



Annual Report 2014-2015

THE STEADWARD CENTRE
for Personal & Physical Achievement

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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DIRECTOR'S MESSAGE

The Steadward Centre certainly found itself in a climate of change this past year. We welcomed a new governance structure with three active committees comprised of members from across the province. The new Physical Activity and Wellness (PAW) Centre opened its doors in the Faculty of Physical Education and Recreation with a brand new fitness and climbing complex, construction began on the new 17,000 sq ft Steadward Centre facility—and staff are already settled into the new office suite. Our base funder, Alberta Sport Connection, completed its first full year under its new name, with a strong commitment to enhance sport excellence in Alberta.

As a Centre of the University of Alberta, we watch with excitement and anticipation as the University welcomes President-elect Dr. David Turpin in July 2015, and as the province settles in under a newly elected Premier.

Setting our course—

The winds of change are definitely strong—our team of 11 full-time staff and seven part-time staff worked diligently this past year to set our course now and well into the future. We secured the expertise of Anne Marie Downey of Downey, Norris & Associates to conduct an environmental scan examining the needs of the community as it pertains to participation in adult adapted fitness and physical activity programs. This information, along with the feedback gained through program evaluations and meetings with participant groups will help to inform an adult program model that is sustainable and reflective of the needs of a diverse user group that includes program participants, students and researchers.

As a Centre, we also embarked on a strategic planning process for 2015-2020, under the guidance and direction of Ms. Downey. Multiple stakeholders provided insight via interviews, surveys, and focus groups. We look forward to presenting our new five-year plan in September 2015.

Highlighting our accomplishments

With increased commitment to grow our reach provincially, we launched new initiatives, released resource materials and facilitated the second provincial Adapted Physical Activity Symposium with partner and symposium host Red Deer College.

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.

New initiatives were made possible through the support of external granting agencies. The Steadward Centre was successful in receiving seventeen operating grants. The following eleven represent the projects we undertook this past year:

- Inclusive Move and Play Cards in collaboration with the Be Fit For Life Network
- Para-swimming development program—creating opportunities for competition
- Youth in Motion. More Places. More Often: Breaking barriers to youth participation
- Free2BMe: Adapted Physical Activity Community Outreach Program
- Free2BMe: Physical Activity Led by Students (PALS)
- Free2BMe: Youth Community Exercise Transition
- Learn to ride cycling program
- Free2BMe Every Body Moves
- A P.A.L for everyone—Free2BMe
- FES in the Community: Building Capacity
- Teen Challenge Fitness Frenzy

With the generous support of the **Alberta Human Rights Commission** we produced a 22 minute mini-documentary of The Steadward Centre. We were thrilled to have Dr. Bob Steadward share his stories of the past, showcasing where we have been to help highlight where we are now. The video showcases the Centre's different programs with an emphasis on the Centre's Community Exercise Transition Model—shorter program-specific vignettes were also produced.

Going forward

It is our hope to navigate ever-present change in a coordinated, deliberate and mindful manner. We are eager to set forth a new strategic plan that is reflective of the diverse groups that the Centre serves, yet focused—ensuring we continue to “create, disseminate and apply knowledge of physical activity, athletic development, and motor skill development specific to children, youth and adults experiencing disability.”

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

Sincerely,

Karen Slater

Director



PROGRAM SPOTLIGHT ATHLETE DEVELOPMENT

CHOOSING THE WAY THEY MOVE - THESE WOMEN CHOOSE SLEDGE-HOCKEY



photos credit © Brian Clark, 2014

Sometimes the picture tells it all—Eri Yamamoto MacDonald, Canadian sledge-hockey womens' team forward (above-left), goes for the puck in international competition; team-mate Geneva Coulter (above-right) beams on the ice wearing a bona-fide Team Canada jersey. Life doesn't get much better when competing at an elite athletic level is what you choose to do.

Training for Canadian national womens' team sledge-hockey is challenging on a few fronts. Team members are spread across the entire country, so opportunities to train on the ice together are few. Not yet sanctioned as an official Paralympic team, the Canadian womens' sledge-hockey team is building its infrastructure, recruiting athletes, hosting training camps and attending competitions all on a shoestring budget. Having access to athletic development and training is critical to build a team that can compete at an international and hopefully soon, a Paralympic level.

Edmonton is home to three team members and helping to train them is Athlete Development program coordinator and Adapted Physical Activity specialist/trainer, Kirsti Van Dornick. "I need someone who understands Adapted Physical Activity and who can really maximize my off-ice training," says Eri Yamamoto-MacDonald. "Kirsti understands how my body works."

If anyone could train on their own, it might be Eri, a graduate student in Adaptive Physical Activity at the University of Alberta Faculty of Physical Education and Recreation, and former power swimmer. "As a former athlete, I know how hard you have to push for elite competition," she says. "I tried on my own, but it wasn't as effective." As a more mature member of the team, Eri (31) is juggling the obligations of adult life—work, graduate studies and a new marriage—alongside her competitive pursuits. Having a trainer able to maximize her workouts is critical as it is impossible for her to train the same number of hours that she used to when she was younger. "When I was a teenager, I could swim five hours a day. I can't do that

any more. With Kirsti, my training is concentrated, targeted and really effective."

Those sentiments are echoed by Eri's younger teammate, Geneva Coulter, who has had to balance the challenge of training as hard as she can without overtraining. "When I first started, I was exhausted after each session, and could only handle one session per week." With Kirsti Geneva found the balance, her strength has improved, and gradually she was able to go from one to three sessions per week. "You really have to maximize your workouts. I am way stronger." Strength and conditioning training translates into on-ice skills such as that all important ability to raise the puck and shoot hard. "When I go to national training camps I'm not struggling—I can easily keep up with the other athletes," notes Geneva.

The benefits of elite athletic competition and training extend beyond the ice. Bonding with team-members across the country, meeting players from Canada's women's Olympic team (playing at the same location as the sledge-hockey team), and receiving official Team Canada jerseys are lifelong memories. Geneva recalls when the women's sledge-hockey team athletes were given official Team Canada jerseys before a game at an international tournament last year. "It was overwhelming. It's a highlight of my life," says Geneva.

