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## ParaSport® Ontario July 2024 Newsletter

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Fri, Jun 28, 2024 at 6:08 PM

ParaSport® Ontario - there is a sport for everyBODY.

July 2024



**Hello Kevin,**

Here's your monthly parasport news roundup, interesting things we've found and upcoming events!

Survey



Community Sport Councils Ontario is pleased to share a community sport survey catered for the grassroots sport sector in Ontario. Its ultimate goal is to generate best practice organizational recommendations for you and your members to enhance the operation and sustainability of your community sport & recreation organization. The survey has 15 questions and replies are anonymous.

[More Info Here](#)

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## Countdown to the Paris Paralympic Games

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The 2024 Paralympic Games will take place August 28 to September 8 in Paris, France, with Canada expecting to send a team of approximately 140 athletes.



Josh Vander Vies

**"Paris is going to be a marvel of Canadian pride, disability pride, and sport pride, showcasing the best we have to offer..." – Josh Vander Vies, co-chef de mission 2024 Canadian Paralympic Team**

Alec Elliot, Aly Van Wyck Smart and Abi Tripp are all returning members from the Tokyo 2020 squad. Katie Cosgriffe, Emma Grace Van Dyk and Mary Jibb are among eight swimmers who will be making their Paralympic debuts.

"This is a team with an incredible amount of experienced, successful Paralympians who will be joined by a new generation of talented swimmers representing Canada with pride this coming summer in Paris," said Wayne Lomas, Swimming Canada's Associate Director of High Performance and the Para Swimming National Coach.

Said Josh Vander Vies, co-chef de mission of the 2024 Canadian Paralympic Team: "We can't wait to welcome all the athletes to the team as they are nominated, and the hype is only going to build through the summer. Paris showcasing the best we have to offer... I encourage all Canadians to throw their support behind this team."



Photos courtesy of Canadian Paralympic Committee

The first to be nominated to the Paris 2024 Canadian Paralympic Team are the swimmers. The 20-member Para Swim Team includes seven from Ontario: Katie Cosgriffe (Burlington), Alec Elliot (Kitchener), Mary Jibb (Bracebridge), Tess Routliffe (Caledon), Abi Tripp (Kingston), Emma Grace Van Dyk (Port Colborne) and Aly Van Wyck Smart (Toronto).

After missing the Tokyo 2020 Games due to injury, Tess Routliffe is set to make her return to Paralympic action. She is a silver medalist from the Rio Paralympic Games in 2016. "It's pretty amazing for me to be going back to the Paralympic Games," said Routliffe. "I'm looking forward to Paris after missing Tokyo; it was a tough road to come back from my back injury. I can't wait. I was never hungrier than to qualify for Paris."

For more on the 2024 Team, visit [Paralympic.ca](https://www.paralympic.ca)

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## New Fan Site

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Photo courtesy of Canadian Paralympic Committee

As part of the lead-up to the start of the Paris 2024 Paralympic Games, the Canadian Paralympic Committee (CPC) has launched a new newsletter for fans and supporters of the Canadian Paralympic Team. CAN Crew is CPC's first fan-focused newsletter, creating a new community to celebrate Canadian Paralympic athletes and Para sport across the country. CAN Crew is the place to learn about all the latest news on the Canadian Paralympic Team. Discover incredible stories about the athletes and the people behind-the-scenes who are advancing Para sport in Canada. And, receive exclusive content and opportunities to connect with the team and CPC's partners.

Sign-up at [CANcrewCommunity.ca](https://CANcrewcommunity.ca)

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## Results

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# Gold for Canada



Photo: Jeff McIntosh/Canadian Press

After losing to the United States in three straight world championship finals, as well as the last two Paralympic Games finals, Canada halted the U.S. dominance in para ice hockey with a 2-1 victory on home ice in Calgary to take the 2024 World Championship title in May.

