

March
2007

Excel!

The OCPSA Newsletter



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Congratulations to Mila Wong, OCPSA Name-The-Newsletter-Contest WINNER!

EXCEL!

Defined as: to rise; to project; to surpass in accomplishment or achievement; to be distinguishable.



Mila and Daughter
Angi Wong-Lamore

Mila's submission encapsulates the essence of our organization and even more importantly, our membership. The word reinforces OCPSA's emphasis in challenging ones self to achieve something greater than having ever thought possible. OCPSA athletes are all pushing their personal boundaries, no matter what they may be. As an organization, we are proud of the accomplishments of our members and how they EXCEL. Through the medium of this newsletter, we are actively promoting the programs and opportunities available to persons with cerebral palsy in the province of Ontario and celebrating the success of our members as they EXCEL!

Thank you to all of our members who submitted entries!

Important Dates to Know

- | | |
|--------------|---|
| April 25-29: | Defi Sportif, Montréal |
| May 5: | Regionals #1, Mississauga |
| May 26: | Regionals #2, Hamilton |
| June 22-24: | Summer Championships, Sarnia |
| July 2: | Boiling Point Coaches Symposium, Windsor |
| July 7: | Boiling Point Wheelchair Track Classic & OCPSA Enhanced Athletics Meet, Windsor |

Give it a GOCPSA! *New-development initiative*

The Give it a GOCPSA program is a multi-faceted development program that is tailored to the needs of athlete, coach and community development. The program consists of seven different presentations (see presentation outline on pg 4). Each presentation has something specific to offer its participants, they range from Paralympic sport awareness, to club development, to athlete skill development, presentations will be tailored to meet the needs of your community/organization.

GIVE IT A GOCPSA!



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OCPSA Board of Directors

President:
Kathy Schrader

1st
Vice President:
Don Sinclair

2nd
Vice President :
Vacant

Secretary:
Judy Hodgins

Treasurer:
Don Borsk

Sport Tech Chair:
Leslie Murray

Development
Director:
Steve Dukovich

Athlete Rep:
Josh Vander Vies

Member at Large:
Brenda Hall

The OCPSA AGM was held on Jan 20, 2007. See the OCPSA website for contact information for all of the board members.

In The Trenches with Development Dave

On February 7th I hosted a community development meeting at Kitchener City Hall. This meeting served as an opportunity to network and share ideas for a number of disability stakeholders. In all, four disability sport specific clubs were represented as well as representatives from local disability organizations, the city of Kitchener, an able bodied boxing club, Conestoga College and the University of Waterloo. Brief presentations were given by Get Active Now, the Ontario Wheelchair Sports Association, and Paralympics Ontario. This meeting came as a result of inquiries from OCPSA members in the area who were looking for assistance in garnering volunteers, resources and exposure. I chose the K-W region for its strong base of Paralympic sport clubs. The resultant outcome of the meeting was an understanding that clubs do not exist all alone and that there are other clubs out there with the same struggles. Strong communication and the sharing of ideas coupled with a close community connection with municipal leaders results in enhanced opportunities for all! I am excited to see what else comes out of the meeting...stay tuned.

Did this sound like something that your community could use? Call Development Dave and we'll see what we can do for your club/community. The GOCPA program can work for your community!

Presidents Message—A Quote From Kathy

There are many things for our members to be proud of from the past few weeks and there is also a great deal to look forward to over the next few months. I would first like to congratulate our Provincial Boccia team on their success at the CCPSA Boccia Championships in Laval. You represented OCPSA with dignity and performed at the best of your abilities, congratulations. After a chilly winter we are looking toward the start of our provincial competition season with the Regional Games in May. A number of Track and field athletes are heading to Florida for a warm weather training camp to defrost and put in some solid training in preparation for their competitive season. At the organizational level, the OCPSA Board of Directors met in Toronto March 10th and had a very productive meeting. We are excited for the year to come.

Good luck with your pursuits and keep working hard everyone!

Boccia Update –Coach Rob Janoska

The Boccia team has been working hard these past few months, we had our 3rd training camp on February 23rd and were well prepared for a great National competition. The team has shown some great progress in skill development in some of our weaker areas and the team unity is great. I want to thank the sport assistants for doing a great job in their roles with the athletes. I am also very proud of the coaching staff that has been selected by OCPSA. We are all growing within our roles and working very well as a team. We set some great goals for this years Nationals in Montreal to reassert that OCPSA is the top Boccia program in our country. Six of the Nine athletes on the Provincial team were invited to stay after Nationals to attend the National Team Selection Camp. The team would also like to thank OCPSA for the support in funding the training camps we needed to feel prepared for the 2007 National Championships.

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Paralympics Ontario Coaching Clinics

OCPA and PO partnered to offer a Coaching athletes with a disability clinic with a focus on Boccia. The clinic, lead by OCPA member Monique Camirand, was held in Sudbury and entertained 17 participants.

