



THE
STEADWARD
CENTRE

for Personal & Physical
Achievement

ANNUAL REPORT
April 2010 - March 2011

VISION AND MISSION

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

Practical Vision

The Steadward Centre is internationally recognized for supporting independence and inclusion of children, youth and adults with disabilities in their communities by inspiring:

- Vital accomplishments in personal fitness, motor skill development, and athletic development
- Meaningful, innovative, and applied advancements in adapted physical activity
- Passion for learning and discovery
- Excellence and leadership

Mission

To create, disseminate, and apply knowledge of physical activity, athletic development, and motor skill development specific to persons with disabilities.



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MESSAGE FROM THE CHAIRMAN OF THE BOARD OF DIRECTORS

It has been a pleasure to serve as the President and member of the Board of Directors of The Steadward Centre for Personal & Physical Achievement (“The Steadward Centre” or the “Centre”) this past year. New to the President role this year, I was pleased to meet regularly with the new Dean of

the Faculty of Physical Education and Recreation, Dr. Kerry Mummery and Acting Executive Director Karen Slater to discuss the future direction of the Centre. With the advent of a new building and a strong commitment by the Faculty, the future of The Steadward Centre looks bright.



The volunteer Board of Directors (the “Board”) has continued its work in the governance of the Centre setting policy guidelines under which the

Executive Director of the Centre directs the various teams of staff and the operation of the Centre. The collaboration among the Centre’s Board, its (Acting) Executive Director Karen Slater and the Faculty of Physical Education and Recreation continues to be a key to the success of the Centre.

I am happy to report that The Steadward Centre, an incorporated society, with voting members from both the community and the University of Alberta, continues to serve the community as a vital component of The Faculty of Physical Education and Recreation through its service in learning, discovery and citizenship. During the past fiscal year The Steadward Centre provided valuable applied learning opportunities for over 110 undergraduate students at the U of A campus. In addition to volunteer opportunities it provided full and part time practicum placements to 13 students from academic institutions such as University of Alberta, McEwan University, NAIT, McGill University and the University of Regina. High calibre research and quality adapted physical activity programs for children, youth and adults with disabilities remained a focus of the Centre. The Steadward Centre thereby continues to be a dynamic and comprehensive organization both on campus and within the community by providing access to programs for persons with disabilities and their families.

Activities directed by the Board of Directors this past year include obtaining approval of the Trademark application for The Steadward Centre for Personal & Physical Achievement; streamlining internal processes; engaging in the design process for the new Physical Activity and Wellness (PAW)

Centre—home of the new Steadward Centre; participating in the second annual BeFirst4Kids Breakfast Fundraiser for the Free2BMe Program for Kids and Teens with Disabilities and meeting some of our generous supporters during some of our vibrant program sessions.

Relationships between The Steadward Centre and existing collaborators continue to be strengthened and new partnerships forged to further enhance and integrate the work of the centre within the community—locally, provincially, nationally and internationally. Over the past year, The Steadward Centre has been represented on several community committees by very capable staff as it continues to build relationships and disseminate knowledge.

On behalf of the Board of Directors, I thank each and every member of our teams at The Steadward Centre for their invaluable contribution to all aspects of the Centre. This includes our committed professional staff, our many volunteers, students, members and their families who have given their time and resources to ensure that The Steadward Centre continues to be a place that promotes community inclusion for people with disabilities through physical activity, sport and the resulting social interaction.

In what was a year of transition at the Centre with a change in leadership both permanent (President and Dean) and temporary (Executive Director), I would like to recognize the volunteer Board of Directors, Marcel Bouffard, Margaret Conquest, Rick Gingras, Trish Manns, Kerry Mummery, Dhiren Naidu, Neil Pierce, Karen Slater, Wallace Whitford, Roman Wozniak, and our honorary chair, Robert Steadward, for their individual and collective advice and support throughout this past year.

In closing, I offer my sincere thanks and appreciation to all who have supported The Steadward Centre over this past fiscal year including but not limited to the following collaborators and donors: the University of Alberta, Faculty of Physical Education and Recreation, the Province of Alberta (through its Ministry of Culture) and the Alberta Sport, Recreation, Parks and Wildlife Foundation.

I look forward to another successful year.

Sincerely,

*The Honourable Judge J. Bradford Kerby
President, The Steadward Centre for
Personal & Physical Achievement*



MESSAGE FROM THE ACTING EXECUTIVE DIRECTOR

Each year we continue to grow and learn from each other—with a rich community of participants, families, students, community members, researchers and staff—carrying the momentum garnered from one year to the next. This past year was no exception. Building on the foundation laid the previous year, we

continue to support our members through the creation, dissemination and application of knowledge of physical activity, athletic development and motor skill development specific to kids, teens and adults living with disabilities.



