

# Calgary Adapted Hub

powered by

**Jumpstart**  
**Bon départ**



## ADAPTING the Game Annual Report 2023/2024

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# Jumpstart State of Sport Report

The **Jumpstart State of Play Youth Report 2024** highlights significant barriers to sport participation for Canadian children and youth living with a disability.

## Key findings include:

- Youth with and without disabilities most frequently reported that they "play sports very often," but the **proportion was lower for youth with disabilities (34%)** compared to youth without disabilities (52%).
- Both groups cited similar reasons for not playing sports, such as **sports being too expensive (29%)** and **not feeling good enough to play (20% for youth with disabilities vs. 9% of youth without disabilities)**.
- **"Not feeling welcome" ranked as a top barrier for youth with disabilities**, replacing "no time due to schoolwork" as a common reason for non-participation.
- Children with Disabilities Participate in Sport because it is **FUN, they get to play with friends and make new friends!**

In Calgary and the surrounding area, the Calgary Adapted Hub powered by Jumpstart actively addresses these barriers by facilitating accessible sport programs tailored to children with disabilities.

Through collaboration with community organizations, the Calgary Adapted Hub powered by Jumpstart leads initiatives such as adaptive sports programs and inclusive training for coaches.

With Jumpstart's support, the Calgary Adapted Hub powered by Jumpstart amplifies opportunities for children to engage in physical activity, ensuring sport and recreation is a space for people of all abilities.



*We envision a Calgary  
in which every child, youth, and family belongs through quality  
inclusive and accessible sport and recreation programs.*



## Message from the Co-Chairs

The journey we've embarked upon at the Calgary Adapted Hub powered by Jumpstart, rooted in our purpose and supported by our collective partners and community collaborators, has been marked by significant milestones and moments of resilience and growth throughout the 2023/2024 year.

True to our mission, our commitment to providing accessible and inclusive sport and recreation in Calgary remains unwavering. Together with our community partners, we have expanded geographically and in the diversity of supported programs. We strive to acknowledge and reduce existing barriers and create opportunities for every family to access and participate in adapted or inclusive sport, physical activity, and recreation.

Our connection to the community is at the heart of our mission. Listening to the voices of children, youth, and families living with disabilities is paramount and something we value in each step of the work. Through their experiences and feedback, we continue to learn and adapt our programs and the way we work collectively.

This year was an exciting one for the Calgary Adapted Hub powered by Jumpstart as Special Olympics Canada Winter Games (SOCWG) 2024 hosted a provincial gathering of partners, and we partnered with Canadian Sport Institute (CSI) Alberta for the Paralympics 2024 to discuss the history of the Paralympics and the upcoming games in Paris. We also celebrated the University of Calgary Equity, Diversity and Inclusion Award given to Dr. Carolyn Emery for her work with the Calgary Adapted Hub powered by Jumpstart and the Research Team.

We want to wish a sincere thank you to our dedicated committee members – to each of the executive, research, programs, and advisory members, THANK YOU. Your passion, expertise, and commitment have played a pivotal role in the success and growth of the Calgary Adapted Hub powered by Jumpstart. We would also like to acknowledge the grant support of the Azrieli Accelerator and Alberta Children's Hospital Foundation, which is utilized for research.

As we continue our journey, we remain committed to creating positive change for our local community and the entire country. With the support of our partners, especially our primary program partner, Jumpstart, and the dedication of our team, we envision a future with even more accessible and inclusive sports and recreation opportunities for all.

Dr. David Legg & Dr. Carolyn Emery  
Co-Chairs, Calgary Adapted Hub powered by Jumpstart p 4

# About the Calgary Adapted Hub powered by Jumpstart

Calgary Adapted Hub powered by Jumpstart is a collective of Calgary-based organizations dedicated to offering quality sport and recreation opportunities for children, youth, and families living with disabilities.

Founded in 2020 with the support of Canadian Tire Jumpstart Charities, this collective aims to make sport and recreation more inclusive for people with disabilities through collaboration, research, education, and evaluation.

## Calgary Adapted Hub powered by Jumpstart IS GUIDED BY OUR VALUES:



### COLLABORATION

We ensure children, youth, and families living with disabilities have access to quality inclusive and accessible sport and recreation opportunities by leveraging the collective strengths of our partners and community members.



### OPPORTUNITY

We empower individuals across the age and disability spectrum to get active by creating better pathways in inclusive and accessible sport and recreation programming.



### COMMUNITY

We create safe spaces for participation by speaking with the disability community rather than speaking for the disability community.



### RESEARCH

We enhance the delivery and development of inclusive and accessible sport and recreation programs through program evaluation, engagement in research, and evidence-informed programming.

