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

MISSION

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

PRACTICAL VISION—WHAT WE ARE WORKING TO CREATE

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

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

OUR PRINCIPLES—VALUES THAT INSPIRE OUR WORK

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

STRATEGIC DIRECTIONS—TO ACHIEVE OUR PRACTICAL VISION

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

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

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

With the generous support of Alberta Sport Connection, along with external granting agencies, community foundations and individual donors, The Steadward Centre continued to make a difference in the lives of over 780 individuals experiencing disability and 284 student volunteers through innovative programs and applied learning opportunities.
As a part of the Faculty of Physical Education and Recreation, University of Alberta, The Steadward Centre strives to be an expert in Adapted Physical Activity and Parasport development. The Centre’s strong research and education focus allow it to deliver innovative programs and to share proven expertise with community fitness and sport leaders across Alberta.

As an academic centre, The Steadward Centre provided a diverse range of learning opportunities and volunteer experiences across all of our program areas, supporting students in the areas of kinesiology, physical education, recreation, science, nursing, rehabilitation medicine and coaching. Undergraduate and Graduate students developed skills, put learning to practice and earned certifications to support their future careers in the area of sport, recreation and fitness. The Pan-Albertan Steadward Centre Education Advisory Committee, worked to establish key priorities and activities in order to support the educational opportunities within the Centre.

**Learning**

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

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**Volunteers**

Student engagement and student volunteerism is essential to the growth and success of our programs. The Centre could not successfully sustain itself without the support of 294 student volunteers. Students participated in a variety of learning experiences across the Centre: volunteer placements, professional practicum and fieldwork placements and community service learning credits. Both undergraduate and graduate students gained valuable learning experiences and in return, created valuable experiences for our participants—contributing to 8351.5 hours of service within our Centre.

**Undergraduate Students**

Post-secondary students studying in related fields including Bachelor of Kinesiology and Bachelor of Arts in Recreation, Sports and Tourism received professional practicum placements through The Steadward Centre. In 2014-2017, five full time students from the University of Alberta, three part-time students from Northern Alberta Institute of Technology engaged in 14 weeks of applied work experience in Adapted Physical Activity. In 2016-2017, five full time students from the University of Alberta, three full time students from the University of Regina, and two part-time students from Northern Alberta Institute of Technology engaged in 14 weeks of applied work experience in Adapted Physical Activity.

**Graduate Students**

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

**Community Service Learning**

As a designated Community Service Learning (CSL) partner, The Steadward Centre supported 57 students through KIN 471, KIN 473, and PSYC 327 classes. We are grateful for the willingness of the program participants who shared their talents, lived experience and understanding, with the CSL students.

**Certifications**

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

**Discovery**

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

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

**The Centre Has Supported in the Recruitment of Research Participants for the Following Studies:**

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

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

**The Steadward Centre Has Been Actively Supporting the Following Studies:**

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

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

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

**Research Presentations:**


**Conference Presentations:**


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

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

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

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

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

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

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

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

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

Other highlights from the 2017 Symposium included an afternoon of touring and sessions at the Canadian Sport Institute, an inclusive physical literacy workshop, and the opportunity to take in some sledge hockey action at the 13th annual Western Canada Tournament in Calgary, Alberta.

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

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

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

ATHLETE DEVELOPMENT FOR PARASPORT:

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

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

ERIN JACKSON — PROUD STEADWARD BEAR

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

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

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

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

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

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

The study’s main objectives were to:

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

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

CITIZENSHIP

Over 780 unique participants were involved in one of our five vibrant programs: Adult Fitness and Recreation (249), Athlete Development for Parasport (96), Community Exercise Transition Program (29), Functional Electrical Stimulation (FES) Exercise Program (43) and Free2BMe Physical Activity Programs for Kids and Teens with Disabilities (606).

SPOTLIGHT ON: SEE ME FOR WHO I AM

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

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

FREE2BMe PHYSICAL ACTIVITY PROGRAMS FOR KIDS AND TEENS WITH DISABILITIES:
Taking full advantage of the brand new activity spaces, the Free2BMe program continues to serve a unique need in our community by providing children and youth living with impairment and their families with the opportunity to play, learn and grow through physical activity and sport. With the success of the inaugural Gala in celebration of the programs 10th Anniversary, the program was able to continue to offer a variety of programs to over 400 program participants. Free2BMe was proud to host a variety of school and community groups through its Active Schools Initiative.

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

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

“[The Steadward Centre] is amazing all around, the staff is incredible; I highly recommend the Free2BMe program to all of my Kindergarten students that experience disability,” Kim shares. Kim and Ryan had the unique experience of witnessing the growth of Free2BMe from its initial stages, through to its recent renovations. “A life changer!” she asserts, speaking of the new Free2BMe facilities. While the previous space was limited to “a cage,” wherein a ball could barely be passed around, the new facility boasts full basketball courts. This came as a joy to Ryan, who has ambitions of his own: “Ryan would not have had the confidence to try out if it weren’t for Free2BMe and the Fitpals Program,” Kim re-counts.

