

Glowing Hearts

From Play to Podium



Presented By: Canadian Foundation for Physically Disabled Persons and Play 2 Podium Project

Glowing Hearts

From Play to Podium



Presented By:



In Association With:

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Canadian Paralympic Foundation
Canadian Soccer Association
CAW Canada
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Glowing Hearts – From Play to Podium was made possible with the generous support of these companies and associations.

To learn more about them visit www.glowinghearts.ca.

Our Team

Publishing a book requires writers, photographers, graphic designers and editors. *Glowing Hearts* was very lucky to have a team that shares the same passion for sports for people with disabilities as those who you'll meet in this book. This publication had videographers too! Check out the book's videos in the digital version of *Glowing Hearts* at www.glowinghearts.ca.



Brenda Spielmann

Brenda grew up in Brazil but now makes her living as a photographer in Toronto. "Photographing the youth from Variety Village for this book was incredible!" she says. "Each one of them brought such energy, confidence and power to the set. I felt so energized and inspired," she raves.



Reggie and Lizzy Ray

This husband and wife team is a dynamic duo. The Canadian couple started their own media and entertainment company in Australia. Their company celebrates live music from all around the world. They are musicians too and share the stage by night. But what they love to do most is photography and videography!

Reggie says that he learned something very special from his video work for this book: "Never give up!" Lizzy agrees. "Nothing can stop young Canadians from reaching for their goals."



Starr Hansen

Starr's love for art as a child turned into her professional occupation. She's been involved in many great projects throughout her career – but this one has become one of her personal favorites. "With so many powerful and moving stories in *Glowing Hearts*, it would be impossible to pick a favorite," she admits. "They're all heroes!"



Tina Dealwis

Tina has been a writer since the age of 10. Today, she is a professional journalist in Hamilton, Ontario. She writes for many magazines and books but says being part of *Glowing Hearts* was the most inspiring and life-changing.

"Interviewing such amazing athletes, coaches and parents has shown me that there truly are 'No Limits' to what one can accomplish," she explains.



Lieven Coudenys

Lieven is a photographer from Bruges, Belgium. He is the official photographer of the International Paralympic Committee. He has been to six Summer and Winter Paralympics. The 2008 Paralympic Games in Beijing was his most recent assignment. "It's amazing to see the incredible performances by these Paralympic athletes," Lieven says. His photos can be seen at www.coudenys.be.



Mitchell and Emily Tiessen

This brother and sister Junior Journalist team interviewed many of the people featured in this book. Mitchell, age 12, and Emily, 9, helped choose a lot of the photos you'll enjoy as well. They also contributed as hosts for most of the videos you'll see in the interactive online version of the book at www.glowinghearts.ca. Both agree that the most important thing they learned from this project is that amazing things can happen when you really put your mind to something.



Video Production Team

The online videos at www.glowinghearts.ca were created by a talented team of Communication Technology students from Holy Names High School in Windsor, Ontario. The project team was led by teacher Mr. David Broad (not shown) and included Tara Penny, Kristen Payne, Matthew Westlake, Mark Mazzocca, Anthony Giglio and Vanessa Hoffmann.

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Discover more at www.glowinghearts.ca.

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Special thanks to Canadian Paralympic Committee photographers **Benoit Pelosse** and **Mike Ridewood** for their contribution of Paralympic photos from Beijing, China. Benoit is from Montreal and has photographed three Paralympic Games. Mike lives in Calgary. He has been a photographer at seven Olympic Games and Beijing was his first Paralympic Games assignment.

Yes We Can

Years ago I got a phone call which brought an outstanding group of Canadians from every part of our country into my life. I was asked to represent the Government of Canada at the Paralympic Games in Nagano, Japan.



At that moment, like many Canadians, I was not aware of the Paralympic Committee and the athletes it represents and the lives it has changed. From the moment I set foot in Nagano my life shifted instantly. I had new knowledge about **athletes who soared beyond their disabilities through sports**.

Not only did they bring medals home to Canada, but they also carried a message for citizens of all ages. Through their skill and determination each one of those athletes competed with the clear attitude of **"Yes I Can"**.

From that day forward I joined our Paralympians with that message. A group of friends came together to form the Canadian Paralympic Foundation to help spread the word so that all Canadians could share in the **commitment** and **pride** of these athletes.

In this outstanding book you will read about Canada's Paralympic athletes and others who are having fun, keeping healthy, and making new friends through sports. Together, all of us can reach high with these **hopes and dreams**.

Senator Joyce Fairbairn

Chairwoman, Canadian Paralympic Foundation



The Hero in All of Us



I love inspiring stories. The ones that make you think to yourself... "hmm, I don't think I could have done that." The heroes in those stories probably thought the same thing before they found the fortitude to **meet the challenge** that confronted them.

I've been very lucky in my life to meet many Canadian heroes. Some of them are great athletes, like Paralympian Chantal Petitclerc. Some have invented great things. Some have done great things for others.

But those who inspire me most are **young people** who have done wonderful things to help Canadians with disabilities. Like Robert Hampson and Jeneece Edroff. You'll meet them both in this book and be amazed by their **incredible spirit** and **determination** to help others.

Young Canadians can do a lot to **make a difference** in others' lives. It's all about attitude, and treating everyone fairly. And most importantly, it's about seeing people's **abilities first**, not their disabilities.

Enjoy this extraordinary book. You'll clearly see that there is a **hero in all of us**. I hope it inspires you to find the hero in you!

Vim Kochhar

*Chairman, Canadian Foundation
for Physically Disabled Persons*



Participation is the Goal

Sport and recreation is so important for all young Canadians. The Canadian Soccer Association is a firm believer in that and is big on growing the sport of soccer for all, and at all levels.

More kids participate in soccer than any other sport in Canada and the world. It is healthy physical activity for players of all abilities. It's great for your **heart** and **lungs**, your **muscles** and your **bones**. What's great too is that playing soccer helps to prevent many illnesses.

Soccer is one of the world's most exciting sports and the 7-a-side version for athletes with a disability is no exception. It combines **speed, agility** and impressive **ball handling**. Soccer 7-a-side has been an official Paralympic sport since 1984.

The Canadian Soccer Association is also proud to work with the Canadian Cerebral Palsy Sports Association and the National Cerebral Palsy Soccer Team. We're working together to grow **7-a-side soccer** so more players have the chance to play and possibly represent Canada on our national team one day.

The Canadian Soccer Association is proud to be a Gold Sponsor of *Glowing Hearts* and introduce you to **two inspiring stars** on our National Cerebral Palsy Team.

Peter Montopoli

General Secretary, Canadian Soccer Association



Get Your Game On

As you pursue your passion for sports, Scotiabank applauds your athleticism and **determination**. You'll find stories here of Canadian sports heroes who have achieved world-class greatness.

Your own story may follow their path, or you can simply **play to have a great time**. Either way, Scotiabank is committed to helping you make the most of who you are and celebrating your potential. We support ParaSport athletes and everyone who wheels, walks, skates or runs in **inclusive play**.

John Doig

Senior Vice-President of Marketing, Scotiabank

The Sky's the Limit

AIR CANADA



At Air Canada, we think we're really fortunate to have flown our Canadian athletes to the 2008 Paralympic Games. We're excited that you're going to meet some of them in this book, *Glowing Hearts*. When these athletes were kids a lot of them dreamed of becoming great sports heroes, just like you might. They went after their dreams with **hard work** and **determination**, even when their disabilities made their paths different. And now they're successful Paralympic athletes that we can all look up to.

That's the great thing about sports. The medals and trophies are fun, but the best part is that **anyone can join in**. If you've never tried a sport before, you might discover a passion or talent you didn't even know you had. If you dream of being the best, you can work hard to become a champion. From having fun with friends to working toward a gold medal, sport has **something for everyone**. And that's regardless of whether you play with or without a disability.

These stories are sure to **inspire** you. Who knows? Maybe one day we'll be lucky enough to fly you to another city or country to fulfill your sports dream! We sure hope so.

Denis Vandal

Director, Marketing Communications
Air Canada



Scotiabank®



The Power of Sport

I lost both hands in an accident when I was 11 years old. I was a pretty good baseball and hockey player before that. I never thought I'd play those sports again. But my dad thought differently. He made a really cool – but strange-looking – hockey stick for me that I could use with my prosthetic hands.

I played hockey again. I wasn't as good as I once was. It was really hard and it was quite scary sometimes. But I still had fun. And I learned something very important about myself: "If I could play hockey again with two artificial arms, well... **maybe I could do anything if I tried.**"

Twenty years later I stood on the podium at the Paralympic Games in Seoul, Korea. I had won a gold medal with a world record-setting run on the track. Two decades earlier I never dreamed that I would be a Paralympic sprinter. I had trouble believing that I'd be a Pee wee hockey player again. But my dad's funny-looking hockey stick gave me the **power to believe** and to dream. Look what can happen with that kind of power!

That's not the whole story though. While growing up, that hockey stick led to lots of everyday **fun with my friends and family**. We played baseball and football. We rode bikes and raced go-carts. We fished and we swam. I could do anything if I tried. A special stick made me a regular kid.

That's what *Glowing Hearts* is all about. It's about the power of recreation and sport in every kid's life.

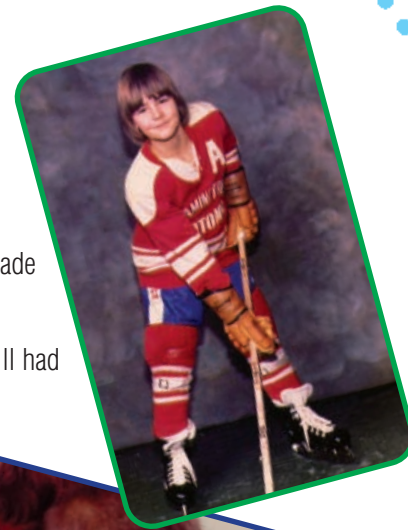
Being active is so important for all kids. Whether you have a disability, or you don't, there's so much to learn in this book. **Some kids just do it differently.** Whether it is wheelchair basketball or soccer or horseback riding, there's always a way to play.

In this book you'll meet some very active kids with disabilities reaching for their goals and dreams. You'll also meet some of Canada's best athletes whose dreams came true at the Paralympic Games in China in 2008. I believe you'll be inspired by all of their special messages for you.

Go Play.

Jeff Tiessen

Publisher, *Glowing Hearts* – From Play to Podium



"If I could play hockey again with two artificial arms, well... maybe I could do anything if I tried."





PLAY

Just like our daily food groups, **physical activity** is essential for **healthy bodies** too.

What's really great about participating in sports is that it makes for a **healthy** and **happy you**. Getting active with family and friends is a lot of fun.

It's great for **meeting new friends** and learning **new skills**. It's good for your **confidence** and **self-esteem** too.

Try different sports to find one you love. Remember, sports is all about **what you can do**, not what you can't do. There are plenty of ways to play.



"An expert at anything was once a beginner."

- H. Jackson Brown, Jr.

Play. Make it a habit every day.



My Best Days

By Robert Hampson, Age 17, Variety Village Flames Swim Team

The most amazing thing happened to me last year! I went to swim practice at my school. This may not seem amazing to you, but it is to me. Maybe I should start at the beginning.

Two weeks after my fourth birthday, I found out I had a brain tumor. Two weeks later I went into the hospital. I came out blind.

I was so young that I didn't really understand what that meant. I asked my mom when morning would come. I asked my dad to turn on the lights. I

went outside. I just couldn't understand why it was dark all of the time.

I had to learn how to do everything without sight – walk around without bumping into things, get dressed, read and write, use a computer. Imagine putting on a blindfold and eating a spaghetti dinner? Remember! No peeking.

While I was learning, I bumped, crashed and ran into lots of things – brick walls, metal poles, doors and trees. I fell down stairs, tripped over curbs and walked off the end of our dock at least three times. **But I never gave up.** These days, nothing stops me from going places. I use my hearing to see.

Another thing about being blind is that it can be hard to get enough physical activity each day. There aren't many places that you can run full blast without getting hurt. You have to **be innovative.**

My parents had a hard time finding sports leagues for me to join. But when I was eight, one swim changed my life forever. My goal was to swim across the lake at camp. It took me two and a half hours. I was so dizzy when I got to the other shore but it was so worth it! I was **so proud of myself.**

I told everyone about it. Then someone told me about a famous marathon swimmer named Vicki Keith. She had a team for swimmers with a disability at Variety Village.

"These days, nothing stops me from going places. I use my hearing to see."



My first day on the swim team was one of the best days of my life! I couldn't believe it! The other kids were all calling out to have me on their relay team. Nobody at school had ever wanted me on their team. **I was so nervous.** Vicki treated us all with such respect. This was one of the first times in my life that I had found a place where it didn't matter that I was blind.

I love swimming because I don't have to feel for things in the pool. I know that I won't trip over any rocks or walk into any trees. But most of all, I love feeling strong and fit.

