

TRY LEARN  FIT
GROW LOVE  TRUST
ENCOURAGED IMAGINATIVE
FRIENDSHIP TRANSFORM
 CHALLENGING
INCLUSIVE  UNIQUE
FUN
COMPASSION ACCESSIBLE

**ANNUAL REPORT
2017 / 2018**



THE STEADWARD CENTRE
UNIVERSITY OF ALBERTA

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 Kinesiology, Sport, and Recreation (KSR) 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:

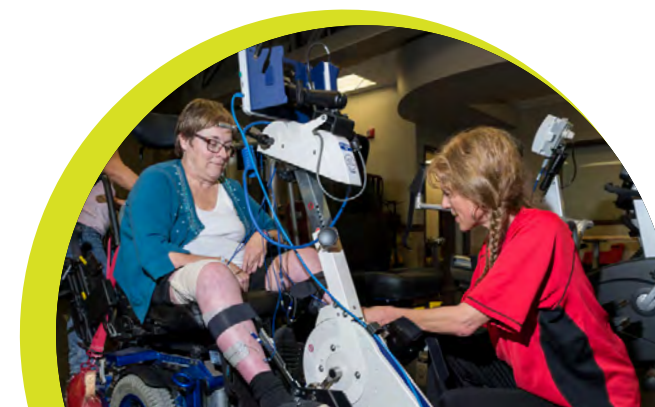
- Embedded Research and Teaching
- Integrated Continuum of Physical Activity, Fitness and Sport Opportunities
- Comprehensive Athlete Development Pathway
- Strong Strategic Partnerships
- Progressive Funding Framework

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, The Steadward Centre said good-bye to some long-time staff, welcomed new members to the team, and re-evaluated and examined its current program offerings—with a commitment to ensuring a sustainable program model within an increasingly challenging economic climate.

As an academic Centre within the newly named Faculty of Kinesiology, Sport, and Recreation, we enhanced our commitment to research and teaching through a few key initiatives. The first being, a formal collaboration with Dr. Dave Collins and his Human Neurophysiology Laboratory to plan and facilitate a National symposium entitled, A Canadian Conversation about Functional Electrical Stimulation (FES). Close to 100 delegates engaged in conversations to create meaningful connections to address the barriers and facilitators to FES participation, initiate the development of standardized FES exercise protocols and generate participant and practitioner driven research questions. The symposium held spring 2018 attracted delegates from across Alberta, British Columbia, Saskatchewan, Ontario, New Brunswick, and one international delegate from England. Secondly, the Centre continues to support the teaching and learning activities of the Faculty, providing meaningful applied learning experiences for over 230 students from across campus.

The Centre's state of the art facility continues to draw new participants to our diverse programming. The interest and commitment from our adult participants to engage in specialized one-on-one personal training to achieve individual training goals has been overwhelmingly positive; creating a sense of energy and determination within the fitness centre that is second to none. Our children and youth continue to thrive in our vibrant Free2BMe program. The program received an extra boost this year from a highly passionate group of students from Dan Knott Junior High School who raised both awareness and much needed funds for the program through the Edmonton Oilers Community Foundation Hockey Helps Kids Program.

The year 2018 marks a significant milestone for the Steadward Centre, celebrating its 40th anniversary. Initiatives are underway to recognize and honour this achievement—a dedicated group of community volunteers have been working diligently to plan the 40th Anniversary Gala on June 21, 2018. The event will aim to honour its legacy and the tremendous work of its founder, Dr. Robert Steadward, while striving to reach new heights through raising both awareness and funds to continue this important work.

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 individuals experiencing disability, student volunteers and the community at large, through innovative programs and applied learning opportunities.

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 Kinesiology, Sport, and Recreation, Dr. Kerry Mummery. Many thanks.

With gratitude,

Karen Slater
Director



ACTIVITY HIGHLIGHTS - LEARNING

LEARNING

The Steadward Centre is proud to be housed within the Faculty of Kinesiology, Sport, and Recreation, University of Alberta, and thus an integral component of the Faculty's learning opportunities for its students. The Steadward Centre provides direct teaching and learning opportunities in Adapted Physical Activity and Parasport development, through community service learning experiences, guest lectures, workshops and tours for visiting students and scholars. In addition, 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 231 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 7694.9 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 2017-2018, nine full time students from the University of Alberta, engaged in 14 weeks of applied work experience in Adapted Physical Activity.

