



**Adapted Strength and
Conditioning (S&C):
Targeted S&C for Persons with
a Disability to Excel at Physical
Activity and Sport**



Bio

- PISE Adapted Strength and Conditioning Specialist
 - Bachelor of Athletic and Exercise Therapy (BAET)
 - CATA CAT(C)
 - CSEP CEP
 - NSCA CSCS
- } Rehab to performance
- AT/CEP – Able Bodied (AB) and Para sports



Audrey and Amelia

Outline

1. Describe what is meant by Adapted Strength and Conditioning (ASC)
2. Identify the challenges facing athletes and active participants with a disability
3. Describe how PISE currently uses ASC to meet the needs of our clients

1. Adapted Strength and Conditioning (ASC)

- Could be called 'accommodated' or 'modified'
- Concept of adjusting training environment and programs to match clients needs and ensure success
- Uses all the same S&C Principles



Who Needs Adapted Programming?

- May have:
 - Spinal Cord Injury
 - Cerebral Palsy,
 - Spina Bifida
 - Muscular Dystrophy
 - Neurological conditions
 - Amputation
 - Brain injury
 - Visual Impairment/Blindness
 - Joint degeneration
 - Variety of congenital disabilities, cognitive delay



Why Adapt Programming?

- Increased *participation*
- Decrease frustration: yours and theirs!
- Promotes *creativity*: not just for instructor
- Builds *trust* and *rapport*
- Creates an environment of *success*



2. The Challenge

- a. How do you take a newly injured individual from the rehab sphere to the active/performance sphere?
- b. How do you ensure a child with a disability is able to perform to their highest physical potential?
- c. How do you educate the next generation of professionals working with Paralympians and active participants?



a. Rehab vs. Performance

- This >>>>>



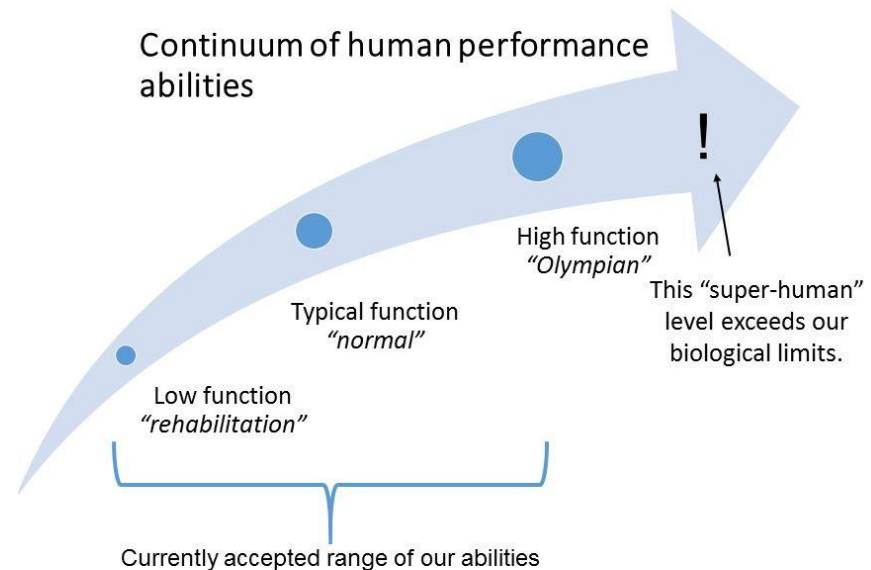
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Rehab to Performance

- Understand the continuum of human performance
 - It applies to everyone!
 - Can get 'stuck' in a phase



- Digitaljournal.com



b. Youth Development

- Physical Literacy (PL)!!!!
- Specifically adapted and integrated PL
- Early involvement
- Recognition of chronological and developmental age



Sidewalk Bubblegum ©1998 Clay Butler

Use of Long Term Athlete Development in PISE Programs

First Exposure (Acquired and Developmental)

- What was their previous experience with PL and Sport?
- Do they have existing confidence in own abilities?
- Knowledge of where and how to seek activity?
- Already exposed to adapted activities?



