prairie, Lacombe, Red Deer and Whitecourt.

Community Presentations

Atchison, B.J. (June 2013). Adapted Physical Activity: Community Exercise Transition. Guest Lecture, Faculty of Physical Education and Recreation, UofA. PERLS 207, Edmonton, AB.

Atchison, B.J. & Imppolo, J. (August 2013, October 2013 & February 2014). Adapted Physical Activity and MS. MS Society Support Groups—Sherwood Park, Stoney Plain, Drayton Valley, St. Albert.

Atchison, B.J. (November 2013 & March 2014). Adapted Assessment and Neuromuscular Impairment. Guest Lecture, Faculty of Physical Education and Recreation, UofA, HEED 311, Edmonton, AB.

Atchison, B.J. & Imppolo, J. (November 2013 & March 2014). Community based physical activity and sport opportunities for individuals living with physical impairment. Panel Discussion, Faculty of Physical Education and Recreation, UofA, PEDS 472, Edmonton, AB.

Atchison, B.J. & Slater K. (January 2014). Youth in Motion. More Places. More Often. A Framework for choice. Pediatric Grand Rounds, Glenrose Rehabilitation Hospital, Edmonton, Alberta.

Durocher, S. & Imppolo, J. (March 2014). Adapted Physical Activity and the Certified Personal Trainer. Guest lecture,

NAIT, Personal Fitness Trainer Program (PFT), Edmonton, AB.

Ebert, A. & Durocher, S. (May 2013). Outdoor Education Experiences in Adapted Physical Activity. Guest lecture, Faculty of Physical Education and Recreation. PEDS 205, Edmonton, AB.

Ebert, A. & Krol, P. & Liew, S. (June 2013). Workshop: Facilitating Inclusive Camp Experiences. YMCA of Northern Alberta, Edmonton, AB.

Liew, S. & Ebert, A. (June 2013 & November 2013). The Steadward Centre: Adapted Physical Activity Programming for Kids and Teens Experiencing Disability. PERLS 207, Edmonton, AB.

Liew, S. (October 2013). Workshop: Promoting Inclusion in Physical Activity Programs. CASA Child, Adolescent and Family Mental Health, Edmonton, AB.

Krol, P. & Ebert, A. & Liew, S. (February 2014). Physical Activity and Health Living for Every Body. Michael Strembitsky School, Edmonton, AB.

Slater, K. (October 2013). Adapted Physical Activity in Action: Administration and Centre Management. Guest lecture. Faculty of Physical Education and Recreation, PERLS 105, Edmonton, AB.

Slater, K. & Atchison, B.J. (November 2013). The Steadward Centre FES Exercise Program: A framework for choice. Foothills Hospital, Calgary, AB.

Slater, K. (September 2013 & January 2014). Physical Education for Every Body. Guest lecture. Faculty of Education, ED 447-451, Edmonton, AB.

Van Dornick, K. (February 2014). Athlete Development for Athletes Living with Impairment. Sports Medicine Club, UofA, Edmonton, AB.

Van Dornick, K. (April 2013). Strength and Conditioning for the Para-athlete. Guest lecture, Faculty of Physical Education and Recreation, UofA, PAC 490, Edmonton, AB.

Committees

Committee	Coordinating Body	TSC Representation
PLAY GREAT (Physical Literacy and You—Greater Edmonton Area Team)	Edmonton Sport Council	Amanda Ebert
Edmonton's Interagency Committee on Inclusive Recreation	City of Edmonton	Scott Durocher & Amanda Ebert
World Triathlon Grand Final Edmonton Planning Committee—Para-triathlon	Edmonton Triathlon Academy	Kirsti Van Dornick
Glenrose Rehabilitation Hospital Accessibility Committee	Glenrose Rehabilitation Hospital	Bobbi-Jo Atchison
City of Edmonton Active Recreation and Sport Policy: Advisory Panel	City of Edmonton	Karen Slater
YMCA Children and Youth Bridging Program Development: Steering Committee	YMCA Children and Youth Bridging Program Development: Steering Committee	Karen Slater



Media

Edmonton Community Foundation (Winter Ed. 2014). "Breaking Out: Edmonton Community Foundation grant brings students and children together in the spirit of play" Legacy in Action Magazine (p.9)

Edmonton Journal (March 21, 2014). "Para-swim team gets set for fundraising challenge in UofA pool."

CTV News—Morning Live. (March 25, 2014). UofA Going the Distance Swim Challenge. Live interview with Para-swimming Head Coach Nathan Kindrachuk and athlete Ana Videl-Oscar.

Global News. (March 27, 2014). UofA Going the Distance Swim Challenge. Event coverage.

Accessible Media (March 2014). "Steadward Bears Para-swim Team Story". Video.

CBC Radio Syndication. (March 7, 2014). Sochi 2014 Winter Paralympics: What to expect from Canadian athletes. Six afternoon radio shows across Canada. Interviews with Karen Slater, Associate Director.

Community Engagement

Staff from The Steadward Centre is committed to collaboration and engagement with community partners, serving on a variety of committees with the goal of increasing the breadth and scope of physical activity opportunities for individuals experiencing disability within the Capital Region and across the province of Alberta.