Geneva says that playing sledge hockey, making the national team has given her confidence in her abilities in everything, not just hockey. "Going forward, I know that if I make the choice to do something, I can do it," she says. Geneva attends high-school at Edmonton's Vimy Ridge Academy, and also participates in The Steadward Bears Para-swim team.

Teammate Eri echoes the same sentiment. "I am over 30, and I wasn't sure if I could still compete at the same level as I used to. It feels really, really good to have that kind of strength again." That strength spills over into the rest of her active and full life.

LEARNING

The Steadward Centre is a leader in the field of Adapted Physical Activity. We are committed to sharing our knowledge and experience through the dissemination of resources, and the facilitation of workshops, training and presentations. To further support these efforts we have formed an Education Advisory Committee, comprised of professionals with a variety of backgrounds, from four post-secondary institutions, the Glenrose Rehabilitation Hospital and the Alberta Provincial Fitness Unit.

As an academic Centre within The Faculty of Physical Education and Recreation at the University of Alberta, The Steadward Centre (TSC) provided a diverse range of learning opportunities and volunteer experiences through our many programs. Students from 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 2014-2015 academic year the Centre supported 256 students in a variety of different learning experiences: professional practicum placements, community service-learning credits and volunteer placements. Undergraduate and graduate students gained rewarding applied learning experiences within The Steadward Centre.

We were also pleased to provide guest lectures and tours to students enrolled in diverse faculties from three post-secondary institutions.

Using our own qualified staff the Centre is also pleased to now offer staff and students certifications in the following areas: NCCP Fundamental Movement Skills (FMS), Non-violent Crisis Intervention Training and The Steadward Centre's Workout Buddies Training Program.

As a team, our staff demonstrated a strong commitment to professional development, attending a variety of courses, workshops and seminars. Topics ranged from FOIPP, research ethics, PCI compliance, to volunteer management, supervision, and facilitative leadership. Our staff regularly attend presentations in the area of physical activity, health and fitness—applying these learnings to their day to day work within the Centre.

Delving into research and theory, four staff members successfully completed graduate level course work in Adapted Physical Activity. Additionally, one staff member completed course work for a professional diploma program and one staff member is working towards accreditation as a Certified Exercise Physiologist.

Undergraduate Students

Students studying in related fields from post-secondary institutions across the province received training in Adapted Physical Activity through The Steadward Centre. Eleven full-time practicum students and one part-time student from the University of Alberta (11) and the University of Regina (1) benefited from 14 weeks of applied work experience across the many aspects of the Centre.

Community Service Learning

The Centre continues to serve as a designated community service-learning partner. 74 U of A students completed community service-learning (CSL) requirements. In addition to students from our Faculty's senior-level Adapted Physical Activity courses, students enrolled in a Play Leadership course, and registered in the Honours Psychology program also completed CSL placements within our programs.

We are grateful for our P.A.L.S.!

Students eagerly joined The Steadward Centre team by taking part in the Physical Activity Led by Students (P.A.L.S.) programs. P.A.L.S. enables us to offer more opportunities for children, youth and adults to receive individualized instruction in fitness, fundamental movement skills and sport. Students worked alongside adult 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 1:1 motor skill development programming within Free2BMe.

Interdisciplinary Opportunities

The successful collaboration with the Glenrose Rehabilitation Hospital through the Inter-professional Student Services (ISS) program continued to thrive this past year. Four students completed 14-week placements in a practicum experience that afforded them opportunities to work collaboratively with the Recreation Therapy Department at the Glenrose and the TSC Community Exercise Transition Program

Graduate Students

The Steadward Centre supports graduate students by providing 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.

Knowledge Sharing

We were actively involved in a variety of projects involving the creation, dissemination and implementation of resource materials.

With the generous support of funding from Alberta Sport



Connection and Sport Canada, we developed a set of resource cards called “Move & Play the Inclusive Way.” These cards are supplementary to the *Move & Play Cards* developed by the Provincial Fitness Unit of Alberta’s Be Fit For Life Network. The two instructional card packs are being shared (and sold) to educators, practitioners and physical activity leaders and have been used heavily in training and workshops led by The Steadward Centre and the Be Fit For Life Network.

With funding from the Alberta Human Rights Commission we had the opportunity to share learnings from our *Youth in Motion. More Places. More Often.* project. This project is highlighted in a 22 minute mini-documentary produced by Reel Mensch Productions. The video introduces The Steadward Centre’s Community Exercise Transition Model and highlights the four key components of the model: 1) community readiness, 2) individual readiness, 3) physical environment, and 4) community opportunities. Centre activities that address these key components are highlighted—the workout buddies program, partnership

agreements, fee reduction programs and dedicated staff resources to support individuals to transition to community physical activity and fitness settings.

Adapted Physical Activity Symposium: A Community Collaboration

From March 19-21, 2015, 251 delegates from across Alberta and Saskatchewan gathered at Red Deer College to participate in three days of presentations, applied sessions and networking on a diverse range of topics related to Adapted Physical Activity (APA). The symposium, co-hosted by The Steadward Centre and Red Deer College, was a resounding success, garnering highly esteemed keynote speakers such as: Dr. David Legg (Past President of the Canadian Paralympic Committee), Dr. Donna Goodwin (highly renowned researcher and professor in Adapted Physical Activity), Ozzie Sawicki (Canada’s Chef de mission, Sochi 2014 Paralympic Games), and Kayla Cornale (Para-Athletics Coordinator, Athletics Canada).

PROGRAM SPOTLIGHT ADAPTED PHYSICAL ACTIVITY SYMPOSIUM



Connection, collaboration and networking were the most impressive highlights of the 2015 Adapted Physical Activity Symposium. “It was remarkable to see people getting together, sharing their experience, their knowledge with each other,” said Symposium organizer, Bobbi-Jo Atchison. “Adapted Physical Activity is a small field, so it was important to us to foster an environment where people could share and make connections.” The Symposium was hosted by and had amazing support from Red Deer College and co-hosted by Red Deer College Kinesiology and Adapted Physical Activity specialist/instructor Brandi Heather and their wonderful team.