GRADUATE STUDENTS

We were pleased to continue to support graduate students within the Centre as teaching assistants within Community Service Learning courses, and as researchers. We were delighted to participate in the Graduate Student Internship Program (GSIP) during the summer of 2017, where we benefited from grant writing support.

COMMUNITY SERVICE LEARNING

Community Service Learning (CSL) makes learning come alive. Academic coursework is linked to community-based experiences. Students bring their time and talents to community organizations such as ours as part of their studies, challenging them to engage with their learning in fresh new ways and to explore relationships between theory and practice. As a designated Community Service Learning (CSL) partner, The Steadward Centre supported 73 students through KIN 471 and KIN 472. None of this would be possible without the willingness and grace of the Centres' 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 (NVC) program.

STORY ONE: A WEALTH OF VOLUNTEERS

Each year over 230 unique volunteers engage and assist in The Steadward Centre programs. The opportunity to work with participants enables volunteers to "grow as professionals and as individuals." Volunteers gain skills in leadership, modification and adaptation, communication, and building rapport. One volunteer described, "being more confident working in front of a group and with people in an interesting exercise setting." Another volunteer shared that they did not learn a skill, but rather "an appreciation for sport and exercise and how it connects people of all backgrounds."

The Centre is committed to providing meaningful experiences for student volunteers, while ensuring the needs, interests, skills and talents of our participants are acknowledged, respected and enhanced through appropriate and desired volunteer support. Over the past ten years, the Centre has utilized a committee to support volunteer engagement within the Centre— The Wealth of Volunteers Committee. We are pleased to say that as a result of the efforts of this group, our volunteer program, and all whom it serves, benefits from a streamlined recruitment, screening and intake process, in-person and online training modules, a comprehensive volunteer manual, and mechanism for evaluation. Progressive volunteer experiences are made available as students advance through their studies, culminating in a four month professional practicum placement for those seeking a more comprehensive experience to conclude their Kinesiology degree.

When asked about their overall volunteer experience at The Steadward Centre, one volunteer shared: "TSC has been one of my most positive volunteer experiences. I absolutely love coming to the Centre and spending time with the participants, staff and volunteers." Another individual expressed their volunteer time as "always the highlight of [their] week."

Volunteers eagerly shared what they enjoyed the most about volunteering at The Steadward Centre—

"I loved getting the opportunity to learn adapted fitness. I enjoyed the freedom to take participants through their programs on my own and get to know them {as individuals}"

"Seeing the athletes push themselves/make improvement and be proud of their accomplishments."

"I most enjoyed getting to know the participants and their backgrounds. I've met a lot of really great people."

"I've gained a greater appreciation for exercise adaptation when working with participants and how exercise can be used to increase the participant's quality of life."

Overall, The Steadward Centre is extremely grateful for all of the hard work our volunteers dedicate towards making our programs and the people who participate in them a success.



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.

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

THE STEADWARD CENTRE HAS BEEN ACTIVELY SUPPORTING THE FOLLOWING RESEARCH PROJECTS:

A comparison of four ways to deliver FES to improve ride times during cycling.

Trevor S. Barss,^{1,2} Francisca Claveria,^{1,2} Emily N. Ainsley,^{1,2} Dylan J Miller,^{1,2} Jessica Impola,³ Chester H. Ho,^{2,4} and David F. Collins^{1,2}

¹ Human Neurophysiology Laboratory, Faculty of Kinesiology, Sport, and Recreation, University of Alberta, Edmonton, Alberta, Canada ² Neuroscience and Mental Health Institute, University of Alberta, Edmonton, Alberta, Canada ³ The Steadward Centre for Personal & Physical Achievement, Faculty of Kinesiology, Sport, and Recreation, University of Alberta, Edmonton, Alberta, Canada ⁴ Division of Physical Medicine & Rehabilitation, Faculty of Medicine, University of Alberta, Edmonton, Alberta, Canada

Reducing fatigue of electrically-evoked contractions after spinal cord injury.

