



THE STEADWARD CENTRE  
UNIVERSITY OF ALBERTA

# ANNUAL REPORT 2016 / 2017



## ANNUAL REPORT AT A GLANCE

### VISION AND MISSION

### A YEAR IN REVIEW

### ACTIVITY HIGHLIGHTS

LEARNING  
DISCOVERY  
CITIZENSHIP

### ACKNOWLEDGEMENTS

### THE STEADWARD CENTRE ADVISORY COMMITTEES

### TSC STAFF

### FINANCIAL STATEMENT

## VISION AND MISSION

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

### MISSION

Inspire individual achievement in Adapted Physical Activity and Parasport by conducting and applying innovative research, widely sharing expert knowledge and delivering highly successful programs for individuals experiencing disability.

### PRACTICAL VISION—WHAT WE ARE WORKING TO CREATE

The Steadward Centre is a hub for pioneering, high-caliber, research-based Adapted Physical Activity and Parasport development. Supported by:

- Embedded Research and Teaching
- Integrated Continuum of Physical Activity, Fitness and Sport Opportunities
- Comprehensive Athlete Development Pathway
- Strong Strategic Partnerships
- Progressive Funding Framework

### OUR PRINCIPLES—VALUES THAT INSPIRE OUR WORK

- Living with an impairment is best understood by those with an impairment
- Adapted Physical Activity and Parasport development should be accessible by all who choose to participate
- Innovation is our expectation
- Our decisions and approaches are informed by research, and our work informs our research
- More can be accomplished in partnership than alone
- Meaningful inclusion requires communities and individuals informed about the possibilities

### STRATEGIC DIRECTIONS—TO ACHIEVE OUR PRACTICAL VISION

- Become a hub for high performance athlete and coach development
- Be the “gold standard” for Adapted Physical Activity across Alberta
- Broaden opportunities and access to Adapted Physical Activity with clear pathways to achieve personal physical activity and Parasport goals
- Expand and fully integrate research, teaching and knowledge transfer into all programs, initiatives and services
- Become known by key internal and external audiences and stakeholders
- Institute a progressive and dynamic funding framework



## REFLECTING ON THE PAST YEAR...

This past year was a year of celebration. We hosted our first Free2BMe Gala in recognition of its 10th anniversary on June 24, 2016 at the Chateau Lacombe, Edmonton, Alberta. Over 200 guests enjoyed a wonderful evening of guest speakers and silent and live auction items, all in support of a truly unique program. In September 2016, we welcomed stakeholders, community partners and friends of The Steadward Centre to the official Grand Re-opening of the Centre—showcasing our brand new state-of-the-art facility that features 17,000 square feet of program, office and facility space, designed specifically for the inclusion of sport, physical activity and fitness for people experiencing disability. This was the first facility update that The Steadward Centre had undergone in nearly 30 years. The process has been overwhelmingly positive and has significantly enhanced the overall performance and capacity of the Centre.

Once again, TSC was at the head of various community initiatives over the past year. In collaboration with Mount Royal University, TSC also hosted at the 4th, biennial Adapted Physical Activity Symposium where over 300 delegates engaged in conversations to delve into Parasport and Recreation, explore inclusive communities, and break down silos. The Symposium garnered attendance from 179 Calgary locals and 125 delegates from outside of Calgary, including 4 international delegates from the USA, Cameroon, and Finland.

With the generous support of Alberta Sport Connection, along with external granting agencies, community foundations and individual donors, The Steadward Centre continued to make a difference in the lives of over 780 individuals experiencing disability and 284 student volunteers through innovative programs and applied learning opportunities.



## ACTIVITY HIGHLIGHTS - LEARNING

### LEARNING

As a part of the Faculty of Physical Education and Recreation, University of Alberta, The Steadward Centre strives to be an expert in Adapted Physical Activity and Parasport development. The Centre's strong research and education focus allow it to deliver innovative programs and to share proven expertise with community fitness and sport leaders across Alberta.

As an academic centre, The Steadward Centre provided a diverse range of learning opportunities and volunteer experiences across all of our program areas, supporting students in the areas of kinesiology, physical education, recreation, science, nursing, rehabilitation medicine and coaching. Undergraduate and Graduate students developed skills, put learning to practice and earned certifications to support their future careers in the area of sport, recreation and fitness.

The Pan-Albertan Steadward Centre Education Advisory Committee, worked to establish key priorities and activities to support the educational opportunities within the Centre.

#### VOLUNTEERS

Student engagement and student volunteerism is essential to the growth and success of our programs. The Centre could not successfully sustain itself without the support of 284 student volunteers. Students participated in a variety of learning experiences across the Centre: volunteer placements, professional practicum and fieldwork placements and community service learning credits. Both undergraduate and graduate students gained valuable learning experiences and in return, created valuable experiences for our participants—contributing to 8351.5 hours of service within our Centre.

