



THE NEWSWHEEL

BC WHEELCHAIR SPORTS ASSOCIATION

DEC. 2008

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BC'S WHEELCHAIR ATHLETES SHINE IN BEIJING

The Canadian Paralympic team finished the Beijing 2008 Paralympic Games with a total of 50 medals (19 gold, 10 silver and 21 bronze), placing it seventh in the official medal standings by nation. There were a record 147 nations participating in the Games, up from 136 in Athens 2004, 122 from Sydney 2000 and 103 in Atlanta 1996.

British Columbia athletes contributed to Canada's superb results with an excellent effort all around. The women's wheelchair basketball team, including three BC women (Jennifer Krempien, Janet McLachlan and Misty Thomas) and BC coach and assistant coaches Tim Frick and Trish Nicholson, finished the games in 5th place after a hard fought battle.

The men's wheelchair basketball team with it's four BC athletes (Bo Hedges, Jaimie Borisoff, Patrick Anderson and Richard Peter) came away with a silver medal in a loss to Australia. Everyone put in an outstanding effort!

Canadian wheelchair rugby finished the games with a bronze medal thanks in large part to BC athletes (Ian Chan, Garrett Hickling, Say, Luangkhamdeng and Trevor



Richard Peter and the men's basketball team vs. the USA in Beijing (Bogetti-Smith Photography)

Hirschfield) as well as BC coach Adam Frost.

In wheelchair tennis BC had representation from Sarah Hunter in the Quad division and Yuka Chokyu in the Women's singles event. In first round matches Sarah lost in a tight three set match to world number one seed David Wagner and Yuka lost to number two seed, Korie Homan.

Michelle Stillwell was the sole representative of BC in the wheelchair track event, winning two gold medals. She won the women's T52 100-metres, with a world record time of 19.97 seconds as well as the 200 meters in a Paralympic record time

of 36.18 seconds.

In wheelchair target sports BC's Chris Trifonidis participated in the mixed 10 m Air Rifle Prone (R3) and Mixed 50 m Free Rifle Prone (R6) event. Chris finished 4th overall in the R3 and 15th in the R6 match.

Congratulations to teams and individual athletes as well as coaches and support staff for your amazing efforts!



CAMPBELL AS BEIJING TORCH BEARER

Vancouver's Duncan Campbell was selected by the city of Vancouver as a torch bearer for the 2008 Beijing Paralympic Games. Duncan Campbell is currently the National Coordinator for Bridging the Gap, an awareness, recruitment and development program for wheelchair sports, and works out of the BCWSA office.

Campbell was selected because of his extensive time, energy and commitment to the sport of wheelchair rugby as well as other wheelchair sports and recreation over the years. He was one of the initial founders of the sport, originally called Murderball. Campbell will

be 53 in May and still participates weekly in the sport he started up at the age of 20. Campbell reports that he was honoured to be the torch bearer at these games and comments; "Beijing was wonderful. Carrying the torch was an honour and a privilege. The games were well organized and successful and the facilities were amazing". When asked for his highlight he reports; "although I am a rugby participant and fan the highlight was the Canada vs. USA wheelchair basketball game, which Canada won in double overtime". BCWSA congratulates Duncan Campbell on this great honour. Continued on Page 2.



Duncan Campbell (front) and Peter Eriksson (WC athletics coach) as torch bearers.

RUGBY

BC rugby has been back in action since September. Lower mainland practices run Tuesdays and Thursday from 6:00 to 8:00pm at Raycam Community Centre. There are also Saturday scrimmage days at Windemere Secondary School from 12:30 to 2:15pm. Please let Adam Frost (info below) know if you are planning on attending.

The Okanagan now has rugby! Practices are on Sundays from 12:00 to 3:00 at the Boys and Girls Club in Vernon. For more information on how to get involved contact Adam Frost.

Rugby is also going again in Victoria with some serious interest up Island as well. Thanks to everyone who came out to the HAG day in Duncan. November 14-22nd Canada sent a wheel-

chair rugby team to Columbia to play and teach the local players and coaches. BC was well represented with two athletes, two coaches and two staff.

National Team: In January the National team will be headed to Florida for several weeks for training.