Building on the events of the previous year, more than half of the 52 former St. Joseph members are now serving as invaluable Steadward Centre ambassadors in

community exercise facilities throughout the city. The Steadward Centre's Community Exercise Transition Model was presented at the Annual Glenrose Spotlight on Research Breakfast and is the focal point of Dr. Donna Goodwin's successful CIHR grant entitled "Transition to Community Fitness Programs for Persons with Disabilities Following Rehabilitation."

We continue to grow our initiatives within the community through well-established partnerships and programming such as iDANCE Edmonton Integrated Dance program, The Community Exercise Transition Initiative and The Athlete Development for Disability Sport (ADDS) program. Each of these programs is an example of the work that can be done when dynamic partnerships are forged. Through a strong partnership with the Glenrose Rehabilitation Hospital, thirty individuals experienced dance through weekly community classes held at the hospital from March to July. The Community Exercise Transition program welcomed, the Leduc Recreation Centre, as one of the 25 facilities in the Edmonton and Greater area committed to providing accessible, welcoming and inclusive programming. The partnership with the Alberta Sport Development Centre-Capital Region, now in its second year, afforded opportunities for athletes to reach their potential through partnerships with regional, provincial and national sport programs.

As our focus is on enhancing opportunity and choice for physical activity participation by people with disabilities we continue to enhance our opportunities within the Centre. Generous support from the MS Society and the Faculty of Physical Education and Recreation enabled the purchase of a new pool lift to increase access to individuals interested in slipping into the weekly Water in Motion program. The Free2BMe program continues

to demonstrate innovation with a new pre-adolescent circuit training program on youth-sized cardio equipment.

We began to look ahead as we embarked on the design phase of the new Steadward Centre home in the Physical Activity and Wellness (PAW) Centre. Staff, members and board of directors all had the opportunity to shape the future of the new Centre through regular design meetings and information sessions. We look forward to continued involvement and anticipate moving in September 2013.

Instrumental to the breadth and scope of our programs is the contribution to the preparation of students studying across a variety of disciplines including but not limited to physical education, education, rehabilitation, medicine and nursing. This past year thirteen practicum students from both university and college programs received applied learning experiences across all program areas. Another 26 senior level students enrolled in PEDS 472 "Active Living for Persons with Physical Disabilities" at the University of Alberta completed course work through weekly lab experience at the Centre. We were also pleased to participate in the Interdisciplinary Health Team Development course (IntD 410)—a process learning course intended to provide knowledge, skills and experience in building inter-professional health care teams comprised of students in various professional programs. Additionally, 110 student volunteers shared their talents and gained experience in adapted physical activity.

We continue to develop a sustainable fund development strategy to maintain our commitment to learning, discovery and citizenship. We held the second annual BeFirst4Kids Breakfast Fundraiser in June 2010; the event was a great success. We thank our community for their support for the Free2BMe programs as well as our Adapted Fitness Programs for Adults.

The momentum gained over the past year across a variety of programs and initiatives would not have been possible without the dedication of staff, students and volunteers. Thank you.

It has been a real privilege to serve as the Acting Executive Director over the past year and I look forward to working with Dr. Donna Goodwin and the entire team here at The Steadward Centre in my new role as Associate Director—responsible for the operations of the Centre in the years ahead.

Sincerely,

Karen Slater, MA



TEACHING

Learning at The Steadward Centre can take many different forms—whether it involves applied learning opportunities for undergraduate students, research training for graduate students or involving our members in research activities. We are committed to sharing a passion for learning and discovery with members, staff, and future adapted physical activity specialists.

Undergraduate Students

Three full time practicum students from U of A (Faculty of Physical Education and Recreation), one full time practicum student from the University of Regina, one part-time practicum student from McGill University, three students from MacEwan University, and five NAIT students, along with 110 volunteers, shared their talents within all program areas while gaining valuable applied learning experiences. Twenty-six senior level students enrolled in PEDS 472 “Active Living for Persons with Physical Disabilities” received applied learning opportunities through formal course work. Students facilitated a wheelchair skills course, supported the Free2BMe group programs, co-taught adapted aquatics and helped the adults in the adapted fitness programs achieve their fitness goals.

Graduate Students

Dr. Goodwin supervised ten graduate students, all of whom were actively involved in research through The Steadward Centre. In addition, a number of external graduate students from the Faculty of Rehabilitation Medicine visited the Centre to observe its programs.