I enjoy lots of different sports now. I downhill ski all winter long. Someone goes behind me and calls "right, left, right, left, tree, hill, woops, SORRY!" In the summer I canoe, kayak, sail, boogie board and do archery (yup, bows and arrows). I rock climb. **No fear of heights.**... the ground doesn't look that far away to me! I water ski and scuba dive. I've even gone sky diving once.

That sounds like quite a story doesn't it? Maybe it's important to tell you that by the time I was 12 years old I had spent four and a half years of my life in chemotherapy. My tumor grew back three times. That meant about

"Do you know what I want most in life? It's to be treated just like everyone else."

1,000 needles, 25,000 pills and three operations. I've had more of each since. Sky diving just didn't seem all that scary to me after all that.

It's still amazing to me how small things in life can make a big difference. Like **respect and kindness.** Do you know what I want most in life? It's to be treated just like everyone else.

The most amazing thing happened to me last year! I went to swim practice at my school. That may not seem amazing to you, but 10 years ago I probably wouldn't have been allowed to join.

When I arrived at my first practice the coach said: "Glad to have you on our team. Is there anything you need or anything you would like us to do?"

That was one of **the best days of my life!**

Learn more about Robert at www.glowinghearts.ca.



PLAY

Fieldhouse of Dreams



Variety Village is a magical place. There are only a few places like it in the world... three swimming pools, sports teams and an enormous fieldhouse with an indoor 200-metre track, three basketball courts and a rock wall. But that's not what makes it magical. It's a place where people are **accepted and celebrated** for what they *can* do – not what they *can't* do.

Situated in Scarborough, Ontario, it's an amazing fitness facility that is totally accessible for everyone to use. Kids and families go there to be active and proud of their accomplishments. Variety Village is a place that **inspires dreams**.

Learn more about Variety Village at www.varietylvillage.on.ca and at www.glowinghearts.ca.



Shayne Smith "Playing sports has given me so much in my life. I want to give something back by maybe becoming a sports commentator when I graduate."

Learn more about Shayne at www.glowinghearts.ca.



Ronald Tsang...

counts on family and friends

This all-around athlete has one thing on his mind these days. Ronald plays all kinds of sports but his sights are set on swimming at the 2012 Paralympic Games in London, England! Swimming has shown him how competitive he is and he wants to take on the world in the pool.

Ronald admits that it can be a challenge to stay motivated to swim hard every day but his family and friends help with that. "Just like my swim teammates, they encourage me to work hard to achieve my dream."



Kathleen Woo

"Nothing stops me when I put my mind to it and work hard at it... just like my black belt."





Victoria Grzincic

"I'm a perfectionist and a fish. I'm determined and work really hard to improve myself. Swimming is my passion because I have more freedom in the water than on land."

Learn more about Victoria at www.glowinghearts.ca.



Josh MacDonald

"I like bowling, baseball and basketball. I'm really good at all three. Terry Fox and my mom are my heroes. My advice for other kids is Go For It!"



Grace Jansen in de Wal... isn't afraid anymore

Grace loves reading, singing and acting. In fact, she had a lead role in her school's version of *High School Musical*. But most of all she loves swimming.

At one time though, she was terrified of the water. She wouldn't go into the lake or even swim at pool parties. That all changed with one length of Variety Village's pool. Then came another. And with more **self-confidence**, another and another.

Grace isn't always as fast as other kids, but she sets her own **goals** and keeps practicing to reach them. With that kind of determination it's no wonder that Helen Keller is her hero. "Helen couldn't see or hear or speak but she still found a way to communicate with people," Grace explains.

As much as she loves swimming, it's funny that her biggest athletic achievement came in a walk-a-thon. Grace's disability makes it hard for her to walk long distances but when she missed the 1 KM sign she ended up completing five kilometres!

Learn more about Grace at www.glowinghearts.ca.



PLAY

Hisham Mohammad... is one to watch

It wasn't a video game but a game on video that inspired Hisham. He watched other kids playing all kinds of wheelchair sports and wanted to know where he could sign up. He had just one goal: **making friends and having fun.**

Maybe that's two goals, but in his native country of Saudi Arabia there weren't any places like Variety Village for kids with disabilities to play sports. Wheelchair basketball is his favourite sport. Hisham has a new goal for himself now. "I want to represent Canada on the Paralympic Basketball Team."

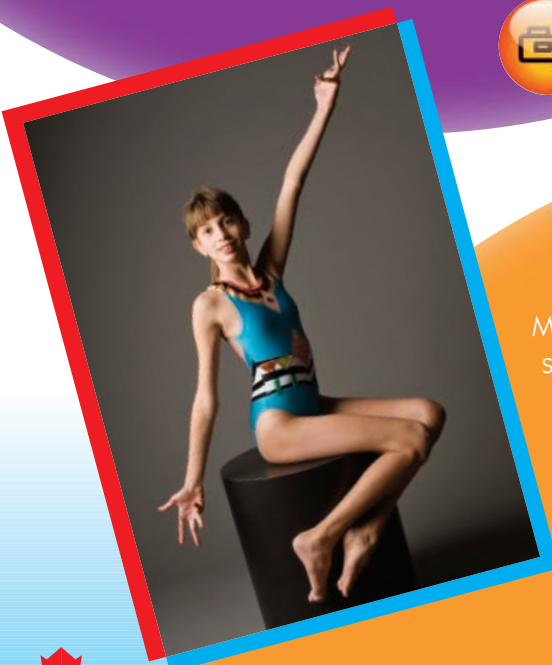
Learn more about Hisham at www.glowinghearts.ca.



Hristina Belevski... looks for cues

Most people don't think about how important hearing is for synchronized swimmers. Hristina does though. She has a hearing impairment which means she doesn't hear the music that her team is swimming to, or the instructions from her coach.

No problem. Hristina is an important member of Variety Village's Synchro Swim Team and they have it all figured out. Her teammates and her coach cue her with hand signals to follow. "It took some **patience and hard work** at first but everybody **believed in me** so I did too," she says.



Hayden & Paige Keleher...

take turns diving in

When Paige says "be ready for whatever comes your way," her twin brother pipes in. "The only person who can stop you is yourself," Hayden says quite maturely. The dynamic duo is very serious about their favourite place to play.

"I came to Variety Village to learn how to swim the butterfly stroke like my mom does and now I'm diving off the starting blocks," Paige shares.

"People at Variety Village just assume we *can* do everything, instead of thinking that we can't," her brother explains. Paige agrees. "Participating in sports has made me see that I can do way more than I ever thought I could." Hayden giggles, "Me too!"



More from Variety kids at www.glowinghearts.ca.



No Limits

Let's Play

Saturday afternoon is a busy time in gyms and arenas and fields all across Canada. Kids are there hard at work... playing.

The **joys of sports** are many, like good health, fun, making new friends, learning new skills, and happy times.

Tracey Ferguson is a Paralympic athlete who first tried wheelchair basketball when she was 11. It was hard at first but the next thing she knew she was playing all kinds of sports with her friends. Some of them had a disability too, and some didn't. **"The only thing that limits us is ourselves,"** Tracey exclaims. "Try hard. Be positive. And remember, you can achieve anything you set your mind to," she encourages.



GET IN THE GAME

There are plenty of sports that everyone can play. Sometimes it just means being creative and finding a way to play. Other times it's as simple as getting some cool adaptive equipment to make it easier. Here are just a few great examples! See the **PODIUM** chapter of *Glowing Hearts* for even more.

PLAY BALL

How about this baseball glove? Check out more adaptive baseball gear at www.oandp.com/trs.



IN THE SWING

There are special clubs and carts made especially for golfers with a disability. Visit www.caga.ca to learn more.



PLAY

Ready, Willing & Able

If you are **ready** to get active in a new sport and **willing** to try something new, **ParaSport Ontario** knows that you are **able**. This group will even send an athlete, coach or parent to your town to prove it.

ParaSport Ontario created the **Ready, Willing and Able** (RWA) program to get kids and adults with physical disabilities active in summer and winter sports of all kinds. With a van full of really cool equipment like tennis and basketball wheelchairs and hockey sleds, knowledgeable RWA Ambassadors from all across Ontario can show kids with disabilities that they're able to play too.



When RWA rolls into town it's all fun and games. Everybody plays.

And when the demonstrations are done, RWA participants are ready and willing to take on a new challenge. Right beside them are coaches and volunteers who have learned from RWA how to help.

Learn more about Ready, Willing and Able and RWA Ambassadors at www.parasportontario.ca and www.glowinghearts.ca.



Weird Word

re•ha•bil•i•tate

This verb means to rebuild something to its proper condition. After an injury, therapists help people restore as much of their body movement as possible.

GET IN THE GAME



PEDAL POWER

There are lots of little adaptors to make bicycling a family affair. Adapted bikes come in all shapes and sizes too. Check out www.freedomconcepts.com.



CANNONBALL!

With fins and paddles or water-proof prosthetic arms and legs, swimming is an awesome activity for everyone.



GAME ON

Grab a chair and play. Wheelchair Basketball is a game that includes everyone. All you need is enough chairs.

Need for Speed

Ian VanHeteren loves to go fast. This 14-year-old is a very talented wheelchair racer. The 100 metre is his specialty. But if it wasn't for a sports camp put on by ParaSport Ontario he's not sure that he'd be so quick.

"A Paralympic athlete taught me how to push a racing wheelchair properly so I could go faster," he shares. "Not only that, she really **inspired me**," he adds. In fact, Ian's goal is to race for Canada at the 2012 Paralympic Games. He'd like to be a personal athletic trainer too someday, and help others with and without disabilities **be fit and strong**.



A Good Match

Joshua Davie is an outstanding wheelchair basketball player. He's 14, plays on a junior team, and loves traveling to tournaments for games and to make new friends. He plays sled hockey too, but admits that there were a lot of other sports for kids with disabilities that he didn't know about.

Wheelchair tennis is one of them. He learned about the sport at a Ready, Willing and Able camp and now

enjoys a tennis match with his family and friends. "It's great," he says. "It's a fun sport **we can all do together** on any court!"



Check It Out

Eric Voss is a busy guy. He plays wheelchair basketball, sled hockey and golf too. And when he's not playing, this 12-year-old is **helping others learn how to play**. He teaches kids the special skills and techniques that he learned to improve their game.

He knows some kids are a little afraid to join in at first. "There's nothing to worry about; it's fun," he assures them. And that's exactly what he said to Mark of TVO Kids' *Mark's Moments* when Eric was teaching him how to golf.



HORSE PLAY

Many kids with disabilities ride tall in the saddle, with backs straight, high above everyday challenges. Therapeutic riding programs all across Canada are all about freedom and independence on horseback. Learn more at www.cantra.ca.



SAIL AWAY

Specialized sailboats are made for people with high levels of disability so they can captain their boats all on their own.



WHAT A RACQUET

With the two-bounce rule, kids in wheelchairs can play tennis anywhere, anytime and with anyone.

PLAY

Turning Disabilities into Possibilities

Ten-year-old Tara-Anne D'souza spent four months at Bloorview Kids Rehab in Toronto. She went to school there, received her prosthetic leg there, and began her road to recovery there. Tara-Anne says she had fun there too.

Bloorview Kids Rehab is Canada's largest children's rehabilitation hospital. The people at Bloorview help kids with disabilities **live life to the fullest**. Their motto is "From disability to possibility." They even help kids find sports and recreation programs in their neighbourhoods.

Through Bloorview, Tara-Anne found out about a swimming program at her local YMCA called Why Not Abilities, where swimmers with disabilities can swim with their brothers and

sisters. She also attended a sailing camp during her summer holidays. "It was a lot of fun," Tara-Anne says. "I didn't want to go at first, but I had a lot of fun."

From sports to arts, to making new friends, to custom prostheses, Bloorview creates a **world of possibilities for kids with a disability**.

Learn more at www.bloorview.ca.



GET IN THE GAME

GIVE IT A KICK

Soccer can be played in any way your imagination wants it. Kick beachballs or balloons to slow the game down or make the field the perfect size for all players.



CARE TO DANCE?

Whether standing or sitting, shaking it up on the ballroom or living room dance floor is great fun and exercise. Learn more at www.canadadancesport.com.



PODIUM

The Paralympic Games

is the second largest sporting event in the world.
Only the Olympic Games is bigger.

Just two weeks after
the Olympic cauldron is
extinguished, the huge torch is
ignited in flames again for the
world's best athletes with
physical disabilities.



**Paralympic
athletes** strive for
excellence in

sports like track and
field, swimming,



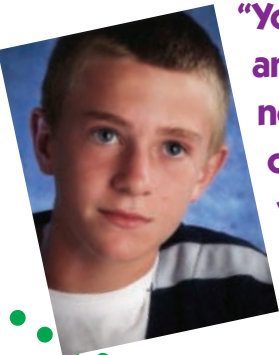
equestrian, tennis, basketball and others
just like Olympic athletes. They compete
for gold, silver and bronze medals and
excite and **inspire** the
world with their performances.

**"Winners
come in all
shapes and
sizes, but they
all have one
thing in common –
a big heart."**

Unknown

Learn more about
Paralympic sports at
www.paralympic.ca.

Inspired by Paralympians



"You can make anything possible, no matter the obstacles that you're dealt."