## Calgary Adapted Hub powered by Jumpstart Staff:



**Ashley Fox**  
Director

- Program Design & Development
- Fund Management
- Growth & Sustainability



**Leticia Janzen**  
Knowledge Translation &  
Research Coordinator

- Research & Evaluation
- Knowledge Translation



**Jen Goeres**  
Program & Community  
Engagement Coordinator

- Partner, Community & Stakeholder Relationships
- Social Platform Management & Engagement



# Adapting the Game

children and youth  
benefitted from  
participating in CAH-  
supported programs

3000+



followers on social media  
(an increase of 500 from  
2022/2023)

2912+



adapted sport and  
recreation programs  
offered by CAH partners

50

subscribers received the  
CAH newsletter each  
month (increase of 50%  
from 2022/2023)

424



adapted sport and  
recreation providers  
partnered with CAH in  
2023/2024 (up from 55  
in 2022/2023)

95+



Research & Community  
Building Days in  
collaboration with CAH  
partners (+15 from  
2022/2023)

23



families accessed  
personalized  
navigation services  
(up from 50% increase  
from 2022/2023)

101

Resource Fairs &  
Outreach Events  
supported by the  
Calgary Adapted Hub  
(+6 from 2022/2023)

21



# Guiding Value: Collaboration

## Executive Committee

Dr. David Legg, Mount Royal University  
Dr. Carolyn Emery, University of Calgary  
Aimee Johnston, Vivo for Healthier Generations  
Cassandra Murray, Community Member  
Catriona Le May Doan, Sport Calgary  
Destiny Whitney, 7 Chiefs Sportsplex  
Dr. Pearl Yellow Old Woman-Healy, Siksika Health  
Jeff Booke, MNP Community & Sport Centre  
Jennifer Konopaki, WinSport  
Jocelyn Santos, YMCA Calgary  
Saheed Alawiye, Community Member  
Sherry King, Genesis Centre  
Stephanie Won, City of Calgary  
Thomas Naested, Vecova



At Calgary Adapted Hub powered by Jumpstart, our partners are leaders in sport and recreation. From pioneering programs to advancing research, they drive progress in adapted sport and recreation.

By working together, we connect children, youth, and families living with disabilities to high-quality, inclusive, and accessible sport and recreation opportunities. This collaboration harnesses the unique strengths of our partners and community members to reduce barriers and create meaningful change.



# Guiding Value: Collaboration

The Calgary Adapted Hub powered by Jumpstart is a catalyst for inclusivity and innovation in sport and recreation, dedicated to breaking down barriers for children, youth, and families of all abilities. At the heart of our mission is collaboration—working hand-in-hand with community partners to develop creative solutions, share resources, and amplify impact.

By uniting diverse organizations and stakeholders, we create a powerful network that addresses challenges, enhances accessibility, and ensures that everyone has the opportunity to participate in sport and recreation.



## Calgary Adapted Hub powered by Jumpstart Training Modules

In Spring 2024, the Calgary Adapted Hub powered by Jumpstart partnered with four key inclusion organizations to develop training modules for staff working in Calgary Adapted Hub powered by Jumpstart partner organizations and community groups.

Newly launched modules included:

- **Introduction to INclusion** (in collaboration with INclusion INcorporated)
- **Mental Health Literacy** (in collaboration with Alberta Health Services)
- **Recreation Inclusion** (in collaboration with Between Friends)
- **Unlocking the Potential of Neurodiverse Participants** (in collaboration with Autism Aspergers Friendship Society (AAFS))



## Adapted Recreation Discovery Guide

The City of Calgary Recreation Discovery Guide, established in 1985, has been a cornerstone resource for promoting recreation opportunities for people of all ages living with disabilities. Over four decades, it has evolved into an essential communication tool, fostering awareness and access to inclusive leisure activities that enhance quality of life.

In 2023, the City of Calgary partnered with the Calgary Adapted Hub powered by Jumpstart to update this guide to become the Adapted Recreation Discovery Guide, reinforcing our shared commitment to accessible and inclusive recreation for all.



# Guiding Value: Collaboration



## Calgary Adapted Hub powered by Jumpstart Partnerships

Starting Winter 2024, the Calgary Adapted Hub powered by Jumpstart launched a new, free partnership model to send tailored communication updates, valuable resources, and make meaningful connections through the **Calgary Adapted Hub powered by Jumpstart Partnerships!**

### Our Four Partnership Options:

**Core Partnership:** Our Calgary Adapted Hub powered by Jumpstart core funded partners, offering inclusive programs and facilities within the Calgary Area.

**Community Partnership:** For organizations, businesses, or non-profits providing programs and services that may include inclusive and adapted recreation.

**Friends & Family Partnership:** For the participants and their support systems (parents/guardians, aides, etc.) and friends of children or youth with disabilities.

**Individual Partnership:** For independent professionals, including allied health professionals, teachers, students, volunteers, and supporters who want to stay connected and involved with Calgary Adapted Hub powered by Jumpstart and core partnership initiatives.



## Adapted All Sport One Day

Calgary Adapted Hub powered by Jumpstart hosted **Adapted All Sport One Day** on **August 17, 2024** at Vecova (CAH Partner), in partnership with Sport Calgary, Makadiff Foundation, and Active Inclusion Canada.

The free event hosted 70+ youth and their families to participate in adapted sport try-it sessions. Over 35 community organizations participated in session and expo, with the help of 15 volunteers in our community.