Graduate Student Supervision

Student	Program	Topic	Dr. Goodwin's Supervisory Role	Progress
Keith Johnston	PhD	Dignity and Physical Activity: The Experiences of People with Mobility Impairments	Supervisor	In progress
Brenda Rossow-Kimball	PhD	The Storied Lives of Community-Dwelling Older Adults with Intellectual Disabilities	Supervisor	In progress
Jennifer Leo	PhD	The Experience of Trying on a Disability in Post-secondary Education	Supervisor	In progress
Cathleen Edwards	PhD	The Experience of Family Recreation Following Spinal Cord injury	Supervisor	In progress
Kyoung June Yi	PhD	Narratives of self as another way of knowledge construction in the field of adapted physical activity	Supervisor	In progress
Lindsay Eales	MA	Integrated Disability Dance	Supervisor	In progress
Ali Jonzon	MA	Daughters of mothers with Multiple Sclerosis: Their experiences of play	Supervisor	Completed
Lori Morphy	MA	Exploring Ecological Task Analysis: The Experience of Choice Among Adults With Mobility Impairments	Supervisor	Completed
Marianne Clark	PhD	Constructing the Dancing Self	Supervisory Committee	In progress
Krista Pierce, Educational Psychology	PhD	Social Inclusion of Students with Developmental Disabilities Accessing Inclusive Supports in Postsecondary Education	External Examiner	Completed

RESEARCH

Research activities at The Steadward Centre are led by the centre's executive director Donna Goodwin, PhD, an associate professor in the Faculty of Physical Education and Recreation at the University of Alberta.

Research Funding

Canadian Institutes of Health Research - *Transition to community fitness programs following rehabilitation* (\$149,916, 2010-2013)

Principal Investigator:

Donna Goodwin, University of Alberta

Co-Investigators:

Peter Howe, Loughborough University;
 Kent Kowalski, University of Saskatchewan;
 Jacqueline Hebert, University of Alberta;
 Keith Johnston, University of Alberta;
 Teren Clark, Canadian Paraplegic Association (Alberta)

Canadian Centre on Disability Studies - The meaning of dignity within the lives of persons with physical impairments (\$5000)

Co-Investigators:

Donna Goodwin, Keith Johnston

Visiting Scholar

Vicky Tolfrey, PhD
 Director, Peter Harrison Centre for Disability Sport, Loughborough University, UK

Publications

Goodwin, D. L., Lieberman, L. J., Johnston, K., & Leo, J. (2011). Connecting through summer camp: Youth with visual impairments find a sense of community. *Adapted Physical Activity Quarterly*, 28, 40-55.

Yi, K. J., Lee, W. I., & Kim, Y. J. (2011). Multiple ways of knowing and adapted physical activity. *Journal of Adapted Physical Activity & Exercise*, 19, 83-101.

In Press

Goodwin, D. L., & Peers, D. (in press). Disability, Sport, and Inclusion. In S. Dagkas, *Inclusion and Exclusion through Youth Sport*, Oxon, UK: Routledge

Martin Ginis, K. A., Hicks, A. L., Latimer, A. E., Warburton, D. R., Bourne, C. B., Ditor, D. S. **Goodwin, D. L.**, Hayes, K. C., McCartney, N., McIlraith, A., Pomerleau, P. Smith, K., Stone, J. A., Wolfe, D. L. (in press). The Development of Evidence-Informed Physical Activity Guidelines for People with Spinal Cord Injury. *Spinal Cord*.

Yi, K. J., Kim, Y. J., & Lee, W. I. (in press). Potential contributions of narrative ways of knowing in adapted physical activity. *Journal of Adapted Physical Activity & Exercise*.

Submitted

Eales, L. (submitted). iDANCE: Narrative reflections on occupational transition. *WORK: A Journal of Prevention, Assessment and Rehabilitation*.

Goodwin, D. L., & Rossow-Kimball, B. (submitted). Ethical practice in adapted physical activity. *Adapted Physical Activity*.

Gustafson, P., & **Goodwin, D. L.** (submitted). Transition from Rehabilitation to a Physically Active Lifestyle Following Spinal Cord Injury. *Therapeutic Recreation Journal*.

Morphy, L. Y., & **Goodwin, D. L.** (submitted). The Experience of Choice in Physical Activity Contexts for Adults with Mobility Impairments. *Adapted Physical Activity Quarterly*.

Peers, D., & Eales, L. (submitted). Stand up...for exclusion: Taking pride in ableism and inequality. *Canadian Federation for the Humanities and Social Sciences (Fedcan) Blog – equity matters*: <http://blog.fedcan.ca/category/equity-matters/>.

Yi, K. J., Lee, W. I., & Kim, Y. J. (submitted). Ethical issues surrounding Oscar Pistorius: Making sense through the social constructionist's perspectives. *Philosophy of Movement*.

