The Steadward Centre (TSC) vision and mission support the achievement of the Faculty of Kinesiology, Sport, and Recreation (KSR) vision and priorities as well as those of the University of Alberta.

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

PRACTICAL VISION—WHAT WE ARE WORKING TO CREATE
The Steadward Centre is a hub for pioneering, high-caliber, research-based Adapted Physical Activity and Parasport development. Supported by:

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

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

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

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

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

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

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

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

Of course none of this would be possible without the dedication and tremendous talents of the entire Steadward Centre team—staff, students, volunteers, advisory committees and the Dean of the Faculty of Kinesiology, Sport, and Recreation, Dr. Kerry Mummery. Many thanks.

With gratitude,

Karen Slater
Director
The Steadward Centre is proud to be housed within the Faculty of Kinesiology, Sport, and Recreation, University of Alberta, and thus an integral component of the Faculty’s learning opportunities for its students. The Steadward Centre provides direct teaching and learning opportunities in Adapted Physical Activity and Parasport development, through community service learning experiences, guest lectures, workshops and tours for visiting students and scholars. In addition, the Centre’s strong research and education focus allow it to deliver innovative programs and to share proven expertise with community fitness and sport leaders across Alberta.

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

As a designated Community Service Learning (CSL) partner, The Steadward Centre supported 73 students through KIN 471 and KIN 472. None of this would be possible without the willingness and grace of the Centres’ program participants who shared their talents, lived experience and understanding, with the CSL students.

STORY ONE: A WEALTH OF VOLUNTEERS

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

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

When asked about their overall volunteer experience at The Steadward Centre, one volunteer shared: “TSC has been one of my most positive volunteer experiences. I absolutely love coming to the Centre and spending time with the participants, staff and volunteers.” Another individual expressed their volunteer time as “always the highlight of their week.” Volunteers eagerly shared what they enjoyed the most about volunteering at The Steadward Centre—

“I loved getting the opportunity to learn adapted fitness. I enjoyed the freedom to take participants through their programs on my own and get to know them (as individuals)”

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

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

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

Overall, The Steadward Centre is extremely grateful for all of the hard work our volunteers dedicate towards making our programs and the people who participate in them a success.
The Steadward Centre played host to a variety of research studies over the course of the year, supporting researchers and graduate students with participant recruitment, data collection and knowledge dissemination across a variety of topics.

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

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

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

Trevor S. Bars,1 Francisco Claveria,1 Emily N. Ainsley,1,2 Dylan J Miller,1,2 Jessica Impolla,1 Chester H. Ho,1,2 and David F. Collins1,

1Human Neurophysiology Laboratory, Faculty of Kinesiology, Sport, and Recreation, University of Alberta, Edmonton, Alberta, Canada
2Neuroscience and Mental Health Institute, University of Alberta, Edmonton, Alberta, Canada

The first of its kind, the conference gathered nearly 100 students, researchers, and FES participants from across Canada for a variety of poster presentations, talks, and discussions related to FES. The information gleaned from the conference’s presentations and discussions will be used to help formulate guidelines for FES implementation and use.

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

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

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

**KEYNOTE SPEAKERS**

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

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

Our final keynote of the weekend was the Dr. Richard B. Stein Annual Lectureship delivered by Dr. Kristen Musselman. Dr. Musselman is a physical therapist and Scientist with the Neural Engineering and Therapeutics Team at the Toronto Rehabilitation Institute – Lyndhurst Centre. Dr. Musselman described her experiences using FES in neurorehabilitation during her talk titled Three Strategies to Influence the Future of FES in Neurorehabilitation. Her keynote was powerful and inspiring, demonstrating the numerous ways FES participation can positively influence the lives of individuals living with impairments, as well as the lives of their loved ones.
FES USER PARTICIPATION IN THE CONVERSATION
Another important highlight of CanCon 2018 was the enriching participation and engagement from individuals with lived experience of disability and FES use. Their engagement at the conference was paramount, especially when discussing the barriers and facilitators to FES and active healthy living for individuals experiencing disability. Thanks to their presence in the conversation and specifically in a participant lead panel discussion, we garnered insightful observations, and valuable recommendations related to FES use.

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

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

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

We also wish to thank Biera of Blind Enthusiasm Brewing Company for hosting our Friday night social. A final thank you goes out to our entire planning committee for all of their hard work in preparing for and hosting A Canadian Conversation About FES.
AC TIVI TY HIGHLIGH T S – CI TIZEN SHI P

CI TIZEN SHI P

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

ADULT FI TNESS AN D RE CREATI ON:

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

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

ATHLETE DEVELOPMENT FOR PARASPORT:

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

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

COMMUNITY EXERCISE TRANSITION PROGRAM:

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

FREE2BM E PHYSICAL ACTIVITY PROGRAMS FOR KIDS AN D TEENS WITH DISABILI TIES:

Free2Play, Free2Risk, Free2Try, Free2Achieve!

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

FUNCTIONAL ELECTRICAL STIMULATION (FES) EXERCISE:

Expanding access to FES programs was top of mind this past year as The Steadward Centre co-chaired a highly successful Canadian Conversation about FES. With the support of its community partners such as SCITCS, Faculty of Rehabilitation’s Corbett Hall Student Clinic, Savills Community Sports Centre and the Don Wheaton YMCA, the FES cycling program is thriving, providing access at all levels – from assessment to community participation. FES cycling across Alberta is continuing to grow and evolve under the Centre’s AltaStim Network.