#### UNDERGRADUATE STUDENTS

Post-secondary students studying in related fields including Bachelor of Kinesiology and Bachelor of Arts in Recreation, Sports and Tourism received professional practicum placements through The Steadward Centre. In 2016-2017, five full time students from the University of Alberta, three full time students from the University of Regina, and two part-time students from Northern Alberta Institute of Technology engaged in 14 weeks of applied work experience in Adapted Physical Activity.

#### GRADUATE STUDENTS

In September 2016, we welcomed our first two Graduate Student Interns to the TSC team. Over the course of 8 months, one Masters student and one PhD student completed internship placements with TSC through the Graduate Student Internship Program at the University of Alberta. The PhD student worked part-time as the Head Coach of the Para-Athletics team. The Masters student worked part-time as grant writer.

#### COMMUNITY SERVICE LEARNING

As a designated Community Service Learning (CSL) partner, The Steadward Centre supported 57 students through KIN 471, KIN 472, and PSYC 327 classes. We are grateful for the willingness of the program participants who shared their talents, lived experience and understanding, with the CSL students.

#### CERTIFICATIONS

The Steadward Centre team holds certifications and is certified across a variety of professional provincial and national registering bodies including: Canadian Society for Exercise Physiology (CSEP), Alberta Therapeutic Recreation Association, Alberta Kinesiology Association, National Coaching Certification Program (NCCP), Alberta Fitness and Lifestyle Certification Association (AFLCA) and the Non-violent Crisis Intervention (NVCi) program.

## ACTIVITY HIGHLIGHTS - DISCOVERY

### DISCOVERY

The Steadward Centre played host to a variety of research studies over the course of the year, supporting researchers and graduate students with participant recruitment, data collection and knowledge dissemination across a variety of topics in the field of Adapted Physical Activity.

Dedicated to supporting and enhancing the research efforts within the Centre, the Scientific Advisory Committee comprised of researchers from across the Faculty of Physical Education and Recreation (UofA), Faculty of Rehabilitation Medicine (UofA) and the Glenrose Rehabilitation Hospital met three times this past year.

#### THE CENTRE HAS SUPPORTED IN THE RECRUITMENT OF RESEARCH PARTICIPANTS FOR THE FOLLOWING STUDIES:

Abilities Centre and University of Ontario Institute of Technology (UOIT) – *Canadian Disability Participation Practitioner Project (CDPP)*.

Alberta Diabetes Institute—*Adapting the Exercise-Physical Activity and Diabetes Glucose Monitoring (E-PARA DIGM) protocol for people with Spinal Cord Injury (SCI)*.

#### THE STEADWARD CENTRE HAS BEEN ACTIVELY SUPPORTING THE FOLLOWING STUDIES:

Dr. Dave Collins (FPER, UofA) – Reducing fatigue of electrically-evoked contractions after spinal cord injury.

Dr. Donna Goodwin (FPER, UofA)—See me for who I really am: A photovoice participatory action research project.

Dr. Kelvin Jones (FPER, UofA) —Nerve Excitability for people experiencing paralysis.

#### RESEARCH PRESENTATIONS:

Atchison, B. J. & Goodwin, D. (September 2016). *Transitioning from separate to community physical activity contexts for youth with impairments: The parental experience. Oral Presentation at NAFAPA 2016. Edmonton, AB, Canada.*

Ebert, A., Venditti, A., Schuster, C., Wheeler, C., Goodwin, D. L. (March 2017). *See Me for Who I Really Am: An Introduction to a Photovoice and Participatory Action Research Project. Oral Presentation at Adapted Physical Activity Symposium. Calgary, Alberta, Canada.*

Goodwin, D. L., Ebert, A., Wheeler, C., Shuster, C., Vendetti, A., Cathcart, M., Fleming, B., Gillian, K., Kennedy, D., & LaRiviere, T. (February 2017). *See me for who I am: A photovoice study. Paper presented at Adapted Physical Activity Visiting Scholar Forum, IT Tralee, Tralee, Ireland.*

#### CONFERENCE PRESENTATIONS:

Corrigan, B. & Simin, I. (November 2016). Youth Development Through Recreation Services Symposium (YDRS), Alberta Recreation & Parks Association. Red Deer, AB.

Corrigan, B. & Liew, S. (March 2017). *The Lived Experience of an APA Consultant: A Reflexive Approach. Oral presentation at the Adapted Physical Activity Symposium. Calgary, AB, Canada.*

Slater, K. (December 2016). What can you do today? Readily Achievable Barrier Removal for Community Fitness Facilities. Oral Presentation at the APA Symposium. University of Regina, Regina, SK, Canada.