Other

Rossow-Kimball, & **Goodwin, D.** (2009). Self-determination and leisure experiences of women living in group homes. *Adapted Physical Activity Quarterly*, 26, 1-20. Declared Landmark Article.

Performance Research of iDANCE (under artistic direction of Lindsay Eales and management of Roxanne Ulanicki)

FEATS Festival of Dance professional showcase "Made in Alberta" (June 24, 2011). iDANCE performed work titled "Awakening". TransAlta Arts Barns, Edmonton. 10 dancers.

What's Cooking? International Dance Day hosted by the Good Women Dance Collective (2011, April). Work titled "Awakening". TransAlta Arts Barns, Edmonton. 7 dancers.

Orchisis Dance Motif 2011 (January 21 & 22, 2011). Performed choreographed work "Vacuum/Bloom" the Myer Horowitz Theatre with iDANCE Edmonton. 12 dancers.

John Humphrey Centre for Peace and Human Rights Awards Ceremony at City Hall (December 10, 2010). Performance with iDANCE Edmonton. 6 dancers.

UofA Occupational Therapy Students OT Month flashmob (October 5, 2010). iDANCE performed and were featured on the Edmonton Journal website. Eales sole dancer <http://www.youtube.com/watch?v=TaHGY0N5b1k&feature=related>

Kaleido Family Arts Festival (2010, September). Work titled "Wave your Flag". Alberta Avenue "Arts on the Ave" community initiative, Edmonton. 12 dancers.



Presentations

- Eales, L. (2011 May). *iDANCE*. Expressive Media in Occupational Therapy Module Dance in occupational therapy. Department of Occupational Therapy, Faculty of Rehabilitation Medicine, University of Alberta. Presented with 8 dancers.
- Eales, L. Alberta Interprofessionals Conference (2010 November). *iDANCE: an interdisciplinary team*. Lecture, performance and interactive workshop. Alberta Inter-professionals Committee, Edmonton. Presented with 8 dancers.
- Eales, L., & Ulanicki, R. (2010 October 27). *Dance as a transformative occupation*. World OT Day International Virtual Conference Dance Sponsored by the World Federation of Occupational Therapists.
- Edwards, C. (May 27, 2011) Invited by Max van Manen & Cathy Adams to present *Caning the world: The experience of walking with a cane* at the Curriculum in Pedagogy (CPIN) Session entitled 8 Reflections.
- Goodwin, D. L.** (Sept 2010) Invited Keynote at Ibaraki Prefectural university of Health Sciences, Department of Physical Therapy, 4669-2, Ami, Ami-machi, Inashiki-gun, Ibaraki, Japan: *Transition from Rehabilitation to Community Wellness Programs*
- Goodwin, D. L.** (Sept 2010) Invited Keynote at Ibaraki Prefectural university of Health Sciences, Department of Physical Therapy, 4669-2, Ami, Ami-machi, Inashiki-gun, Ibaraki, Japan: *Outdoor Excursions for Persons with Disabilities*
- Goodwin, D. L.** (Sept 2010) Invited Keynote at Ibaraki Prefectural university of Health Sciences, Department of Physical Therapy, 4669-2, Ami, Ami-machi, Inashiki-gun, Ibaraki, Japan: *The Steadward Centre: A Model for Research, Teaching and Service*.
- Goodwin, D. L.** (November 2010) Invited Presentation at North American Federation of Adapted Physical Activity (NAFAPA), Riverside, CA. *Ethical Practice in Adapted Physical Activity: Implications for Research*
- Rossow-Kimball, B. (2011, January). *Creating Space to Share Stories: Using Narrative to Inquire into the Lives of Community-Dwelling Older Adults with Intellectual Disabilities*. Paper presented at Narrative, Arts-Based, and "Post" Approaches to Social Research, Tempe, Arizona.
- Rossow-Kimball, B., & Goodwin, D.L. (2010 November). *'Don't Dilly-Dally in the Coffee Line!': The Shared Experiences of Older Adults with and without disabilities in a community senior citizen centre*. Paper presented at the North American Federation on Adapted Physical Activity (NAFAPA) Symposium, Riverside, California.
- Rossow-Kimball, B., & Cummings-Vickaryous, B. (2010 August). *Engaging with the Community: Creating Opportunities for Undergraduate Students and Persons with Disabilities to learn from each other in a practicum setting*. Presentation at Taking Teaching to the Edges and Beyond Conference, Edmonton, Alberta.
- Yi, K. J. (2010 August). *Multiple ways of knowing and adapted physical activity*. Paper presented at the meeting of the 11th International Symposium of the Asian Society for Adapted Physical Education and Exercise, Solo-city, Indonesia.