David F. Collins, Human Neurophysiology Laboratory, Faculty of Kinesiology, Sport, and Recreation, University of Alberta

An Integrated Knowledge Translation approach to the development and implementation of a physical activity program for people living with epilepsy: a pilot feasibility trial. (Proposal for funding to The Kaye Fund Competition)

Donald Gross¹, Kelvin Jones², Danielle Peers², Karen Slater³

¹Division of Neurology, Director Kaye Edmonton Clinic Adult Epilepsy Clinic, University of Alberta, Edmonton, Alberta, ²Faculty of Kinesiology, Sport, and Recreation, University of Alberta, Edmonton, Alberta, ³The Steadward Centre, Faculty of Kinesiology, Sport, and Recreation, University of Alberta, Edmonton, Alberta, Nerve Excitability for people experiencing paralysis. Kelvin Jones, Faculty of Kinesiology, Sport, and Recreation, University of Alberta

Community-based physical activity and recreation (CPAR): Training professionals to improve quality of life for families. (Proposal for funding to Kids Brain Health Network)

Jennifer Leo¹, Donna Goodwin², Kelly Arbour-Nicitopoulos³, Tara Joy Knibbe¹, Emily Glossop¹, Karen Slater⁴, Niamh Elizabeth Reilly⁵, JoAnne Mosel⁶
¹Abilities Centre, Whitby, Ontario, ²Faculty of Kinesiology, Sport, and Recreation, University of Alberta, Edmonton, Alberta, ³Faculty of Kinesiology and Physical Education, University of Toronto, Toronto, Ontario, ⁴The Steadward Centre, Faculty of Kinesiology, Sport, and Recreation, University of Alberta, Edmonton, Alberta, ⁵UNESCO Chair Inclusive Physical Education, Sport, Recreation & Fitness, Institute of Technology, Tralee, Ireland, ⁶CHILD-BRIGHT KT Committee, Montreal, Quebec.

The Alberta Parasport Summit: Reimagining Practice and Policy— Social Sciences and Humanities Research Council (SSHRC) Connection Grant

Danielle Peers, Faculty of Kinesiology, Sport, and Recreation, University of Alberta, Edmonton, Alberta
Collaborator: Karen Slater, The Steadward Centre, Faculty of Kinesiology, Sport, and Recreation, University of Alberta, Edmonton, Alberta

Physical literacy for children diagnosed with Autism Spectrum Disorder: Exploring perceptions of parents to establish continuity and consistency of practice.

Kyle Pushkarenko, and Janice Causgrove Dunn, Faculty of Kinesiology, Sport, and Recreation, University of Alberta

The experience of stress and coping in physical education for elementary school children with movement difficulties.

Chantelle Zimmer, and Janice Causgrove Dunn, Faculty of Kinesiology, Sport, and Recreation, University of Alberta

CANCON2018

A CANADIAN CONVERSATION ABOUT FUNCTIONAL ELECTRICAL STIMULATION (FES)

Between May 31-June 2, 2018, The Steadward Centre for Personal & Physical Achievement, University of Alberta, hosted CanCon 2018: A Canadian Conversation About Functional Electrical Stimulation (FES). The first of its kind, the conference gathered nearly 100 students, researchers, and FES participants from across Canada for a variety of poster presentations, talks, and discussions related to FES. The information gleaned from the conference's presentations and discussions will be used to help formulate guidelines for FES implementation and use.

Various stakeholders came together to spark the conversation on functional electrical stimulation (FES). The goals of the conference were threefold:

- Create meaningful connections to address the barriers and facilitators to FES participation;
- Initiate the development of standardized FES protocols; and
- Generate participant and practitioner driven research questions.

Presentation and poster topics were as diverse as the group that gathered to attend the symposium and included topics such as: FES garments and implants, accessibility and use of FES in the community, implementation of FES cycling in Alberta, FES exercise recommendations and protocols, and barriers and facilitators to FES use. The wide range of topics demonstrates the broad scope of FES application and the importance of continuing to enhance the accessibility and use of FES for individuals that experience disability.