UPCOMING EVENTS

2009 Vancouver Invitational
Richmond Oval, Richmond
March 27-29, 2008

2009 National Championships
Richmond Oval, Richmond
May 7-10, 2009

2010 World Wheelchair Rugby Championships, Richmond Oval
September 16-25, 2010



Say Luangkhamdeng in the Canada vs. China game in Beijing (Bogetti-Smith Photography)

For more information contact Provincial Coach, Adam Frost at 778-772-9492 or adam@bcwheelchairsports.com or

Kevin Bowie at 604-333-3524 or kevin@bcwheelchairsports.com

ATHLETICS



Michelle Stilwell winner of two gold medals at Beijing 2008 (Bogetti-Smith Photography)

The WC Race Series Time Trial was held September 7-6 on a great sunny weekend. Thanks to all who came out; Nathan DeWitt, Simon Harrington, James Hustvedt, Alvin Lee, Scott Paterson, Brad Skeats, Eddy Solla and Tre Trefethen.

On October 12, 2008 Simon Harrington participated in the Victoria Marathon finishing with a time of 2.06 hours in sunny cool weather and perfect racing conditions.

A fall training clinic was held on November 30th to allow athletes to get focused for the winter training season.

UPCOMING EVENTS

Winter Clinic

January 24-25, 2009, Location TBD

Vancouver Sun Run

April 19, 2009

For more information contact Provincial Coach,

James Hustvedt at 604-616-7106 or james@bcwheelchairsports.com

Or

For WC Race Series Information visit www.wcraceseries.com or e-mail info@wcraceseries.com

CAMPBELL Continued...

Other BC torch bearers at the games included: Sian Blyth (DSABC High Performance Director), Bruce Gilmore (retired blind Paralympian), Andrea Holmes (2010 Paralympic skier), Brad Lennea (retired Paralympic skier), Shirley Olafsson (1948 Olympian with a disability), Sam Sullivan (Vancouver Mayor) and Sarah Tipler (Ski race official).



Duncan Campbell (centre), who is on the back of Dan Jennings while being supported from behind by Eamonn Nolan. On the right in a red T-shirt is Brad Lennea.



BRIDGING THE GAP

Weekly Sports Programs at GF Strong Rehab 3:00-4:00 Tuesdays Various sports (in the gym)

GF Strong 'HAVE A GO' Days 3:00 - 5:00 pm (in the gym)

Upcoming dates : December 9, 2008, January 27 and March 10, 2009

We also have: Community Have A Go days & Sport Specific HAG Days

For information contact: BC's Bridging the Gap Coordinator Kevin Bowie at kevin@bcwheelchairsports.com or 604-333-3524

TENNIS

BC Wheelchair Sport would like to welcome Steve Manley as our new Wheelchair Tennis Provincial Coach. There are many exciting tennis events coming up over the winter.

UPCOMING EVENTS

Dec 14, 2008 - *Tennis Holiday Social and Match Play Day*. Come out for a day of round robin play followed by some social time with everyone!

Feb 28, 2009 - *Tennis for Everyone Tournament* - A fun tournament for all BCWSA athletes or anyone else who wants to play (friends, family etc.)

Jan 10, 2009—*Tennis Have a Go Day* in Victoria

Spring 2009—*Spring League/Ladder Play*

May 2009 - *Tennis Have a Go Day and Coach Education Clinic*, Vernon

CURRENT PROGRAMS

YY Tennis Club, Richmond—*Sunday* (Beginner 10:00-11:00, Advanced 11:00-1:00 and Intermediate 1:00-2:00) and *Tuesdays* (Advanced and Intermediate 6:30-8:30). Contact: Steve (info below)

Grant Connell, North Van— *Thursday* 7:00-9:00 Beginner, Intermediate, Advanced

Vernon Tennis Club Contact Randy at rischell@shaw.ca

Island Tennis—If you are interested contact Dean Gillis at Cedar Hill at 250-475-7126 or gillisd@saanich.ca

For tennis information in the LOWER MAINLAND contact: Steve Manley at smanley@rogers.blackberry.net

or tennis in OTHER AREAS contact: Kevin Bowie at 604-333-3524 or kevin@bcwheelchairsports.com



Sarah Hunter during a game in Beijing (Bogetti-Smith Photography)

TARGET SPORTS

Anyone interested in trying out the exciting sport of wheelchair target shooting should contact Chris.

Chris Trifonidis at 604-876-9932 or triffs@shaw.ca



Chris Trifonidis shooting in Beijing

BASKETBALL

BC Wheelchair Basketball hosted it's first High Performance camp to kick off the season on November 1-2. Over twenty athletes attended the two day camp at Douglas College, New West. and did sessions both on and off the court.

City League has also been running at Douglas College on Monday evenings with thirty eager athletes.