Yi, K. J., Kim, E. S., & Kim, J. T. (201, August). *The turn to narrative: Another way of knowing in adapted physical activity*. Paper presented at the meeting of the Korean Alliance for Health, Physical Education, Recreation, and Dance, International Sport Science Congress, Kangwon, Korea.

Media

- Eales, L. (April 4, 2011). Global Television *iDANCE* was featured as a part of the Global Woman of Vision story on Roxanne Ulanicki, co-founder of the program.
- Eales, L. (March 21, 2011) Accessible Media) created a feature story for The Accessible Channel on the *iDANCE* program. A 5 minute story running in the place of commercials was aired for a three week block in April on the *iDANCE* program, and sporting/leisure opportunities for people with disabilities.
- Eales, L., & Ulanicki, R. (December 3, 2010) Accessible Media's VoicePrint 20th anniversary radio show on International Day of Persons with Disabilities). Lindsay Eales and Roxanne Ulanicki on behalf of *iDANCE* were featured in a 15 minute interview on the *iDANCE* program, and sporting/leisure opportunities for people with disabilities.

Awards and Recognition

- Lindsay Eales, (MA Student) received:
- Dr. Gary McPherson Leadership Scholarship (\$2,000), Alberta Government
 - Arts Graduate Scholarship (\$10,000), Alberta Government
 - Alberta Award for the Study of Canadian Human Rights and Multiculturalism (\$15,000), Alberta Government
- Cathleen Edwards (PhD Student) received:
- PhD Studentship (\$100,000, 2010-2013), Alberta Paraplegic Foundation
- D. L. Goodwin (PhD. Executive Director, The Steadward Centre)
- Dr. Goodwin was named a 2011 Fellow of the International Federation of Adapted Physical Activity (IFAPA). This is the highest professional and scientific recognition available for adapted physical activity researchers, recognizing outstanding accomplishments in scholarship and service by IFAPA members.
- Jennifer Leo (PhD Student) received:
- Dr. Gary McPherson Leadership Scholarship (\$2,000) Alberta Government
 - SSHRC Doctoral Fellowship (\$20,000 per year 2009-2012) Government of Canada
 - President's Doctoral Prize of Distinction (\$10,000), University of Alberta



PROGRAM HIGHLIGHTS

The Steadward Centre continues to enhance its scope and breadth by increasing opportunity through choice of The Steadward Centre and community based fitness facilities, by re-establishing its roots in athlete development for disability sport and providing adapted physical activity pursuits across the lifespan.

Community Exercise Transition Program

The Community Exercise Transition Program led by Bobbi-Jo Atchison was further established as a flagship program of The Steadward Centre. One key initiative in 2010-2011 was the development of a formal partnership with the Saville Fitness Centre.

Through partnership with The Steadward Centre, this facility has increased its offerings of accessible fitness equipment, provides reduced membership rates and is host to TSC's first peer mentorship program—we

like to consider this facility a 'hidden gem.' Additional highlights of the community transition program include: the partnership with the new Leduc Recreation Centre, the participation on several accessibility committees throughout the City of Edmonton including the new Terwillegar Fitness Centre, the warm reception of the Centre's community exercise transition model during the poster presentation at the annual Glenrose Spotlight on Research Breakfast, the launch of the TSC Facebook page to connect the many TSC members actively exercising in their communities and the ongoing education of community professionals about adapted physical activity and inclusive fitness environments.

In spring the program celebrated a true milestone with its 100th person successfully transitioned into one of the 25 community fitness facilities collaborating with The Steadward Centre.



Athlete Development

In partnership with the Alberta Sport Development Centre-Capital Region (ASDC), the Steadward Centre's Athlete Development for Disability Sport (ADDS) program led by Kirsti Van Dornick, built on its success from its inaugural year and growing substantially in terms of athlete participation through individual training programs and the introduction of team training with the PSA Sled Dogs (sledge hockey) and the Steel Wheels wheelchair rugby team. This past year, 28 provincial, national and Paralympic athletes participated in the ADDS program receiving adapted assessment protocols and training in sport specific strength and conditioning programs. Sports represented were alpine skiing, flat water kayaking, para-cycling, sitting volleyball, sledge hockey, wheelchair basketball and wheelchair rugby. Additionally, the ADDS program supports and develops emerging athletes through the implementation of Sport Canada's Long Term Athlete Development (LTAD) Model. Kirsti has been recognized as a leader in the field, presenting as an invited speaker at the 2011 Alberta Sport & Recreation Leadership Summit presented by the Alberta Sport Recreation Parks and Wildlife Foundation.