By Aidan McKee, Age 12, Aidan lives in South Portland, Maine, and is a huge fan of Canadian Paralympic athletes!

When my dad first told me that we were going to the **Paralympic Games in Beijing, China**,

I was a little uncertain. We weren't going to the regular Olympics, so I

thought it wouldn't be as exciting. **Was I wrong!**

When we got there I realized it was just as exciting, and even more inspiring than the Olympics. I imagined how hard these athletes had to train in **wheelchairs** or on **artificial legs** or with **no sight at all** just to get there. It's really amazing!

I'm sure some people feel sorry for them in their regular life. They don't realize that they are regular, **everyday people** who

"Someone's physical disability doesn't tell you anything about that person."

use a wheelchair or have only one arm or leg. Well, maybe not that regular, because they are incredible athletes.

Get to know them and you won't see them just physically. You'll see **awesome abilities!**



Before I left for China I read a book about Paralympic sports. It was called *Winning - A Celebration of Paralympic Sport in Canada*, by Phil Newton. I read about Todd Nicholson, a very inspiring athlete. Nicholson was involved in a car crash when he was only 18 years old coming back from his high school prom. He ended up paralyzed from his waist down. Of course that's very sad, but he was able to see the bright side. He said: "I came to realize it was just the beginning... I couldn't stop believing in what I felt I was capable of doing."

Not only is he now a Paralympic hockey star, he also sends an important message to kids all around the world: **"You can make anything possible, no matter the obstacles that you're dealt."**

People who are born with a physical disability or become physically disabled later in life can still follow their dreams. Their dreams might be sports-related or something else. I'm sure it takes an incredible amount of strength from within themselves and encouragement from family and friends and fans. Like the Paralympic athletes I watched who work as hard at their sport as any other Olympian.

"Get to know them... and you'll see awesome abilities!"

I never knew anything about the Paralympics or very much about people with disabilities. One thing I learned from going to the Paralympics is that now when I see someone who has a disability I'll have so many questions I want to ask them. I'm afraid it might be rude. But it wouldn't mean to be because **I just want to know more about them.**

I learned what it really means when people say **"Don't judge a book by its cover."** Someone's physical disability doesn't tell you anything about that person.

I'm so thankful that my father took me to the Paralympics because of all that the experience taught me. I have a new respect for people who give it their all and challenge themselves, no matter what.

Whenever I see a person with a physical disability, **I'll always remember the 2008 Paralympic Games in Beijing.**



Paralympic History Starts with Soldiers and a Surgeon

Would you believe that the Paralympic Games owes its beginnings to World War II? It's true.

Here's the scoop. During World War II, many soldiers lost their lives, and many others were injured. It was 1944 when a doctor named **Sir Ludwig Guttman** had a great idea. He would open a special treatment centre to help wounded soldiers recover from their injuries.

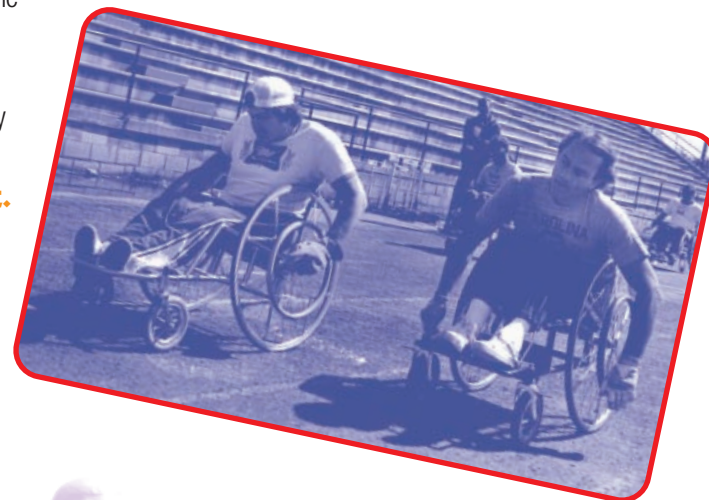


Sir Guttman had escaped from Nazi Germany to the safety of London, England. He worked at Stoke Mandeville Hospital and always believed that sport could help the soldiers recover more quickly. Not only that, Sir Guttman believed that sports could help them have fun, be happy and enjoy life again! **He was right.**

The soldiers played basketball and archery at the hospital. They loved sports so much that they wanted to start playing real games against other teams. Sir Guttman thought that was a great idea too. So, in 1948 he created the International Wheelchair Games.

Sir Guttman had a dream that athletes with disabilities would have an international competition every four years to take place in the same city as the Olympic Games that year. His dream came true in 1960 when the **first Paralympic Games** were held in **Rome, Italy**.

In 2012, the Paralympic Games return to London, England – 64 years after Sir Guttman's first games back in 1948.



Canada's Paralympic Father

It was the 1960s and most Canadians didn't know very much about people with disabilities at all. But one man set out to change that. His name is **Dr. Robert Jackson**. He is a very famous orthopedic surgeon (*a.k.a. bone doctor*).



He knew what was possible when Canadians dare to dream and then work hard to make it happen. The Paralympics in Canada were born when Dr. Jackson organized our nation's first Paralympic team of athletes that competed at the 1968 games in Tel Aviv, Israel. Today, Canada is a Paralympic world leader! **One Man. One Dream. 40 years of Paralympic Teams.**

Learn more at www.paralympic.ca > Hall of Fame > Inductees.



The Acropolis



The Great Wall of China

Leaving a Mark

Cool Things that the Paralympics Have Left Behind

- The Acropolis in Athens, dating back to Ancient Greece, now has an elevator.
- The Great Wall of China has a lift for wheelchair users now too.
- Host cities have curb-cuts, beeping traffic signals, accessible buses and subway stations.
- Many millions of people know more about the abilities of all people with a disability.



PODIUM

Where in the World?

Summer Paralympic Games Sites & Highlights



Where: Toronto, Canada

When: 1976

Games Fact: The first games to include amputees.

City Fact: The CN Tower stands 553 metres tall, for many years the world's tallest building. The world's longest street starts in Toronto too. Yonge Street extends 1,896 kilometres out of the city.

Where: Atlanta, U.S.A.

When: 1996

Games Fact: The first games to be sponsored by corporations from around the world. It was the first time for the Cultural Paralympiad which showcased the work of all kinds of artists with disabilities.

City Fact: Atlanta has the world's largest aquarium called the Georgia Aquarium.

Where: Stoke Mandeville, United Kingdom and New York, U.S.A.

When: 1984

Games Fact: The games were held in two locations. Wheelchair athletes competed in the U.K. The other three disability groups competed in New York.

City Fact: The New York subway system is the largest mass transit system in the world with 468 stations and 1,355 kilometres of track.



Where: Arnhem, Holland

When: 1980

Games Fact: The first games to include athletes with cerebral palsy. Volleyball was added for the first time.

City Fact: Legendary actress Audrey Hepburn attended Arnhem Conservatory in this city.



Where: Barcelona, Spain

When: 1992

Games Fact: These Games set an example for all future Paralympics to follow. More than 65,000 spectators and millions of TV viewers watched the Opening Ceremonies.

City Fact: Legend has it that Barcelona was created by the mythological hero Hercules, and then rebuilt in the 3rd century BC.



Where: Heidelberg, Germany

When: 1972

Games Fact: Athletes who are blind participated for the first time in track, swimming and goalball.

City Fact: Each February, Heidelberg has a big vampire costume party at a local castle called the "Ball of the Vampires."

Where: Rome, Italy

When: 1960

Games Fact: Wheelchair events only at these games.

City Fact: Ancient Rome's massive Coliseum was called Circus Maximus and had room for 250,000 Romans. That's a seat for everyone in Saskatoon, the largest city in Saskatchewan.



Where: Athens, Greece

When: 2004

Games Fact: China won the most medals for the first time, followed by Great Britain and then Canada.

City Fact: The famous Parthenon was originally built as a temple to the Greek goddess Athena.



Where: Beijing, China

When: 2008

Games Fact: The first time that the Paralympics were seen on online TV channels. One million visitors from around the world watched on YouTube and www.ParalympicSports.TV.

City Fact: Beijing is the capital city of the People's Republic of China and is one of the "Four Great Ancient Capitals of China."



Growth Spurt

The Paralympic Games just

celebrated a 13th birthday and the growth chart says the games grew again this year.

The Summer Paralympic Games are held every four years. The games have been hosted 13 times, in 12 countries, on four continents.

In just 48 years (1960-2008) the Paralympic Games have grown from 400 athletes in Rome, Italy, to over 4,000 competitors in Beijing, China. In Rome, 23 countries took part in the games. In Beijing, 147 countries proudly marched into the stadium in the Parade of Nations.

Learn more at www.paralympic.org.

Where: Tel Aviv, Israel

When: 1968

Games Fact: Canada participates for the first time.

City Fact: Tel Aviv lies on the shore of the Mediterranean Sea in the Middle East, at the junction of three continents - Europe, Asia and Africa.



Where: Tokyo, Japan

When: 1964

Games Fact: Wheelchair racing makes its debut.

City Fact: Tokyo is one of the most densely populated cities in the world with 33 million people. That's the total population of Canada in one city!



Where: Seoul, South Korea

When: 1988

Games Fact: The first time the Paralympic Games immediately followed the Olympics, and used all the same facilities.

City Fact: For the last 600 years, Seoul has served as Korea's capital.



Where: Sydney, Australia

When: 2000

Games Fact: The first games to webcast. Over 100 hours of Paralympic action was seen on the internet. The website had over 300 million hits.

City Fact: Sydney was founded in 1788 when the first ship full of England's prisoners arrived in Australia to set up their own colony.



PODIUM

China Welcomes the

One World One Dream

Biggest & Best Ever!

One World One Dream was the motto for the Olympic and Paralympic Games in Beijing in 2008. The **XIII Paralympic Games** in Beijing was the best ever! It had more athletes and more countries participating than ever before. Spectators filled the stadiums every day and millions more all around the world watched on TV and the internet!



Welcome to China

China is a fascinating country with a fantastic variety of wildlife, people and customs. It's the world's 4th largest country in land size, but it is number one in population. Over **one billion people** live in China. That means one in every five people on earth today live in China. Mandarin is the national language taught in schools.

Sports Stars

Sports are very popular in China. The Chinese believe in exercising to have **strong, healthy bodies**. China is known for its martial arts, but other popular sports are table tennis, badminton, soccer and gymnastics. In the cities, neighbours exercise together using gym equipment in the parks. Most schools have basketball courts for everyone to use.



Ancient History

China is the world's oldest civilization because it has continued for more than 4,000 years (Canada's oldest cities are just 400 years old!).

For thousands of years, China was ruled by many different emperors. The last emperor ruled until 1912. Then there was much conflict and civil war in the country. But in 1949 **Mao Zedong** became China's new leader. His Communist party re-named the country the People's Republic of China.

World

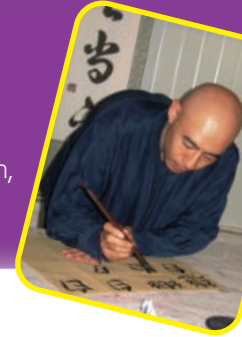
Fun Facts

Beijing is a huge city with 17 million people (half the population of Canada). It's the capital of China. In the middle of Beijing is The Forbidden City, which used to be the emperor's palace.



The Four Great Inventions

Paper, the compass, gunpowder and printing are known as the Four Great Inventions of ancient China. But China has invented many other things that have changed our world too... like, porcelain, cast iron, silk, umbrellas, paper money and fireworks.

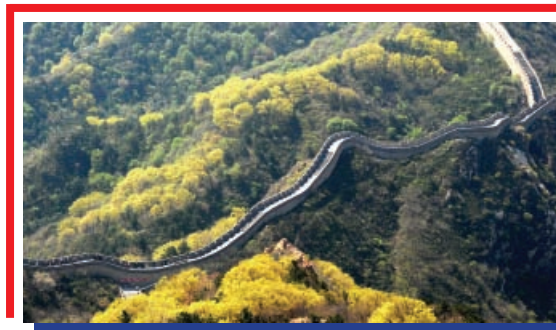


World's Longest Track

The **GREAT WALL OF CHINA** snakes for 2,414 kilometres from China's western desert to the ocean. It's the world's longest man-made structure.

The **QIN EMPERORS** began building the stone wall in the 3rd century BC (more than 2,200 years ago) to stop smugglers from taking goods out of China. The **MING EMPERORS** kept building to protect against warriors from Mongolia to the north. The last stones were laid in the 1600s.

Today, the Great Wall is China's most popular tourist attraction.



POP Quiz

4 Chinese inventions.
1 Canadian. Can you name them?

- Fishing Reel • Kite
- Saddle Stirrups • Wheelbarrow
- Game of Basketball

see page 61
to check your
answer

Farm Country

While China has many huge cities and lots of factories, it is still a big farming country too. More than half of the population are farmers! Each region has its own special foods, but rice, noodles and tea are foods that all Chinese like to eat. And of course, chopsticks are used instead of forks, knives and spoons.

