

# Para-Multi Sport Information Package

## Adapted Sports

Looking for volunteers as well as participants!

November-June  
2017-2018

Throughout HRM

[www.facebook.com/  
projectparasport](http://www.facebook.com/projectparasport)

Imagine waking up in the morning in a hotel room, grabbing your walker, cane, wheelchair or whatever it is, getting out of bed and strolling to the athlete village for breakfast at the Paralympics! Now imagine winning a medal for your country or your province! Sports should be, and can be for anyone! You can play them competitively or recreationally but how do we know if we enjoy these sports if you have never had the chance to try? People who are big on active living and playing sports say it's very important try all of your options before choosing your sport! If you're someone who is either competitive, enjoys being active, meeting lots of other people, learning life skills or all of the above and you also have a mobility aid then you're

eligible for this awesome, sport filled camp. It's a 23 week long camp filled with the opportunity to try 7 different sports. These sports include curling, sledge hockey, basketball, badminton, athletics, table tennis and swimming. With our multi-sport camp we want to reach out to those who never thought they could do the sport, those who don't have the support to try but want to, and to those high level or high potential athletes that go under the radar until an opportunity like this! See rest of package for more information about the sports, the sport leaders and the location/times.



# TABLE TENNIS



Dates: May 5th, 12th & 26th of 2018

Location: Canada Games Centre  
26 Thomas Randall Drive, Halifax NS

Time: 1030am-12pm

## Sport Leader

**John MacPherson** (Table Tennis) - Being born in Nova Scotia and now living in Cole Harbour. John McPherson has competed at the 2000 Sydney Paralympic games in table tennis, and was head coach at the 2013 IWAS World Jr. Championships for table tennis.

## Sport

Para table tennis is a sport that can be played standing or sitting. There are 11 competitive classes with classes 1-5 for wheelchair players and 6-11 for those who play standing. Class 11 is for players with an intellectual disability. A match is a best of five sets, with each set won by the first player to reach 11 points. A two-point winning margin is required to win each set. The server changes every two points. Competitions take the form of preliminary rounds followed by knockout stages. Table tennis appeared at the first Games in Rome in 1960, making it one of the original Paralympic sports.

[ryan.shay@live.com](mailto:ryan.shay@live.com)

# BADMINTON



## Sport Leader

**Pat Thompson** (Badminton) - Pat was born and is originally from PEI and now works for Sport Nova Scotia. He is now currently living in Halifax, Nova Scotia. He has also been the Nova Scotia champion for badminton.



Dates: February 3rd, 10th & 17th of 2018

Time: 1030am-12pm

Location: Canada Games Centre  
26 Thomas Randall Drive, Halifax NS

## Sport

There are six sport classes in Para badminton. Two wheelchair classes (WH), two standing classes for lower limb impairment (SL), one standing class for upper limb impairment (SU) and one class for short stature athletes (SS). Athletes in sport class WH 1 have the greatest activity limitation. WH 1, WH 2 and SL 3 play half-court in singles and full-court in doubles. SL 4, SU 5 and SS 6 play full-court in all five events, which are men's singles, women's singles, men's doubles, women's doubles and mixed doubles.

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# ATHLETICS



## Sport Leader

**Casey Perrin** (Athletics) - For the throwing side of para-athletics we have Casey. She is 24 years old and originally from Oxford, Nova Scotia. Her disciplines are shot put and discus. Casey has competed internationally in places like Switzerland and Dubai, has won multiple medals at Canadian Nationals and won a bronze in at the 2017 Canada Summer Games.

**Dillon MacMillan** (Athletics) - Originally from Cape Breton, Dillon is a 23 year old para-athlete now living in Halifax. He competes in para-athletics on the racing side and is a fairly new racer but in his time has already attended a Team Canada development camp, training camp as well as competed at the 2017 Canada Summer Games. He trains mostly in short distance sprinting (100m, 200m and 400m) however does some longer distances and road races as well.