Adapted Fitness Programs for Adults:

Adult Fitness Programs

We provided individualized fitness programs to 142 people at the University of Alberta site and 57 people at our Austin O'Brien Catholic High School satellite site. Additionally, 91 individuals achieved their fitness goals through the many group exercise programs ranging from adapted circuit training to adapted aquasize to the walking and wheeling club. Staff members were keen to share their fitness and knowledge through program revitalizations and member education sessions.

Ball Hockey

This weekly spring and summer member driven program is all about teamwork, skill building, and friendly competition. Youth, adults and staff join forces in weekly scrimmages.

Functional Electrical Stimulation (FES)

Twenty seven people participated in FES exercise. The 21 FES cyclers and six rowers have definitely been keeping pace on the RT300 and FES rowing machines. In addition to cycling and rowing to good health, FES participants have been vigorous in the adult fitness programs. The FES program has also attracted many new volunteers from across a variety of disciplines on campus such as physical therapy, neuroscience and medicine.

Rundle Park Ramblers

Exercise, camaraderie, and nature continues to make this walking and wheeling club program one of The Steadward Centre's most popular group programs. Popularity grew this year with over 25 participants challenging themselves on the 1.5-3km loops.

Trail Rider Excursion Program (TREP)

TREP is an adapted hiking program using the Trail Rider, a one-wheeled vehicle that is propelled by two to four volunteers, called sherpas, to explore the Edmonton river valley during the summer months. Geo-caching, a treasure hunt type of activity using a global positioning system (GPS) unit continues to be a highlight for riders as they direct their team throughout the trails using the GPS unit. The Steadward Centre's members, staff and volunteers have also been active educating recreation students about the use of the TrailRider through presentations, demonstrations and hikes within the Faculty of Physical Education and Recreation's Introduction to Outdoor Recreation course.

We have begun work with our community partners such as The City of Edmonton, Alberta Ability Lodges and the Canadian Paraplegic Association-Alberta to increase access and opportunity for TrailRider participation for outdoor enthusiasts living with disabilities in our community.

Water in Motion

The popular adapted aquasize program got a significant boost this year with the purchase of a new pool lift, generously sponsored by the MS Starky Fund and the Faculty of Physical Education and Recreation. This program ran twice a week providing cardiovascular, strength, and flexibility training for people from beginner to advanced levels. Faculty of Physical Education and Recreation practicum student and varsity swim team member Doug Rawlick got his feet wet in the area of adapted aquatics as he gained experience as an instructor in the program and challenged our swimmers to great lengths.



iDANCE Edmonton

This past year iDANCE, under the leadership of Lindsay Eales of The Steadward Centre and Tamara Bliss, director of Orchestis Modern Dance in the Faculty of Physical Education and Recreation at the University of Alberta, shone during their 27 performances, with highlights including "What's Cooking 2010", the Kaleido Festival, the John Humphrey Centre for Peace & Human Rights Awards and the Orchestis Dance Motif 2011.

iDANCE is an integrated dance program exploring a variety of traditional dance forms and creative movement processes with the goal of fostering accessibility in dance for dancers of all abilities. In addition to an active performance group of 13 dancers, iDANCE held its community class from March- July 2010 with 21 dancers at the Glenrose Rehabilitation Hospital. The group capped off its hard work with a very well-attended community recital sponsored by the InMotion Network.



Wheelchair Skills Course

The fourth annual eight-week intermediate wheelchair skills course was offered in fall in conjunction with the PEDS 472 course, Active Living for Persons with Physical Disabilities. University students and 15 participants from the community worked together on weekly skill progressions taught by expert wheelchair user and disability advocate Roxanne Ulanicki. Highlights of the course were a visit from Edmonton Transit with the opportunity to test the accessibility features on a city bus as well as an introduction to wheelchair basketball and handball presented by Wheelchair Sports Alberta (WSA).



Free2BMe Physical Activity Programs for Kids and Teens with Disabilities

Athlete-in-Training

The athlete-in-training club, offered spring of 2010, provided weekly dry-land strength and conditioning training to emerging athletes with a focus on increasing their cardio-respiratory endurance, muscular strength/endurance, power, and agility. Emphasis was on participating in outdoor training activities such as hand cycling, wheelchair ball hockey and 'boot camp' style group fitness. Athletes joined participants in the weekly Teen Night program for fun and spirited sport play.

Cycle Challenge

This one-on-one instructional group program teaches kids and teens to ride their bicycles efficiently and safely in a supportive environment. Offering sessions twice a week during spring, 24 children ages 7-14 gained confidence, increased skill level and worked towards their goal of riding a two wheel bike independently. Due to the generous support of the many volunteers and staff required to provide one-on-one assistance, many of the children achieved their goal.