Fun Facts

Giant Pandas are China's best-loved animal. They are a national treasure.

Boccia

Greek Invention. Italian Pastime.

Test of Time

The game of Boccia has been around a while... a really long while. In fact, it's ancient. The **ancient Greeks** invented it. But in the 16th century (1500s) in Florence, the Italians revived the game. An adapted version is played today.

Smack the Jack

Boccia is a real test of skill. It's a ball-tossing game that demands extreme precision and strategy too.

Watching boccia players in action is really impressive. These competitors have very severe disabilities – usually cerebral palsy – which makes it hard for them to control their muscles. **It's about big-time concentration.**

It's amazing the way the best boccia players toss and land balls right next to the white target ball, called a "jack". Kind of like curling, one point is scored for every ball that's closer than the opponent's.

Players do whatever they can to toss the little leather ball. They can throw it, bowl it, kick it or use a chute to propel it onto the court. Incredible! And everyone can participate!

Learn more about Boccia at www.ccpa.ca.



persistence

Fun Facts

Boccia is played in 42 countries. Its name comes from the Latin word *bottia* meaning *ball*.



Which country holds the title of
Best Boccia Nation?

(Hint: They are great sailors too!)

- ☐ Canada ☐ Australia
☐ Portugal ☐ China

see page 61
to check your
answer

f r i e n d s h i p

"Whatever you
put your mind to,
you can do."

- Brock Richardson



Weird Word

ce•re•bral pal•sy
"I have CP". What does that mean? CP stands for cerebral palsy and cerebral palsy is something that can make some body movements difficult. It's different for everybody. "Cerebral" means brain and "palsy" means muscle control problems. CP is not a disease. CP is not genetic. It's not contagious. It doesn't get better or worse with time. It's not life threatening. It affects 2 to 3 people out of every 1,000.

Brock Richardson

A Positive Force

"Be positive," says Brock Richardson. "Whatever you put your mind to, you can do."

Brock should know. The Brampton, Ontario, teenager returned from the 2008 Paralympics in China with a 10th place finish in the Boccia competition. "A dream come true," he says.

But really, the dream came true for Brock six years before the Beijing Games. He'd been looking for a sport that he could participate in for a long time. He tried sled hockey and basketball but without much success. Brock has cerebral palsy which makes it hard for him to play most sports. Then he was introduced to boccia. It was perfect.

Brock says he loves boccia not just for the skill and thrill of competition.

It's about making friends too. "Never give up looking for what's just right for you," he advises. "Boccia is proof that there's a sport for everyone."

PODIUM

Dream Teams

He shoots. He scores. Nope... not hockey. Wheelchair basketball is a really cool sport too. **Spins, skids and spills.** It's fast action, and Canada's men's and women's teams are always amazing to watch.

Wheelchair Basketball

Spins. Skids. Spills and Thrills.

Shooting Stars

Even though Canada's wheelchair basketball teams didn't return from China as Paralympic Champions, they are still feared opponents in any tournament. Why? Well... with the **world's two best players** on our teams we are always difficult to beat.

Edmonton's **Patrick Anderson** is the best men's wheelchair basketball player in the world. Ottawa's **Chantal Benoit** is the world's best hoopster in women's wheelchair basketball. Both stars have only one thing to say about that: "I'm lucky to be part of a great team."

"Each of us is very good at one part of the game," says Chantal. "But as a team we are very special," she adds proudly. Patrick's attitude is exactly the same. Together these two shooting stars are great role models for kids and fabulous ambassadors (*examples for others*) for their sport.

"I'm lucky to be part of a great team."
- Patrick Anderson and Chantal Benoit

Court Rules

Wheelchair Basketball plays on the same size court with the same hoop height as the stand-up game. The rules are nearly the same. Wheelchair players have to throw or bounce the ball after every two pushes of their wheels or be penalized for 'travelling'.





"Always do the best you can."
- Abdi Fatah Dini

Abdi Fatah Dini

Abdi was a regular kid, just hanging out with his friends, when a roadside bomb changed his life forever. He was 10 years old.

He was living in his native country of **Somalia** when he was paralyzed from the explosion. Abdi lives in Ontario now. He's 22 years old and one of the best wheelchair basketball players in Canada.

"My parents hoped I would have a better life in Canada," he explains. So at age 13 he said good-bye to his parents and **seven brothers and sisters** and left for Canada to live with his uncle.

He's happy in Canada but still feels homesick sometimes. "It was a big adjustment," Abdi admits. "We talk on the phone, send letters and pictures."

When Abdi discovered wheelchair basketball, his teammates became his new family. The team was just like home: **"Everybody helping everybody."**

"Always do the best you can," he says.

Jennifer Krempien

Wheelchair Basketball has been part of Jennifer's life since she was nine years old. She tried lots of different sports but decided to make basketball her lifelong passion. Good choice? Absolutely. She has three Paralympic gold medals to prove it!



Tara Feser

Tara's goal in Beijing – her first Paralympic Games – was to help her team bring home the gold medal. She is a stand-up basketball player who chose to make the switch to wheelchair basketball. She played just for fun for 10 years before getting serious about making Canada's national team.

A Slam Dunk

Wheelchair Basketball was invented to help rehabilitate soldiers with spinal cord injuries after World War II.

Today, the sport is played competitively by more than 25,000 wheelchair athletes in 90 countries around the world. Thousands more play in clubs and schools for fun and friendships.

What's cool too is that **anyone can play**. You don't need to have a disability to join in. All you need is a wheelchair, even a borrowed one! That makes it a "slam dunk" sport for basketball-loving families and fanatics!

Learn more about Wheelchair Basketball at www.cwba.ca and www.glowinghearts.ca.



PODIUM

Goalball

Listen. Jingle Balls.

Game On

Goalball is a fast-paced sport played three-against-three. It's played indoors on a gym floor that is about the same size as a volleyball court.

It's played by **blind and visually impaired athletes**. Players are blindfolded or wear blacked-out ski goggles to make the game fair. No seeing allowed.

From opposite ends of the court, facing each other, each team lines up in front of their net in a triangle formation. The nets are nine metres wide.

Each team takes turns whipping the goalball across the court. It has to be thrown like a bowling ball. The object of the game is to throw the ball, which is like a heavy basketball but not as bouncy, past the opposing team.

So how do players keep track of the ball if they're blind? **Jingle balls that's how!** The hollow ball has bells in it... sounding a lot like *jingle bells*. Players listen for it. Air holes in the ball help players hear the jingling bells as it rolls or bounces.

When players hear the ball coming toward their end of the court, the defending trio quickly moves to block it. With **outstretched bodies** they dive toward it to keep it from going into their net. If all three defenders miss the ball and it goes past the back line, it's a goal!

To get ready for the next play the goalballers get properly positioned on the court by feeling for **raised tape markings** on the floor. The tape helps them feel where they are.

It's good strategy to keep the ball from making a lot of noise. No bouncing means less noise which means it's harder to locate the incoming ball.

Learn more about Goalball at www.blindsports.on.ca and www.glowinghearts.ca.



Silence Please!

Goalball players are happy to hear excited fans at their games... as long as they **keep very quiet**. The game demands silence so players can hear the ball coming, and stop it before it goes into the net behind them.



Fun Facts

Goalball was introduced to the world in 1976 at the Paralympics in Toronto and has been played at every Paralympic Games since. Over 100 countries now play the game.

Goalball Gear



Safety gear is always important but you sure wouldn't want to go without it in this sport. Your eyes are covered. A heavy ball is coming at you at speeds of up to **65 kilometres per hour** and you're diving on a hard wooden floor to stop it with your body. Ouch! Elbow pads, knee pads and hip pads are essential. Some players wear helmets too.

Weird Word

vi•su•al•ly im•pair•ed

Have you ever heard the phrase “**legally blind**”? It's another word for *visually impaired*, which describes someone who is not totally blind but has very low vision. They may be able to see enough to walk without a white cane, but not enough to ride a bike or drive a car... safely that is!

Amy Kneebone Is an Excellent Listener

It took a little push from a coach at first to get Amy to try the amazing sport of Goalball. She was **just 14 and a little afraid** of getting hurt by the adult players.

In Charlottetown, P.E.I., there just weren't many other kids who were visually impaired like Amy. Four years later she is one of the best goalball players in Canada. She's a Paralympian.

“I love team sports,” Amy tells. “Especially hockey, but it moves a little too quickly for me,” she laughs. “Once I really gave goalball a chance by going to a few practices and learning the rules, I fell in love with it.”

Amy adds that it's good to **be open-minded** about any sport you try for the first time. “Be open to trying something new. **Stick with it** for a while,” she says. “Sports taught me that if you don't like the one you're doing that much, there's always another one to try!”

Amy is really glad she listened to that coach about giving this really cool sport a try!



POP Quiz

At 1.25 kg, a goalball weighs as much as a...

a) grapefruit

b) brick

c) watermelon

d) volleyball



see page 61
to check your
answer

PODIUM

Para-Equestrian

The Sport of Kings (and Queens!)

Dancing with Horses

Dressage (pronounced dress-AHGE) comes from the French verb “dresser” which means “to train” but this sport is all about dancing. Skilled riders have been performing **beautiful ballets** with their horses for a long, long time. As far back as the middle ages, shining knights, and royal **kings and queens**, would entertain their castle guests with graceful movements on horseback.

Lauren Barwick

Back in the Saddle

Imagine this. A gold medal-winning rider saying she was never going to ride a horse ever again. That’s exactly what **Lauren Barwick** said after a 45-kilogram hay bale fell on her and broke her back. She wasn’t a Paralympic equestrian when she got hurt – she was training to be a stunt rider for movies – but she is now.

Lauren traveled from her home in British Columbia to the Paralympics in China to win gold and silver medals on her horse Maile (named after a Hawaiian flower). “Maile has so much heart. She’s the best partner I could ever ask for!”

After Lauren started using a wheelchair she tried everything she used to do. Well almost. She kayaked and sailed and played tennis, but she refused to ride a horse again. “I knew I wouldn’t be able to ride like I used to, but **my real problem was me**. I lost my confidence.”

Her family encouraged her to challenge herself. She did. And she learned an important lesson. “Never underestimate yourself,” Lauren says. “You just never know what you are capable of until you try.”

confidence + trust



“You just never know what you are capable of until you try.”

- Lauren Barwick



The Birth of Para-Equestrian Sport

Horses in History

Horses have helped humans in many ways throughout our history. If they were ever asked for a job resume they could list transportation, farm equipment, war machine, family friend, movie star, and teammate. Of course, without the horse, there is no equestrian sport.

To learn more visit www.blazekids.com.



Horse sport for riders with disabilities began in Europe after World War II (1939-1945).

Hospitals gave injured soldiers the chance to ride horses to help them heal. Nurses, and horsewomen from area farms, helped them ride.

Then something really remarkable happened. Just like the caterpillar becoming a beautiful butterfly, riding for therapy became a spectacular sport. It happened at the 1952 Olympics in Sweden when Denmark's Madame **Lise Hartell** put aside her crutches and rode to a silver medal! **Para-Equestrian sport was born!**

Today, Para-Equestrian Dressage has five divisions that go by the rider's level of ability. Athletes who use wheelchairs, riders who have cerebral palsy, and equestrians who are blind, compete in Para-Equestrian Dressage on their magnificent horses. Beepers help riders who are blind to direct their horses around the ring.

To learn more visit www.equinecanada.ca/para-equestrian.



No Hands! This German Paralympic athlete guides her horse with her mouth and feet.

Fun Facts

Horse Flies! No, not the buzzy kind. Horses actually fly on airplanes to get to the Paralympics. They travel in a stall in the bottom of the plane. They get jet lag like people do. But nobody knows if their ears pop too!

More fun horse facts at www.blazekids.com.



Follow the Leader

Teamwork takes trust. To work together, horses and humans have to trust one another. Trusting a leader doesn't come easily to a horse. In the herd, **leadership is earned**. The same goes for a horse's trust in humans. It has to be earned too. It's about **confidence** and **communication**. Horses don't care that "their human" uses a wheelchair or holds the reins with a prosthetic hand.



PODIUM

Seven-a-Side Soccer

Let's Play

Ask your friends or parents or teacher to name the most popular sport in Canada. What do you think they'll say? Hockey, right? Yes, most Canadians do. But guess what? They'd be wrong.

More Canadian kids play soccer than any other sport.

In fact, soccer is the biggest participation sport not just in Canada, but in the entire world. In backyards, parks and schoolyards in just about every village, town and city, kids are getting a kick out of soccer.

It's fun. It's really good for your heart and lungs (your cardiovascular system), and your bones and muscles (your musculoskeletal system). And what's best is that everyone can find a way to play in some way.



dreams

Get Your Kicks on Any Pitch

CANADA'S Super 7

Soccer is one of the world's most exciting sports and the **7-A-Side** version is no exception.

7-A-Side is another name for **Canada's Cerebral Palsy Soccer Team** and the game they play. Just a few rule changes help players who have cerebral palsy, or have had a stroke or a brain injury, dash around the pitch and demonstrate amazing ball-handling skills.