Atchison, the Steadward Centre Community Transition program coordinator, noted that the breaks between sessions were as important as the sessions themselves. For the Symposium committee, this meant a major goal of the event was accomplished—to be a catalyst for community action and growth in adapted physical activity opportunities. “We made solid links with practitioners across multiple fields of practice.” New possibilities in the field of Adapted Physical Activity were made between attendees and also with The Steadward Centre staff. “We have lots of follow up activities, new partnerships and collaborations. It’s really exciting,” said Atchison.

The symposium hosted over 250 participants across many disciplines: program administrators, recreation therapists, exercise practitioners, health care professionals, students, researchers, and athletes.

Keynote speakers provided depth and inspiration to Symposium attendees. Dr. Donna Goodwin shared insight on reflective practice. Dr. David Legg provided a history of para-sport from past to the current context. Canadian Paralympic Chef de Mission, Ozzie Sawicki and Kayla Cornale, Para-athletics coordinator for Athletics Canada shared their experience. Sessions provided practical hands-on training, new research plus experiences from community leaders, athletes all related to the field of Adapted Physical Activity.

The Symposium made tangible ground in breaking down siloes, making connections between practitioners, researchers program developers and leaders. Attendees shared ideas, practices, and discovered opportunities for training and connection.

“We can hardly wait for 2017,” says Atchison.

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.	<ul style="list-style-type: none"> • 11 full-time students: • 10 University of Alberta • 1 University of Regina 1 part-time student	Practicum Student Supervisors: - Bobbi-Jo Atchison - Scott Durocher - Amanda Ebert - Kirsti Van Dornick - Karen Slater
Community Service Learning	The Steadward Centre is a designated Community Partner for Community Service-Learning (CSL) at The University of Alberta for the following courses: <ul style="list-style-type: none"> • PEDS 471: Active Living for Individuals living with Developmental Impairment • PEDS 472: Active Living for Individuals living with Physical Impairment • Psyc 300: Undergraduate Honours Psychology (Fall 2014) • PERLS 421: Play Leadership (Winter 2015) 	A total of 74 students enrolled	Centre-wide initiative
National Coaching Certification Program's Fundamental Movement Skills Certification	National Coaching Certification Program's Fundamental Movement Skills Workshops: Course focuses on 7 fundamental movement skills	Two sessions held, 26 Students completing certification	Amanda Ebert and Philip Krol



DISCOVERY

The inaugural Scientific Advisory Committee comprised of researchers from the Faculty of Physical Education and Recreation (U of A), Faculty of Rehabilitation Science (U of A) and the Glenrose Rehabilitation Hospital, met three times this past year. Terms of reference were defined and strategic planning discussions around enhancing capacity for research engagement within the Centre were facilitated.

Our unique program offerings and diverse participant base informed research studies by affiliate researchers Dr. Dave Collins, Dr. Donna Goodwin, Dr. Trish Manns, Dr. Kelvin Jones and Dr. Nancy Spencer-Cavaliere. The Centre serves as a site 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.

TSC explores research questions derived from its programs

Free2BMe Team Lead, Amanda Ebert worked alongside Dr. Donna Goodwin to conduct a study examining the hidden labour of parents with children experiencing disability within a physical activity setting. Amanda conducted interviews with parents from the Free2BMe program. They analyzed the data and presented findings at an international conference in Spain last October (2014). The manuscript is being prepared for publication.

Athlete Development Coordinator Kirsti Van Dornick served as a research assistant collecting interview data for a study examining the perspective of coaches within The Steadward Bears Para-swim development program. This is a SSHRC funded study by principal investigator Dr. Donna Goodwin.

Steadward Centre staff perspectives were examined in a research study conducted by principal investigator Dr. Donna Goodwin, with the intention of understanding how youth transition from specialized children and youth based recreation programming (Free2BMe) to specialized adult based fitness programming.

Centre Director and Faculty Instructor Karen Slater, embarked on a study with Dr. Donna Goodwin and Dr. Janice Causgrove Dunn to gain a better understanding of the use of blogging as a tool for teaching undergraduate students transformational learning. Ethics approval was gained to conduct research examining the blogs of students enrolled in a senior level adapted physical activity course. This project was supported in the winter 2015 term by full-time practicum student Rebecca Marsh, a research assistant on the project.

Research Funding

In an attempt to bring knowledge to action, Karen Slater coordinated the efforts of Dr. Dave Collins (Faculty of Physical

Education and Recreation, UofA), Dr. Chester Ho (University of Calgary/ Foothills Hospital) and Dr. Christina Loitz (Alberta Centre for Active Living, UofA) in the submission of an application to CIHR for tri-council funding in support of the project entitled "Connecting Alberta through FES: An integrated knowledge translation approach to promote FES exercise for individuals living with spinal cord injury." The submission was declined funding, however has served to move the provincial FES initiative forward and will be re-submitted in the fall of 2015.

Danielle Home was awarded the Roger S. Smith Undergraduate Student Research Award in the Summer of 2014. This award provided her the opportunity to work on a joint research project examining youth transition experiences with Dr. Donna Goodwin and The Steadward Centre.

Research Presentations

Atchison, B.J., Johnston, K. & Yi, K-J. (May 15, 2014). People in Motion. More Often: A Community Exercise Transition Model. Canadian Therapeutic Recreation Association Conference. Banff, AB.

Goodwin, D., **Atchison, B.J.**, Edwards, C., Johnston, K. & Yi, K-J. (October 19, 2015). Transition to an active lifestyle: Exercising in a group context. North American Federation of Adapted Physical Activity (NAFAPA), Ann Arbor, MI, USA.

Goodwin, D. & **Ebert, A.** (October 1, 2014). Physical Activity for youth experiencing Disability: Hidden Parental Labour. European Congress of Adapted Physical Activity (EuCAPA), Madrid, Spain.

Van Dornick, K. (May 18, 2014). Physiological Characteristics and Game Heart Rate Responses. American College of Sports Medicine, Orlando, FL, USA.

Van Dornick, K. (October 18, 2014). Time Motion Analysis of Sitting Volleyball. North American Federation of Adapted Physical Activity (NAFAPA), Ann Arbor, MI, USA.

Conference Presentations

Atchison, B.J. & Imppola, J. (March 20, 2015) AIMFREE: Assessing Accessibility. Adapted Physical Activity Symposium, Red Deer, AB.

Durocher, S. (March 20, 2015). Functional Electrical Stimulation (FES) 101. Adapted Physical Activity Symposium, Red Deer, AB.