KEYNOTE SPEAKERS



Dr. Arthur Prochazka, a professor in the Neuroscience and Mental Health Institute at the University of Alberta kicked off the conversation with an engaging presentation titled, Neuroprostheses: A Brief History. Dr. Prochazka provided delegates with an overview of the development of FES technology since its inception in the 18th century. Although FES technology has come a long way over the years, it is still only offered to a fraction of the people who might benefit. Dr. Prochazka considered some of the reasons for this, and left the group feeling encouraged for how things may change in the coming years.



Delegates also had the pleasure of hearing from **Dr. Kathleen Martin Ginis**. Dr. Martin Ginis is the Reichwald Family Chair in Preventive Medicine at University of British Columbia's Southern Medical Program. She is also a UBC Distinguished University Scholar, Professor in the School of Health and Exercise Sciences, and an ICORD Principal Investigator. In her address, titled Promoting Physical Activity After Spinal Cord Injury: From Guidelines to Practice, Dr. Martin Ginis shared with us her experience developing physical activity guidelines for individuals living with spinal cord injury. We hope this presentation will be helpful for all individuals with a passion for standardizing FES – the process of developing these guidelines may provide a foundational starting point to the development of FES guidelines in the near future. Dr. Kathleen Martin Ginis' keynote address was a perfect transition into the panel session on developing standardized recommendations and protocols for FES exercise.



Our final keynote of the weekend was the **Dr. Richard B. Stein Annual Lectureship** delivered by **Dr. Kristin Musselman**. Dr. Musselman is a physical therapist and Scientist with the Neural Engineering and Therapeutics Team at the Toronto Rehabilitation Institute – Lyndhurst Centre. Dr. Musselman described her experiences using FES in neurorehabilitation during her talk titled Three Strategies to Influence the Future of FES in Neurorehabilitation. Her keynote was powerful and inspiring, demonstrating the numerous ways FES participation can positively influence the lives of individuals living with impairments, as well as the lives of their loved ones.



FES USER PARTICIPATION IN THE CONVERSATION

Another important highlight of CanCon 2018 was the enriching participation and engagement from individuals with lived experience of disability and FES use. Their engagement at the conference was paramount, especially when discussing the barriers and facilitators to FES and active healthy living for individuals experiencing disability. Thanks to their presence in the conversation and specifically in a participant lead panel discussion, we garnered insightful observations, and valuable recommendations related to FES use.

THOUGHTS ON THE CONVERSATION ABOUT FES

Throughout the conference we learned about the history of FES, pushed the boundaries on the "function" in functional electrical stimulation, discussed the development and delivery of FES programs, increased our knowledge on developing standardized recommendations, particularly those pertaining to FES exercise, broke down the barriers and facilitators to FES participation, and closed with a remark on how to move forward following our conversation. We are so thankful for the genuine engagement from all of the conference delegates-- thank you for your willingness to share your experiences, knowledge, and expertise related to FES.

When we initially planned this event we never imagined that as many people were as passionate about FES for individuals experiencing disability as we are at the University of Alberta. The conference was exciting and informative and gives us hope for the future of FES. On behalf of The Steadward Centre for Personal & Physical Achievement and The Human Neurophysiology Laboratory at the University of Alberta, we would like to thank everyone for their attendance and participation in CanCon 2018. Although the conference has ended, this will not be the end of the conversation. This conference marks the first of many conversations as we collectively work towards increasing the application and accessibility of FES and its use over a variety of settings. Moving forward, we will continue the conversation to break down the barriers that individuals experiencing disability face when accessing FES, develop standardized FES exercise protocols so that more practitioners may deliver programming, and continue to explore through our research ways to enhance and expand the quality of delivering FES technologies.

WITH GRATITUDE

We must give one final acknowledgement for the tremendous generosity of our presenting sponsors, SCITCS and their President, Louise Miller; the Faculty of Kinesiology, Sport and Recreation; The Faculty of Rehabilitation Science; UROMedical; Neuroscience and Mental Health Institute; and Campus Alberta Neuroscience. We are grateful for your support in starting A Canadian Conversation about FES.

We also wish to thank Biera of Blind Enthusiasm Brewing Company for hosting our Friday night social. A final thank you goes out to our entire planning committee for all of their hard work in preparing for and hosting A Canadian Conversation About FES



ACTIVITY HIGHLIGHTS – CITIZENSHIP

CITIZENSHIP

Over 766 unique individuals participated in one of our five vibrant programs: Adult Fitness and Recreation (239), Athlete Development for Parasport (76), Community Exercise Transition Program (20), Functional Electrical Stimulation (FES) Exercise Program (52) and Free2BMe Physical Activity for Kids and Teens with Disabilities (455).