Motor Skill Development

Approximately 80 participants attended the Free2BMe program weekly for one-on-one motor skill development sessions and fitness sessions conducted by adapted physical activity consultants. Participants receive individualized programs, specific to each participant's goals. Over 120 participants actively engaged in learning new skills in our group programs.

Movin' and Groovin' Dance Class

Movin' and Groovin' expressive dance class continues to provide boys and girls the opportunity to experience creative movement through different styles of dance including hip hop, ballet, social dance, jazz, and line dancing. Highlights this year included a theme night with dances from the movie Grease, a guest session from our very own iDANCE Edmonton and a Movin' and Groovin' dance recital before family and friends.

Teen Night

Each Wednesday evening 15 teens meet up at the vibrant, graffiti-painted workout gym they call the "Cage." They come to meet friends, complete individualized exercise programs, participate in group activities that promote cooperation and physical challenge, and learn about living an active lifestyle through nutritious food and exercise. Highlights from this past year include boot camp fitness classes, ball hockey, water sports, nutrition talk, a community tour at the Jamie Platz YMCA and mixed martial arts. Generous funding for a third year from The Public Health Agency of Canada enabled Teen Night to continue its healthy eating and nutrition programming.

Sport Sampler

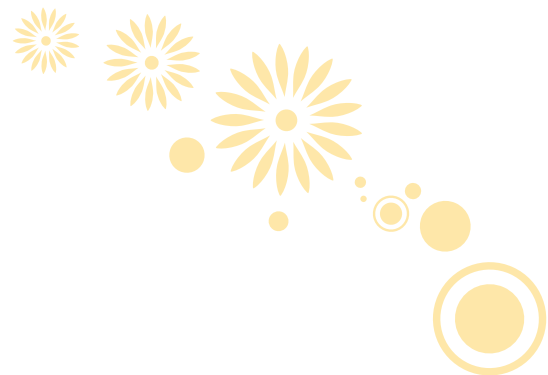
High energy, instruction-based, sport exposure program, describes the weekly Sport Sampler program for a total of 30 kids ages 7-12 at Free2BMe. Highlights include activities such as martial arts, football, fitness monopoly and badminton. Sport Sampler was also delighted to host a variety of guest instructors including members from Kita No Japanese Taiko Drumming, The Edmonton Stallions Football Club, and the Head Coach of AA St. Albert Renegades Hockey Club, Donovan Sugiyama.

Summer Camps

Summer programming was provided for 80 kids and teens aged 4 – 19 through the five camps and three adventure days. Camps led by adapted physical activity consultants, volunteers, and Paralympians provided opportunities for kids and teens with disabilities to get out, get active and have fun while learning new sports, developing fundamental movement skills, and making new friends. Free2B-A-Girl, a girl's only physical activity camp where girls tried activities such as yoga, dance, water aerobics and resistance training, was offered for the first time. Teens also got in to the action with the Workout2BFit drop in fitness sessions. Youth honed their fitness techniques while exerting their independence.

New Partnerships

The Steadward Centre is committed to working with the community and each year brings new opportunities to connect with other organizations as we work together to improve the quality of life for all Canadians. This year, we further developed partnerships and collaborations with Saville Community Sports Centre, Edgeworth Fitness Centre in Camrose, Alberta, and the Alberta Sport Development Centre, and maintained current collaborations with the City of Edmonton, YMCA, Strathcona County, Tri-Leisure Centre, Servus Place and MacEwan Centre for Sport and Wellness.





BOARD OF DIRECTORS LIST

- Judge Brad Kerby President/ Chairman
- Mr. Roman Wozniak Vice President
- Mr. Wallace Whitford Director/
Secretary-Treasurer
- Dr. Marcel Bouffard Director
- Ms. Margaret Conquest Director
- Mr. Rick Gingras Director
- Dr. Patricia Manns Director
- Dr. Kerry Mummery Director
- Dr. Dhiren Naidu Director
- Mr. Neil Pierce Director
- Ms. Karen Slater Acting Executive Director

BOARD OF DIRECTORS OFFICERS LIST

- Judge Brad Kerby President
- Mr. Roman Wozniak Vice President
- Dr. Kerry Mummery Dean, Faculty of
Physical Education And Recreation
- Mr. Wallace Whitford Director/
Secretary-Treasurer
- Ms. Karen Slater (Acting) Executive Director