Ebert, A. (March 6, 2015). Physical Literacy for All. Physical Literacy Summit, Ever Active Schools, Calgary, AB.

Ebert, A. & Marsh, R. (March 21, 2015). Inclusive Summer Camps: Staff Experiences. Adapted Physical Activity Symposium, Red Deer, AB.

WHAT CAN YOU DO THE ACCESSIBILITY

The Steadward Centre conducted 25 AIMFREE accessibility audits. This infographic includes some simple strategies to increase accessibility, supporting more people to be members.

Visit www.steadwardcentre.org.uk

Professional Behaviour

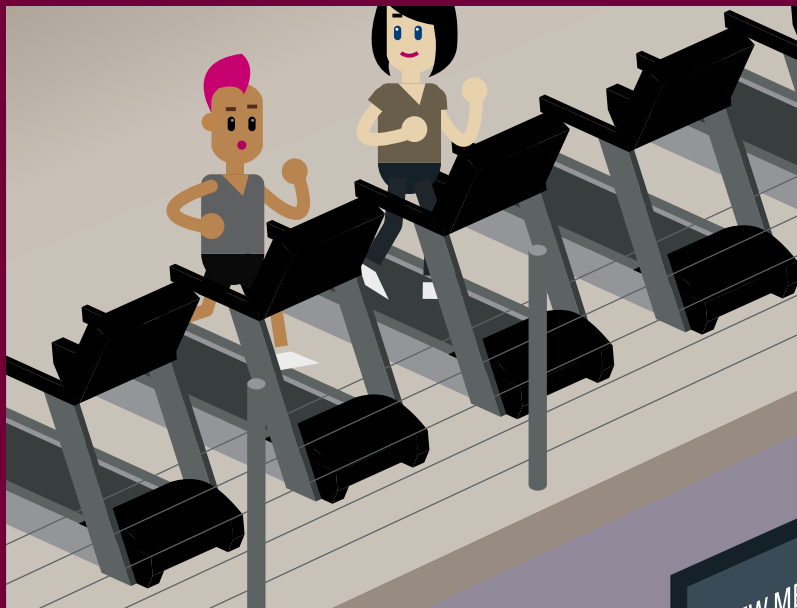
- 1 Talk to the person living with impairment, not the aid.
- 2 Ask people if they need assistance before attempting to assist them.

Professional Support

- 3 Provide staff with key websites discussing "words with dignity", exercise adaptations and staff training opportunities.

Policies and Programs

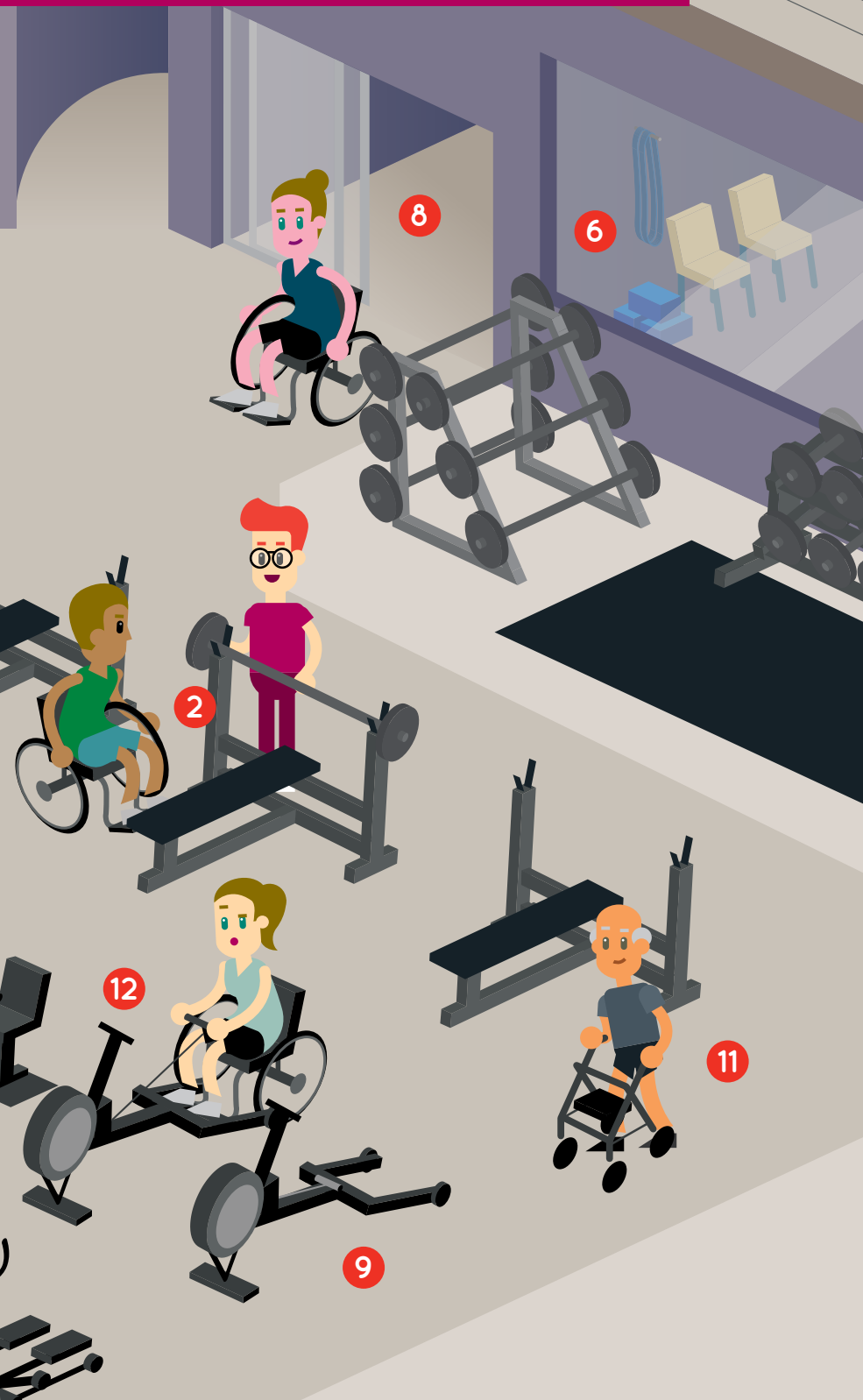
- 4 Can membership fees be based on income taking into consideration the cost of living with impairment?
- 5 Instructor can contact all participants prior to class to discuss the class format and exercise adaptations to improve the experience.
- 6 Have alternate equipment readily available for class participants (i.e., hooks, straps, blocks, props, chair, etc.)



