

BC BLIND SPORTS AND RECREATION ASSOCIATION

INSIGHT



Photo of George Vernon , Run for light MC and Tami Grenon,
BC Blind Sports Vice President, at the President's Awards
Dinner February 24, 2011

MEMBERSHIPS!!!!

April 1st is the beginning of the new membership year. We look forward to having you join us again for another great exciting year of good health and fitness for everyone. Please find enclosed a 2011 membership form with this edition of the newsletter. If you require any assistance in filling out the form please let us know and we will be happy to help you. We've included an additional form so you can register a friend or family member. If you need additional forms contact Susan or Helen at the office 604-325-8638.

VOLUNTEERS YOU'RE THE BEST!!!!

Thanks to all our hard working volunteers. From enthusiastic gift wrappers at Oakridge, to our many program and office volunteers your contribution to our association is the key to our success!

A STUDENT FROM REGINA – WELCOME HAILEY

My name is Hailey McCrystal and I am a student finishing my Kinesiology Degree at the University of Regina. I am majoring in Adapted Physical Activity. For our program, we are required to participate in an unpaid fieldwork opportunity at an organization of our choice. I began to do some research and came across BC Blind Sports and Recreation. Throughout my degree I have done a lot of my volunteer work based on

wheelchair sports, and I think that this is a great opportunity to see another side of adapted physical activity.

In the next few months, I will be helping out around the office, and attending any activities that are going on. On April 1st I will be heading back to Regina to finish up my degree. So far I am having a great time and learning lots of new, adaptive sports. I am happy to say I am getting the hands on experience I was hoping for!

SPORT BC'S 16th ANNUAL PRESIDENT'S AWARD AND THE 45TH ANNUAL BC ATHLETE OF THE YEAR AWARDS

This year's event took place on February 24th. This event celebrates BC's top builders, athletes, coaches and officials.

This year's President's Award was presented to George Vernon. George has been a volunteer for more than 15 years and is most known for his role as Master of Ceremonies at Run for Light. George and his family are big supporters of Run for Light and we look forward to having them back this year.

Last year the award was presented to Dianna Johnston from the Eye of the Dragon Dragon Boat team.

The Disabled Athlete of the Year Award recognizes achievements and dedication to a chosen sport. This year

Brian Cowie was nominated for his performance in Tandem Cycling.

WORDS FROM GEORGE VERNON-PRESIDENT'S AWARD WINNER

Last week, I received the President's Award for my participation with the B.C. Blind Sports and Recreation Association. My wife Joan and I were honoured to be included in the celebration, and our time with Jane Blaine, Tami Grenon and her beautiful Black Lab. That event has inspired me to recount my longstanding association with Blind Sports, the funds we have raised, and the friendships we have forged...

For almost 31 years I have had the privilege of being involved in the B.C. Blind Sports and Recreation Association's 'now famous' annual Run for Light. I became involved as one of the original sponsors through the company I was with. From that first year, my whole family always attended, (that now includes our grandchildren)! It is such an upbeat event and is held in the prettiest location in the Lower Mainland.

One year our MC, Wayne Cox, had a last minute emergency, leaving us in a quandary. Jane Blaine tentatively asked me if I would mind filling the gap. I have jealously guarded that coveted honour ever since!

Run for Light is unique. We have a very loyal crowd of participants who always introduce new runners to the most beautiful course anywhere. 31 years

ago B.C. Blind Sports sought permission from the Vancouver Parks Board for a little fun run in Stanley Park. It quickly caught on, and is the only run of its kind; it is very special and unique. For those who haven't experienced it first hand, I guarantee it will be one you will want to attend every year. From the moment you register and put on your 'glow in the dark' Run for Light tee shirt until you run from Lumberman's Arch to see the Vancouver night lights, as you make your way around Brocton Point, now experiencing the North Shore lights as a twinkling backdrop for the ships anchored in the harbor, all the way back to the finish line with the First Narrows Bridge as a fitting finale; you'll have already made up your mind to register for next year. Don't fight it... you will be hooked!

No, I don't represent Tourism Vancouver! I am one of many who are proud and honoured to represent athletes who are blind and deaf/blind who want to compete, who want to help others by raising funds and awareness for their peers. I challenge you to participate in the most meaningful, the most beautiful fund raising athletic experience in the area. It will be the most exhilarating event you have ever experienced. I guarantee it.

By the way, the MC may make the odd mistake. Please forgive him, he's still learning!

George Vernon

COME AND JOIN US FOR THE 31st ANNUAL RUN FOR LIGHT FUN RUN

On Friday May 27th join us at Lumbermen's Arch in Stanley Park to celebrate our 31st annual Run for Light fun run. We are looking forward to seeing all you who have joined us over the past 31 years to celebrate and promote our run and BC Blind Sports. If this will be your first time coming out we welcome you and know you will have a great time. Registration is available now online at http://www.eventsonline.ca/events/run_for_light. To register in person or to volunteer contact the Run hotline and someone will be happy to assist you, 604-321-1638.

ATHLETICS (TRACK AND FIELD)

In partnership with BC Blind Sports, BC Athletics, Sportability (Cerebral Palsy), BC Wheelchair Sports, and Athletics Canada, the Langley Mustangs, for the first time, are pioneering a para-athletics program within the fabric of its able-bodied club. All athletes with a physical disability are welcome to participate.