Putting it All Together

The Steadward Centre takes pride in its ability to connect students, practitioners and researchers with active self-determined children, youth and adults experiencing disability. We do this through the provision of learning, discovery and citizenship initiatives in the area of Adapted Physical Activity.

Extending beyond the walls of the University, we strive to be a leader in Adapted Physical Activity through regional and province-wide projects and by engaging with leading researchers on the national and international stage.



Jesse Power

PROGRAM SPOTLIGHT

ATHLETE DEVELOPMENT - JESSE

Jesse Power is in the right place to train for para-triathlon competition. Edmonton loves championship events and is a two-time ITU world triathlon and para-triathlon championship event host.

A handsome, fit seventeen year-old, Jesse competed in his first para-triathlon in 2013 on the encouragement of a friend's mom, and the approval organizers. "They were open to having more athletes, and she convinced me to try." His first effort earned him a bronze. "Well, there were only three para-athletes competing in my class," says Power.

The event entailed a 750 metre swim, 15km cycle and a 5K run. Finishing his first triathlon was an exhilarating experience--he has been continuing training for the September 1 ITU world championship event, but training in this year's event has been interrupted by him being awarded both Canadian Government Explore Bursary and Canada Works Programs in Nova Scotia until the day before the event. Uncertain about competing, he is certain he will be on the sidelines cheering, or volunteering to help his would have been competitors.

Jesse will resume his training this fall with the Steadward Bears para-swim team, coached by Nathan Kindrachuk, cycling with Cameron Jennings, and strength and conditioning in the Steadward athlete development program with Kirsti Van Dornick. In addition, he will see with staff at the Glenrose Rehabilitation hospital about his ability to run.

About working with Jesse, Jennings said: "Adapting training methods for Jesse has been a challenging and positive experience, I am always learning. My ultimate goal is to simply make Jesse stronger and more efficient on the bike, and to one day develop Jesse to a level that will qualify him to try out for the Canadian Para-triathlon team. It's a reasonable goal, that will soon get Jesse to the next level of athletic competition".

If you ask Jesse the three best things about doing a triathlon, he will tell you, "Competition, pushing myself, doing the best I can." And then he'll continue, "I am lucky to be able to compete. I am lucky to have a family that supports me--There's more than three. It feels good. It's good for me, I enjoy it." And, he could go on. And he does. "Crossing the finish line--that's a great feeling, the crowds cheering you on, the other athletes, the atmosphere. I was so happy to finish... "

Despite having cerebral palsy, Power has always been interested in physical activity. He taught himself to cycle at age 11, when he took off the adapted training wheels from his two wheeler. "I just kept trying until I could do it. I've always loved to cycle." Jesse has been an Edmonton swim club member since he was 11, swimming first with Edmonton Summer Swim Club, NESCS, and then Keyano.



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2013-2014 THE STEADWARD CENTRE STAFF

Gina Newell	Financial Administrator
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Allwyn Merritt	APA Instructor
Dana Moewes	APA Instructor
Kristian Panis	APA Instructor
Kyle Pushkarenko	APA Instructor
Ashley Wu	APA Instructor
Natasha Zimmerling	APA Instructor



THE STEADWARD CENTRE for Personal & Physical Achievement

Statement of Revenues and Disbursements

Year Ended March 31, 2013

OPENING BALANCE	164,336.59 cr
REVENUE	<i>April 1, 2013 - March 31, 2014 (cr)</i>
Alberta Sport Connection	557,500.00
Alberta Government Culture and Community Spirit	5,628.00
City of Edmonton	17,700.00
Edmonton Community Foundation	200.00
Human Rights Commission	57,960.00
Craig Simpson Never Say Never Golf Tournament	14,000
Medical Student's Association	165.00
Associations Federations Various	18,853.68
United Way of Alberta	630.24
Donations—Individuals	32,981.00
Donation—Businesses	19,899.23
Parking revenue	5485.20
Internal revenue sales	190.48
Sales Goods and services	14,708.81
Fees—external	280.95
Memberships	87,073.53
Workshops	546.67
Admissions Gate External	811.02
Summer Sports Camps Ext Rev	388.50
Capital Equipment Reserve Fund	322,779.99*
Total Funds Available	1,322,088.89
EXPENDITURE	<i>April 1, 2013 - March 31, 2014 (dr)</i>
Salaries	645,572.31
Benefits	179,903.82
Operational Expenses	60,408.32
Professional and technical services	200.00
Travel	4,149.79
Equipment	39,124.84
Transfers out	3,282.51
TOTAL EXPENDITURE	932,641.59
Project Balance as at: March 31, 2013	389,447.30 cr*

ACKNOWLEDGEMENTS

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

- » Alberta Sport Connection
- » Alberta Teachers Association—Edmonton
Public Teacher's Charity Trust Fund Local
#37
- » Autism Speaks Canada
- » Canadian Paralympic Committee
- » City of Edmonton
- » Craig Simpson Never Say Never Golf
Tournament
- » Faculty of Physical Education and
Recreation, University of Alberta
- » Government of Alberta—Human Rights
Commission
- » Government of Alberta – Ministry of Culture
and Community Spirit
- » Sport Canada