Some players have some trouble running, but not standing or kicking the ball. Some players run with a limp.

Sometimes, something about their arms or hands makes it harder to keep their balance on the field.

This speedy sport is known around the world as Football 7-A-Side. It's a Paralympic sport and in Canada, it's part of the Canadian Soccer Association.



teamwork

7-A-Side Rules

Think about what you now know about 7-A-Side players. Which of these would be good rule changes for this game?

- A. Smaller field.
- B. Smaller nets.
- C. One-hand or roll-in throw-ins.
- D. No offside rule.

All in the name of everybody plays!

see page 61 to check your answer

Confidence

"Sport can help us improve ourselves in many ways."

- Chris Duehrsen

Chris Duehrsen Soccer Talk

Chris Duehrsen was the skinniest shotputter on the school team. He wasn't very good, he admits. He wasn't very fast on the school track either. He loved to play street hockey until dark every night, but scoring goals never came easily.

It wasn't that his cerebral palsy was the problem. "My body type just wasn't really good for most sports," he explains. Except maybe for soccer. But Chris says he wasn't very good at that at first either. That's strange, because his 7-A-Side soccer team won a bronze medal for Canada at the Para-Pan American Games in Brazil in 2007. "A dream come true," he beams.

"Soccer taught me a very important thing," he shares. "Sport can help us improve ourselves in many ways. **I practiced, practiced, practiced**, by kicking a ball against a wall thousands of times." Not only that. Soccer helped him be more confident in himself, especially when speaking with people.

It sure did. Chris was very shy as a kid. He now works as an ESL teacher in British Columbia... and still plays lots of soccer of course.



Ross MacDonald Get in the Game

Ross MacDonald's mom says his first word as a baby was "ball". No wonder he's never stopped chasing them. Well, stopping them actually. Ross is a goalie. He is Chris's teammate on Canada's 7-A-Side team. Ross helped start the team.

Ross is from B.C. too and has an important message as well: "Sports shouldn't be all about winning and losing for kids. **Just play and have fun.** Be part of a team and make new friends. That's a winner!"

Want to play? Do you know someone who could play for Canada?

Find out more at www.canadasoccer.com.



PODIUM

Perfect Match

With one swing of his racquet Brad Parks invented a new sport. It was 1976 when a California man first hit a tennis ball from his wheelchair and thought "this is cool." It didn't take long for news of the new sport to travel up the coast to British Columbia and then to every province in Canada. Today, Wheelchair Tennis is one of the **fastest growing sports** in the world for athletes with a physical disability.

Wheelchair Tennis

Serves Up Super Sets.

Play by the Rules

Wheelchair Tennis plays on the same sized court and by all the same rules as stand-up tennis, except for one difference. The ball can **bounce twice** instead of once before being returned back over the net. What's really cool about that is that a wheelchair tennis player can play against a stand-up player. One bounce for the runner and two for the wheeler. In wheelchair tennis competitions everybody has to use a wheelchair, but in training and for fun, **tennis is a game everyone can play together.**

Learn more about Wheelchair Tennis at www.tenniscanada.com.



Special Skills

Spinning and streaking a tennis wheelchair around the court takes a lot of skill. That's the "legs part" of the game. Swinging the racquet while sitting down takes skill too and a lot of shoulder and back strength. It's an amazing sport.

Weird Word

quad

This noun is a short form for quadriplegic and refers to the type of disability of someone who has paralysis in all four limbs. The amount of movement that they still have in their arms depends on where their spinal cord was injured.

Fun Facts

The Paralympics offers singles and doubles (watch out!) competitions in Wheelchair Tennis. There is also a quad division for athletes with disabilities in their legs and arms. They can use power wheelchairs to play!



"Never say 'Never'."

- Lee Carter



Lee Carter Makes his Point

Lee loves hockey and baseball. Those were his favourites. But after his injury he found a new love.

Lee uses a wheelchair because of an industrial accident in his hometown of Winnipeg. He knew nothing about wheelchair sports before a friend introduced him to basketball and tennis. Lee wasn't that interested at first.

He's not sure what changed his mind, except that he loves to be active and competitive. He is a national champion and Paralympic wheelchair tennis player now and has a whole new attitude toward trying new things. **"Never say 'Never',"** he learned.

"Give a new sport at least one shot," he suggests. "It's a chance to **have fun and make new friends.** That's what's most important. Being competitive comes later if you choose." To finish his point Lee adds: "Whatever you put into something is what you'll get back from it whether you have a disability or not." That's a really good point.

PODIUM

On Your Marks

Athletes with all kinds of disabilities compete in all kinds of track and field sports, like long jump, high jump, javelin and shot put, and racing of course. **Athletics** (a.k.a. track and field) is the **largest sport** at the Paralympics.

Track & Field

Run. Jump. Throw. What a Show.

Chantal Petitclerc Is a Canadian Idol

Chantal ran everywhere as a kid growing up in Quebec. But at the age of 13, Chantal's legs became paralyzed in a farm accident. But she never stopped running. She just did it differently than other kids.

"I started swimming right after my accident to get healthy and fit again, but then discovered wheelchair racing," she remembers. In her first race all that she had was a homemade wheelchair. She came in dead last. Never mind that, that's the day she **fell in love with wheelchair racing.**

Chantal is a real-life *Canadian Idol* to many boys and girls. She's a *Golden Girl* too. She won an amazing **five gold medals** in Beijing to go with her many, many other Paralympic medals from four other Paralympic Games.

She's a role model, a motivational speaker, a TV and radio host in Montreal, and get this... she's been *Maclean's* magazine's **Canadian of the Year** and *Chatelaine* magazine's **Woman of the Year!**

"Don't be afraid to try lots of different sports to find the one you really like," she offers. "Sport has taught me that if you have a big dream and believe in it, work hard and anything is possible." Sport has also taught Chantal to always be positive and to learn from her mistakes.

Chantal is big on **Dreams, Perseverance** (sticking to it) and **Challenging Herself.**

"Sport has taught me that if you have a big dream and believe in it, work hard and anything is possible."
- Chantal Petitclerc



It's Classified!

We have some classified information for you... well, it's not so secret. Paralympic athletes are categorized into different disability groups to keep the competition fair. They are **cerebral palsy**, **spinal injury**, **blind** and **amputees** and **les autres**.

It's called **classification**.

You would never see a wheelchair athlete racing for gold against an amputee sprinting with a prosthetic leg. In fact, classification gets even more complicated. Leg amputees only compete against leg amputees and arm amputees against arm amputees.

Learn more about Athletics at www.athleticscanada.com.

be positive

Weird Word

les autres

A French word meaning "the others" which means disabilities that don't match any of the other groups.

perseverance



60
km / h

Racing Machines

Wheelchair athletes push their high-tech racing chairs at incredible speeds. The chairs are lightweight and aerodynamic. They are built for speed. But no horsepower required. It's all muscle power. Wheelchair racers can hit speeds of up to **60 kilometres per hour**. That's a speeding ticket on most city streets in Canada!

Track & Field continued

Leah Robinson **A Family Affair**

It all began at her athletics awards banquet. Leah was in Grade 5. She was a cross-country runner, but a coach saw something else. He asked her if she would give track a try. He worked with Para-sport athletes.

"I tried it, loved it and now I'm a sprinter!" Leah explains modestly. Actually she's a Paralympic sprinter... at age 14! She was **Canada's youngest Paralympian** at the games in China.

"I set my goals, put my mind to it and worked hard," she says. "It worked." But she says it was her **parents' loving support** that was most important. "My parents were so supportive. They drove me to practices, track meets and training camps. I couldn't have gone to Beijing without them."

Leah's advice to other kids is this: "Find a sport you enjoy and join a team or club. Be determined about something and you can accomplish it."

dreams

Fun Facts

"Jump Now!" In the jumping events, a coach can give an athlete who is blind a voice cue to tell him or her where their take-off spot is.

Blinding Speed

It's amazing to see athletes who are blind race around the track. Yes they're very fast, but what's really amazing is how they do it. They are connected to a sighted running partner called a "guide runner" by a tether (short string) loosely wrapped around each other's wrist. "That's nothing," say some of the runners. **The hardest thing is finding a guide runner who can keep up!**



The Coach

Training Athletes is an Art and a Science

Thanks Coach

Behind every great athlete is a great coach. Coaches work hard to **guide and inspire** athletes to be the best they can be. Good coaches teach **respect** for the opposition, the importance of trying your best, and how to win and lose graciously. And, they keep it fun.

respect

Weird Word

in•no•va•tive

This adjective describes a new way of doing something. A fresh idea or original solution to a problem. Similar words are creative and imaginative.

Peter Eriksson Teacher and Student

If you look closely you'll see him. He'll be there in the stands somewhere. His athletes always know where he is. They look for him as soon as they cross the finish line so they can celebrate together.

Peter Eriksson is the most successful wheelchair racing coach in the world. His athletes have won more than 100 Paralympic and World Championship medals. However, he is known for much more than that. Peter is respected as the most **innovative coach** too. Coaches from around the world study the ways he prepares his athletes.



But Peter is very **modest** about his accomplishments. This great teacher says that he is still a student too. "I've learned from many others," he says. "I learn every day by **listening** to my athletes as well. I've learned that a good relationship between coaches and athletes is really important," he explains. "**Trust is a must** when we're trying new training things and being creative," he adds.

Peter Eriksson loves the sport of wheelchair racing. He loves discovering new ways to help his athletes go faster and farther. But most of all he loves the reward he gets from helping them reach their **goals and dreams**. That's a great coach.



PODIUM



Volleyball
(Sitting)



Swimming



Judo



Cycling

Pursuit of Excellence



Archery

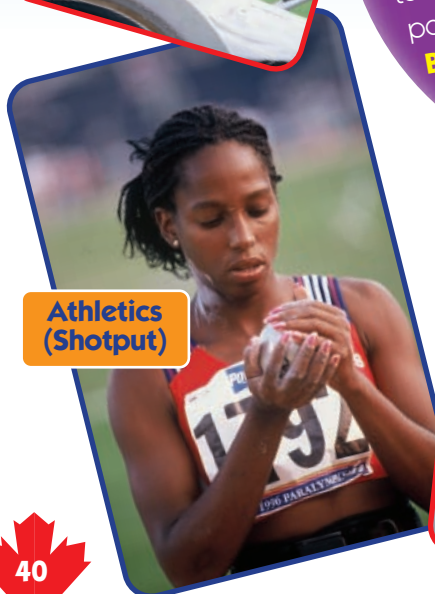
Paralympic athletes train extremely hard to qualify to compete in one of 20 Summer Paralympic sports. They **dream** of reaching the podium to **proudly** receive a gold, silver or bronze medal for their country. But what's most important to each and every athlete is simply to **do their best**... to be the best they can possibly be. Athletes talk about **Personal Best** performances all the time. You just can't ask for any more of yourself than that. No one can!

Be the Best You Can Be

- Archery
- Athletics
- Boccia
- Cycling & Handcycling
- Equestrian
- Football 7-a-Side
- Football 5-a-Side
- Goalball
- Judo
- Powerlifting
- Rowing
- Sailing
- Shooting
- Swimming
- Table Tennis
- Volleyball (Sitting)
- Wheelchair Basketball
- Wheelchair Fencing
- Wheelchair Rugby
- Wheelchair Tennis



Wheelchair
Rugby



Athletics
(Shotput)



Wheelchair
Fencing



Rowing



Athletics
(High Jump)



KINETICS

Our bodies are **built to move**. Physical activity is an essential ingredient for healthy bones and muscles, and mind and spirit too.

The word **KINETIC** is an adjective that describes movement. It's the **science behind sport**. But it can describe any motion. A ballet for example, is **Kinetic Art** in its most graceful form.

Human Kinetics explores how our bodies respond to exercise, sport, and other vigorous activities. **Applied Kinetics** is all about how man-made tools like levers and hinges can mechanically help our bodies move.

Wheelchairs and **prosthetic limbs** are examples of the driving forces of applied kinetics at work.

"A tree doesn't fall at the first chop. See things through to the end."

- Ann Cody,
U.S.A. Paralympian



Prosthetic Revolution

Peg Legs to Microprocessors

Do your parents or grandparents ever talk about the “guy with the hollow leg?” What about the “lady with the wooden leg?” If yes, you can kindly correct them. There’s no such guy any more. And no more wooden legs either. Just like how milk bottles went from glass (it’s true, they used to be glass) to plastic, artificial limbs went from wood to plastic too. Carbon fiber actually, which is a lightweight but very strong plastic.

Today’s ‘wooden legs’ are called **protheses** (*pronounced pros-thee-seize*) which is the fancy name for a tool made to replace a missing body part. Protheses have been used for thousands of years. For a long time it was accepted that the oldest leg prosthesis was a wood and copper one found in a tomb in Italy. It was thought to be more than 2,000 years old. The first fabricated hand was worn by a Roman General named Marcus Sergius. He lost his right hand in battle during ancient Roman times. He built a new hand out of iron so he could hold his shield and return to the battlefield.

Not long ago however, scientists discovered a 3,000-year-old ancient **Egyptian mummy** with an artificial toe made of wood and leather. This may be the world’s first prosthetic body part.