TODAY TO IMPROVE OF YOUR FACILITY?

ty audits at recreational facilities in the Edmonton region.
ease the accessibility of your fitness facility for all users,
ore physically active, more often.

lberta.ca for more information.



Exercise Equipment and Environment

- 7 Be aware of objects blocking areas that impact accessibility.
- 8 Have automatic doors.
- 9 Ensure equipment is arranged in rows and paths are free of obstacles.
- 10 Check for obstacles routinely as part of opening and closing procedures.
- 11 Every 3 meters have an area that is 1.5 meters in diameter to turn.
- 12 Ensure seats on exercise equipment is at least 46 cm wide or removable.

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 THE STEADWARD CENTRE
for Personal & Physical Achievement

 Human Rights
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 UNIVERSITY OF ALBERTA
FACULTY OF PHYSICAL
EDUCATION AND RECREATION

ALBERTA CENTRE FOR
Active Living

Ebert, A. & Slater, K. (March 21, 2015). Move and Play the Inclusive Way. Adapted Physical Activity Symposium, Red Deer, AB.

Imppolo, J. (November 14, 2014). Evaluating Access to Community Recreation Centres. Perspectives in Exercise, Health and Fitness Conference. Kananaskis, AB.

Kindrachuk, N. (March 19, 2015). From Grassroots to Podium: Panel Discussion. Adapted Physical Activity Symposium, Red Deer, AB.

Kindrachuk, N. (March 19, 2015). Introduction to Para-swimming. Adapted Physical Activity Symposium, Red Deer, AB.

Liew, S. (March 20, 2015). Panelist: Community Transition: Where do we go from here? Transitioning from Rehab & Specialized Programming. Adapted Physical Activity Symposium, Red Deer, AB.

Slater, K., Atchison, B.J. & Imppolo, J. (October 18, 2014). Standardized Delivery of FES Exercise. North American Federation of Adapted Physical Activity (NAFAPA), Ann Arbor, MI.

Slater, K. (March 20, 2015) AltaStim: A Provincial Wide FES Framework. Adapted Physical Activity Symposium, Red Deer, AB.

Publications

Liew, S. & Slater, K. (Spring 2014). More Youth More Active More Often: Addressing unique barriers to community participation by youth living with developmental impairment. The Provincial Fitness Unit of Alberta Fitness Informer*. Edmonton, Alberta: University of Alberta.

Home, D. (Fall 2014). Use your Words: Communicating dignity and respect to individuals of all abilities. The Provincial Fitness Unit of Alberta Fitness Informer. Edmonton, Alberta: University of Alberta.

Wheeler, C. (Spring 2015). Fostering Self-Determination is SMART: The importance of goal-setting for people living with impairment. The Provincial Fitness Unit of Alberta Fitness Informer. Edmonton, Alberta: University of Alberta.

**The Fitness Informer is distributed to approximately 2,000 certified physical activity practitioners, facility managers and recreation-sport stakeholders in Alberta.*

CITIZENSHIP

Achieving personal health and wellness through physical activity, fitness and sport is the primary aim for most individuals at The Steadward Centre. The Centre is dedicated to providing choice and opportunity for children, youth and adults living with impairment as they gain physical literacy, improve strength, increase 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. We continue to grow our efforts and our reach in the capital region, and provincially.

Community Exercise Transition Program

More People. More Places. More Often. This sentiment definitely rings true this past year! The Community Exercise Transition team conducted 42 fitness assessments, supported 60 individuals to transition to fitness facilities within their communities and provided program support (follow-up visits, program revitalizations) to 22 individuals already actively working out in community facilities.

New partnerships were forged with public and catholic school system schools, and also private fitness facilities. Staff worked throughout the Greater Edmonton Area, supporting individuals at the fitness facilities of their choice.

We worked hard to increase opportunities for youth to ease their transition to community fitness and recreation facilities. With direct support from an APA consultant from Free2BME, 23 youth gained the skills and confidence to exercise in a community-based fitness setting—a recreation facility, or school fitness centre.

Accessibility is always top of mind for this team—AIMFREE accessibility audit reports were disseminated to 25 community facilities that took part in the audits. An infographic and information sheet were developed to share information with practitioners and facility administrators on strategies to increase the accessibility of community fitness facilities by reducing common barriers—spacing and type of equipment, signage, program cost, training of staff and specific policies and procedures. This work was generously supported by the Alberta Human Rights Commission.

A very special thank you to Bobbi-Jo Atchison and Jessica Imppolo for all of their tremendous work with the many organizational components of the APA Symposium held March 2015. This team was instrumental in the success of the three-day conference. The theme this year was Community Collaboration—Bobbi-Jo and Jessica serve as a wonderful example of how to foster and create opportunities through the development of strong community partners.



Athlete Development

Athletic achievement was the name of the game this past year, as a total of 59 athletes and 10 sport teams received performance-enhancing strength and conditioning coaching at the Centre. Athletes represented a variety of Para-sports from the national, provincial and club level including: provincial goalball, national sitting volleyball, men's national development sledge hockey, women's national sledge hockey, The Steadward Bears Para Swim Team, Oil City Crew Dragon Sight, women's senior national wheelchair basketball, provincial wheelchair basketball team, Special Olympics alpine skiing, para-alpine skiing and Special Olympics basketball.

Athlete Development Coordinator Kirsti Van Dornick established strong relationships with Canadian Sport Institute (CSI) in Calgary; Alberta Sport & Recreation Association for the Blind (ASRAB); and Alberta Sport Development Centre (ASDC)—Calgary to provide sport science support to Edmonton based members of the provincial goalball team. Service agreements for strength and conditioning coaching were established with the National Sitting Volleyball teams.