Philosophically, the Langley Mustangs' Para-Athletics program, will integrate athletes with a disability with able-bodied athletes allowing them the chance to train and compete together. Adaptations will be made based upon the athlete's needs so para-athletes have the opportunity to enjoy both

their track and field experience and excel to the best of their abilities.

For the past 6 years, Mustang coaches have had experience in coaching and making adaptations for current Canadian National Para-team member Braedon Dolfo, who is visually impaired. He competes for the club in the sprints, jumps and throws.

At the elementary age level, over 2 regular training days, the Mustangs will provide technical coaching and overall conditioning rotating athletes through the major track and field disciplines of jumps, middle distance, throws, and sprints. Elementary level Para-athletes wishing to compete, will be encouraged to choose, where appropriate, a run, jump and throw event at the able-bodied meets they attend. All club sanctioned meets are in the Lower Mainland hosted by various clubs.

Training sessions for elementary levels will be held Tuesdays and Thursdays on the track at MacLeod Athletic Park. Practice begins on Tuesday, March 15th and continues through to our meet on June 17-19th. Coaching from both junior and senior athletes will focus on skill development. Specialization will occur with the older athletes.

For those athletes who will compete in the BC Junior Development Championships, there will be additional practices through to mid-July.

For High School aged Para-athletes, training begins in September or January, depending on the training

group. The season runs through the BC Club Championships in mid-July.

Typically, training sessions are 4 times per week varying from work on the track to conditioning and core strength development. It is expected that Para-athletes at this level will compete at meets around the Lower Mainland. Opportunities exist for those who qualify, to be selected to attend Athletics Canada training camps and championship meets.

For National or International Level Para-athletes, training is year round. For more information or to register call the office at 604-325-8638.

DRAGON BOATING

Vancouver Eye of the Dragon (EOTD)-2011

Practices are held on Wednesday nights from 7-9pm and Saturday mornings 9:30-11:30. Our first practice is Saturday, February 26, 2011. We will have an "open boat" line up for the first several weeks of training, so come on down to Dragon Zone located beside Telus World of Science in Vancouver and give it a try. We are considering starting a second recreational team if there is enough interest.

EOTD plans to race in Vancouver's Rio Tinto Alcan Dragon Boat Festival in June. We are also headed for Harrison Hot Springs in July, New York in August, and Portland in September. It's a very exciting year for the team. See you on the water!

LAWN BOWLING

For those of you who like being outdoors, lawn bowling is for you. Join a club in your area. The lawn bowling season starts in April.

The first Lawn Bowling event is the fun Pairs event hosted by the Nanaimo club on the third Tuesday of May. On June 7th, Richmond will host the second Regional Pairs on its new artificial greens. You can come out and learn more about Lawn Bowling and get ready for the competitive season. Check out the calendar in this newsletter for more event dates.

Emotional Opening Ceremony for Asian Para Games adapted from *insidethegames.biz*

December 12, 2010 saw a new chapter for the Paralympic Movement in China when the inaugural Asian Para Games were opened in Guangzhou by Li Keqiang, the Vice Premier of the State Council of the People's Republic of China.

Asia has a long history in staging major Paralympic events, dating back to the first Far East and South Pacific Games for the Disabled (FESPIC Games) in 1975.

More than 25,000 volunteers were trained to provide assistance for the 2,500 disabled athletes due to compete. Accessible facilities, such as ramp ways, blind walkways and lower counters in the Games Village as well as other parts of the city were set up or renewed to make sure the athletes could enjoy a barrier-free Asian Para

Games with the official slogan "We Cheer, We Share, We Win".

He Yuxuan, a visually impaired 8 year old boy was spot-lighted at the beginning of the Opening Ceremony. He carried the flag in his hands with his mother beside him and handed the flag to the honour guards saluting as the flag was raised.

Mothers of disabled athletes from Asian countries and regions were also honoured during the ceremony. They entered the stadium, sang, and cheered, as the athletes paraded into the stadium.

Host China concluded the athletes' parade with Beijing Paralympic wheelchair fencing champion Hu Daoliang holding the national flag.

The Chinese delegation was made up of 614 members including 431 athletes and 183 officials, coaches and working staff, the biggest disabled athlete's delegation China has ever assembled for international multi-sport Games.



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Note: information in this newsletter is intended for general guidance only. Readers are advised to speak with BC Blind Sports staff for more information and with a physician before changing any exercise, diet or other health practices.

CALENDAR OF EVENTS

March 11-13	Western Invitational Goalball Championships	Calgary, AB
April 1-11	IBSA World Games	Antalya, Turkey
April 15-17	Canadian Junior National Goalball Championships	Brantford, ON
April 16	Eye of the Dragon Deep Cove Dash	
May 7	Dragon Zone Spring Regatta - 2 x 10 person boats	
May 11-13	Canadian National Senior Goalball Championships	Halifax, NS
May 17	Lawn Bowls Pairs	Nanaimo, BC
May 27	Run for Light	Vancouver, BC
May 29	Dragon Zone 500m Regatta	
June 7	Lawn Bowls 2 nd Regional Pairs	Richmond, BC
June 11-12	Rio Tinto Alcan Dragon Boat Festival	
June	BC Blind Sports AGM	Vancouver, BC
July 4	Dragon Boat Commence summer schedule – practice Monday and Thursday Evenings	7.00 – 9.00pm
July 13-18	IBSA World Youth and Student Games 2011	Colorado Springs, Colorado
July 23	Harrison Dragon Boat Festival	
August 13-14	New York Dragon Boat Festival	
September 10-11	Portland Dragon Boat Festival	