Dates: April 8th, 14th & 21st of 2018

Location: Canada Games Centre  
26 Thomas Randall Drive, Halifax NS

Time: 1030am-12pm

## Sport

Para-athletics, also known as track and field, is the largest competition at the Paralympic Games. Events are available for physical disabilities – both wheelchair and standing - and athletes with visual impairments. Contested events are held in track racing, throwing and there is also a marathon and pentathlon. The rules of Paralympic track and field are almost identical to those of its Olympic counterparts. Allowances are made to accommodate certain disabilities.

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# SWIMMING



Dates: June 2nd, 9th & 16th of 2018

Location: Canada Games Centre  
26 Thomas Randall Drive, Halifax NS

Time: 1030am-12pm

## Sport Leader

For swimming we are lucky to have such a great facility like the Canada Games Centre in our province. With the amazing resources they have they will be able to provide both the lifeguards and swimming instructor.

## Sport

Para-swimming features athletes with physical, visual and intellectual impairments. Events are the freestyle, backstroke, breaststroke, butterfly, individual medley and relays. AFINA (the international governing body for swimming) standard eight-lane 50-metre pool is required for competition at the Paralympic Games.

Events are conducted in heats of eight competitors per class. The fastest eight swimmers per class compete in the finals. Depending on their disability, swimmers can start in the water, from a dive start sitting on the starting platform, or from the typical standing start. Blind and visually impaired swimmers are required to wear blackened goggles and have an assistant (called a “tapper”) to help (tap) them as they approach the pool end wall to make turns or finish the race.

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# WHEELCHAIR BASKETBALL



## Sport

Played in sport chairs that are lower, lighter, have slanted wheels and are much easier to accelerate/turn in, wheelchair basketball is very similar to the stand up game in the sense of most rules. It is designed for athletes who have a physical impairment that prevents running, jumping and pivoting. There are separate tournaments for men and women at the Paralympic Games. Wheelchair basketball games have four 10-minute periods with a 15-minute pause at the half. If the game is tied at the end of the fourth period, an extra five-minute period is added. Games can have as many periods as necessary to break the tie. It is a traveling violation to take more than two pushes on the wheels without dribbling the ball.

[ryan.shay@live.com](mailto:ryan.shay@live.com)

## Sport Leader

**Steve Sampson** (Basketball) - Steve is age 44 and was born and raised in the Annapolis Valley of NS, currently residing in Hatchet Lake, NS. He started coaching basketball in high school (1988). Played University Basketball for Mount Saint Vincent University from 1991 - 1994. In 2008 he was introduced to Wheelchair Basketball. He then was the 2011 and 2015 Canada Games Head Coach for Team Nova Scotia at the Winter Canada Games. In 2013 and 2017 Steve was an assistant Coach for Canada at the Junior World Wheelchair Basketball Championship. He was also a member of the 2012 London and 2016 Rio Canadian Wheelchair Basketball Teams attending the Paralympic Games.

Dates: January 6th, 13th & 20th of 2018

Location: Canada Games Centre  
26 Thomas Randall Drive, Halifax NS

Time: 1030am-12pm

# CURLING & SLEDGE



## Sport(s)

Sledge isn't so much into the classification as a lot of the other para-sports are. This doesn't mean it's not still a blast! All players have a lower body disability and are strapped to a two-bladed sledge. They propel themselves with sticks spiked at one end and curved blades at the other for shooting. Teams are comprised of a maximum 15 players per team, including two goaltenders. Games consist of three 15-minute stop-time periods. Sledge hockey was added to the Paralympic Winter Games in 1994.

In wheelchair curling each team is comprised of two men and two women. A game consists of eight ends. In wheelchair curling there is no sweeping, which means each throw has to be even more precise. The player's wheelchair must be stationary during the throw and the stones can be thrown by hand or given an initial push with a cue. If the teams are tied at the completion of eight ends, extra play continues for as many ends as required to break the tie. Wheelchair curling was introduced as a Paralympic medal sport in 2006 and Canada has won the gold medal at all three Games so far.

## Sport Leader

For Curling and Sledge Hockey these programs will be run by a different program. You can still get all of the contact info you need through emailing the contact email attached to each page. These "try it" days will be put together by Easter Seals.