Coach development was supported by TSC this past year, as 30 student coaches received training with The Steadward Bears Para-swim development program and nine student strength and conditioning coaches received training and applied experience working with Para-athletes. Additionally, 26 students completed their NCCP-FMS (fundamental movement skill) certification from trained facilitators from the Centre's Free2BMe program.

Athletes in action

- Dragon Sight dragon boat team brought home a gold medal in the 200m race in the Paradrasons division at the 9th IDBF World Championships in Ravenna, Italy on September 5, 2014.
- Three athletes involved in the Centre's high-performance athlete development program made the roster for the National Women's Sledge Hockey Team. They competed in the first IPC Women's Sledge Hockey World Championships from November 7-9, 2014 against the United States and Europe.
- One athlete competed as part of Team Alberta wheelchair basketball at the Canada Winter Games in Prince George, BC from February 13-March 1, 2015 bringing home a bronze medal.
- Two members of The Steadward Bears Para-Swim team competed at the CanAm Para-Swimming Championship at the Kinsmen Sport Centre in Edmonton, AB from December 5-7 2014.

Adapted Fitness Programs for Adults

The Adapted Fitness Programs for Adults underwent

significant changes this past fall. Programs evolved with new offerings and a change in program structure. To serve diverse needs and interests, participants were introduced to structured ten-week program offerings such as: Circuit Training, Sit to be Fit, an Active Passive Trainer (APT) group exercise class and P.A.L.S. Weekly exercise themes and goal setting were priorities on the roster this year, growing the knowledge base of participants, aids/attendants and students. New this year were the 1:1 Personal Training sessions, providing participants the opportunity to receive individualized attention, training and support as they progress their weekly exercise program to meet their fitness goals.

Team Lead Scott Durocher and Community FES Exercise Transition Consultant Jessica Imppola travelled to Baltimore to receive advanced training in Functional Electrical Stimulation (FES) exercise from Restorative Therapies. As a result, FES participants are starting to test the full limits of the equipment—completing interval training, increasing resistance and experimenting with new stimulation parameters. FES cycling is taking off!

With the completion of the new Physical Activity and Wellness (PAW) Centre, construction began in March 2015 on the new Steadward Centre facility. As a result, the adult participants have once again demonstrated patience and understanding as they traverse the building on their new route from the old DATS drop-off to the gym.

The Centre's Advocacy Committee continued to meet this past year with a real emphasis on developing a program structure that improves access to participants. Many committee members actively participated in the Centre's strategic planning process that took place in the winter 2015 term.

Free2BMe Physical Activity Programs for Kids and Teens with Disabilities

Healthy, active and self-determined kids! Free2BMe is proud to support kids and teens to develop all three of those attributes. Over 360 children and youth gained confidence, moved with competence, made friends and had a ton of fun in the process. Free2BMe was home this year to Kickstarters, Basketballers, Cycle Adventurists, Movers and Groovers, Outdoor Explorers, Arctic Adventurists and overall sport enthusiasts.

In addition to our weekly programs, over the course of the year we welcomed 171 children and youth from local schools and community groups, along with 122 teachers and community leaders to participate in a variety of adapted physical activity sessions and educational workshops. A special thank you to the Edmonton Oilers Community Foundation for helping us to extend our reach into the community even further.

PROGRAM SPOTLIGHT

FREE2BME - LEVI LEBLANC



Levi has been coming to Free2BMe for nine years--almost since the doors opened, and he has exhausted neither his potential skills nor his desire to explore more physical activity opportunities. Since he began attending he's engaged in countless programs from cycle adventure, outdoor fitness, arctic adventure, movin' and groovin', to one on one training and P.A.L.S.

Currently Levi is participating in the Community Transition program, working out at the Saville Community Sports Centre, learning how to use the equipment and basic fitness programming skills so that he can work out on his own and feel comfortable in a community facility of his own choosing. This is important, because Levi and his family travel quite a bit. He's already visited Thailand, Paris, and Japan, so who knows where his next workout will be!

Bringing his extensive experience full circle, Levi, an active, likeable and engaged 14 year-old, volunteers in Free2BMe programs helping other kids learn basic motor skills, such as catching, jumping, throwing, and running. "It feels really good to give back and to help other people learn," says Levi.



It feels pretty good to his mom, Julie, too who has supported her son through all of his years as a participant in Free2BMe to see him become a capable young athlete and mentor. "He was pretty excited to become a volunteer. He was up at 4:30 am on his first day. He'd made himself--and me--breakfast." To Julie, a significant characteristic of Free2BMe is that no medical referral is necessary, making the program accessible to anyone and easy to try. She'd heard about The Steadward Centre-Free2BMe from a social worker, "It was just new, only six months old, I think." Over the years, Levi's skills have developed to match his desire and confidence. Something that stands out for Julie is that the participants engage on a level playing field. "It's remarkable to watch." Julie notes, for example, that if the game is sledge-hockey, everyone is in a sledge.

Levi really enjoys engaging with the Free2BMe consultants, and through mentoring/observing other participants who have different skills, boundaries and abilities from his own Levi is building important social skills and developing awareness. "Exposure to a variety of people and helping to strengthen their skills and abilities has also strengthened his own," observes his mom, Julie.

Levi's positive attitude and confidence have motivated him to participate in many activities and programs over the years. The learning has helped Levi to overcome fears and to push his boundaries. For example, using the rock climbing wall helped to overcome a fear of falling, having movement skills broken down in a manageable way helped him to gain a better sense of proprioception—the sense of the body in physical space, the sense that allows you to touch your nose with your eyes closed, or to do a fearless somersault. Volunteering and mentoring has added to his confidence. Levi's Free2BMe connections have rewarded him with the opportunity to make friends and, especially, to give back to others. Levi would like to continue to help people by becoming a chiropractor and working as an Adapted Physical Activity specialist.



Education, advocacy and staff training were key elements to the success of the Free2BMe program. Staff serves as valuable members of a variety of committees within the community, sharing their knowledge and experience of delivering physical activity and programming for children and youth experiencing disability.

Volunteers

"I may only be one person but I can be one person who makes a difference." —unknown

With the generous support of volunteers, The Steadward Centre was able to ensure that over 1,000 participants continued to receive quality adapted physical activity, sport and fitness programs. The Centre hosted 256 student volunteers for a total of 4,810.7 hours.