PO is offering a number of coaching clinics

Athletics –Throws
-March 18

W/C Basketball
-March 26

Goalball
-March 31

Fundamentals of
Coaching athletes
with a disability
-April 17

Adaptive Rowing
-April 17

Guide Running
-April 21

W/C Racing
-April 21

Email
Helena Seymour at:

helena
@paralympicsontario.ca

for more info

2007 Canadian National Boccia Championships Results

Team Ontario –GOLD BC1

David VanHoek - Silver
Brock Richardson - 5th
Angie Wong-Lamore - 6th

BC2

Tammy McCleod - Gold
Adam Dukovich - Silver

BC3

Joey Spittal - 9th
Kevin Shaw - 10th
Denise McDonald - 11th

BC4

Josh Vander Vies - Silver
BC3 Pairs - 4th

4 athletes named to CCPSA National
Team

Adam Dukovich, Tammy McCleod, Brock
Richardson, Josh Vander Vies

One Athlete & Coach named to the
CCPSA Espoir Team

David Van Hoek-athlete
Cherie Cunningham-coach

Congratulations to all athletes and
coaches on their success at the Cana-
dian National Boccia Championships.
Good luck to all who have been named
to the CCPSA National and Espoir
Teams. Keep working hard and repre-
senting Ontario with pride!!

OCPA Clinics and Camps

Stay tuned to the OCPA website and future OCPA email blasts for information regarding athletics and boccia clinics and camps, if you are interested in attending a development, coaching or classification clinic, please express your interest to Development Dave at d_a_greig@sympatico.ca

Upcoming Development Event:

April 28—Collingwood –GOCPA Boccia Session

Richardson Cracks National Team Roster!

Athlete Profile:
Brock Richardson

Date of Birth:
Jan 15, 1991

Club:
Brampton Blazers Boccia
Bears

Club Coach:
Ed Richardson

Hero: Wayne Gretzky

How long have you been playing boccia?
4.5 yrs

How did you get started? Kathy Ludwig, my special
needs worker introduced me to the sport

What is your favourite thing about boccia? Getting
together with Boccia friends

What does being part of the Canadian National team
mean to you? It means a lot to me because I have
accomplished my goal sooner than expected and I get
to represent my country!

Who has had the greatest impact on your boccia abili-
ties? My Dad....and teammate Tammy McLeod

What celebrity would you like to have dinner with?
Wayne Gretzky



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OCPSA Athlete Wins Gold at Indoor Rowing Championships

Congratulations to Christy Campbell of the Argonaut Rowing Club for her gold medal performance at the Canadian Indoor Rowing Championships

The Sledge Hockey Revolution Begins

The city of Toronto in conjunction with Bloorview Kids Rehab has launched *Sledge Hockey in the Neighbourhood*. This community based initiative is backed by Bell Canada & the Toronto Maple Leafs among other sponsors. The combination of community and private support in a Paralympic sport program is unprecedented, this means big things for Sledge Hockey in the GTA and the province of Ontario.

Have a look:

www.torontosledgehockey.com

GIVE IT A GOCPA!



Give it a GOCPA	Presentation	Interactive	Sports	Awareness	Skill Development
...Boccia	★	★	Boccia		★
...Track and Field	★	★	Racing & /OR Throwing		★
...All-Sport	★	★	Multi-Sport	★	
...Circuit Challenge		★	Skills		★
...Awareness	★		Multi-Sport	★	
...Club Development	★		Up to you!	★	
...Skill Training & Development		★	Boccia / Athletics		★

Looking to grow a club?

Looking to expand the capacity of your current club?

We're here for you! Give Development Dave a call and set up a Give it a GOCPA Session in your community. This program is designed with your circumstances in mind, we'll come to you with the tools necessary to get the "ball rolling" in your community. Choose from one of the presentations above and discover the potential in your community. Seminar will be organized in with little work required on the part of your organization, Development Dave looks after all of the details!

Get in touch today!

(519) 977-9069

d_a_greig@sympatico.ca

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Have you
been here?

Interesting web-sites of some of the organizations who work with OCPA



www.getactivenow.ca

A web-based information & resource provider. Communities/ organizations & schools can borrow adaptive sport bags from Get Active Now for a nominal fee.



www.corbrook.net

A job placement service in the GTA. Corbrook provides skills based programs and training for persons with physical disabilities.

Have a look at both websites and note the OCPA linkage.

Some Findings From the 2006 OCPA Membership Survey

2005/2006 Membership Breakdown

	Males	Females	Notes
Membership 171	93 54.4%	78 45.6%	% of Total
Athletes 83 48.5%	54 31.6% (58.1%)	29 16.9% (37.2%)	% of Total (% of Gender)
Other 88 51.5%	39 22.8% (41.9%)	49 28.7% (62.8%)	% of Total (% of Gender)

Boccia Athletes -26 athletes, average age is 31yrs.