ADULT FITNESS AND RECREATION:

Many adult participants took their programs to new heights with individualized training sessions. Individuals had the opportunity to work alongside one of our exercise specialists or to workout with their very own P.A.L. – Physical Activity Led by Student.

The Steadward Centre creates more opportunities for adults living with impairments to choose the way they move through a diverse offering of individualized and group instructional programs. Individuals as young as 15 and as experienced as 80 participated in Sit to Be Fit, Circuit Training and Active Passive Trainer exercise classes. In addition, participants stretched it out in yoga class and got their feet wet in the re-introduction of Adapted Aquafit.

ATHLETE DEVELOPMENT FOR PARASPORT:

The Steadward Bears Parasport program encompasses the Para-swim and Para-athletics teams. The Steadward Bears Para-swim team, in partnership with the Olympian Swim Club (OSC), ensured swimmer registration with Swim Alberta and supported a more inclusive swim environment for all swimmers. This collaboration afforded the opportunity for the Steadward Bears to compete in a variety of local and provincial meets. Ten athletes represented The Steadward Centre and OSC at 12 meets. A total of 44 swimmers in both the performance and development groups supported each other through practices, meets and in the fitness facility.

In the Steadward Bears Para-athletics program, 11 unique athletes learned new skills and progressed both on the track – wheelchair racing, sprint events; and in the field – seated throw events. Five athletes attended local competitions and two para-athletics development camps were held, attracting athletes from across the Greater Edmonton Area.

COMMUNITY EXERCISE TRANSITION PROGRAM:

The Steadward Centre works with individuals in the community to create inclusive, welcoming fitness and recreation facilities for all who choose to participate. In doing so, individuals experiencing disability will no longer be restricted to exercising within a specialized setting such as The Steadward Centre, but will have the opportunity to choose the way they move within their own community.



FREE2BME PHYSICAL ACTIVITY PROGRAMS FOR KIDS AND TEENS WITH DISABILITIES:

Free2Play, Free2Risk, Free2Try, Free2Achieve! Free2BMe continues to serve hundreds of children

and youth living with impairment and their families by providing them with the opportunity to play, learn and grow through physical activity and sport. In addition, Free2BMe was proud to host a variety of schools and community groups through its Active Schools Initiative.

FUNCTIONAL ELECTRICAL STIMULATION (FES) EXERCISE:

Expanding access to FES programs was top of mind this past year as The Steadward Centre co-chaired a highly successful Canadian Conversation about FES. 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 Alberta is continuing to grow and evolve under the Centre's AltaStim Network.



STORY TWO: PERSONAL GROWTH, ONE SESSION AT A TIME

David Purkis has been with the Adult Fitness and Recreation programs since September of 2017, following a referral from his Recreation Therapist at the Glenrose Hospital. David participates in the Adult Fitness and Recreation one-on-one personal training sessions with one of our Adapted Physical Activity Consultants. Initially, David found the program challenging and confusing—setting up a program seemed like a daunting task to David when he was still new to the Centre. However, with the support and expertise from his “excellent trainer”, David eased in and became more comfortable at the Centre. Now, after almost two years with the program, **he feels confident and comfortable** navigating through each session.

David describes his overall experience at The Steadward Centre as very positive. Since his stroke in January of 2017, David has noticed a **significant physical improvement**, which has been his “most positive result.” In particular, the program has enabled David's strength, mobility and overall fitness to improve tremendously.

When asked what it means to David to be a part of The Steadward Centre, he shared that attending the Centre has given him the opportunity to improve his “general health and quality of life” – **something that is invaluable.**



PRESENTATIONS

Wheeler, C. (April 2017). The role of assessments for an Adapted Physical Activity Consultant. Guest Lecture PERLS 370, Faculty of Kinesiology, Sport, and Recreation, University of Alberta, Edmonton, Alberta.