But it was the sword-swinging pirates who made artificial limbs really popular. The swashbucklers of the seas of a few hundred years ago made crude peg legs out of forked sticks and tree branches. **Captain Hook**, and his menacing steel hand, may be the most famous amputee of all time... real or imagined.



Prosthetic Pioneers

During the Dark Ages, knights forged new limbs from the same heavy iron that shaped their armour. For many years, that’s the way it was. Nothing changed. There were no big advancements in medieval prostheses. But then in the 1500s, a French military doctor named **Ambroise Pare** created a hinged mechanical hand. He also created prosthetic legs with locking knees. It was revolutionary and his ideas are still used today, more than 500 years later.



Otto Bock was a man who changed prosthetic limbs forever. In 1920 his German company began mass producing prosthetic and orthotic (another word for braces) parts in a factory. Before that, limbs were always made by hand specifically for each amputee. Today there is still plenty of **hand craftsmanship** that goes into each new limb. And each limb is made especially for its owner’s size and shape and lifestyle. But all of the little parts that go into each arm or leg, foot or hand, are made by companies that have perfected each component of a prosthetic limb.

Learn more about prosthetic technology at
www.glowinghearts.ca.



Body Smarts

Today's prostheses work hard to be like natural limbs. But our limbs are very tricky to copy. Especially hands, but a Scottish company is giving it a good try with a "bionic" one called **i-LIMB**. It is super sophisticated with really flexible fingers. The fingers are sensitive too. They send electrical messages to the amputee's arm muscles about how tightly to grip something. Very cool! The word **bionic** means that the prosthesis does some of the thinking for itself, like a real limb.

There are incredible new limbs for leg amputees too. Amputees can now choose a prosthetic knee or foot that works best for the sport or activity they like to do. Like the **C-Leg** (*the C stands for computer*). It's made by the Otto Bock company and it's a really high-tech knee. A small computer called a **microprocessor**

is built into the knee to take thousands of readings every minute about the ground around it. It then adjusts itself to the best setting for walking on uneven terrain or for going down stairs or slopes.

The C-Leg has settings for bicycling, rollerblading, and long periods of standing too... that is, if its user has the energy for all that. The C-Leg sure does. The knee has a lithium ion battery that gives **40 hours of power** – that's almost two days without having to charge the battery.

Learn more about the i-LIMB at www.touchbionics.com and the C-Leg at www.ottobock.ca and www.glowinghearts.ca.



Weird Word

pros•thet•ics

The field of science that replaces missing body limbs with artificial ones. This means designing them, making them and fitting and fixing them.

Life and Limb

Warfare has always brought about new technologies for amputees. After World War II new materials and designs surfaced. Fifty years later **space technology** helped to make artificial limbs look and work more like the original human parts than ever before. Carbon fiber and silicone made prostheses lighter and softer. Legs which once weighed 10 kilograms now weigh just two kg. Recent warfare in the Middle East has hurried the development of futuristic **computer** and **bionic prosthetic technology**.



Wheelchair Evolution

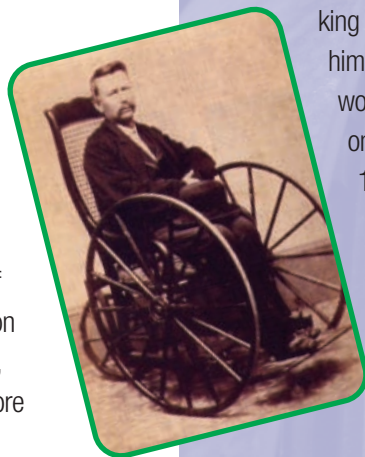
Chariots to Computer Chips

The first gas-powered automobile was built over 125 years ago. The first pedal bike was created 300 years ago. But the first wheelchair has them both beat. The Chinese invented chariots over... ready for this... 3,000 years ago!

About 500 years later (500 BC), the ancient Greeks improved on the Chinese chariot. Now it could be used to move people without the help of a horse to pull it. The Greek version looked more like a bed with wheels on it. The Chinese would not be outdone. Although it took 1,000 more years, China gets the credit for crafting a wheelchair that looks more like the modern chairs of today.



Throughout history, wheelchairs were used by royalty! In the 1500s, **King Philip II of Spain** used one that would recline for his naps. In the 1700s, **King Louis XIV of France** used a wheelchair called a *roulette*. Of course, a



king would never wheel his wheelchair himself. Actually, back then no one would... or could. Push rims were only added to wheelchairs in 1881. This was a huge advance in design, just like the introduction of wire spoke wheels to replace wooden ones 20 years later.

The next big breakthrough came in 1933, when two engineers named

Herbert Everest and **Harry Jennings** fashioned the first folding wheelchair. Wooden chairs were replaced by steel ones. People could now take their "E&J" chair with them wherever they wanted to go. It was a revolutionary idea and the Everest and Jennings company quickly became the biggest wheelchair manufacturer in the world.



Fun Facts

Did you know that **Franklin Delano Roosevelt**, the 32nd President of the United States, used a wheelchair because of weakness in his legs from polio? It's true.



But it too became another evolutionary stepping stone.

Wheelchair designs kept improving. The E&J chair can still be found in most hospitals, but the everyday wheelchairs we see are much more sophisticated. They are **made to measure**, meaning they are fitted to people's size and what they like to do, just like choosing a pair of shoes or boots. And the new chairs are so much lighter. A wheelchair made for playing basketball weighs between six and nine kilograms – the same as a large cat or small dog!

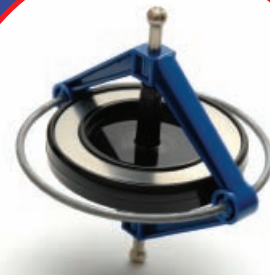
Then came the **power surge**. The 1990s welcomed amazing advances for power wheelchairs. Simple motors were replaced with electronic control systems.

BELLS & WHISTLES:
Stairs, curbs and two-wheeling are no problem for the iBOT chair.



Weird Word gy•ro•scope

A rotating wheel that looks like a ball compass. It spins and turns but always keeps pointing the same way. Used in airplanes but now in high-tech wheelchairs too so that they can balance on two wheels.



Power wheelchairs are controlled by a joystick on the armrest. They go forward, backward, spin around and have different speeds. But that's not all they can do. The most advanced wheelchairs have **computers** and **gyroscopes** in them that make it possible to climb stairs and stand up on two wheels!

Are wheelchairs done growing? Probably not. The materials they're made of are still getting better. Many wheelchairs are now being fabricated from lightweight titanium. Designs will keep improving too. What's really fascinating about wheelchairs of the future is the possibility of a chair being controlled by brain waves. Not just speech recognition that our computers can do now, but a wheelchair that intercepts brain signals headed for our larynx (voice box)! That'll be one **Cool Chariot!**

FOUR WHEELIN': The X4 Extreme from Innovation in Motion has four-wheel drive for mud, snow and sand.



BUILT FOR SPEED:
High-performance racing chair from Invacare Top End.



Man and Machine

It's a Connective Issue



Man-made materials can try to copy human bones and muscles. Artificial hands and feet can be made to look like real ones. But the big challenge is duplicating how the human body moves.

People trained to fit and fix prosthetic limbs are called **prosthetists** (pronounced *praus-the-tists*). Prosthetists have huge responsibilities. The prosthetic arms and legs they make need to fit well, function well and look good too.

Soft plastics make today's artificial limbs much more comfortable than the wooden ones of the past. Lighter metals like titanium and aluminum have replaced steel parts. And **carbon fiber** feet give amputees a little extra spring in their step.

There are hundreds of different feet to choose from, but amputee sprinters and jumpers want ones that propel them as fast as possible. Carbon fiber is a material that stores energy and then quickly returns it to push the athlete forward. Think of an **energy-return foot** this way: Drop a bowling ball and a basketball from the same height and what happens? The bowling ball goes 'thud.' No stored or returned energy there. The basketball bounces... that's 'energy return.'

Learn more about prosthetic running legs at www.glowinghearts.ca.



Running Arms

Special running prostheses can be made for arm amputees too. They're lightweight but provide the balance and upper body push for a smooth, strong run.



Paralympic Pit Stop

The long jump event was just about to begin. “Oh No!” shouted one horrified competitor. “I just broke my foot. This can’t be happening.”

Not his real foot thankfully, but just the same, he was crushed. His prosthetic sports foot broke. Would he be disqualified? How possibly could he compete?

Not to worry. It was off to the prosthetic repair station for help. Prosthetists (professionals who make and repair artificial limbs) volunteer their time at the Paralympic Games to ensure “technical difficulties” don’t prevent any athlete from competing.

“My foot required major surgery right there on the field,” smiled the long jumper after his event... with his shiny silver medal proudly in hand.

Cool Career! Learn more from the Canadian Association of Prosthetics and Orthotics at www.ProstheticsAndOrthotics.ca.

If the Shoe Fits

A prosthetic running leg is like a track shoe. Neither one is for everyday use. It performs a special job and has to fit just right. It looks really cool too.



Aimee Mullins Flying on Fleet Feet

Aimee knows how important it is to prepare. Training to be a Paralympic sprinter is hard work. “It takes a long time to **prepare to be your best,**” she says. “But that’s what makes it so great.”

Aimee trains six days a week to be her best. And she counts on her high-tech prosthetic legs to carry her every step of the way. Made of a special material – carbon fiber – her artificial feet give her nearly the same spring as normal muscles and tendons and bones do.

Aimee says: “Whether it’s for a test at school or a Paralympic race, being prepared **gives me the confidence to succeed!**”

Learn more from the Canadian Amputee Sports Association at www.canadianamputeesports.ca and www.glowinghearts.ca.

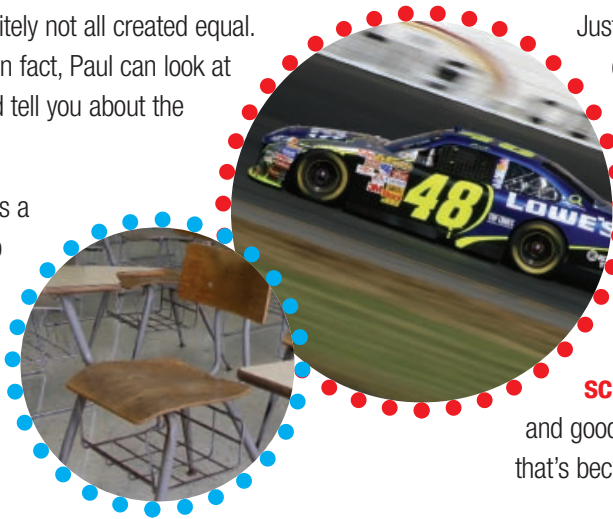


Spokes and Strokes

The Anatomy of a Sports Wheelchair

Sports wheelchairs are definitely not all created equal. Paul Schulte knows that. In fact, Paul can look at any sports wheelchair and tell you about the athlete who uses it.

How? Well, he designs wheelchairs. Paul is a **mechanical engineer** for Invacare Top End, a world leader in the manufacturing of sports wheelchairs. Not only does he build wheelchairs, he uses them too. Paul is the best Paralympic basketball player in the United States.



Just like a school desk chair is different from a living room chair, wheelchairs differ according to their jobs too. Axles, wheel position and seat size are all important attributes to consider when building a wheelchair, lists Paul.

Athletes can use an all-around sports chair for many different sports. But to be the best they can be, many wheelchair athletes look for a sports chair made especially for them and their sport. Different sports ask for different equipment. Wheelchair sports have specialized equipment.

Paul explains that “building sports wheelchairs is a combination of **art and science.**” He says that athletes want comfort, good handling and acceleration and good top speed. Sounds more like a race car than a chair doesn’t it? It does and that’s because a racing wheelchair is both.

Assembly Line

Building a Sports Wheelchair in 7 Easy Steps

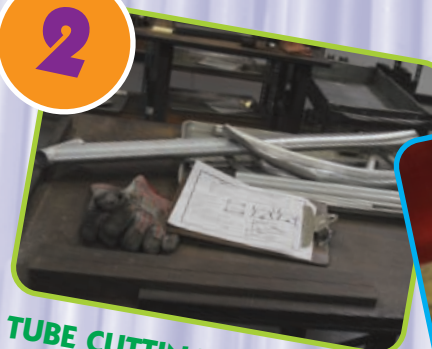
No two racing wheelchairs are exactly the same. Each one takes about one week to make in the plant. Here’s how Invacare Top End does it.

1



MEASURING. Athletes are measured for seat width, depth and height. That determines the length and width of the chair.

2



TUBE CUTTING. These aluminum pieces are cut to exact lengths.

3



WELDING. Connecting the tubes together to construct one solid frame.