“The one-on-one instruction and support has been tremendous. It supported Ryan to gain the courage to try out for his high school basketball team”. Ryan landed a position as the Team Manager. He is happy playing pass with, and comfortable being surrounded by the confidence and energy of his atheletic high school peers. “He can be a regular kid.” In terms of physical growth, Ryan continues to see improvement in his fingers, arms and feet. His achievements in building arm strength and in walking have contributed to perhaps the most important thing of all: his confidence in life.

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


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

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

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

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


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

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


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


COMMUNITY ENGAGEMENT

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

COMMITTEE INVOLVEMENT

<table>
<thead>
<tr>
<th>COMMITTEE</th>
<th>COORDINATING BODY</th>
<th>TSC REPRESENTATION</th>
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<tbody>
<tr>
<td>Glenrose Rehabilitation Accessibility Committee</td>
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<td>Bobbi-Jo Atchison</td>
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<td>Exercise is Medicine</td>
<td>CSEP</td>
<td>Caitlin Wheeler</td>
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<td>Accessibility Advisory Committee</td>
<td>University of Alberta</td>
<td>Caitlin Wheeler</td>
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<td>Adapted Physical Activity Symposium Planning Committee</td>
<td>The Steadward Centre</td>
<td>Jessica Imppola, Stephanie Liew</td>
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<td>Play GREAT</td>
<td>Play GREAT</td>
<td>Bronwyn Corrigan</td>
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<td>InterAgency</td>
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<td>Bronwyn Corrigan</td>
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<td>Free2BMe Gala June 2016 Planning Committee</td>
<td>The Steadward Centre</td>
<td>Bobbi-Jo Atchison (co-chair), Amanda Ebert (co-chair), Bronwyn Corrigan, Stephanie Liew, Alexandra Schafer</td>
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<td>T&amp;F Olympic and Paralympic Trials</td>
<td>Athletics Canada/ University of Alberta</td>
<td>Jessica Ferguson</td>
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<td>Alberta FES Interest Committee</td>
<td>Glenrose Rehabilitation Hospital &amp; SCI/TCS</td>
<td>Jessica Imppola &amp; Karen Slater</td>
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<tr>
<td>AltaStim Southern Alberta Steering Committee</td>
<td>University of Calgary</td>
<td>Jessica Imppola</td>
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MEDIA

- Nathan Kindrachuk was awarded the City of Edmonton Mayor’s Award for Outstanding Service for his work with The Steadward Bears Para Swim Team. (May 26, 2016) [www.edmonton.ca/programs_services/recognition_awards/2016-mayors-awards-recipients.aspx](http://www.edmonton.ca/programs_services/recognition_awards/2016-mayors-awards-recipients.aspx)
- CBC’s Edmonton AM Radio Show—Where’s Garrette Segment featured The Steadward Centre (September 16, 2016)
- CBC’s Edmonton AM Radio Show—Mark About Town Segment featured The Steadward Centre (September 23, 2016)

SOCIAL MEDIA

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

MANAGEMENT GROUP
Dr. Kerry Mummery
Dean, Faculty of Physical Education and Recreation
Mr. Lloyd Bantz
Executive Director, Alberta Sport Connection
Judge Bradford Kerby
Chair, The Steadward Society
Ms. Karen Slater
Director, The Steadward Centre

2016-2017 STEADWARD CENTRE GOVERNANCE COMMITTEES
MANAGEMENT COMMITTEE
Dr. Janice Causgrove Dunn
Associate Dean (Undergraduate), Faculty of Physical Education and Recreation
Vacant
Representative, The Steadward Centre
Ms. Beth Goldie
Instructor Emeritus, Adapted Physical Activity and Aging, Grande Prairie Regional College
Ms. Stacey Laing
Practicum Supervisor, Faculty of Physical Education and Recreation
Dr. David Legg
Professor, Mount Royal University
Ms. Katherine Mackaigian
Director, Provincial Fitness Unit
Ms. Joanne MacQueen
Manager, Glenrose Rehabilitation Hospital
Ms. Brandi Heather
Instructor, Adapted Physical Education Diploma, Red Deer College
Ms. Karen Slater
Director, The Steadward Centre

SCIENTIFIC ADVISORY COMMITTEE
Dr. Dave Collins
Associate Professor, Faculty of Physical Education and Recreation
Vacant
Representative, The Steadward Centre
Dr. John Andersen
Physiatrist, Glenrose Rehabilitation Hospital/University of Alberta
Dr. Donna Goodwin
Professor/Associate Dean (Graduate), Faculty of Physical Education and Recreation
Dr. Michael Kennedy
Associate Professor, Faculty of Physical Education and Recreation
Dr. Trish Manns
Associate Professor, Faculty of Rehabilitation Medicine
Dr. Nancy Spencer-Cavaliere
Assistant Professor, Faculty of Physical Education and Recreation
Ms. Karen Slater
Director, The Steadward Centre