Partnerships

"Coming together is a beginning, staying together is progress, and working together is success" — Henry Ford

New beginnings, progress and success were all achieved this past year as we continue our commitment to establish mutually beneficial and long-lasting relationships with professionals, organizations and groups throughout Edmonton and the province of Alberta.

Through the strength of a well-established partnership with SCI Alberta and a new partnership with Foothills Hospital in Calgary, the new AltaStim FES Network was created. Together we are working to increase opportunities for more people living with paralysis to access the benefits of FES cycling.

Partnerships with national and provincial sport organizations progressed this past year resulting in collaboration that provides Edmonton-based athletes with the strength and conditioning coaching they need to succeed in high performance Para-sport.

Success was indeed achieved as a result of long-lasting partnerships with primary partners: Glenrose Rehabilitation Hospital, YMCA of Northern Alberta, City of Edmonton, Provincial Fitness Unit—Be Fit For Life Network, and Centre for Autism Services. Together we delivered a variety of joint initiatives from programs to services and the creation of resource materials.

EXPANDING OUR REACH— PROVINCE WIDE INITIATIVES

Introducing The Steadward Centre's AltaStim FES Network—

The Centre launched its provincial network of FES exercise sites in April 2015. Six sites located in Calgary, Red Deer,



Lacombe and Edmonton offer FES cycling for individuals living with paralysis as a result of spinal cord injury, multiple sclerosis or stroke.

Delivery sites receive training, support and access to forms, templates and information pertaining to all aspects of program delivery—including intake, screening, assessment, equipment, electrode purchasing programs, and much more. A secured website portal was developed to house all these resources to create a standardized FES program across the province.

<https://secure.per.ualberta.ca/FESCT/>

Community Presentations

Atchison, B.J. (November 2014 & March 2015). 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. (January 2015). Adapted Assessment Techniques. Guest Lecture, Faculty of Physical Education and Recreation, UofA, PERLS 370, Edmonton, AB.

Atchison, B.J. (February 2015). Contraindications to Exercise. Guest Lecture, Recreation Therapy Department, Norquest College. Edmonton, AB.

Durocher, S. (May 2014). Adapted Fitness Programming for Adults. CRISS Clinic, Alberta Health Services. Edmonton, AB.

Ebert, A. (April 2014 & March 2015). Assessment techniques for children and youth living with impairment. Guest Lecture, Faculty of Physical Education and Recreation, UofA, PERLS 370, Edmonton, AB.

Ebert, A. (May 2014 & March 2015). The role of specialized adapted physical activity programs (Free2BMe) and the parent

experience. Guest Lecture, Faculty of Education, UofA, EDEL 420, Edmonton, AB.

Ebert, A. (September 2014). Introduction to the Free2BMe program and interdisciplinary approach to programming for children experiencing disability. Guest Lecture, Faculty of Rehabilitation Science, Edmonton, AB.

Imppolo, J. & Wheeler, C. (March 2015). Adapted Physical Activity and the Certified Personal Trainer. Guest lecture, NAIT, Personal Fitness Trainer Program (PFT), Edmonton, AB.

Slater, K. & Atchison, B.J. (April 2014). The Steadward Centre FES Provincial Delivery Site Model. Foothills Hospital, Calgary, AB.

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

Van Dornick, K. (July 23 & 25). Strength and Conditioning training for the Sledge Hockey Athlete. Sledge Hockey Summer Camp, Paralympic Sports Association. Edmonton, AB.

Van Dornick, K. (November 2014). Adapted Assessment and Neuromuscular Impairment. Guest Lecture, Faculty of Physical Education and Recreation, UofA, HEED 311, Edmonton, AB.

Van Dornick, K. (February 13, 2015). Strength and Conditioning training for the Sledge Hockey Athlete. Provincial Sledge Hockey Development Camp, Hockey Alberta. Leduc, AB.

Wheeler, C. (January 2015). Inclusion, interaction and communication for people experiencing disability within a physical activity context. Physical Education and Recreation Council of Students (PERCS) Livewell Workshop. Edmonton, AB.

Community Engagement

The Steadward Centre staff 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.

Media

Steadward Centre's Free2BMe Exploring Physical Literacy Project—RBC Learn to Play. In the News. Faculty of Physical Education and Recreation. November 27, 2014. <http://www.physedandrec.ualberta.ca/en/Faculty%20of%20Physical%20Education%20News/2014/November/SteadwardCentresFree2BMeExploringLiteracyProject.aspx>

ParticipACTION Teen Challenge "Free2BMe Fitness Fun Program Success" www.participation.com/teen-challenge/wall-of-inspiration

Adapted Physical Activity Symposium. The Red Deer Advocate. March 20, 2015.

Adapted Physical Activity Symposium. The Red Deer Express. March 20, 2015

Move and Play the Inclusive Way Resource Cards. Health schools Alberta Magazine. Ever Active Schools. April 2015. <http://www.everactive.org/april-2015?id=1393>.

Committees

Committee	Coordinating Body	TSC Representation
Adapted Physical Activity Symposium Steering Committee	The Steadward Centre and Red Deer College	Bobbi-Jo Atchison (co-chair) & Karen Slater
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
Bridge to Recreation Working Group	Glenrose Rehabilitation Hospital and YMCA of Northern Alberta	Amanda Ebert
YMCA Children and Youth Bridging Program Development: Steering Committee	Glenrose Rehabilitation Hospital and YMCA of Northern Alberta	Karen Slater
Community Services Accessibility Committee	City of Edmonton	Bobbi-Jo Atchison



Putting it All Together

The Steadward Centre takes pride in our ability to connect students, practitioners and researchers with active, self-determined children, youth and adults who experience disability through the provision of learning, discovery and citizenship initiatives in Adapted Physical Activity.

