

MWSA School Demonstration Program

MWSA has set aside 10 sport wheelchairs to travel to Manitoba schools to allow students to experience Paralympic Sport. Typically, schools rent these wheelchairs for a week, and integrate them within their physical education curriculum. Paralympic sport is a fantastic bridge to allow students to appreciate the time and dedication that each athlete puts into the sport, and shows that disability has no limits.

What supports are available from MWSA?

MWSA will come and set up the sport wheelchairs on the first day of the rental. We will provide instruction on how to care for the wheelchairs and an effective way to store them. MWSA can also present at a school assembly to talk about Paralympic Sport, the work that MWSA does in the community, and some highlights of successful athletes and coaches that have represented Manitoba and Canada.

New for 2017, MWSA will also provide in-class instruction on select days. However, this service may not be available depending on staff availability.

Who gets priority in booking the sport wheelchairs?

MWSA's School Demonstrations Program is open to all schools, however, schools that have identified students with a disability will receive priority in booking dates.

What are the costs?

MWSA subsidizes a significant portion of the School Demonstrations Program. MWSA does rely on fees to assist funding the program. Fees for 2017-2018 are \$75 per day of rental, and if the school is outside the City of Winnipeg, mileage of \$0.35/km will be applied. If costs are a barrier to participation, please contact our office to see if a subsidy is available.

There are numerous Paralympic sports available in Manitoba. Please visit www.mwsa.ca or contact our office directly for more information.

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A Guide to PARASPORT IN MANITOBA



Canadian Wheelchair
Sports Association



Sport
MANITOBA

MWSA
MANITOBA WHEELCHAIR
SPORT ASSOCIATION



SPORT - WHERE EVERYONE CAN PLAY!

The most common misconception of wheelchair sport is that you must use a wheelchair everyday, and that an athlete can only fit within a small window of ability. In fact, Parasport is accessible to a wide range of abilities:

No Physical Impairment – In some sports (ex. Wheelchair Basketball), people without an impairment (able-bodied) can participate in the sport up until international competition.

Minimal Physical Impairment – Often minimal impairments aren't seen by the average eye. Certain conditions, injuries or subsequent surgeries may limit full participation in stand-up sports which might make an individual classifiable in Paralympic Sport.

Amputation – An amputation of any extremity (feet, legs, hands, arms) would qualify an individual to compete in a Paralympic sport. In sports with a classification system, the level of amputation (or number of amputations) determines what category the athlete is placed in.

Impairment from Birth – Examples include physical disabilities such as Spina Bifida and Cerebral Palsy. An athlete may be minimally impaired while others may be affected in sections of their bodies (waist down, left or right side only, ambulatory, non-ambulatory etc.)

Acquired Impairment (Para) – An acquired impairment usually results from some form of spinal cord injury. An incomplete paraplegic may still have some motor function in the affected limb(s). A complete paraplegic will have little to no motor function at a specific spinal level (example: T10).

Acquired Impairment (Quad) – A quadriplegic is defined as having an impairment in three limbs or more. It is important to note that athletes classified as a quadriplegic may still have the ability to walk. There is a range of impairments in this category which are recognized, including limited hand function. The sport of Wheelchair Rugby is a sport specifically dedicated to athletes who are diagnosed as a quadriplegic. Benefits of Athletes with a Disability

PARTICIPATING IN SPORT

1. Benefits from increased physical activity in situation where someone might live a more sedentary lifestyle
2. Opportunity to balance and strengthen muscles that aren't used on a day-to-day basis
3. Opportunity to participate in physical activities where individuals may typically be sidelined
4. Opportunity to become skilled in a particular sport where typically the person may have been at a disadvantage
5. Becoming a part of a social community typically found in sport
6. Being able to meet others with various impairments and the ability to share similar experiences with one another
7. Being able to receive medical or disability-specific advice from peers
8. Most important, having an activity that you enjoy!



OPPORTUNITIES IN PARALYMPIC SPORT

Athlete for Life – Opportunities don't have to be defined by tournaments and medals. Simply becoming an athlete for life is a great opportunity for physical exercise and social bonding.

Interprovincial Competitions – There are numerous opportunities to wear the Team Manitoba uniform. Whether competing at Nationals, Canada Games, etc., representing your province is always a distinguished honour.

National Team – What's even more exciting than wearing the Manitoba uniform? Wearing the iconic maple leaf on the international stage. Manitoba has had numerous athletes represent Canada at international competitions, including the Paralympic Games!

University Scholarships – We typically think of stand-up sports when we think about athletic scholarships, but there are scholarships for those to practice a Paralympic discipline, more notably in the United States.

Professional Athlete – We think of the NHL, NBA, & NFL when we think of becoming a professional athlete. Although there are no current opportunities in Canada, there are professional leagues established in the United States and in Europe. Imagine perfecting your craft and competing in front of an enthusiastic crowd as part of your professional career!