Slater, K. (March 2017). *Reflecting in 'real time': The use of blogging in APA community service learning. Oral presentation at the Adapted Physical Activity Symposium 2017. Calgary, AB, Canada.*

Wheeler, C. & Corrigan, B. (December 2016). Choosing the Way You Move at The Steadward Centre. Oral presentation at the APA Symposium. University of Regina, Regina, SK. Canada.

Wheeler, C. & Chaput, S. (March 2017). *Variety is the Spice of Life: Providing Opportunities for Choice for Adults Experiencing Disability through a Tiered Model of Service Delivery. Oral presentation at the Adapted Physical Activity Symposium. Calgary, AB, Canada.*

## ADAPTED PHYSICAL ACTIVITY SYMPOSIUM (APAS) 2017

The Steadward Centre for Personal & Physical Achievement, University of Alberta, in collaboration with Mount Royal University, hosted the 3rd biennial Adapted Physical Activity Symposium. On March 23, 24, and 25th, 2017, 305 delegates traveled from across the globe to Mount Royal University in Calgary, Alberta, Canada, to listen to, learn from, and connect with researchers, practitioners, students, and leaders in the field of Adapted Physical Activity. The Symposium offered a variety of presentation formats including lectures, panels, interactive workshops, activities, and keynote addresses. Presentation topics were as diverse as the group that gathered to attend the symposium and included topics such as: parasport, play, accessibility, physical literacy, functional electrical stimulation (FES), community service learning, inclusive physical education, and universal design, to name a few.



### NCCP CERTIFICATION

Stephanie Liew, an Adapted Physical Activity Consultant with the Free2BMe team at The Steadward Centre, delivered the Fundamental Movement Skills (FMS) Community Leader certification workshop. The workshop is part of the National Coaching Certification Program (NCCP), and is designed to expose participants to a process that will teach and improve fundamental movement skills for children. With an APA consultant at the helm of the workshop, the NCCP material was delivered and applied in a manner that aimed to ensure that attendees left the workshop feeling more confident in delivering fundamental movement skill programming to all children. Stephanie said, "This year, we certified 15 professionals in the NCCP-FMS Community Leader course. Attendees were university professors, public school board members, occupational therapists, physiotherapists, and undergraduate students. The highlights of this workshop were the levels of expertise that came together for this workshop and the international reach that was achieved—we had attendees from all over Canada and one from Finland!"

### INTRODUCTION TO PARASPORT DEVELOPMENT AND COACHING

Brandi Heather, Red Deer College, and Ozzie Sawicki, Coaching Association of Canada, also led a workshop that provided an introduction to Parasport development and coaching. In their workshop, Brandi and Ozzie outlined the opportunity, methods, and tools for Adapted Physical Activity instruction and coaching in Parasport. By drawing connections to the Long Term Athlete Development model for persons with disabilities, next steps for coach education and certification through the NCCP were discussed.

### KEYNOTE SPEAKERS

The keynote speakers were certainly among the many highlights of the 2017 Symposium. The group of speakers shared knowledge, experience and stories on a wonderfully eclectic range of topics.

Julie and Lowell, married contestants from the Amazing Race Canada, opened the Symposium as our first keynote address. Lowell is the first visually impaired contestant to compete in the Race, and is aiming to compete at the upcoming Paralympic games. The couple shared stories from their time in the Race: the challenges, successes, times of laughter, moments of frustration, and lessons learned.

Delegates also had the pleasure listening to the decorated Dr. Cheri Blauet-- former Paralympic athlete and medalist, University Instructor, Chairperson of the International Paralympic Committee's Medical Commission, member of the Board of Directors for the United States Anti-Doping Agency, and global advocate. Dr. Blauet introduced attendees to three examples of controversies that exist in Paralympic sport, related to medicine and science.

At Kelsie Acton's evocative address, we learned about the importance of disability activism. Kelsie, a PhD Candidate in the Faculty of Physical Education and Recreation at the University of Alberta, spoke unapologetically about inaccessibility in our communities and the impact that it has on the lives of people with disabilities. Through the use of vivid imagery, Kelsie described three examples of disability activism, around still and moving bodies, in Montreal, Quebec, and encouraged delegates to carefully consider what we, in APA, can learn from disability activism.

On Friday evening of the Symposium, delegates gathered for the Symposium banquet and keynote address from Patrick Jarvis. Patrick shared stories and commentary on his journey as an athlete, administrator, volunteer and leader across the spectrum of the Paralympic Movement over the last 25 years.

Pediatric Medicine Resident, Dr. Sarah MacEachern, spoke about the benefits of physical activity for children with disabilities from a variety of perspectives. Drawing from her experiences working in various physical activity programs like Acadia University's S.M.I.L.E and CAPA at Mount Royal University, Dr. MacEachern highlighted opportunities for improving the physical activity participation for children with disabilities on a small and larger scale.