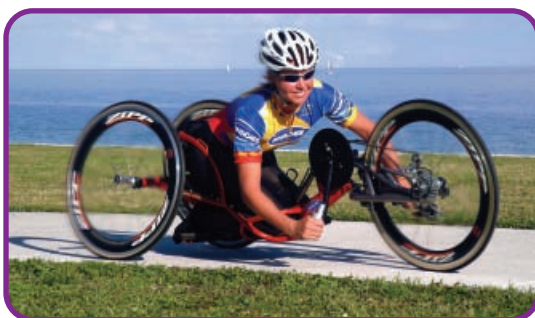


Aluminum Body

It might be a hard word to say, but this silvery metal makes pushing a wheelchair much easier. Aluminum is the most popular material for sports wheelchairs. It's lightweight and takes less energy to push. That means faster speeds.

Air Schemes

Wheelchair racing and hand cycling are all about aerodynamics. Solid objects that are long and sleek cut through the air better than short, wider ones. Think about a dragster in car racing. Tight body suits and pointed helmets



help to cut through the wind too.

Even the wheels, with their big flat discs, or sporty four-spoke formations, cut down on turbulence and wind resistance.



Taking Turns

Racing machines can't make sharp turns like a tennis wheel-chair. Tennis and basketball chairs are very compact, with small front wheels, for quick, sharp turns. Racing wheelchairs are built for speed with long frames and bigger wheels. Tennis and basketball chairs use anti-tip bars to keep from flipping over backwards.

Tilting the wheels out wider at the bottom is called camber, which makes chairs more stable.



Made to Measure

Sports wheelchairs are custom tailored to each person and the sport they play, like tennis or basketball. Not only that, some chairs are built for specific positions on the basketball court. An athlete with good abdomen muscles has better balance and can sit in a taller chair. Center is the position for them.

Learn more about sports chairs at www.glowinghearts.ca.



4



PAIN. Racers choose their favourite color for a beautiful paint job.

5



ASSEMBLY. Time to add the seat, wheels and stickers.

6



QUALITY CHECK. Making sure everything is just right and tight.

7



ROLL TEST. The last test drive before the new owner races away.

Spokes and Strokes

continued

! Patty Cisneros !

Says "Yes You Can!"

Invacare Top End supports a team of athletes from all around the world who are reaching for their dreams. Patty is one of Invacare's athletes with the **"Yes, You Can" attitude**, an unbeatable combination when determination meets innovation.

Patty was a **Grade 4 teacher** before she became the head coach for the University of Illinois women's wheelchair basketball team. Patty is an exceptional wheelchair basketball player herself. She's been to the Paralympic Games three times. Twice she has come home with a gold medal for Team USA.

My family always said "Yes You Can" too, says Patty. Nine brothers and sisters and 39 cousins encouraged her after she started using a wheelchair when she was 18 because of a car accident. Patty says she "just worked hard to make her family proud of her."

Invacare Top End is very proud of Patty too. Patty appreciates all the support, but thanks the game of basketball most of all. "Playing wheelchair basketball gave me a **freedom** and **confidence** that I never thought I'd have again," she admits. "It has given me many skills for everyday life." Patty's message for all kids is this: "Yes You Can... even if you do it differently than other kids!"

To learn more visit
www.TopEndWheelchair.com.



"Yes You Can...
even if you do it
differently than
other kids!"

- Patty Cisneros

POP Quiz

TRUE OR FALSE

T or F Paralympic champion Chantal Petitclerc's racing chair weighs only 6 kilograms.

T or F Most racing wheelchairs cost about \$3,000.

T or F Feather-light carbon fiber wheels are almost as much at \$2,000.

T or F Ultra-thin tires are inflated to 180 pounds of pressure (don't try that on your bike!).

T or F A tiny computer can be mounted on the wheelchair to measure speed, time and distance.

T or F Racing wheels do not have treads because it slows them down.

T or F Handcycles are geared to spin the front wheel.

see page 61
to check your
answers



IMAGINE

In every person young or old is the **power** to make a **positive difference** in the lives of other people.

Kids have remarkable gifts to give. **Compassion** and **imagination**. **Energy** and **enthusiasm**. Young people can be a big help in improving the lives of others in their community, in towns and cities across Canada or around the world.

In an age of computers and cell phones, **life lessons** are still best learned from real-life experiences. One of the most rewarding lessons comes from **hands extended to help others**.

Where will your journey of good **citizenship** and **discovery** take you? **Just imagine!**

"In the heart of every child is a hero."

- Jin Jing,
Paralympic
Torch Bearer



IMAGINE

Incredible Journey

The Man and the Marathon



When his closest friends told him that his big idea was not possible, he quizzed back “Why not?” Then he bounced up from his chair just like he’d won a million dollars. “That’s it,” he shouted. “**The WhyNot marathon**. That’s what I’ll call it,” he declared. “And it will raise millions of dollars for Canada’s Paralympic athletes,” he promised. His friends were not strangers to his **spirit** and **determination**. They had just one question for him: “What can we do to help?”

Their friend’s name is Vim Kochhar (*pronounced co-char*), but he insists on being called Vim.

This 70-something-year-old **dreams big** and is not afraid to ask for help. It was slightly strange though that Vim’s big idea was about helping athletes with disabilities. What’s so strange about that? Well, Vim really isn’t all that



interested in sports. “Maybe I don’t get too excited about sports,” he admits. “But I do get very excited about injustice in society,” asserts Vim. In other words, when people are treated unfairly and don’t get the **respect** everyone deserves.

Good Citizen

Vim was born in India. He came to Canada to make a good life for his family. He started a business in Toronto selling Canadian-style pine furniture. But he wanted to do more, especially for this wonderful new country that he now called home... and especially for people who were not

being treated equally.

“Maybe
I don’t get too
excited about sports –
but I do get very excited
about injustice in society.”

- Vim Kochhar

So what did he do? He went about raising 19 million dollars. Then he organized a historical **11,000 kilometre cross-country torch run** to introduce Canada’s Paralympic athletes to the whole country. But that’s not the end of the story. It’s not the beginning either.

Precious Medals

This is how the story begins about an immigrant man who **bravely reached for new heights** for all Canadians with disabilities. It was 1984 and Canada's Paralympic team had just returned home with 222 medals and a second-place finish. But no one seemed to care. Canada's powerhouse Paralympic team was the country's best kept secret. There were maybe 30 newspaper stories about them... in total. Vim could not believe the injustice. He had found his mission.

Vim threw a party for these athletes and discovered that many people did care. More than 1,000 supporters came to **celebrate**. It was a gala affair and the first time ever that the **achievements** of athletes with disabilities were celebrated with such pomp and pageantry. In fact, each athlete received a trophy from the Lieutenant Governor of Ontario.

But it wasn't a perfect evening. Vim invited the Toronto newspapers to come to the party to interview these athletes. They did not come. The newspaper editors said that their papers "didn't report on disabled sports." Vim was infuriated. That injustice pushed him to do more. "Canadians had to know about the precious medals that Paralympic athletes were winning," Vim declared.



Dream Team

A charity called the Canadian Foundation for Physically Disabled Persons was created by the Rotary Club that Vim belonged to, to raise money to support these athletes. Vim would be the Foundation's **leader**. "Raising money was important but not enough," Vim asserted. Raising awareness became his number one priority.

Let's skip ahead ten years, back to his big idea. Vim was certain that Canada's media could not ignore a coast-to-coast Torch Run. He was absolutely right.

A team of people who **believed in his dream** was assembled. They toiled for two years to prepare for the marathon. Then, on a warm day in May, two torches were sparked to life. It was four months before the kick-off of the **1996 Paralympic Games** in Atlanta,

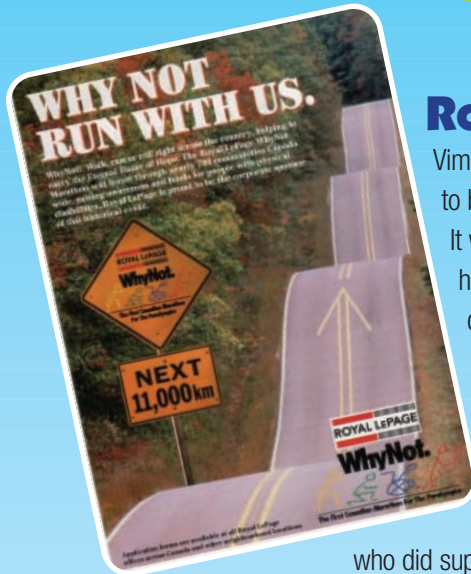
Georgia. An incredible journey was about to begin. One flame would start its journey in St. John's, Newfoundland, and the other in Victoria, British Columbia. The torches would meet in Toronto after 90 days, become one, and continue the journey to Atlanta. Each torch was a **symbol for the spirit** of the Paralympic athlete and all Canadians with a disability.

"Canadians had to know about the precious medals that Paralympic athletes were winning."

- Vim Kochhar

IMAGINE

Incredible Journey continued



Road Block

Vim's biggest obstacle was not the many kilometres to be traveled, or the weather, or anything like that. It was the doubters. There were still those who said he would not succeed. Vim thanks them. "They didn't discourage me or dampen my passion at all," he explains. "Actually, they helped me become more **determined to succeed** than ever." But he's

quick to give more heart-felt credit to those

who did support his dream

and **helped him achieve it.**

Town Greetings

Not even Vim could imagine what those 90 days would bring. Big corporations joined his team with **money and volunteers**. Over 400 Rotary Clubs across Canada went to work for the WhyNot marathon. These **good citizens** planned extraordinary "Welcome" parties in over 800 towns and cities. The torches were on the move. Town by town, city by city, excitement built like an ocean wave coming ashore.

Children lined the streets waving Canada flags, thrilled to get a glimpse of this special flame. **Mayors** thanked the WhyNot marathon for bringing such good news to

their community. The **Premiers** from every province participated and so did **Prime Minister Jean Chretien** when the torch passed through Ottawa. The dream was alive, twelve hours a day, 125 kilometres each day.

In all, 8,000 lucky Canadians were chosen to carry the torch. Jimmie was the youngest torch runner at four years old and Eddie was the oldest at 94. More than 150,000 more people ran alongside. "**Any Way You Can**" was the motto for carrying the torch. Some wheeled, some walked, biked or skated and some even carried it on horseback. Get this – for eight kilometres in Newfoundland the torch was an unsuspecting passenger in a wheelbarrow race. The torch visited schools, camps and hospitals along the way every day.

Headline News

Something else very special happened in those 90 days. TV stations, radio stations and newspaper reporters were drawn to the Torch Run like metal to a magnet. Newspapers wrote **3,000 stories** about the WhyNot marathon. The excitement carried right through to the Paralympic Games that summer with thousands more stories about home-town Paralympians.



One man's dream and many helping hands had moved a mountain. Paralympic athletes could now take their proper seat at Canada's table of sports heroes. **People cared.**

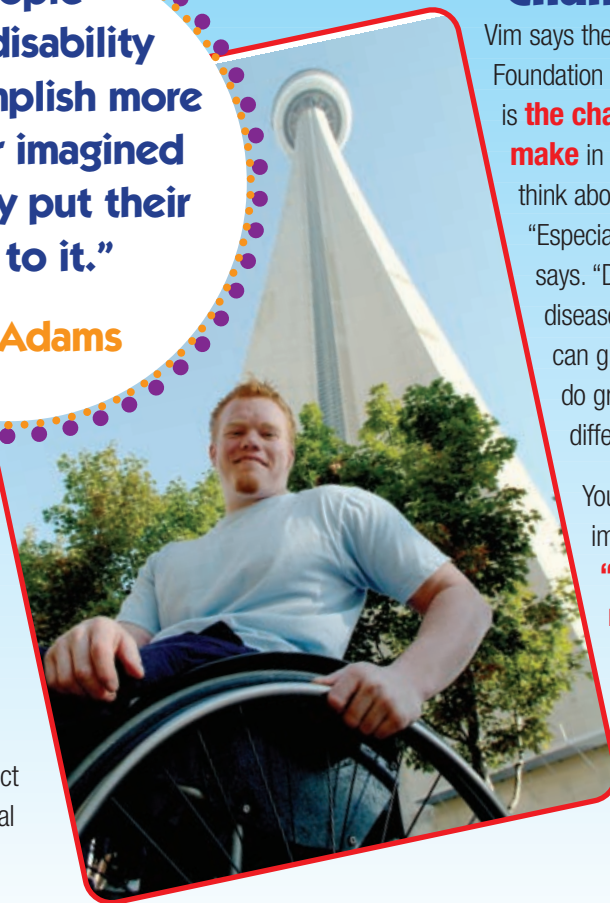
Stepping Up

Vim's Foundation celebrated its 25th birthday in 2008 with another marvelous gala party. But this night had a twist. It was Vim's turn to be cheered. He stood before a ball-room full of dignitaries, Paralympians and hundreds of grateful others to say: **"You're Welcome."**

This proud Canadian has had many **dreams come true**. His Foundation has raised millions of dollars to help Canadians with special needs. It has given prestigious awards to hundreds of people who have made life better for people with disabilities. It has **inspired others** to be the best they can be too. The Foundation even created a Hall of Fame in Terry Fox's name. This Canadian hero and his Marathon of Hope is a perfect symbol for the dreams of all Canadians with physical differences.

"People with a disability can accomplish more than ever imagined when they put their mind to it."