## Collaborating with Our Partners

The Calgary Adapted Hub powered by Jumpstart Program Committee and our partners have helped hundreds of children and youth with disabilities overcome barriers to sports and recreation, making it easier for them to get involved.

### City of Calgary

- Offered multiple Junior and Young Adult Adaptive Golf programs in collaboration with organizations such as Alberta Sports and Recreation for the Blind, Autism Aspergers Friendship Society, Ups & Downs, and Alberta Amputee Sports & Recreation Association, engaging up to 16 participants per session.
- Hosted Adaptive Family Golf Nights on select Saturdays, providing inclusive recreation opportunities for up to 30 families per session.
- Worked with key partners to deliver specialized golf lessons tailored to the needs of participants, including those with autism, cerebral palsy, and other disabilities.
- Programs were supported by dedicated City staff, ensuring personalized instruction and fostering an inclusive environment for all participants.
- Developed the [City of Calgary Equity Audit Tool](#).

### Genesis Centre

- Hosted the Calgary Adapted Hub powered by Jumpstart Programs Committee (January 2024), fostering collaboration, sharing resources, and advancing strategies to improve accessibility and participation in adapted sport and recreation.
- Actively contributed to the Calgary Adapted Hub powered by Jumpstart Executive and Programs Committees, driving initiatives to enhance inclusive and adaptive programming across the network.



### MNP Community & Sport Centre

- Delivered a ten-week inclusive program for children of all abilities, focused on physical literacy and adaptive recreational activities. Collaborated with partners like ARES Pentathlon, Soccer Abilities, and Ax Capoeira, serving 34 participants across three seasons with two staff members per session.
- Introduced a 1-to-1 Inclusion Leader for camps, benefiting participants, camp instructors, and parents through personalized support.
- Offered a specialized, levelled swimming program for children with diverse needs. Sessions provided individualized attention with a caregiver or aide present, serving up to six participants per class with one certified instructor.
- Focused on building inclusive environments by providing resources like sensory backpacks and training staff to implement adaptive strategies, ensuring an enriching experience for all participants.

## Collaborating with Our Partners

### Mount Royal University (MRU)

- Ran the Mini Achievers Summer Camp with 10 campers who participated in adapted programming with Sport Calgary, YogAbilities, Lacrossing Barriers, and MRU Cougar Athletics.
- Participated in consultations with experts and colleagues on campus and partnerships with Calgary Adapted Hub powered by Jumpstart team to enhance staff training.
- Additional funds leveraged through Daryl K. Seaman Canadian Hockey Fund at Calgary Foundation, and the John Bowlen Legacy Flow Through Fund 1 at Calgary Foundation for the Children's Adapted Physical Activity (CAPA) program.
- Hosted wheelchair basketball, Ultimate Para Sport and CP Boccia programming, and RIPT Trexo research.

### 7 Chiefs Sportsplex

- Developed the Early Stages Athlete Pathway that included adapted and para sport.
- Actively contributed to the Calgary Adapted Hub powered by Jumpstart Executive and Programs Committees, providing an Indigenous lens to program development.
- Hosted the Inclusive Sport and Recreation Collective (November 2024).

### Sport Calgary

- Collaborated to deliver the Adapted All Sport One Day event through a Makadiff Community Sport Grant. The initiative offered accessible try-it sessions as an introduction to sports, fostering community engagement for participants of all abilities, from organizations including Soccability, Lacrossing Barriers, YogAbilities.
- Provided essential administrative assistance to the Calgary Adapted Hub powered by Jumpstart, streamlining operations and supporting the delivery of inclusive initiatives as well as providing ongoing leadership as part of the Executive Committee.

### Siksika Health Services

- Collaborated with Lacrossing Barriers to provide adapted sport to over 500 children and youth.
- Actively contributed to the Calgary Adapted Hub powered by Jumpstart Executive and Programs Committees, providing an Indigenous lens to program development.



## The University of Calgary (UCalgary)

- Adapted Physical Activity for Kids (APAK) has had continued success with 114 participants in 2023-2024 and 40 participants in Adaptive Gymnastics and another 30 in Adapted Sport and Recreation Summer Camp.
- Adapted partnership programming included Soccability, Wheelchair Sports Alberta, Bloom Dance/Movement Class, YogAbilities, and Ares Pentathlon & Fencing Club
- Advocated for equitable spaces, including sensory-friendly workout areas.
- Removed financial barriers to participation and developed new programs, including adaptive paddling and climbing, supported by a sustainable funding.
- Introduced new and expanded programs, including Super Stars Drop-in, 1:1 coaching, and low-ratio Super Stars 2:6, providing personalized support and adaptive opportunities for children with disabilities.
- Hosted SOCWG 2024 Partner Social at the Oval.

## Vecova

- Delivered new inclusive programs like Fast and Female Built to Run empowering 30 young girls to explore running and its benefits, supported by 4-6 staff/volunteers and funded by the Calgary Flames Foundation.
- Launched the AMP Flames Community Champions Program offering free interactive sledge and roller hockey experiences to Grade 3 classes, with ongoing participation in Fall 2024.
- Focused on education and partnership-building, including Sport for Life training and creating opportunities for organizational growth and awareness through collaborations with Fast and Female and Jumpstart.
- Prioritized free registration and accessible programming, leveraging partnerships and funding to remove financial barriers for participants.