Our final keynote address of the weekend was from Eli Wolff, former Paralympic soccer player, global advocate, and PhD student at the German Sport University of Cologne. Eli spoke to the need to include persons with disabilities in Principle 6 of the Principles of Olympism in the Olympic Charter. Similar to the process of advancement for inclusion in the areas of race, gender and sexual orientation within the Olympic Movement, Eli encouraged people with and without disabilities to bring voice and action to promote and advance disability inclusion in the realm of sport in all arenas, including the Olympic Charter and the Olympic Movement.

Other highlights from the 2017 Symposium included an afternoon of touring and sessions at the Canadian



Sport Institute, an inclusive physical literacy workshop, and the opportunity to take in some sledge hockey action at the 13th annual Western Canada Tournament in Calgary, Alberta.

We would like express much gratitude to our Symposium sponsors, Calgary Tourism and Alberta Sport Connection, and thank them for their generous support. We would also like to extend an enormous thank you to Symposium Co-Chairs, Dr. David Legg from Mount Royal University, and Jessica Impolla from The Steadward Centre, along with their entire volunteer committee, for all of their hard work behind the scenes, and at the event. Lastly, but certainly not least, we would also like to sincerely thank all Symposium attendees, keynote speakers, and presenters. Thank you for your unbridled enthusiasm, vibrant conversations, and willingness to learn. We look forward to seeing you all in 2019 for 4th biennial Adapted Physical Activity Symposium at the University of Alberta!



## SPOTLIGHT ON: SEE ME FOR WHO I AM

### SPOTLIGHT ON RESEARCH AT TSC—SEE ME FOR WHO I AM: A PHOTOVOICE PARTICIPATORY ACTION RESEARCH PROJECT

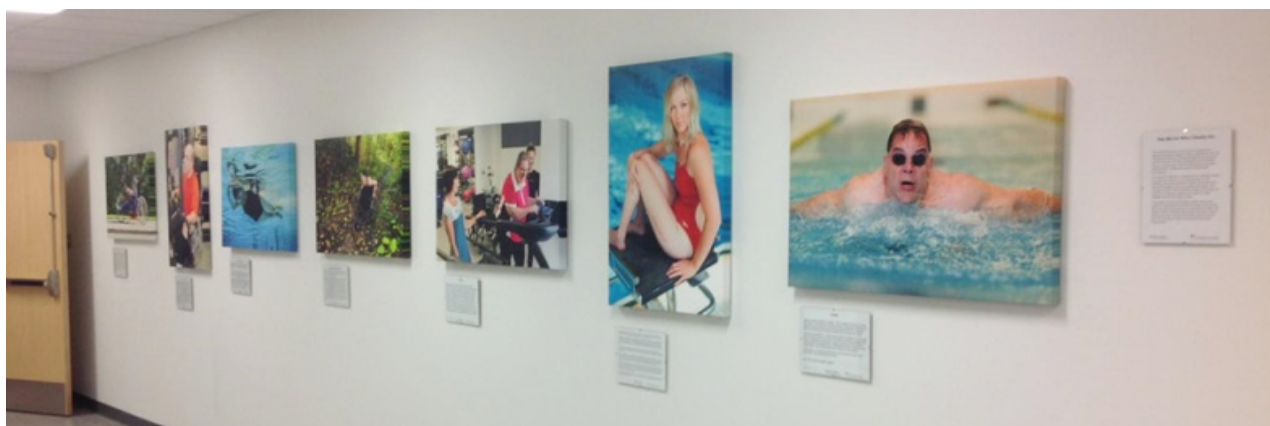
Disability images can be found on social media, websites, and advertisements within our culture of adapted physical activity, but do we think about the meaning and representation of these images? Do they accurately represent the athletes and participants in our programs? At times, these images have been described by individuals experiencing disability as *inspirational porn* and *cripspiration* when they are used to inspire non-disabled viewers.

Using photovoice, a participatory action research approach, researchers Dr. Goodwin, A. Ebert, C. Wheeler, A. Venditti, C. Schuster, M. Cathcart, B. Fleming, K. Gillian, D. Kennedy, and T. LaRiviere aimed to examine dominant images of disability embodiment and their meaning within an exercise context. Seven co-researchers representing diverse embodiment combined individual and group interviews with photography as they directed and produced narrated self-portraits in collaboration with an experienced photographer.

The study's main objectives were to:

- Reflect on ways that disability images are used (and misused) in the representation of the disability community
- Present alternate disability images that have been generated through Participatory Action Research (PAR) and Photovoice methodology
- Share reflections and recommendations from the disability community and professionals around capturing disability images in a sport context

Final analysis and manuscript preparation was underway at the time of the publication of this annual report. We invite you to visit the Centre and view the photographs and accompanying narratives.