c. Next Gen of Professionals

- Volunteers!!!
- 20+ volunteers per year
 - Many multi year
- Direct training
- Client volunteer relationships
 - Community participation
 - Para sport involvement



3. PISE's ASC Services

- 3+ years
- 30-40+ participants a year
- Community events
 - Soldier On, Para Pan Am Torch Relay, Have a Go, Para Podium Search, presentations
- All fitness levels
 - 3 Regular ASC Classes, HIIT, Integrated Bootcamps and Personal Conditioning
- High Performance
 - Para Sailing, Provincial and National Wheelchair Rugby S&C/National Camps, Para Rowing, Para Triathlon



How we started

Adapted Strength and Conditioning Program

- Responded to community need – 1 class per week
- Desire to collaborate
 - Victoria Wheelchair Sports
 - Centre for Sport Exercise Education (Camosun College)
- Willingness to try 😊
 - No readily available 'how to' manual



How we deliver

- Building wide acceptance
 - Established a new 'normal' of who our clients are
 - Staff trained in safety considerations (ex. transfers)
 - Constant desire to improve inclusiveness/remove barriers
- Community programs
 - One to one volunteer/participant ratio
 - Reduced rate for participants



How we deliver

- High performance (HP)
 - Work with PSOs/NSOs
 - HP experience for Paralympic/development athletes
 - Work with Canadian Sport Institute Pacific
 - Provide service to carded athletes
 - Fill the gap
 - Coach development
 - S&C coaches comfortable with needs of Paralympic sport/athletes



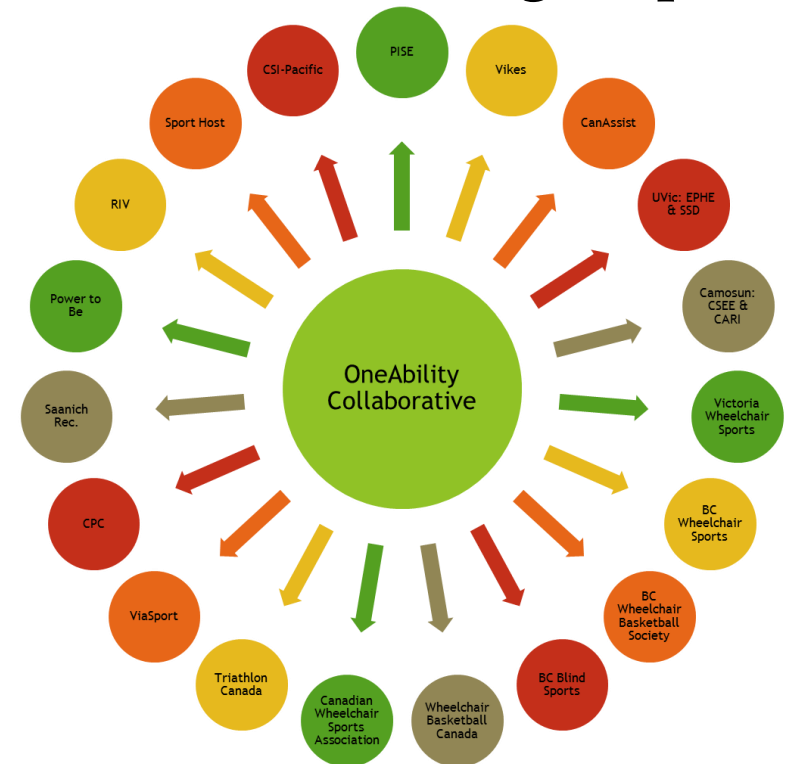
Future Opportunities

- Grow ASC locally and provincially through regional collaboration
 - One Ability Initiative
 - “To establish Greater Victoria as a leading vibrant Hub for adapted physical activity that optimizes full inclusion for individuals living with disabilities to engage in recreational, developmental and high performance sport.”



OneAbility

- Collective impact initiative with constellation groups



OneAbility 1st Year Successes

- Para Sport Development Week – Nov. 2015
- ASC Expansion to Uvic – Jan. 2016
- Sledge hockey initiative – Feb. 2016
- Northern BC Para Sport Development Camp – Mar 2016



Questions



Pacific Institute for Sport Excellence