## Programs Committee

Jen Goeres, Program & Community Engagement Coordinator

Leticia Janzen, Calgary Adapted Hub powered by Jumpstart Research & Knowledge Translation Coordinator

Ashley Fox, Calgary Adapted Hub powered by Jumpstart Director, Programs & Services  
Logan Jones, University of Calgary

Bjorn Billehaug, Owini Dixon, Jason Unsworth, & Kirsten Kirwer, Mount Royal University  
Deanne Rommens, City of Calgary

Maegan Ross, Megan Klassen & Brent Fawcett, MNP Community & Sport Centre  
Noelle LeBlanc, Vivo for Healthier Generations

Sandra Paire, Sport Calgary

Mia Giffen & Chris Lane, WinSport

Danielle Carlson, YMCA Calgary

Sandra Paire, Sport Calgary

Shakil Shivji, Genesis Centre

Dr. Pearl Yellow Old Woman & Richard Running Rabbit, Siksika Health Services



## Vivo for Healthier Generations

- Utilized the SwimAbilities program (adaptive swimming lessons), ongoing Sensory Times (reduced-capacity, sensory-friendly experiences) and hosted roller sled demos in summer camp programming.
- Introduced or enhanced programs like Adaptive Climbing, Boxing Bootcamp, and Women and Gender Non-Conforming Climbing Club, integrating inclusive practices from Calgary Adapted Hub powered by Jumpstart training and research.
- Collaborated with organizations like Life Saving Society, Calgary Catholic Immigration Society, Calgary Adapted Hub powered by Jumpstart, and local schools to strengthen program delivery and extend accessibility to neurodiverse and underserved populations.
- Implemented Mixed Ability Sport training for staff, resulting in well-received inclusive programs and increased usage of fitness and facility spaces.
- Legacy donation from Active Inclusion Canada for AASOD.
- Hosted the Adapted All Sport One Day (AASOD) and Sport Calgary AGM.

## WinSport

- Served over 5,000 campers, with Inclusion Facilitators directly enabling 40 campers with unique needs to attend or remain in camps through personalized support and adaptations.
- Invested in two Inclusion Facilitators to provide 1:1 care, develop adaptive programming, and lead inclusion training for staff.
- Leveraged insights from the Calgary Adapted Hub powered by Jumpstart network to refine practices and equip staff with resources for fostering inclusivity and accommodating diverse needs.
- Inclusion Facilitator roles proved indispensable, with plans to sustain the positions long-term due to their significant impact on accessibility and program success.
- Partnership with Alberta Children's Hospital to create spaces in Winsport Camps for children and youth with disabilities.

## YMCA Calgary

- Delivered new inclusive programs like Fast and Female Built to Run empowering 30 young girls to explore running and its benefits, supported by 4-6 staff/volunteers and funded by the Calgary Flames Foundation.
- Launched the AMP Flames Community Champions Program offering free interactive sledge and roller hockey experiences to Grade 3 classes, with ongoing participation in Fall 2024.
- Focused on education and partnership-building, including Sport for Life training and creating opportunities for organizational growth and awareness through collaborations with Fast and Female and Jumpstart.
- Prioritized free registration and accessible programming, leveraging partnerships and funding to remove financial barriers for participants.

# Guiding Value: Opportunities

Calgary Adapted Hub powered by Jumpstart is here to bridge the gaps and build better pathways to participation by sharing information between—and on behalf of—partners, resulting in more robust opportunities for children, youth, and families.

To help us do this is our **Family Navigation Service** that allows families to work one-on-one with our staff to develop an action plan and set their child on the path to participation.

## How the Process Works



### Step 1: Get in Touch

Get in touch by filling out the 'get to know you' form or contacting a member of our team by phone or email.



### Step 2: Meet with Us

Meet one-on-one with our program manager to discuss your interests and abilities.



### Step 3: Action Plan

We will create an action plan and put together a list of resources that meet your needs. We'll introduce you to the right people and organizations, too!



### Step 4: Follow Up

We'll continue to follow up with you to see if you have any questions or concerns or need additional support and resources. We'll also continue to share resources and opportunities with you as they arise.



## Opportunities to Make Connections

Through active participation in **research fairs and outreach days**, the Calgary Adapted Hub powered by Jumpstart strengthened relationships, inspired community support, and highlighted the importance of adaptive sports initiatives:

- International Day of Persons with a Disability
- Mount Royal University (MRU)
- Health & Physical Education Council (HPEC)
- Canadian Sport Institute (CSI) Alberta Para Strat Group
- City of Calgary Sport Partners Meeting
- University of Calgary (UC) EDIA Team
- Calgary Board of Education - Allied Health Team
- Peak Kids Physiotherapy
- MRU Equity, Diversity & Inclusion Panel
- Alberta Recreation and Parks Association (ARPA) Conference
- Sport for All - Lethbridge Sport Council
- International Women's Day hosted by Mayor's Office
- School Age Care Directors Association Conference (SACDA)
- Autism Aspergers Friendship Society (AAFS) AGM
- Wildrose Dance Association & SnapDance
- Youth Development through Recreation Services (YDRS)
- Westside Recreation Centre
- Disability Days - Bearspaw Market
- Cree Nation of Chisasibi/MRU
- Calgary Chamber of Voluntary Organizations Conference

## Opportunities to Make Connections

Connecting with community-based organizations is key to creating inclusive opportunities and building a stronger network. These partnerships help us reach more people, share resources, and provide accessible programs. By working together, we can make a bigger impact and ensure everyone feels included and supported.