## ACTIVITY HIGHLIGHTS – CITIZENSHIP

### CITIZENSHIP

Over 780 unique participants were involved in one of our five vibrant programs: Adult Fitness and Recreation (249), Athlete Development for Paraspport (96), Community Exercise Transition Program (29), Functional Electrical Stimulation (FES) Exercise Program (43) and Free2BMe Physical Activity Programs for Kids and Teens with Disabilities (406).



### ADULT FITNESS AND RECREATION:

A diverse offering of individualized and group instructional programs continues to create more opportunities for adults living with impairment to choose the way they move. In partnership with Campus Community Recreation, program participants as young as 15 and as experienced as 70 years old, stretched it out in yoga class and danced their way to good fitness during adapted Zumba.

Many adult participants have chosen to take their programs to new heights with individualized personal training sessions. Participants chose to work alongside one of our exercise specialists or to workout with their very own P.A.L.—Physical Activity Led by Students.

### ATHLETE DEVELOPMENT FOR PARASPORT:

The Steadward Bears Paraspport program expanded this year to include Para-athletics. Athletes learned new skills both on the track—wheelchair racing, sprint events; and in the field—seated throws events; during the inaugural spring 2016 outdoor session and winter 2017 indoor session.

The Steadward Bears Para-swim team was delighted to team up with Olympian Swim Club (OSC). This partnership ensured all swimmers were registered with Swim Alberta and supported the integration of a few of the Steadward Bears into additional training sessions with OSC. The Steadward Bears revealed new names for their program streams—the [performance group](#) and [development group](#). Irrespective of the group, a total of 34 swimmers proudly supported each other at practice, at meets and in the 'gym' during the brand new weekly activation sessions.



### ERIN JACKSON — PROUD STEADWARD BEAR

Erin Jackson has been with the Paraswim and Paraspport programs almost since their inception, in 2012 and 2016 respectively. Erin originally discovered the Paraswim program at The Steadward Centre through online Google search. She was nervous at first, not knowing what the expectations of the program would be. She quickly realized upon discussions with her coach that the programing is individually tailored to you, with your goals, at your pace.

Erin had previously had positive experiences taking private swim lessons, but the instructors did not have the advanced Adapted Physical Activity experience and expertise that The Steadward Centre offers. The Steadward Centre similarly offers valuable one-on-one coaching, but also takes into account the financial barriers those experiencing disability may face when participating in sports. In fact, the Para Athletics program caters your training to your specific sports and activities. The programs are flexible and work for each individual. She explains, "The Steadward Centre offers high-quality coaching and services for Adapted Physical Activity that cannot be found anywhere else in Edmonton – even Canada."

When asked what it means to Erin to be a Steadward Bear, she shares "It feels great to be part of a community that shares the same experiences as you, and you wouldn't otherwise meet anywhere else."



### COMMUNITY EXERCISE TRANSITION PROGRAM:

Delving into parasport and recreation, exploring inclusive communities and breaking down silos was top of mind this past year, as the transition team, led by Jessica Impola, co-chaired a highly successful APA Symposium at Mount Royal University from March 23-25, 2017. In addition to running a symposium that saw delegates from across Western Canada and even as far as Finland, the community exercise transition team continued to work with the community to create inclusive, welcoming fitness and recreation facilities for all who chose to participate.

### FUNCTIONAL ELECTRICAL STIMULATION (FES) EXERCISE:

With the support of its community partners such as SCITCS, Faculty of Rehabilitation's Corbett Hall Student Clinic, Saville Community Sports Centre and the Don Wheaton YMCA, the FES cycling program is thriving. Providing access at all levels—from assessment to community participation. FES cycling across the province continues to grow and evolve under the Centre's AltaStim program. We are also pleased to support FES in the province by actively participating on the Alberta FES Interest Committee hosted by the Glenrose Rehabilitation Hospital.



### FREE2BME PHYSICAL ACTIVITY PROGRAMS FOR KIDS AND TEENS WITH DISABILITIES:

Taking full advantage of the brand new activity spaces, the Free2BMe program continues to serve a unique need in our community by providing children and youth living with impairment and their families with the opportunity to play, learn and grow through physical activity and sport. With the success of the inaugural Gala in celebration of the programs 10th Anniversary, the program was able to continue to offer a variety of programs to over 400 program participants. Free2BMe was proud to host a variety of school and community groups through its Active Schools Initiative.

### RYAN HAUCK — CONFIDENCE IN MOVEMENT

The Free2BMe youth program within The Steadward Centre opened its doors in 2005 and Ryan Hauck was amongst the first of its participants. Ryan's mother, Kim Hauck, learned of the program through the Robin Hood Association. Ryan was just four years old at the time; his legs weak, and as a kindergarten teacher, Kim saw firsthand that confidence issues could begin to take hold in early childhood.