Slater, K. (April 2017). The Steadward Centre for Personal & Physical Achievement: A community Adapted Physical Activity Model. PROBUS Club of Edmonton, Royal Mayfair Club, Edmonton, Alberta.

Wheeler, C., Chaput, S., Impppola, J., Lema, J., Miyanaga, K. (April / May 2017). Choosewell Fund Community Adapted Physical Activity Workshop Series. Corrigan, B. (July 2017). The Steadward Centre— An Adapted Physical Activity and Parasport Program. International Summer School Program— Shanghai and Beijing delegations, Faculty of Kinesiology, Sport, and Recreation.

Corrigan, B. (November 2017). Introduction to the Free2BMe program and interdisciplinary approach to programming for children experiencing disability. Guest Lecture, Faculty of Rehabilitation Science, Edmonton, Alberta.

Durocher, S. (February 2018). Adapted Physical Activity and the certified personal trainer. Guest Lecture, NAIT Personal Fitness Trainer Program. Edmonton, Alberta.

Slater, K. (March 2018). Becoming an Effective Leader— it's definitely about the journey. Guest lecture. Faculty of Kinesiology, Sport, and Recreation, RLS 122, Edmonton, Alberta

COMMUNITY ENGAGEMENT

The Centre conducted over 15 community workshops, in-services, educational tours and guest lectures over the last year. We estimate that this expands the Centre's reach to include an additional 100 professionals and students who have received support from the Centre.

COMMITTEE INVOLVEMENT

COMMITTEE	COORDINATING BODY	TSC REPRESENTATION
Accessibility Advisory Committee	City of Edmonton	Jessica Ferguson
Accessibility Advisory Committee	University of Alberta	Caitlin Wheeler
International Day for Persons with Disabilities Planning Committee	City of Edmonton	Jessica Ferguson
A Wealth of Volunteers	The Steadward Centre	Chairperson Philip Krol, Scott Durocher, Jessica Ferguson, Scott Forrester, Tyler Gerry
Play GREAT	Play GREAT	Bronwyn Corrigan, Philip Krol
InterAgency	InterAgency	Scott Durocher, Jessica Ferguson
Free2BMe Gala June 2017 Planning Committee 40th Anniversary Gala June 2018 Gala Planning Committee	The Steadward Centre	Karen Slater
Alberta FES Interest Committee	Glenrose Rehabilitation Hospital & SCITCS	Karen Slater
AltaStim Southern Alberta Steering Committee	University of Calgary	Jessica Impppola & Scott Durocher

MEDIA

- Free2BMe Gala 2017 Interview— Karen Slater, Centre Director & Dr. Bob Steadward, Founder Global Television (June 2017)
- Why Jenny Smiles*, Changing Lives Week— University of Alberta. (January 2018) <https://www.ualberta.ca/giving/giving-news/2018/january/why-jenny-smiles>
- Edmonton Oilers Hockey Helps Kids Program featuring Dan Knott Schools video in support of Free2BMe <http://hockeyhelpskids.com> -- [Video aired at Edmonton Oilers Hockey Game February 2018.](http://hockeyhelpskids.com)

SOCIAL MEDIA

The Steadward Centre has continued to see an increase in our social media following. We are active on the following platforms— FACEBOOK, TWITTER and INSTAGRAM.



522 followers

The Steadward Centre for Personal & Physical Achievement



206 followers

@steadwardcentre



191 followers

thesteadwardcentre

2017-2018 THE STEADWARD CENTRE GOVERNANCE COMMITTEES

THE STEADWARD CENTRE RECOGNIZES THE GENEROUS SUPPORT OF:



THE STEADWARD CENTRE'S FREE2BME GALA JUNE 23, 2017 RECOGNIZES THE GENEROUS SUPPORT OF:



(Presenting Sponsor)



MANAGEMENT COMMITTEE

Dr. Kerry Mummery
Dean, Faculty of Kinesiology, Sport, and Recreation

Mr. Lloyd Bentz
Executive Director, Alberta Sport Connection

Judge Bradford Kerby
Chair, Friends of The Steadward Society

Ms. Karen Slater
Director, The Steadward Centre

2017-2018 STEADWARD CENTRE SOCIETY

Judge Bradford Kerby
President / Chair

Mr. Wallace Whitford
Director / Secretary-Treasurer

Ms. Margaret Conquest
Director

Dr. Dhiren Naidu
Director

Dr. Robert Steadward
Society, Executive Director

SCIENTIFIC ADVISORY COMMITTEE

Dr. Dave Collins
Associate Professor, Faculty of Kinesiology, Sport, and Recreation