Seals Learn to Sledge – Saturdays 10-11a at BMO arena

[ryan.shay@live.com](mailto:ryan.shay@live.com)



## Registration

If you are interested in taking part in this fun filled camp from November-June then please don't hesitate in registering! You can do that by going to [www.canadagamescentre.ca](http://www.canadagamescentre.ca) then clicking on "register for programs". We have up to 15 spots for youth aged 8-17. In order to be able to participate in the camp some upper body strength and range of motion is required. We hope to see you there and we hope that you can help build opportunities in the disabled community for both yourself, and others around you. Let's make Nova Scotia one of the leading provinces and areas for inclusion and sport performance!

You can also type /copy and paste this link into your URL if needed: <https://www.hfxcgcwebtraconlinereg.ca/wbWSC/webtrac.wsc/search.html?module=AR&type=CAMPS&SessionID=c2825b658e64d7318fd9359dda0589061b7cf2e4f1f822fd8aa94664670dca7df5212c90ba771adf33676c1df42e3c7be816b33f4464f1c51a7ec69127b97d7c>





## Volunteering

If you are interested in volunteering at this awesome multi-sport camp than please contact Ryan Shay (email below) with your availability and what sports interest you most, so he can place you accordingly. There are plenty of volunteering opportunities outside of the camp as well, take a look below!

-Easter Seals Boccia – Sundays 2-4p at Bayers Lake Community Centre. Contact Faye Joudrey [f.joudrey@easterseals.ns.ca](mailto:f.joudrey@easterseals.ns.ca)

-Easter Seals Learn to Sledge – Saturdays 10-11a at BMO arena. Contact Faye Joudrey [f.joudrey@easterseals.ns.ca](mailto:f.joudrey@easterseals.ns.ca)

-Wheelchair Basketball – Thursday nights at Citadel Community Centre 8-10p – Contact [CherSmith@live.com](mailto:CherSmith@live.com)

-Wheelchair bball for minis – Coming soon with location and time TBD – Contact [SteveSampson@filsonite.com](mailto:SteveSampson@filsonite.com)

-Sledge Hockey Tier 1 & 2 – BMO arena Sundays 11-12:30p – Contact James [thatguygriff@mac.com](mailto:thatguygriff@mac.com)

-Wheelchair Rugby – NS Hospital Gym on Friday 630-830p Bi-weekly contact Steve Dunn [stevenrdunn@hotmail.com](mailto:stevenrdunn@hotmail.com)

-Disabled skiing/snowboarding – Martock and Wentworth – Contact Andrew [ahayes@sportnovascotia.ca](mailto:ahayes@sportnovascotia.ca)

-Para Cross Country (snow dependant!) at Brunello Golf Course – Contact John [John.Cameron@Dal.Ca](mailto:John.Cameron@Dal.Ca)

-Para Athletics at Canada Games Centre Sundays 2-4 – Contact Ueli [ualbert@me.com](mailto:ualbert@me.com)

-Goal Ball at George Dixon Centre – Saturdays open recreation – contact Peter [parsons.pete@gmail.com](mailto:parsons.pete@gmail.com)

-Table Tennis at Cole Harbour Place Wed 4-6p – contact John [johnsmacpherson@hotmail.com](mailto:johnsmacpherson@hotmail.com)

-Wheelchair curling at Lakeshore Curling Club – contact Virginia [vjackson@nscurl.com](mailto:vjackson@nscurl.com)

Interested in taking a more invested responsibility in developing a program?

-Power Chair Soccer is looking for a program leader – contact [parasport@sportnovascotia.ca](mailto:parasport@sportnovascotia.ca)

-Archery is looking for a program leader [rfrancis@sportnovascotia.ca](mailto:rfrancis@sportnovascotia.ca)

You can also contact Ryan Shay, Para-Multi Sport Facilitator for the camp and ask for any other info or to be placed if you're unsure of picking a sport or date. [ryan.shay@live.com](mailto:ryan.shay@live.com)