Examples of organizations we partnered with in 2024 include:

- Centre for Newcomers
- CO- PLAY Hub
- Sport for Life
- Calgary Board of Education
- Calgary Catholic School District
- Alberta Health Services (RIPT, Rotary Flames House, LIFT Program)
- Adaptability
- YogaAbilities
- Lacrossing Barriers
- Autism Aspergers Friendship Society of Calgary (AAFS)
- Rocky Mountain Adaptive (RMA)
- Ultimate Parasport Association (UPSA)
- Between Friends
- Cerebral Palsy Alberta
- CP Kids and Families
- First National Health Consortium
- Kidsport
- Special Olympics (Calgary, Alberta, Canada)
- The Steadward Centre
- Canadian Sport Institute (CSI) Alberta
- Variety the Children's Charity of Alberta
- Ares Pentathlon
- Canadians Adaptive Snow Sports (CADS)
- Abilities Centre
- One Ability
- Ottawa Adapted Hub
- AMP
- Alberta Recreation and Parks Association
- Kids Cancer Care
- Bloom Wellness
- Boccia Alberta
- Trico
- Kronos
- Alberta Sports & Recreation Association For The Blind
- Adaptive Water Ski
- Rec Respite
- Superheroes Hockey
- Inclusion by Design
- Straz Strong Foundation
- Calgary Catholic Immigration Society
- Spray Lake Sawmills Family Sports Centre
- SnapDance Studios
- National Goalball Team
- Muhsen





## Opportunities to Make Connections

### Calgary Adapted Hub powered by Jumpstart Presentations:

- Alberta Recreation and Parks Association Conference - Creating Inclusive Programs 101 (October 2023), presented by Ashley Fox, Leticia Janzen and Jen Goeres
- Peak Health Kids Physio - The Calgary Adapted Hub powered by Jumpstart (October 2023), presented by Ashley Fox
- CSI Alberta: Para Strat Working Group - The Calgary Adapted Hub powered by Jumpstart: Pathways to Participation (November 2023), presented by Ashley Fox
- Health and Physical Education Council (HPEC) of Alberta - Accessible and Inclusive Physical Activity (November 2023), presented by Ashley Fox and Jen Goeres
- Sport for All: Lethbridge Sport Council - Breaking Barriers (February 2024), presented by Ashley Fox
- Faculty of Kinesiology EDIA Committee - The Calgary Adapted Hub powered by Jumpstart (December 2023), presented by Ashley Fox
- Calgary Board of Education - Calgary Adapted Hub powered by Jumpstart: Pathways to Participation (April 2024), presented by Ashley Fox
- Youth Development through Recreation Symposium - Creating Inclusive Sport and Recreation Opportunities (April 2024), presented by Jordan Chabeniuk, Jen Goeres and Ashley Fox





# Opportunities to Make Connections

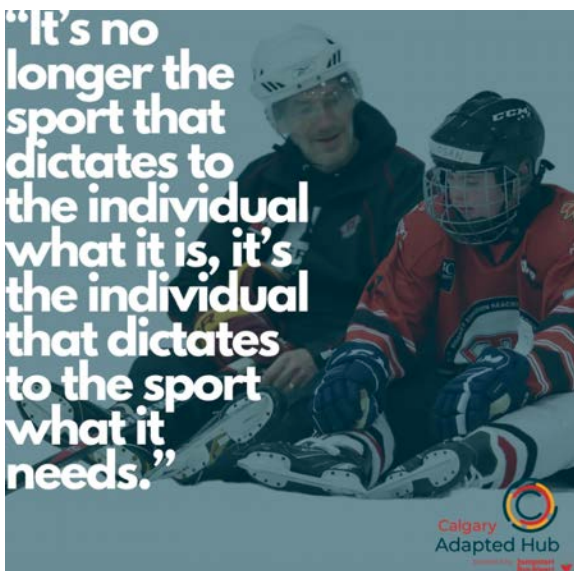
## Calgary Adapted Hub powered by Jumpstart-related Publications:

- Canadian Tire Jumpstart Charities (2024). Jumpstart State of Play Youth Report.
- Legg, D. (2023). Physical Activity for Persons with a Disability (Past, Present and Future), 7th International Scientific Conference, African Association of Sport Science, Cairo.
- Legg, D, Janzen, L., Emery, C., & Fox, A. (2023). The Calgary Adapted Hub powered by Jumpstart Research Update, Presentation at the International Federation of Adapted Physical Activity (IFAPA) Conference, Dunedin, NZ.
- Legg, D. Sandmeyer-Graves, A., Bagg, C., Miller, N., Dodginghorse, B., & Ardiel, J. (2023). The Economics of Sport for Marginalized Populations, Panel Presentation at International Economic Future Forum, Calgary.
- Legg, D. (2023). The Intersection between Technology and Mobility, Presentation to the Health Technology Challenge, Institute for Innovation and Entrepreneurship, Mount Royal University. Calgary.
- Legg, D. (2024). The Para Sport Pathway, Presentation to the Lethbridge Sport Council Seminar Series, Lethbridge, AB.
- Legg, D. et al. (2024). Transforming Lives through Sport, Presentation for the United Nations Department of Economic and Social Affairs, Division for Inclusive Social Development International Expert Group Meeting on Disability, Sport, and the Sustainable Development Goals, New York.
- Misener, L., DiBuono, M., Gavel, E., Chisholm, T., Booke, J., & Legg, D. (2023). Safe Sport in a Disability Context, Panel presentation as part of the Alberta Inclusive Sport Collective, Calgary.
- Niedre, P., Davey, J., Frogley, M. & Legg, D. (2023). What are successes, challenges and opportunities to a disability inclusive coach education system in Canada? National Coaching for Para Sport Summit, Edmonton.
- Youngblood, J., McDonough, M., Condliffe, E., Legg, D., & Emery, C. (2023) "We're a lot closer, we talk more": family experiences and relationships following child's participation in an adapted physical activity camp, Disability and Rehabilitation, DOI: 10.1080/09638288.2023.2226407
- Youngblood, J. McDonough, M. Condliffe, E., Legg, D., & Emery, C. (2023). We're stronger as a family": Family experiences and relationships in an adapted physical activity camp, Journal of Psychology of Sport & Exercise, DOI 10.1016/j.psychsport.2023.102570
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# Guiding Value: Community

Calgary Adapted Hub powered by Jumpstart was an active member of multiple collectives and collaborations locally, provincially and nationally, including:

- Community of Practice for Collectives & Hubs (Spring 2024) supported by Canadian Disability Participation Project (CDPP) 2.0 and National Para Sport Collective including members from One Ability, BC Wheelchair Basketball, CSI Alberta, The Steadward Centre, Medicine Hat Adapted Sport and Recreation, Accessible Sport Connection Manitoba, Abilities Centre Ottawa, Kingston Adaptive Sport and Inclusive Recreation Connective, Hamilton Accessible Sport Council, Special Olympics Canada, Special Olympics Ontario, Toronto Accessible Sport Council, Variety Ontario, Parkwood Institute Research, Parasports Quebec, and SportNorth.
- Calgary Adapted Hub powered by Jumpstart met with The Honourable Carla Qualtrough, PC, MP - Minister of Sport and Physical Activity (see image below)
- Municipal Conversation with Town of Cochrane about the experience of disability and used the Calgary Adapted Hub powered by Jumpstart resources to showcase community partners working in Cochrane (ex. AAFS, SnapDance, etc)
- Special Olympics Canada Winter Games (SOCWG) 2024 support
- Alberta Inclusive Sport & Recreation (ISR) Collective - Leadership team
- [Alberta Ability Network](#) - Co Chair of Inclusive Recreation Table -
- [National Accessibility Week](#) leadership and social media campaigns
- Collaborated with Co-PLAY Hub and Dr. Matt Kwan on the SSRHC research project to support knowledge brokers and community of practice to share amongst newcomer and disability serving organizations
- Alberta Therapeutic Recreation Association (2025) collective conversations
- Partners in Participation & Inclusion - Impacts for Inclusion social media campaign (see image below)



# Building Value: Community

In 2023/2024, the Calgary Adapted Hub powered by Jumpstart sparked exciting collaborations, including:

- Squash Canada: Hosted a dynamic Para Squash demo at Nationals.
- Able & Available: Fostered new connections to expand adaptive opportunities.
- Kinesiology (KNES) 201 Labs: Partnered to design and deliver Sitting Volleyball labs with hands-on support from the Calgary Adapted Hub powered by Jumpstart Team.
- Special Olympics International: Facilitator Lea Wiens piloted an Inclusive Fitness workshop for Hub partners, attracting 19 attendees at Vivo for Healthier Generations.

## Community Advisory Committee

Suzanna Tangen, Ultimate Para Sports Association

Sean Crump, Included by Design

Jamie McCulloch, Rocky Mountain Adaptive

Dr. Matthew Corkum, Inclusion Advocate & Athlete

Dr. Nancy (Quinn) Harrington, Researcher/Professor

Karen Hurley, Special Olympics Calgary

Dr. Sarah MacEachern, Developmental Pediatrician

Dean Svoboda, AAFS

Dr. Tyler White, Siksika Health Services

Dr. Cheri Bradish, Toronto Metropolitan University

Cassandra Murray, Parent

Ryan Straschnitzki, Para Athlete & Advocate

Dr. Pearl Yellow Old Woman-Healy, Siksika Health Services



# Guiding Value: Research

In the Spring of 2021 the Calgary Adapted Hub powered by Jumpstart launched an **Inclusion Training Program (ITP)** for staff and volunteers of the Calgary Adapted Hub powered by Jumpstart partners.