As an early adopter of Free2BMe, Ryan's progress is evident (he's sixteen now): "I can't keep up anymore," said Kim of running after her son. His legs now have incredible strength; a huge achievement from his earlier days with the program.

"[The Steadward Centre] is amazing all around, the staff is incredible; I highly recommend the Free2BMe program to all of my Kindergarten students that experience disability," Kim shares. Kim and Ryan had the unique experience of witnessing the growth of Free2BMe from its initial stages, through to its recent renovations. "A life changer!" she asserts, speaking of the new Free2BMe facilities. While the previous space was limited to "a cage," wherein a ball could barely be passed around, the new facility boasts full basketball courts. This came as a joy to Ryan, who has ambitions of his own:

"Ryan would not have had the confidence to try out if weren't for Free2BMe and the Fitpals Program," Kim re-counts. "The one-on-one instruction and support has been tremendous. It supported Ryan to gain the courage to try out for his high school basketball team". Ryan landed a position as the Team Manager. He is happy playing pass with, and comfortable being surrounded by the confidence and energy of, his athletic high school peers. "He can be a regular kid."

In terms of physical growth, Ryan continues to see improvement in his fingers, arms and feet. His achievements in building arm strength and in walking have contributed to perhaps the most important thing of all: his confidence in life.

In a couple of years, Ryan will be graduating out of the Free2BMe program as an adult. When asked about having him continue with another of the many programs The Steadward Centre offers, "Definitely." Kim smiled.

## COMMUNITY PRESENTATIONS

Corrigan, B. (June 2016). Introduction to Adapted Physical Activity and Inclusion Workshop. Grande Prairie Regional College and City of Grande Prairie. Grande Prairie, AB.

Corrigan, B. & Liew, S. (June 2016). Inclusive Summer Camps. Green & Gold Summer Camps, Faculty of Physical Education and Recreation, University of Alberta. Edmonton, AB.

Corrigan, B. (June 2016). Inclusive Summer Camps., YMCA of Northern Alberta. Edmonton, AB.

Corrigan, B. (November 2016). Introduction to the Free2BMe program and interdisciplinary approach to programming for children experiencing disability. Guest Lecture, Faculty of Rehabilitation Science, Edmonton, AB.

Ferguson, J. (October 2016). Fitness Appraisals and Neuromuscular Impairment. KIN 311, Faculty of Physical Education and Recreation, University of Alberta, Edmonton, AB.

Impolla, J. (May 2016, September 2016, January 2017). Introduction to The Steadward Centre and its use of AIMFREE Accessibility Tool. PERLS 207, Faculty of Physical Education and Recreation (FPER), University of Alberta, Edmonton, AB.

Impolla, J. (May 2016). The Steadward Centre: A community based approach to Adapted Physical Activity. Edmonton Public Teachers Support Group. Edmonton, AB.

Impolla, J. (July 2016). The use of the AIMFREE accessibility tool in measuring community fitness facility access. Shanghai University visiting students. International Summer School, FPER, Edmonton, AB.

Impolla, J. (July 2016). An introduction to Functional Electrical Stimulation (FES) at The Steadward Centre. Supportive Living, Alberta Health Services. Edmonton, AB.

Slater, K. (September 2016). Physical Education for Every Body. Guest lecture. Faculty of Education, ED 447-451, Edmonton, AB.

Wheeler, C. (October 2016). Adapted fitness programs for adults at The Steadward Centre. MS Wellness Workshop. Edmonton, AB.

Wheeler, C., & Impolla, J. (April 2016; February 2017). Adapted Physical Activity and the certified personal trainer. Guest Lecture, NAIT Personal Fitness Trainer Program. Edmonton, AB.

## COMMUNITY ENGAGEMENT

The Centre conducted over 50 community workshops, in-services, educational tours and guest lectures over the last year. We estimate that this expands the Centres reach to include an additional 600 professionals and students who have received support from the Centre.

## COMMITTEE INVOLVEMENT

COMMITTEE	COORDINATING BODY	TSC REPRESENTATION
Glenrose Rehabilitation Accessibility Committee	Glenrose Rehabilitation Hospital	Bobbi-Jo Atchison
Exercise is Medicine	CSEP	Caitlin Wheeler
Accessibility Advisory Committee	University of Alberta	Caitlin Wheeler
Adapted Physical Activity Symposium Planning Committee	The Steadward Centre	Jessica Impolla, Stephanie Liew
Play GREAT	Play GREAT	Bronwyn Corrigan
InterAgency	InterAgency	Bronwyn Corrigan
Free2BMe Gala June 2016 Planning Committee	The Steadward Centre	Bobbi-Jo Atchison (co-chair), Amanda Ebert (co-chair), Bronwyn Corrigan, Stephanie Liew, Alexandra Schaefer
T&F Olympic and Paralympic Trials	Athletics Canada/ University of Alberta	Jessica Ferguson
Alberta FES Interest Committee	Glenrose Rehabilitation Hospital & SCITCS	Jessica Impolla & Karen Slater
AltaStim Southern Alberta Steering Committee	University of Calgary	Jessica Impolla