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

Discovery

Informed research & knowledge transfer

Established interdisciplinary Scientific Advisory Committee

16 presentations in Canada, USA and Europe

3 published articles in Adapted Physical Activity

Over 25 facilities in Alberta supporting inclusive physical activity

Learning

256 student applied learning experiences

11 full time student practicum placements

74 community service learning opportunities

Established Education Advisory committee

100 + P.A.L.S supporting adult, children & youth programs

Citizenship

Outreach programs to promote choice & independence

Athlete Development for 59 athletes and 10 sport teams

1,100 participants in adult, children & youth programs

2nd Annual Adapted Physical Activity Symposium

THE STEADWARD CENTRE 2014-2015 Governance Committees

MANAGEMENT GROUP

Dr. Kerry Mummery	Dean, Faculty of Physical Education and Recreation (FPER)
Mr. Lloyd Bentz	Executive Director, Alberta Sport Connection
Judge Bradford Kerby	Chair, The Steadward Society
Ms. Karen Slater	Director, The Steadward Centre (ex-officio)

2014 - 2015 STEADWARD CENTRE SOCIETY

Judge Brad Kerby	President/ Chair
Mr. Wallace Whitford	Director/ Secretary-Treasurer
Ms. Margaret Conquest	Director
Dr. Dhiren Naidu	Director
Mr. Neil Pierce	Director

SCIENTIFIC ADVISORY COMMITTEE

Dr. John Spence (Chair)	Associate Dean Research, FPER
vacant	TSC Society Representative
Dr. John Anderson	Physiatrist, Glenrose Rehabilitation Hospital, U of A
Dr. Dave Collins	Associate Professor, FPER
Dr. Donna Goodwin	Professor / Associate Dean (Graduate) FPER
Dr. Michael Kennedy	Associate Professor, FPER
Dr. Trish Manns	Associate Professor, FRM
Dr. Nancy Spencer-Cavaliere	Assistant Professor, FPER
Ms. Karen Slater	Director, TSC (ex-officio)

EDUCATION ADVISORY COMMITTEE

Dr. Janice Causgrove Dunn (Chair)	Associate Dean, Undergraduate, FPER
vacant	TSC Society Representative
Ms. Beth Goldie	Instructor Emeritus, Adapted Physical Activity & Aging, Grande Prairie Regional College
Ms. Stacey Laing	Practicum Supervisor, FPER
Dr. David Legg	Professor, Mount Royal University
Ms. Katherine MacKeigan	Director, Provincial Fitness Unit
Ms. Joanne MacQueen	Mgr, Glenrose Rehabilitation Society
Ms. Brandi Heather	Instructor, APA Diploma, Red Deer College
Ms. Karen Slater	Director, TSC (ex-officio)

2014-2015 THE STEADWARD CENTRE STAFF

Karen Slater	Director
Gina Newell	Financial Administrator
Shirley Ewmett	Receptionist
Bobbi-Jo Atchison	Community Transition Coordinator
Kirsti Van Dornick	Athlete Development Coordinator
Nathan Kindrachuk	Athlete Development—Para-swim coach
Scott Durocher	AFPA APA Consultant—Team Lead
Claire McWilliam	APFA APA PFT (April - July)
Caitlin Wheeler	APFA-APA Consultant (September start)
Jessica Impolla	Community Transition—APA Consultant
Amanda Ebert	Free2BMe APA Consultant—Team Lead
Philip Krol	Free2BMe APA Consultant
Stephanie Liew	Free2BMe APA Consultant
Brittney Kuzio	APA Instructor—summer
Brett Fitzpatrick	APA Instructor
Katherine Hense	APA Instructor
Kristian Panis	APA Instructor
Ashley Biffert	APA Instructor
Michelle Leger	APA Instructor
Melissa Fleming	APA Instructor
Danielle Home	Roger S. Smith Research Award—Summer Student

2014 - 2015 PROFESSIONAL PRACTICUM PLACEMENT STUDENTS

Stephanie Anderson (U of A)	Michelle Leger (U of A)
Briony Buchanan (U of A)	Kaitlyn Scott, (U of A) part-time
Katherine Caillou (U of A)	Aimiee MacGillivray (U of A)
Samantha Chaput (U of A)	Rebecca Marsh, <i>research placement (U of A)</i>
Maegan Ciesielski (U of A)	Lisa Monikowski (U of A)
Leah Florante (U of Regina)	Stephanie Wasiliuk (U of A)



THE STEADWARD CENTRE for Personal & Physical Achievement

Statement of Revenues and Disbursements

Year Ended March 31, 2015

OPENING BALANCE	389,447.30cr
REVENUE	<i>April 1, 2014 - March 31, 2015 (cr)</i>
Alberta Sport Connection	563,100.00
Edmonton Oilers Community Foundation	25,000
Edmonton Community Foundation—Moffat Family Foundation	12,200.00
Royal Bank Charitable Foundation	10,000
Butler Family Foundation	10,000
TELUS Corporation	520.00
Alberta Parks and Recreation Association	500.00
Associations Federations Various	46,981.00
United Way of Alberta	130.00
Donations—Individuals	16,230.60
Parking revenue	7109.08
Fees—external	7,614.58
Consortium Membership Fees	79,466.43
Workshops	3,846.93
Admissions Gate External	300.00
Labour ext	14.29
Summer Sports Camps Ext Rev	749.70
Student Health OTC Ext	194.04
Federal Government Canada Summer Jobs	2,441
Cdn Business Various	800
Total Funds Available	1,176,644.95
EXPENDITURE	<i>April 1, 2014 - March 31, 2015 (dr)</i>
Salaries	699,767.36
Benefits	179,828.54
Material Supplies & Other Expenses	77,566.02
Professional and technical services	0.00
Travel	8,560.54
Equipment	5,205.95
Transfers out	49.60
Total Expenditure	970,978.01
Project Balance as at: March 31, 2015	205,666.94 cr*



Visit our website at
www.steadwardcentre.ualberta.ca

ACKNOWLEDGEMENTS

The Steadward Centre recognizes the generous support of:

- » Al Shamal Shriners
- » Alberta Sport Connection
- » Alberta Teachers Association—Edmonton Public Teacher's Charity Trust Fund Local #37
- » Autism Speaks Canada
- » Butler Family Foundation
- » Canadian Paralympic Committee
- » City of Edmonton
- » Edmonton Oilers Community Foundation
- » Faculty of Physical Education and Recreation, University of Alberta
- » Goodlife Kids Foundation
- » Government of Alberta—Human Rights Commission
- » Government of Canada—Human Services
- » Moffat Family Foundation
- » ParticipACTION
- » RBC Canada: Learn to Play Project
- » Sport Canada
- » Spinal Cord Injury Treatment Centre Society (SCITCS)