Track Athletes -31 athletes, avg age is 23yrs

Other Athletes-these are athletes who have listed more than one sport on their membership application form or those who are members but do not participate in a sport that we govern

- Swimming -7 -21yrs avg age
- Sledge -10-20yrs avg
- Soccer -4 -29 yrs avg
- W/C Basketball -2 -29yrs avg

OCPA members are most interested in

- 1) Competitions
- 2) Camps
- 3) Recruitment
- 4) Development
- 5) Publicity & Promotion

Sports

- 1) Track and Field
- 2) Boccia
- 3) Rowing
- 4) Cycling, Swimming, Archery, Sledge Hockey



Don't forget to complete your OCPA Membership!
The 2007 Membership Period runs from April 1, 2007 until March 31, 2008

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We are looking for your stories!

Do you know of someone who has CP who is doing amazing things in your community?

Submit their story and tell the province through *Excel* The OCPASA Newsletter

Coming events?

If you have any events occurring in your community that you would like to advertise, drop development Dave a line!



New Competitive Opportunity Coming to Ontario!

The Boiling Point Wheelchair Track Classic is a high performance track meet that caps off a day of sport and recreational activity for persons with physical disabilities. On July 7th, 2007, a introductory fun meet, the OCPASA Enhanced Athletics Development Meet and a Paralympics Ontario RWA event will also take place at the University of Windsor Stadium in Windsor. A limited events schedule will be offered for the Enhanced Athletics Competition and the Boiling Point event.

Meet director and co-founder Jeff May is excited at the opportunity of offering another competitive meet for Ontario's athletes. Although called the Boiling Point Wheelchair Track Classic, the day will offer something for all disability groups on the track and in the field. The Boiling Point meet will also be the host of the 2007 IPC Selection Trials for the IAAF world championships 1,500m T54 wheelchair races.

On July 6th, 2007, the Boiling Point Coaches Symposium will take place. An interactive set of informative presentations will highlight this symposium. It is geared towards current coaches of athletes with a physical disability as well as those who may be considering getting into coaching an athlete in the Paralympic movement.

July 7th will be exciting for families, athletes, and spectators. There is no charge for tickets for persons who have physical disabilities, children \$2, adults \$5. Registration details are on the meet website www.jeffmay.ca/boilingpoint

Warm Weather Training Camp

Over 25 OCPASA athletes and coaches will be attending a training camp held at the National Training Centre (www.usantc.com) in Clermont Florida from March 24-April 1. This camp will be no holiday as participants will partake in two workouts a day to prepare for the upcoming season. This years camp will be a great learning experience for all as a number of national team athletes and coaches will be joining the OCPASA squad. Good luck to all athletes, coaches and support who are attending.



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Birthdays!

February

Khalid Awan
Christy Campbell
David Greig
Judy Hodgins
Tammy McLeod
Austin Smeenk
Charlie Szerenyi
Mark Vander Vies
Laura Zutell

March

Michelle Armstrong
Margaret Awan
Kathy Ludwig
Amy Mahoney
Travis Molnar
Kate O'Brien
Kevin Shaw
Richard Sookraj

April

Sandra Blondin
Jonathan Furey
Marissa Hill
Rob Hughes
Jay Janisse
Dan Kaemingk
Margaret Lepek
Marko Markovic
Karen McCullough
Denise McDonald
Chris Miller
Teresa Muscat
Meghan O'Brien

May

Carolyn Campbell
Craig Copping
Adam Dukovich
Steve Dukovich
Renee Foessel
Nathan Gerrard
Terry Goulet
Liz Lusk
Reid Mulligan
Mike O'Brien
Tara O'Brien
Paul Rehel
Craig Silverthorn
Alex Szerenyi
Michelle Worsfold

Did we miss your?
If so, we don't have
it on file...let us
know!

Provincial Boccia Team Camps

Three provincial team boccia camps were held in preparation for the Canadian Boccia Championships. The Camps were held in London (Jan 5-7 & Feb 2-4) and in Sarnia (Feb 23-25). At the camps, athletes participated in team building and skill development sessions. Coach Janoska really appreciated the effort put forth by all athletes, coaches and sports assistants during the camps.

Go Team!!!

Ottawa is on a roll, Boccia Development Update!

News from the nations capital. A small group of individuals have begun to participate in a weekly boccia session at the Rehabilitation Centre in Ottawa. Lead by OCPASA member Jennifer Larson and Centre staff, the group is participating in a 6 week program. With a group of about a half dozen regulars coming out, they are planning a fun competition against the neighbouring Gatineau Club to cap off their experience. This program consists mostly of adults of varying abilities and disabilities, they seem to be having a great time and further program offerings are being discussed. OCPASA member Kevin Shaw has been known to pop in for some games and has been a great source of motivation for the newcomers to the sport.



Rob Janoska works with a group of boccia newcomers participating in the 2006 Boccia Tour stop in Ottawa.

Great work everyone, keep that ball rolling!

Classification Course Anyone interested?

Interested in becoming a classifier?
Taking a classification course?
Or hosting a course in your community?
Contact Development Dave
at

d_a_greig@sympatico.ca or (519) 977-9069

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