Canada claimed its first para hockey world title since 2017, and first on home ice. "It's been seven years for many of us since we've won a world championship and to be quite honest, I've been bearing the weight of that," Canadian captain Tyler McGregor said. "It is a relief."

The World Para Hockey Championship was held in Canada for the first time in 2023 in Moose Jaw, Sask., where the U.S. defeated Canada 6-1 for the title. The first world para hockey championship was held in 2008. Canada's gold in Calgary is its fourth World tournament gold-medal performance.

Learn more about Para ice hockey

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## What's On

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### Canada vs USA

Highlights from Canada vs. United States FINALS.

Don't see it? [Click here.](#)

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## Community News

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### Health is at the Heart of Inclusive Training Centre

**The popular Brock Functional Inclusive Training (Bfit) Centre, which offers exercise programs aimed at improving the health and quality of life of older adults and those experiencing a wide range of health situations, officially opened its new, state-of-the-art facility this spring.**

Located at the Walker Sports and Abilities Centre at Canada Games Park, Bfit's 13,000-square-foot facility includes modern equipment for supervised community exercise programs that benefit older adults, cancer patients and survivors, cardiac patients and individuals living with multiple sclerosis, amputations, Parkinson's disease and spinal cord injury.

Bfit offers a welcoming, accessible and safe space for seniors and people experiencing

a variety of health circumstances for physical activity with peers and guidance from professional kinesiologists and students studying Kinesiology, Medical Sciences, Recreational Therapy and Gerontology. “A lot of our members enjoy coming to the facility because they feel like they’re part of a community,” said Deborah O’Leary, Bfit Centre Director and Acting Associate Vice-President, Research, Brock University.

“They make friends with people who have experienced similar life situations... and are inspired by members who make the time to prioritize their fitness and health.”

Members receive support through individualized activity plans and supervision that ensures they are using the equipment and performing exercises correctly, while students have the opportunity to work one-on-one with seniors and people living with injury or disease, which prepares them for future careers in health care.



Photo courtesy of Brock Functional Inclusive Training Centre

Jim Davis discovered Bfit more than a decade ago when he was looking for a gym that could provide the assistance he needed as a person with cerebral palsy. “Having the students here has been excellent,” he said. “My wife and I come here five days a week and stay here for three hours a day, and we get all the help we could possibly need.”

In addition to helping people in Niagara live healthy and active lives and providing students with meaningful experiential learning opportunities, Bfit also contributes to multi-disciplinary research that is advancing the understanding of human health and aging.

The Centre’s SeniorFit program is supported in part by the Government of Ontario’s Seniors Community Grant. “Brock University is showing leadership when it comes to ensuring everyone has the opportunity to participate,” said Daisy Wai, Parliamentary Assistant to the Minister for Seniors and Accessibilities. “Bfit and Brock University’s SeniorFit classes are so important for seniors. The classes and Centre will help more seniors be able to stay fit, healthy and socially connected.”

[Learn more about BFit](#)

## Upcoming Events



### Vipers Basketball Try It July 6, 2024

Do you have mobility issues, use a walker or canes or are in a wheelchair? Want to get involved in a winter sport?

[Learn More Here](#)

### Kingston Access Expo July 11, 2024

See the latest in adaptive technologies, accessible products and supportive services. Free food and great ideas.

[Learn More Here](#)



### Vipers Basketball Try It July 20, 2024

Do you have mobility issues, use a walker or canes or are in a wheelchair? Want to get involved in a winter sport?

[Learn More Here](#)



### Toronto Access Expo July 24, 2024

See the latest in adaptive technologies, accessible products and supportive services. Free food and great ideas.

[Learn More Here](#)





## 2024 Para Pro-Am

July 25, 2024

The 7th Annual Invitational Para Pro-Am Golf Tournament in support of the ParaSport Ontario Play to Podium Fund.

[Learn More Here](#)

View and add events here!

## Connect with us on all our social media platforms!

We're your hub for club announcements, upcoming events, athlete profiles and an online space to connect to other adapted sports enthusiasts and share ideas.



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