EDUCATION ADVISORY COMMITTEE
Dr. Janice Causgrove Dunn
Associate Dean (Undergraduate), Faculty of Physical Education and Recreation
Vacant
Representative, The Steadward Centre
Ms. Beth Goldie
Instructor Emeritus, Adapted Physical Activity and Aging, Grande Prairie Regional College
Ms. Stacey Laing
Practicum Supervisor, Faculty of Physical Education and Recreation
Dr. David Legg
Professor, Mount Royal University
Ms. Katherine Mackaigian
Director, Provincial Fitness Unit
Ms. Joanne MacQueen
Manager, Glenrose Rehabilitation Hospital
Ms. Brandi Heather
Instructor, Adapted Physical Education Diploma, Red Deer College
Ms. Karen Slater
Director, The Steadward Centre

2016-2017 STEADWARD CENTRE STAFF
Karen Slater
Director (July 2016-present)
Bobbi-Jo Atchison
Acting Director (April – June 2016)
Community Transition Coordinator (on leave)
Gina Newell
Financial Administrator
Tyler Gerry
Receptionist/Administrative Support
Amanda Ebert
Graduate Student Intern-Grant Writer (April – June 2016)
Kassi Boyd
Graduate Student Intern-Grant Writer (September to present)
Kirsti Van Dornick
Athlete Development Coordinator (on leave)
Jessica Ferguson
Acting Athlete Development Coordinator

Nathan Kindrachuk
Head Para-Swim Coach (April - August 2016)
Julia Lema
Head Para-Swim Coach (January 2017-present)
Katrina Miyazaga
Para-Swim Head Coach
Timothy Konowa
Graduate Student Intern- Head Para-Athletics Coach
Scott Durscher
Adult Fitness and Recreation Team Lead (on leave)
Cailltin Wheeler
Acting Adult Fitness and Recreation Team Lead
Samantha Chaput
Adult Fitness and Recreation - APA Consultant
Jessica Impolsa
Acting Community Exercise Transition Coordinator
Brenwyn Corrigan
Free2BMe Team Lead
Philip Krol
Free2BMe APA Consultant
Stephanie Lisow
Free2BMe APA Consultant
Katherine Hense
APA Instructor
Harshbir Kang
APA Instructor
Megan Bara
APA Instructor
Irina Simin
APA Instructor
Evan Senger
APA Instructor
Kathleen Imman
Floor Monitor
Tamara Pisio
Floor Monitor
Jamie Tersago
Floor Monitor
Jeanne Walczak
Floor Monitor
Vita Wong
Floor Monitor

2016-2017 PROFESSIONAL PRACTICUM PLACEMENT STUDENTS
Stephanie Bailey
LU (U of R)
Kaelin Barber
LU (U of R)
Grace Chan
LU (U of A)
Emily Damberger
LU (U of A)
Nico Langford
NAIT
Kirsten Large
LU (U of R)
Julia Lema
LU (U of A)
Anita Owczarek
NAIT
Evon Senger
LU (U of A)
Irina Simin
LU (U of A)
STUDENT TESTIMONIALS

UNDERGRADUATE PROFESSIONAL PRACTICUM PLACEMENT

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

- Kirsten, Professional Practicum Placement, 2017

GRADUATE STUDENT INTERNSHIP

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

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

FINANCIAL STATEMENT

FINANCIAL STATEMENT 2016 - 2017
APRIL 1 - 2016 - MARCH 31, 2017

REVENUE

<table>
<thead>
<tr>
<th>Description</th>
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<td>Endowment Fund</td>
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DONATIONS

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</thead>
<tbody>
<tr>
<td>Individual</td>
<td>$33,934</td>
</tr>
<tr>
<td>Business</td>
<td>$34,392</td>
</tr>
<tr>
<td>Business – Gala sponsorship</td>
<td>$33,285</td>
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</tbody>
</table>

GRANTS

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>Alberta Sport Connection</td>
<td>$537,500</td>
</tr>
<tr>
<td>Government of Alberta</td>
<td>$15,000</td>
</tr>
<tr>
<td>Co-op</td>
<td>$2,000</td>
</tr>
<tr>
<td>GoodLife Kids Foundation</td>
<td>$17,908</td>
</tr>
<tr>
<td>Edmonton Oilers Community Foundation</td>
<td>$23,000</td>
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<tr>
<td>In Motion Network</td>
<td>$2,345</td>
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<tr>
<td>Goodlife Fitness Impact award</td>
<td>$5,000</td>
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<tr>
<td>Alberta Teachers Association</td>
<td>$3,000</td>
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<tr>
<td>ARPA Community Choosewell grant</td>
<td>$2,000</td>
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</table>

TOTAL REVENUE                                       $943,778

EXPENSES

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Human Resources</td>
<td>$923,213</td>
</tr>
<tr>
<td>Equipment</td>
<td>$79,844</td>
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<tr>
<td>Operations</td>
<td>$164,123</td>
</tr>
</tbody>
</table>

TOTAL EXPENSES                                       $1,167,182

BALANCE:                                            -$223,404