- Jeff Adams



The Foundation also helped famous Paralympic champion Jeff Adams arrange his 1,776-step climb to the top of Toronto's CN Tower. By the way, if you don't know Jeff Adams... he climbed those 1,776 steps in a wheelchair. Why? To send this message: **"People with a disability can accomplish more than ever imagined when they put their mind to it."**

Changing Your Mind

Vim says the biggest gift that his Foundation has given to Canada is **the change it helped make** in the way Canadians think about disability.

"Especially within kids," he says. "Disability is not a disease. Instead, a disability can give people a push to do great things in a different way."

Young Canadians are so important to Vim.

"Dream big and make it happen," he says to them. **"When you set your heart and mind to it, there are no limits."**



IMAGINE

Citizenship

Triumph of the Human Spirit

Community Caretakers

Good Citizens

We all belong to a community. Actually, each of us belongs to more than one community. Your school, church, neighbourhood, town or city, are all communities in which you belong. Being a good citizen means taking care of your community and **helping it grow**.

There are tons of ways to help and everyone can pitch in, big or small, young or old!



Every Canadian in every community across our country is touched in some way by the work of charities. For example, they clean our rivers, research cures for diseases and feed the hungry like The Salvation Army does. Or like the Red Cross which helps when disasters happen.

Charities and not-for-profit organizations are groups of **people working together** to help others in the local or world community. It's not their aim to make money, just to help. But of course that takes money and so these groups rely on donations from people, businesses and foundations.

There are charities that work to promote **healthy activity** for Canadians too. Some are for everyone and some are just for Canada's community of people with a disability, like the **Canadian Paralympic Foundation**.

The Canadian Paralympic Foundation raises money to enrich the lives of people with physical disabilities through sport. To do this, it works to grow community clubs and leagues for Paralympic sports.

To learn more about how you can help the Canadian Paralympic Foundation visit www.paralympic.ca/foundation.



**"Paralympians
are living proof
of what can happen
when you
dream big."**

- Denis Vandal

In Good Company

Canada's big companies are asked for help by communities and charities many times every day. They can't help everyone, but corporations do put a lot of thought into how they **give generously**. Sometimes the company invites their customers to help them build strong communities together, like Air Canada does.

Air Canada is big on helping to improve life for Canadians in communities all across our vast land. This big airline company is a dedicated **supporter of Canada's Olympic and Paralympic Teams**. For one week each year, the company raises money for Paralympic athletes by donating \$1.00 from each Air Canada flight booked online. They raise about \$100,000 that week! The money goes to help our athletes perform at their best.



Air Canada also helps by flying Canadian athletes to the Paralympic Games too. And the company is a proud Supporter of the Vancouver 2010 Olympic and Paralympic Games.

Mr. Denis Vandal works at Air Canada with their Olympic and Paralympic program. He says "Paralympians are living proof of what can happen when you **dream big**. Our employees are so motivated by these athletes," he adds. "They take so much pride in being part of their Paralympic journey." Mr. Vandal says Air Canada has big challenges every day too, but meeting Paralympic athletes inspires employees to work as a team as well.

Air Canada helps other organizations too, especially ones that help young Canadians. A program called Kids' Horizons focuses on the health of Canadian youth, alleviating child poverty, and answering the wishes of seriously ill children.

Air Canada and its customers make donations to help organizations like the Breakfast Clubs of Canada, Children's Miracle Network, Dreams Take Flight, Starlight Starbright Children's Foundation, Street Kids International and Free the Children.

To learn more about the Kids' Horizons Program
visit www.aircanada.com/kidshorizons.

Weird Word phil•an•thro•py

This noun refers to charity work on a really big scale. It's all about being generous for the love of other people and not to help yourself. Kindhearted, bighearted and thoughtful are similar words.



IMAGINE

Citizenship continued

Kid Power

You're curious, kind and optimistic. You like helping others. And you have a great idea that could change your neighbourhood or your school, or the world.

Maybe you want to help someone specifically, like an athlete with a disability at your school. Helping him or her **raise money for a racing wheelchair** could go a long way. Maybe a classmate is blind, and raising money for goalball equipment would be great fun and exercise for your whole class. Walk-a-thons, read-a-thons or neighbourhood yard sales could produce the funds you need.

How about **sponsoring a Paralympic athlete** from your community or province? Your whole school might get involved, or your whole town. Imagine this... then the athlete comes to your school to thank you and be a special guest speaker!

But then you think you're too young to do something like that. Don't be silly. Hmm... maybe you'll reconsider after seeing what some other kids have done.

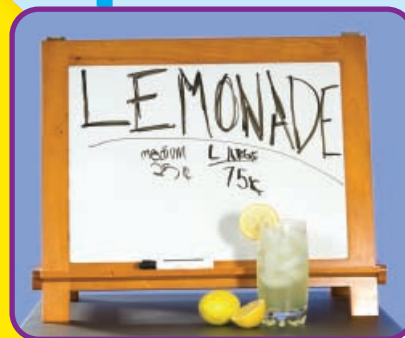
Be confident in your ideas and yourself.

Work together with others. Parents or teachers or friends will surely be eager to help you. And you can find plenty of project ideas online to help you get started...

www.kidscare.org is an awesome place to begin.

Lemonade 4 Sale

Alex's Lemonade Stand Foundation grew out of an idea from a four-year-old girl with cancer. **Alexandra "Alex" Scott** set up her front-yard lemonade stand to raise money to find a cure for childhood cancer. Her dream turned into a nationwide fundraiser and has raised more than \$25 million towards fulfilling her wish. **Learn more at www.alexslimonade.org.**



Cody's Comfort Kits

A visit to the Emergency Department at Kemptville District Hospital gave Cody Clark a great idea.

"Cody's Comfort Kits" are packages given to young patients to help make their hospital visit more comfortable and less frightening. Cody raised the money to make free kits for kids that include colouring books, blankets, videos, toys, rattles, and other things. Cody has also created "Grandma and Grandpa Kits" for older patients. **Learn more at www.codyscomfortkits.com.**



Keeping Tabs

Robert Hampson

lost his sight when he was very young.

Shortly after, he heard

about collecting pop can tabs for wheelchairs. "A wheelchair out of pop can tabs?," he wondered. He was five and couldn't quite figure out how a factory was going to do that, especially the tires, but it didn't matter.

He started collecting. He got tabs from home, friends, school, the hospital, parties and camp. He knew how important wheelchairs were to kids who needed them.

At age 12, Robert was still collecting. He still didn't have that wheelchair. Then someone told him that making a wheelchair from tabs was an urban myth. It really had never been done before.

Robert admits that he's stubborn. "**Determined,**" he prefers to say. He was going to get that wheelchair. He figured out a new plan. If people gave their tabs to him, he'd cash them in for recycling money and just buy a wheelchair.



Good plan. Hundreds of thousands of tabs poured in from all over Canada, from Newfoundland to British Columbia... 60 garbage bags full of millions of tabs.

Robert took them to a metal recycler, negotiated a cash price and then bought a wheelchair for a child who needed one, a five-year-old boy named Ricardo.

"Eight years of collecting to finally reach my goal," smiles Robert. "Ricardo has a wheelchair to take to school."

The story doesn't end there though. More support for Robert's dream came when the **Robert Hampson Tabs for Kids Fund** was created by the President's Choice Children's Charity to help him help other kids. Robert keeps tabs on that!



Penny Girl

When she was just six years old **Jeneece Edroff** started a penny drive to support Variety – The Children's Charity in British Columbia. She collected \$164. She had only just begun.

The next year she recruited a television news person to help her. Over the next six years she raised \$200,000 for Variety to help kids with disabilities.

Jeneece has health challenges of her own but that hasn't stopped her enthusiasm for helping others. She has a condition called neurofibromatosis (*pronounced ner-o-fy-broe-ma-toe-sis*) which affects her spine and has meant lots of operations.

Jeneece is known around Vancouver Island as the **Penny Girl** but keeps raising big bucks on radio-thons and at her own charity golf tournament. She's received lots of awards for her volunteer work. She's been inducted into the **Terry Fox Hall of Fame!** But her biggest reward is still **inspiring others** to give.



IMAGINE

Citizenship continued



That's the Spirit

Listening to the call of your **charitable spirit** can be really rewarding. There are loads of different **compassionate** things you can do to help others. Some projects are easy to do and some are more challenging. And it's always fun to volunteer with friends or family or both.



Charity Work

It's as Easy as 1-2-3.

Finding the right community concern and the right way to help is important. Something with special meaning to you is always a good place to start. There are three basic ways that you can contribute:

- 1 Social Action** is a phrase that means a big plan to change the lives of many people. Maybe it's making speeches or writing letters about a problem in your community, or fund-raising for a new skate park at the playground.
- 2 Volunteer Work** means giving of your time to help. Lending a hand at the library, selling Girl Guide cookies, or helping at a track meet or tournament for athletes with a disability are all forms of volunteering.
- 3 Direct Aid** is when your help goes directly to people who need it. Pitching in at a Food Bank or collecting canned goods are ways everyone can help. How about giving your outgrown toys, books or clothes to less fortunate kids? Donating hair for wigs is another way you can help directly too.



For more great volunteer ideas visit www.idealists.org.

Reference

Sports Organizations

Achilles Track Club of Canada (Toronto)

Tel: (416) 485-6451; www.achillestrackclub.ca

Active Living Alliance for Canadians with a Disability (Ottawa)

Tel: (800) 771-0663; www.ala.ca

Athletics Canada (Ottawa)

Tel: (613) 260-5580; www.athleticscanada.ca

Canadian Amputee Golf Association (Calgary)

Tel: (403) 256-1884; www.caga.ca

Canadian Amputee Sports Association (Toronto)

Tel: (416) 494-5000; www.canadianamputeesports.ca

Canadian Cerebral Palsy Sports Association (Ottawa)

Tel: (613) 748-1430; www.ccpa.ca

Canadian Cycling Association (Ottawa)

Tel: (613) 248-1353; www.canadian-cycling.com

Canadian Paralympic Committee (Ottawa)

Tel: (613) 569-4333; www.paralympic.ca

Canadian Parks and Recreation Association (Ottawa)

Tel: (613) 523-5315; www.cpra.ca

Canadian Soccer Association (Toronto)

Tel: (416) 263-5717; www.canadasoccer.com

Canadian Therapeutic Riding Association (Guelph)

Tel: (519) 767-0700; www.cantra.ca

Canadian Wheelchair Basketball Association (Ottawa)

Tel: (613) 260-1296; www.cwba.ca

Canadian Wheelchair Sports Association (Ottawa)

Tel: (613) 523-0004; www.cwsa.ca

Canadian Yachting Association (Kingston)

Tel: (877) 416-4720; www.sailing.ca

Ontario Blind Sports Association (Toronto)

Tel: (416) 426-7191; www.blindsports.on.ca

Para-Equestrian Canada (Ottawa)

Tel: (613) 248-3433; www.equinecanada.ca

ParaSport Ontario (Toronto)

Tel: (800) 265-1539; www.parasportontario.ca

Rowing Canada (Victoria)

Tel: (877) 722-4769; www.rowingcanada.org

Special Olympics Canada (Toronto)

Tel: (416) 927-9050; www.specialolympics.ca

Swimming Canada (Ottawa)

Tel: (613) 260-1348; www.swimming.ca

Tennis Canada (Toronto)

Tel: (800) 263-9039; www.tenniscanada.com

Variety Village (Scarborough)

Tel: (416) 699-7167; www.varietylvillage.on.ca

POP Quiz Answers

Page 23: Game of Basketball is Canadian;
others are Chinese

Page 25: Best Boccia Nation - Portugal

Page 29: Brick

Page 33: A, B, C & D are all good.

Page 50: 1-T; 2-T; 3-T; 4-T; 5-T; 6-T; 7-T



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From Play to Podium

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Page 46: Athlete (right) - Coudenys Fotografen/Lieven Coudenys
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Imagine

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Additional thanks to Variety Village and ParaSport Ontario for photo contributions.



ABOUT THE BOOK

Glowing Hearts – From Play to Podium is a one-of-a-kind publication for young readers about the power of sport and recreation in their lives.

Physical play is important for all kids. Some just do it differently. Whether it is wheelchair basketball or tennis, soccer, goalball or horseback riding, there's always a way to play.

In this book you'll meet some very active kids with disabilities reaching for their goals and dreams, and some of Canada's best athletes whose dreams came true at the 2008 Paralympic Games in Beijing, China. From playgrounds to Paralympic podiums, you'll be inspired by their very special messages for you.

"Glowing Hearts is a tremendous book for teaching healthy, active lifestyles, diversity and character education. An excellent resource for teachers and parents. An engaging read for students! It's a treasure trove of positive messages from unsung Canadian heroes."

Kim McCarthy, Teacher/Librarian

"This book presents our beautiful kids in a beautiful light. Just like any child, kids with a disability want to play sports, learn new skills, make friends, be part of a team and have fun too. The athletes featured in this book – recreational and elite alike – are perfect role models... no matter what life brings you, you can rise above it. Inspiring and motivating."

Karen MacDonald, Parent

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