## MEDIA

- Nathan Kindrachuk was awarded the City of Edmonton Mayors Award for Outstanding Service for his work with The Steadward Bears Para Swim Team. (May 26, 2016) [www.edmonton.ca/programs\\_services/recognition\\_awards/2016-mayors-awards-recipients.aspx](http://www.edmonton.ca/programs_services/recognition_awards/2016-mayors-awards-recipients.aspx)
- CBC's Edmonton AM Radio Show—Where's Garrette Segment featured The Steadward Centre (September 16, 2016)
- CBC's Edmonton AM Radio Show—Mark About Town Segment featured The Steadward Centre (September 23, 2016)
- "This is not what someone in a wheelchair should do" Edmonton woman wheels Great Wall of China. Kuen Tang credits The Steadward Centre for supporting her physical training. <http://globalnews.ca/news/3016865/this-is-not-what-someone-in-a-wheelchair-should-do-edmonton-woman-wheels-great-wall-of-china/>
- Accessible Media Inc (AMI-tv) The Steadward Centre grand-re-opening. Aired on October 28, 2016. <http://www.ami.ca/category/atw-weekend-edition/media/atw-weekend-edition-october-28-2016>
- Article written by University Relations and disseminated via ualberta.ca on February 7, 2017. Story entitled: Impairment no barrier to achievement at Steadward Centre. <https://www.ualberta.ca/news-and-events/newsarticles/2017/february/impairment-no-barrier-to-achievement-at-steadward-centre>
- Accessible Media Inc. (AMI-tv). Adapted Physical Activity Symposium. Aired May 10, 2017. <http://www.ami.ca/category/ami-inside-health-and-lifestyle/media/adapted-physical-activity-symposium>

## SOCIAL MEDIA

The Steadward Centre has continued to see an increase in our social media following. In the last year, we gained 54 new FACEBOOK followers, 71 new followers on TWITTER, and 43 new followers on INSTAGRAM.



468 followers  
The Steadward  
Centre for Personal &  
Physical Achievement



168 followers  
@steadwardcentre



136 followers  
thesteadwardcentre



THE STEADWARD CENTRE RECOGNIZES THE GENEROUS SUPPORT OF:



**MANAGEMENT GROUP**

**Dr. Kerry Mummery**  
Dean, Faculty of Physical Education and Recreation

**Mr. Lloyd Bentz**  
Executive Director, Alberta Sport Connection

**Judge Bradford Kerby**  
Chair, The Steadward Society

**Ms. Karen Slater**  
Director, The Steadward Centre

**2016-2017 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 (resigned March 2017)

**SCIENTIFIC ADVISORY COMMITTEE**

**Dr. Dave Collins**  
Associate Professor, Faculty of Physical Education and Recreation

**Vacant**  
Representative, The Steadward Centre

**Dr. John Andersen**  
Physiatrist, The Glenrose Rehabilitation Hospital/University of Alberta

**Dr. Donna Goodwin**  
Professor/Associate Dean (Graduate), Faculty of Physical Education and Recreation

**Dr. Michael Kennedy**  
Associate Professor, Faculty of Physical Education and Recreation

**Dr. Trish Manns**  
Associate Professor, Faculty of Rehabilitation Medicine

**Dr. Nancy Spencer-Cavaliere**  
Assistant Professor, Faculty of Physical Education and Recreation

**Ms. Karen Slater**  
Director, The Steadward Centre

**EDUCATION ADVISORY COMMITTEE**

**Dr. Janice Causgrove Dunn**  
Associate Dean (Undergraduate), Faculty of Physical Education and Recreation

**Vacant**  
Representative, The Steadward Centre

**Ms. Beth Goldie**  
Instructor Emeritus, Adapted Physical Activity and Aging, Grande Prairie Regional College

**Ms. Stacey Laing**  
Practicum Supervisor, Faculty of Physical Education and Recreation

**Dr. David Legg**  
Professor, Mount Royal University

**Ms. Katherine Mackeigan**  
Director, Provincial Fitness Unit

**Ms. Joanne MacQueen**  
Manager, Glenrose Rehabilitation Hospital

**Ms. Brandi Heather**  
Instructor, Adapted Physical Education Diploma, Red Deer College

**Ms. Karen Slater**  
Director, The Steadward Centre

**2016-2017 STEADWARD CENTRE STAFF**

**Karen Slater**  
Director (July 2016- present)

**Bobbi-Jo Atchison**  
Acting Director (April –June 2016)  
Community Transition Coordinator (on leave)

**Gina Newell**  
Financial Administrator

**Tyler Gerry**  
Receptionist/Administrative Support

**Amanda Ebert**  
Graduate Student Intern-Grant Writer (April to July 2016)

**Kassi Boyd**  
Graduate Student Intern- Grant Writer (September to present)

**Kirsti Van Dornick**  
Athlete Development Coordinator (on leave)

**Jessica Ferguson**  
Acting Athlete Development Coordinator

**Nathan Kindrachuk**  
Head Para-Swim Coach (April – August 2016)  
**Julia Lema**  
Head Para-Swim Coach (January 2017-present)

**Katrina Miyanaga**  
Para-Swim Asst. Coach

**Timothy Konoval**  
Graduate Student Intern- Head Para-Athletics Coach

**Scott Durocher**  
Adult Fitness and Recreation Team Lead (on leave)

**Caitlin Wheeler**  
Acting Adult Fitness and Recreation Team Lead

**Samantha Chaput**  
Adult Fitness and Recreation – APA Consultant

**Jessica Impola**  
Acting Community Exercise Transition Coordinator

**Bronwyn Corrigan**  
Free2BMe Team Lead

**Philip Krol**  
Free2BMe APA Consultant

**Stephanie Liew**  
Free2BMe APA Consultant

**Katherine Hense**  
APA Instructor

**Harshbir Kang**  
APA Instructor

**Megan Bara**  
APA Instructor

**Irina Simin**  
APA Instructor

**Caroline Belanger**  
Floor Monitor

**Melissa Bird**  
Floor Monitor

**Stina Hegge**  
Floor Monitor

**Katherine Hense**  
Floor Monitor

**Kathleen Inman**  
Floor Monitor

**Tamara Pisisio**  
Floor Monitor

**Jamie Tersago**  
Floor Monitor  
**Joanne Walczak**  
Floor Monitor

**Vita Wong**  
Floor Monitor

**2016-2017 PROFESSIONAL PRACTICUM PLACEMENT STUDENTS**

**Stephanie Bailey**  
(U of R)

**Kelci Barber**  
(U of R)

**Grace Chan**  
(U of A)

**Emily Damberger**  
(U of A)

**Nicole Langford**  
(NAIT)

**Kirsten Large**  
(U of R)

**Julia Lema**  
(U of A)

**Anita Owczarek**  
(NAIT)

**Evan Senger**  
(U of A)

**Irina Simin**  
(U of A)



## STUDENT TESTIMONIALS

### UNDERGRADUATE PROFESSIONAL PRACTICUM PLACEMENT

“The incredible staff create an environment that develops students into well-rounded, young professionals. I am very fortunate to have had the opportunity to learn and grow through my experience at The Steadward Centre. I have gained more than I could have ever anticipated. Not only did I learn about and gain skills in my field, but I discovered new ambitions for my future. I cannot thank everyone enough for the astounding and enriching experience!”

- Kirsten, Professional Practicum Placement, 2017

### GRADUATE STUDENT INTERNSHIP

“The collaborative workplace culture at The Steadward Centre is truly wonderful. I had little experience with grant writing prior to this position, which made the task seem slightly daunting. However, Karen and her team were always available and excited to provide support and lend a hand where it was needed. In addition to gaining invaluable experience and numerous skills related to grant writing, I was given the opportunity to get involved with other initiatives, which I sincerely appreciated. At The Steadward Centre, I always felt like a valued team member and that my learning, growth, and professional development were a top priority!”

- Kassie, Graduate Student Intern, Grant Writer, 2016-2017



## FINANCIAL STATEMENT

### FINANCIAL STATEMENT 2016 - 2017

APRIL 1 - 2016 - MARCH 31, 2017

#### REVENUE

Program and Service Fees	\$227,993
Endowment Fund	\$6,429

#### DONATIONS

Individual	\$33,934
Business	\$34,392
Business – Gala sponsorship	\$33,285

#### GRANTS

Alberta Sport Connection	\$537,500
Government of Alberta	\$15,000
Co-op	\$2,000
GoodLife Kids Foundation	\$17,900
Edmonton Oilers Community Foundation	\$23,000
In Motion Network	\$2,345
Goodlife Fitness Impact award	\$5,000
Alberta Teachers Association	\$3,000
ARPA Community Choosewell grant	\$2,000

**TOTAL REVENUE** **\$943,778**

#### EXPENSES

Human Resources	\$923,213
Equipment	\$79,846
Operations	\$164,123

**TOTAL EXPENSES** **\$1,167,182**

**BALANCE:** **-\$223,404**