STORY TWO: PERSONAL GROWTH, ONE SESSION AT A TIME

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

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

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

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


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

COMMUNITY ENGAGEMENT

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

COMMITTEE INVOLVEMENT

<table>
<thead>
<tr>
<th>COMMITTEE</th>
<th>COORDINATING BODY</th>
<th>TSC REPRESENTATION</th>
</tr>
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<tbody>
<tr>
<td>Accessibility Advisory Committee</td>
<td>City of Edmonton</td>
<td>Jessica Ferguson</td>
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<tr>
<td>Accessibility Advisory Committee</td>
<td>University of Alberta</td>
<td>Caitlin Wheeler</td>
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<tr>
<td>International Day for Persons with Disabilities Planning Committee</td>
<td>City of Edmonton</td>
<td>Jessica Ferguson</td>
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<tr>
<td>A Wealth of Volunteers</td>
<td>The Steadward Centre</td>
<td>Chairperson Philip Krol, Scott Durocher, Jessica Ferguson, Scott Forrester, Tyler Gerry</td>
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<tr>
<td>Play GREAT</td>
<td>Play GREAT</td>
<td>Bronwyn Corrigan, Philip Krol</td>
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<td>InterAgency</td>
<td>InterAgency</td>
<td>Scott Durocher, Jessica Ferguson</td>
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<td>Free2BMee Gala June 2017 Planning Committee</td>
<td>The Steadward Centre</td>
<td>Karen Slater</td>
</tr>
<tr>
<td>40th Anniversary Gala June 2018 Gala Planning Committee</td>
<td>The Steadward Centre</td>
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</tr>
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<td>Alberta FES Interest Committee</td>
<td>Glenrose Rehabilitation Hospital &amp; SCITCS</td>
<td>Karen Slater</td>
</tr>
<tr>
<td>AltaStim Southern Alberta Steering Committee</td>
<td>University of Calgary</td>
<td>Jessica Impola &amp; Scott Durocher</td>
</tr>
</tbody>
</table>

MEDIA

• Free2BMee Gala 2017 Interview— Karen Slater, Centre Director & Dr. Bob Steadward, Founder Global Television (June 2017)

• Why Jenny Smiles, Changing Lives Week— University of Alberta (January 2018)

• Edmonton Oilers Hockey Helps Kids Program featuring Dan Knott Schools video in support of Free2BMee

SOCIAL MEDIA

The Steadward Centre has continued to see an increase in our social media following. We are active on the following platforms— FACEBOOK, TWITTER and INSTAGRAM.
THE STEADWARD CENTRE RECOGNIZES THE GENEROUS SUPPORT OF:

MANAGEMENT COMMITTEE
Dr. Kerry Mummery
Dean, Faculty of Kinesiology, Sport, and Recreation
Mr. Lloyd Bentz
Executive Director, Alberta Sport Connection
Judge Bradford Kerby
Chair, Friends of The Steadward Society
Ms. Karen Slater
Director, The Steadward Centre

2017-2018 STEADWARD CENTRE SOCIETY
Judge Bradford Kerby
President / Chair
Mr. Wallace Whitford
Director / Secretary-Treasurer
Ms. Margaret Conquest
Director
Dr. Dhiren Naidu
Director
Dr. Robert Steadward
Society, Executive Director

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

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

2017-2018 STEADWARD CENTRE STAFF
Karen Slater
Director
Nancy Cheung
Financial Assistant
Tyler Garry
Administrative Assistant
Kassi Boyd
Free2BMe APA Consultant

AThLETE dEVELOPMENT COACHES
Maegan Ciesielski,
Head Coach Para-athletics

ALA不平衡

ATHLETE dEVELOPMENT FLOOR dEVELOPMENT FLOOR MONITORS

Adult Fitness and Recreation APA Instructors

ADULT fitness and recreation FLOOR MONITORS

Brendan Kelly
Carl O’Sullivan
Emily Alinsay
Joanne Walczak
Vila Wong
Katherine Hense
Caroline Belanger
Jamie Tersaga

APA INSTRUCTORS

Maegan Ciesielski,
Head Coach Para-athletics

2017-2018 PROFESSIONAL PRACTICUM PLACEMENT STUDENTS

Spring 2017
Gaurav Rawat
Catherine Kelly

Fall 2017
Theresa Fraser
Jacie MacDonald
Michael Demencourt

Winter 2018
Tristan Pinka
Darren Banack
Ferris Sandboe
Sara Samel

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

JESSICA Impella
Community Transition Coordinator (April 2017–August 2017)

JESSICA Ferguson
Athlete Development Coordinator

Bromwyn Corrigan
Free2BMe Team Lead

Stephanie Liew
Free2BMe APA Consultant

Philip Krol
Free2BMe APA Consultant

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## FINANCIAL STATEMENT

### FINANCIAL STATEMENT 2017 - 2018

**APRIL 1 - 2017 - MARCH 31, 2018**

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<td>Equipment</td>
<td>$30,474</td>
</tr>
<tr>
<td>Operations</td>
<td>$111,518</td>
</tr>
<tr>
<td><strong>TOTAL EXPENSES</strong></td>
<td>$1,012,264</td>
</tr>
</tbody>
</table>

| **TOTAL REVENUE - EXPENSES** | $17,860 |
| **BALANCE:** | -$205,544 |