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

Dr. Donna Goodwin
Professor, Faculty of Kinesiology, Sport, and Recreation

Dr. Michael Kennedy
Associate Professor, Faculty of Kinesiology, Sport, and Recreation

Dr. Trish Manns
Associate Professor, Faculty of Rehabilitation Medicine

Dr. Nancy Spencer-Cavaliere
Assistant Professor, Faculty of Kinesiology, Sport, and Recreation

Ms. Karen Slater
Director, The Steadward Centre

EDUCATION ADVISORY COMMITTEE

Dr. Janice Causgrove Dunn
Associate Dean (Undergraduate), Faculty of Kinesiology, Sport, and Recreation

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

Ms. Stacey Laing
Practicum Supervisor, Faculty of Kinesiology, Sport, and Recreation Professor, Mount Royal University

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

2017-2018 STEADWARD CENTRE STAFF

Karen Slater
Director

Nancy Cheung
Financial Assistant

Tyler Gerry
Administrative Assistant

Kassi Boyd
Grant Writer, Graduate Student Internship Program (GSIP) Summer 2017

Scott Durocher
Adult Fitness and Recreation Team Lead (August 2017 to April 2018)

Scott Forrester (September 2017 onward)

Caitlin Wheeler
Adult Fitness and Recreation APA Consultant and Acting Team Lead (April - August 2017)

Samantha Chaput
Adult Fitness and Recreation APA Consultant (April - August 2017)

Jessica Impolla
Community Transition Coordinator (April 2017-August 2017)

Jessica Ferguson
Athlete Development Coordinator

Bronwyn Corrigan
Free2BMe Team Lead

Stephanie Liew
Free2BMe APA Consultant

Philip Krol
Free2BMe APA Consultant

ATHLETE DEVELOPMENT COACHES

Maegan Ciesielski
Head Coach Para-athletics

Uno Evangelista
Strength and Conditioning

Julia Lema
Head Coach Para-swimming

Katrina Miyanaga
Assistant Coach Para-swimming

ADULT FITNESS AND RECREATION FLOOR MONITORS

Brendan Kelly
Carly O'Sullivan
Emily Ainsley
Joanne Walczak
Vita Wong
Katherine Hense
Caroline Belanger
Jamie Tersago

APA INSTRUCTORS

Meaghan Bara
Tara Freeman
Catherine Kelly
Kirsten Large

2017-2018 PROFESSIONAL PRACTICUM PLACEMENT STUDENTS

Spring 2017
Gaurav Rawat
Catherine Kelly

Fall 2017
Theresa Fraser
Jacie Macdonald
Michael Denoncourt

Winter 2018
Tristan Piska
Darrian Banack
Ferris Sandboe
Sara Samoil

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PLAY ◀ ADAPT
OPPORTUNITY
ENERGY STRONG

FINANCIAL STATEMENT

FINANCIAL STATEMENT 2017 - 2018

APRIL 1 - 2017 - MARCH 31, 2018

OPENING BALANCE

-\$223,404

REVENUE	
Program and Service Fees	\$285,558
DONATIONS	
Individual	\$27,599
Business	\$31,146
Business - Gala	\$68,517
GRANTS	
Alberta Sport Connection	\$534,200
Edmonton Oilers Community Foundation	\$23,214
Telus	\$20,000
Melton Foundation	\$10,000
Edmonton Civic Employees	\$9,940
Butler Family Foundation	\$9,500
Children's Ability Fund	\$7,000
Alberta Teachers Association	\$3,000
ParticipACTION 150	\$450
TOTAL REVENUE	\$1,030,124

EXPENSES	
Human Resources	\$870,272
Equipment	\$30,474
Operations	\$111,518
TOTAL EXPENSES	\$1,012,264

TOTAL REVENUE - EXPENSES

\$17,860

BALANCE:

-\$205,544



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INCLUSIVE  UNIQUE
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PLAY  ADAPT