Our research team examined how the ITP influenced attitudes and confidence towards inclusive physical activity and the participants satisfaction with the ITP:

- 100% of participants felt the trainers were knowledgeable.
- 93% were satisfied with the training content.
- 93% felt the training quality was good to excellent.
- 86% felt they were confident in having the time and energy to make my organization more inclusive.
- Although 96% are confident they have access to the necessary resources from the Calgary Adapted Hub powered by Jumpstart ITP to increase inclusion within their organization.
- 96% were confident in their ability to use the Calgary Adapted Hub powered by Jumpstart ITP to increase involvement and participation of persons with a disability in their organization.

Future research should assess learning outcomes to improve training courses and investigate differences in the training programs assessed. The need for continued and evolving training opportunities was conveyed by the Calgary Adapted Hub powered by Jumpstart Program Partners during team meetings.

## Research Team

Dr. Carolyn Emery, Calgary Adapted Hub powered by Jumpstart Research Chair  
 Leticia Janzen, Calgary Adapted Hub powered by Jumpstart Research & Knowledge Translation Coordinator  
 Ashley Fox, Calgary Adapted Hub powered by Jumpstart Director, Programs & Services  
 Jen Goeres, Program & Community Engagement Coordinator  
 Dr. Adam Kirton, University of Calgary  
 Dr. Amy Latimer-Cheung, Queen's University  
 Dr. Brianne Redquest, University of Calgary  
 Brooke Dennett, University of Calgary; MSc student  
 Dr. Carly McMorris, University of Calgary  
 Dr. Cheri Blauwet, Harvard University  
 Dr. David Legg, Mount Royal University  
 Dr. Elizabeth Condliffe, University of Calgary  
 Hannah Schnitman, University of Calgary, MSc. Student  
 Dr. Jennifer Leo, University of Alberta  
 Dr. Jennifer Zwicker, University of Calgary  
 Dr. Jonathan Smirl, University of Calgary  
 Dr. Kathleen Martin Ginis, University of British Columbia  
 Dr. Kelly Arbour-Nicotopolous, University of Toronto

Dr. Laura Brunton, Western University  
 Dr. Mary Dubon, Harvard University  
 Dr. Nancy Quinn, Western University  
 Rachel Wasserman, University of Calgary; undergraduate research student  
 Dr. Sarah MacEachern, University of Calgary  
 Shane Esau, University of Calgary; research manager  
 Sofia, Beccerra, University of Calgary, BKin. Honours  
 Tanya Childs, University of Calgary; research administration

Research is generously supported by:

**Vi Riddell**  
 Pediatric Rehabilitation  
 Research Program



Alberta  
**Children's**  
 HOSPITAL  
 FOUNDATION





## Current Research Projects

In Fall of 2023 a new shorter version of the **adapted sport and recreation injury and concussion survey** was launched to increase participation of athletes from all types of adapted sport and recreation opportunities Internationally (7-60 years of age).

- 22% of participants reported at least one sport/recreation related injury within the past year.
- 10.5% of all injuries reported were classified as concussions.
- 44% of participants reported sustaining a concussion in their lifetime.
- 55.3% of concussions were diagnosed by a medical professional.
- 1 in 4 participants that reported a concussion, sustained it playing Para Ice Hockey.
- 72.7% of participants reporting receiving concussion education in their lifetime.
- Sit skiing had the highest injury incidence rate based on exposure hours and athletes per year.
- Injuries and concussions are present even in non-Paralympic level adapted sport and recreation activities.

The next steps for this project are to continue collecting data, growing the sample and hopefully reach athletes from even more adapted sport and recreation opportunities around the world, so more sport-specific conclusions can be drawn.

The Calgary Adapted Hub powered by Jumpstart Research and Community Engagement Seminars were renamed in September of 2023 in Memory of Eli Wolff, a member of our Community Advisory Committee who passed away unexpectedly April 2023. **Calgary Adapted Hub powered by Jumpstart Seminar Series: In Memory of Eli Wolff:** continued to be hosted and partnerships formed for the delivery of sessions.

True to Eli Wolff's work these sessions aim to bring together Calgary Adapted Hub powered by Jumpstart program partners, researchers, clinicians, and the community of persons with lived experience with a disability. New partnerships have been formed to deliver meaningful content.

Between April 1, 2023 and March 31, 2024 we hosted 7 speakers and panel discussions following the presentations which included people with lived experience with a disability. The Calgary Adapted Hub powered by Jumpstart team has continued to virtually host speakers from around the world with expertise in a variety of areas focused in adapted physical activity. These sessions are well-attended and the recordings posted on the [Calgary Adapted Hub powered by Jumpstart YouTube Channel](#) receive many views following the event.