The Annual Junior Challenge was held on November 15/16 at McRoberts School in Richmond. Thanks to all who came out!

BCWBS is also excited to welcome their new Program Coordinator Makiko Harada. Makiko has joined them from the University of Illinois and previously Japan!

UPCOMING EVENTS

Dec 6/7 CWBL Division 1 Tourney, Douglas College, tbc

Dec 13/14 Centre for Performance Camp Douglas College, New West

Jan 3/4, 2009 Provincial Team Program High Performance Camp, Douglas College, tbc

Jan 17/18, 2009 BC-CWBL Division 2, tbc

Jan 18 - 24, 2009 Junior National Men's Training Camp, Champaign, IL, tbc

Feb 4/15, 2009 BC Breakers Invitational, Douglas College, tbc

Feb 16-22, 2009 Osaka Cup, Women, Osaka, Japan tbc

February 2009 CWBL Div 1 Tournament, tbc

For more information on Basketball contact: BC Wheelchair Basketball at 604-333-3532 or info@bcwbs.ca or check out the website at

CURLING

Curling is getting into full swing for the winter season.

Thank you to those who attended the Curling HAG day in Langley on November 29, 2008.

The Abbotsford Curling Club has added a wheelchair league. For info contact Tracy at the Club with your name and interest at 604-859-9244.

UPCOMING EVENTS

Dec 9 - 13, 2008—*Richmond Centre for Disabilities International Wheelchair Cash Bonspiel*, Richmond Curling Club. For more info: go to www.curlbc.ca

Jan 2009—Curling Have A Go Day, Parksville

For more information contact: Lynne Jambor at 604-333-3616 or memberservices@curlbc.ca or Kevin Bowie at 604-333-3524 Or kevin@bcwheelchairsports.com



Misty Thomas on the court in Beijing (Bogetti-Smith Photography)





BC Wheelchair Sports Association

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Check out our website: www.bcwheelchairsports.com

Additional Information

- **SPORTABILITY.** For the following sports: Boccia, sledge hockey, power soccer, and 7-A-Side soccer contact Sportability at Cerebral Palsy Sports Association at 604-599-5240 or e-mail sportinfo@telus.net.
- **BURSARY from the CEREBRAL PALSY ASSOCIATION.** Offering 13 bursaries of \$1,000 each, eligible students 18 years and older, with CP, that are currently enrolled in an institution of higher learning, and plan to continue their studies the following term. *Even if you have been awarded money through this fund before, you are still eligible to apply.* Applications must be postmarked no later than Dec. 19, 2008. Contact Feri at (604) 408-9484 or 1-800-663-0004 for application information.
- **LANGLEY PUCKS –SLEDGEHOCKEY PROGRAM.** The PuCKS program is looking for kids, ages 5 – 18, with lower body disabilities. Program is running Wednesdays, 7:30 – 8:30 AM, in Langley at George Preston until the end of March. Contact Jodi Sosnoski at 604-339-2049 or PuCKSledge@shaw.ca
- **CUSTOM METAL CRAFT -** A small two man full metal fabrication shop in Port Coquitlam is here to help. They have experience in modifying wheelchairs with their state of the art welding machines and are able to properly repair frames. If you think you could use their assistance contact Ryan Lorecould at Custom Metalcraft Unit F 1681 Langan Ave, Port Coquitlam 604-468-7702 or custommetalcraft@telus.net

NOTE: Special thanks to Paige Larson, Paralympic Physiotherapist in Athletics whom I failed to mention in the September newsletter. Thanks!

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Program Coordinator	Makiko Harada
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BCWSA WHEELCHAIR LOAN PROGRAM

Want to try one of our sports but don't have the equipment? We do!

BCWSA offers the wheelchair loan program which allows you to rent a chair and try the sport of your choice. The cost for the rental is \$10 per month or \$100 for the year.

Bursaries are available for those in need.

If you're interested in trying one of our chairs please feel free to check out our web site at

www.bcwheelchairsports.com or contact Kevin Bowie at 604-333-3524 or kevin@bcwheelchairsports.com.



BCWSA wishes to thank the following for their support...

Advanced Mobility Products
 BC Lions Society
 BC Paraplegic Association
 BC Paraplegic Foundation
 BC Wheelchair Basketball Society
 BC Sports Hall of Fame & Museum
 Betty & Bruce Birmingham
 Bogetti-Smith Photography
 Bonsor Recreation Complex
 Bread Garden
 Canadian Wheelchair Basketball Association

Canadian Wheelchair Sports Association
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