THE STEADWARD CENTRE STAFF

- Dr. Donna Goodwin Executive Director
(Sabbatical as of July 1, 2010)
- Ms. Karen Slater Program Director /
(Acting) Executive Director
- Ms. Gina Newell Financial Administrator
- Ms. Danielle Della Siega Receptionist
- Ms. Bobbi-Jo Atchison Community Transition
Coordinator / (Acting Program Director)
- Ms. Kirsti Van Dornick Athlete Development
Coordinator
- Mr. Scott Durocher AFPA APA Consultant-
Team Lead
- Ms. Denise Silzer AFPA APA Consultant
- Ms. Nozomi Kamei AFPA APA Consultant
- Ms. Claire McWilliams APFA APA PFT
- Mr. Chris Hurlburt AFPA APA instructor
- Ms. Megan Gergatz Free2BMe APA Consultant
- Ms. Stephanie Liew Free2BMe APA Consultant
- Mr. Philip Krol Free2BMe APA Consultant
- Ms. Elyse Potts Free2BMe APA instructor
- Ms. Heather Jim Free2BMe APA instructor
(summer programs)



THE STEADWARD CENTRE For Personal and Physical Achievement

Statement of Revenues and Disbursements Year Ended March 31, 2011

	Budget March 31, 2011	Current Year March 31, 2011	Prior Year March 31, 2010
REVENUES			
Alberta Sport, Recreation, Parks & Wildlife Foundation (ASRPWF)	597,500	617,200	540,000
Public Health Agency of Canada	75,000	75,000	80,000
Alberta Paraplegic Foundation Grants	26,250	66,250	33,750
Alberta Government Grants	35,862	35,862	-
Edmonton Oilers Foundation	30,000	30,000	-
Stollery Foundation	25,000	25,000	-
City of Edmonton Grant	19,250	19,750	500
Ronald McDonald House Grant	18,600	18,611	-
Butler Family Foundation	5,000	5,000	-
Edmonton Public Teachers' Local 37	-	5,000	-
In Motion Network	800	800	-
Capital Health	-	-	6,800
CPA -Rick Hansen Grant	-	-	5,000
Memberships and misc revenue	90,905	98,000	78,477
External consulting	15,000	15,000	15,000
Donations - Individuals	7,042	2,972	6,658
Donations - Businesses	350	400	2,350
Casino Revenue	63,096	-	-
	1,009,655	1,014,845	768,535
DISBURSEMENTS			
Salaries and wages	667,766	634,323	764,083
Employee benefits	141,468	139,388	145,931
Equipment purchases	19,620	31,139	37,923
Facility rentals	8,418	9,653	8,280
Telephone	5,509	6,389	5,549
Supplies	5,578	6,255	5,131
Printing & photocopying	7,704	4,705	-
Parking, visitor permits	32	3,325	4,421
Rental	4,696	3,151	4,312
Repairs and maintenance	5,700	2,291	5,423
Computer support, supplies & services	2,165	2,280	2,711
Office	6,983	2,273	15,252
Meetings and conventions	1,564	1,850	-
Graduate student awards & bursaries	1,982	1,817	12,721
Meals & entertainment	2,739	1,418	-
Uniforms	-	964	-
Vehicle	1,703	863	1,970
Interest and bank charges	495	760	745
Travel	799	745	3,033
Sub-contracts	2,511	200	6,574
Bad debts	349	175	420
Advertising and promotion	454	94	3,242
Gains (losses) on disposal of assets	-	56	171
Memberships	248	-	248
Miscellaneous	-	-	88
Purchases for resale	1,463	-	1,341
University transfers and adjustments	-	-	23,552
	889,946	854,114	1,053,121
EXCESS (DEFICIENCY) OF REVENUES OVER DISBURSEMENTS	\$119,709	\$160,731	\$(284,586)

Complete financial statements are available upon request.

ACKNOWLEDGEMENTS

The Steadward Centre recognizes the generous support and cooperation of the following agencies:

- Alberta Lotteries
- Alberta Sport, Recreation, Parks & Wildlife Foundation (ASRPWF)
- Boston Pizza
- Canadian Paraplegic Association (Alberta)
- City of Edmonton
- Edmonton Oilers Community Foundation
- Faculty of Physical Education and Recreation, University of Alberta
- The Government of Alberta – Ministry of Culture and Community Spirit
- Kinsmen Club of Edmonton
- Public Health Agency of Canada
- Rick Hanson Foundation / SCI Solutions-Edmonton
- Servus Kids Foundation
- TELUS (*Sponsorship for BeFirst4Kids Breakfast Event*)



THE STEADWARD CENTRE
for Personal & Physical Achievement

Faculty of Physical Education
and Recreation

W1-67
Van Vliet Centre
University of Alberta
Edmonton, Alberta
Phone: 780-492-7298



Government of Alberta ■

The Steadward Centre is a Registered Society that is managed by a board of directors comprised of directors from the community and the University of Alberta