**Calgary Adapted Hub Seminar Series: In Memory of Eli Wolff**  
(in partnership with CSI Alberta and The Steadward Centre)

**Lead Up to the Paris 2024 Paralympic Summer Games**

**Tuesday, June 4, 2024  
12:00-1:00 PM MDT  
FREE on Zoom!**

Speakers: Dr. David Legg, Dr. Robert Steadward, Frank van den Berg

Logos: THE STEADWARD CENTRE, CANADIAN SPORT INSTITUTE ALBERTA, INSTITUT CANADIEN DU SPORT, Calgary Adapted Hub

# The Path Forward

At Calgary Adapted Hub powered by Jumpstart, our work is driven by our core values: **collaboration**, **opportunity**, **community**, and **research**. These principles guide every initiative we undertake, shaping our approach to creating accessible and inclusive sport and recreation opportunities.

Whether through active participation in research fairs, community outreach events, or partnerships with organizations across Calgary, our commitment to these values remains steadfast.

As we look ahead, our strategic plan builds on this foundation, focusing on expanding access, strengthening partnerships, and innovating programs to further break down barriers and enrich the lives of those we serve.

## Strategic Priorities 2025 - 2027

### 1. Collective Health: Partnerships, Programming & Place

The Calgary Adapted Hub powered by Jumpstart's impact hinges on the collaborative efforts of its community partners. Ensuring strategic alignment between the Hub's goals and the aspirations of its partners is essential for advancing collective efforts. In a dynamic environment, fostering robust partnerships allows us to address challenges and seize opportunities, driving significant community impact and outcomes.

### 2. Social Innovation: Growth in Impact

We aim to enhance the well-being of our community by developing and implementing innovative solutions to address the challenges our community members face. Drawing from evidence and integrating findings into our practices, we strive to significantly impact outcomes such as affordability, accessibility, and autonomy of choice in adapted sport and recreation for children, youth, and their families. Through advanced measurement and evaluation methods, we seek more profound insights into our progress, identify priorities, and capitalize on opportunities to achieve more significant societal impact.

### 3. Advocacy: Leading, Mentoring & Educating

The Calgary Adapted Hub powered by Jumpstart has become a prominent leader in adaptive sports and recreation. Leveraging its influential voice, the Calgary Adapted Hub powered by Jumpstart aims to amplify awareness, engagement, and support, enhancing impact locally and nationally. Grounded in evidence, the Calgary Adapted Hub powered by Jumpstart integrates the latest knowledge and disseminates it thus leading by example and advancing capabilities within the collective and broader community.

#### 4. Sustainability: Cultivating Long-Term Resilience

The Calgary Adapted Hub powered by Jumpstart has earned the community's trust as a vital connector and catalyst for inclusive sports and recreation opportunities. Upholding our commitment to the community requires unwavering dedication to sustainability. We aim to strengthen our resilience against turbulent changes by future-proofing our operational model, enhancing our capabilities to meet future needs, and implementing proactive risk mitigation strategies.

The Calgary Adapted Hub powered by Jumpstart thrives on collaboration, aligning its goals with community partners to address challenges and create meaningful opportunities in adaptive sports and recreation.

As a trusted leader and connector in inclusive recreation, the Hub amplifies awareness and engagement locally and nationally, while future-proofing its operations to ensure sustainability and resilience in a changing environment.





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Dear Dr. Legg,

*I wanted to take a moment to thank you and acknowledge the amazing impact you are making to the community of neurodiverse children.*

*My 9 year old son Landon had been diagnosed in early 2023 with Autism Spectrum Disorder, Developmental Coordination Disorder and Severe Generalized Anxiety. Many of his fears and phobias, in addition to his physical “limitations”, have made extracurricular activities difficult. Most of his “activities” are often in the form of therapy: PT, OT, Psych... those that aren’t are typically not adapted to his needs. Landon’s sense of belonging was often compromised as he would fall behind the group - unable to keep up, or unable to improve based on many programs being unable to accommodate extra support.*

*I stumbled upon CAPA by chance one evening, in a frustrated Google search where I was trying to find somewhere for Landon to belong, fit in, which would offer some exercise/physical movement and FUN. Normally Landon would hate going to the typical activities we’d joined in the past, but from the moment we arrived to the first session he loved CAPA. He learned so much about communicating and building a relationship with his buddy (he had an EXCELLENT buddy), about trying new things and seeing that there are other kids in the world who are like him. I witnessed a shift in Landon over the course of the Fall session, and he is far more agreeable to trying new things now: though, first on his list is another round of CAPA.*

*This program has meant so much to Landon and me. I’ve had friends with children with disability also join and everyone has been amazed by how exceptional it is. You and your team are providing an incredible service to these children and we are so grateful.*

*We look so forward to the next round this weekend.*

*Landon has been not-so-patiently waiting!*

*Thank you, again.*

*Julie McKanna,  
For Landon McKanna*







In the spirit of respect, reciprocity and truth, we honour and acknowledge Moh'kinsstis, and the traditional Treaty 7 territory and oral practices of the Blackfoot Confederacy (comprising the Siksika, Kainai, and Piikani First Nations), as well as the Îyâxe Nakoda (including the Chiniki, Bearspaw, and Wesley First Nations) and Tsuut'ina Nations. We acknowledge that this territory is home to the Métis Nation of Alberta, District 5 & 6, within the historical Northwest Métis homeland.



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