

2020

YEAR IN REVIEW

PARALYMPIC FOUNDATION OF CANADA



PARALYMPIC
FOUNDATION



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Hanif Mawji competing at the Lima 2019 Parapan Am Games.



NEXT





LETTER FROM PARALYMPIC FOUNDATION OF CANADA



The COVID-19 health crisis impacted every Canadian but together we will recover.

Years from now we'll look back and remember 2020 as the year that was marked by a global pandemic. But there's hope we'll also recognize it as a year marked by resilience. A year marked by adaptation. A year marked by a renewed sense of community, albeit socially-distanced community.

These are all familiar characteristics for Canadian Para athletes. We've been humbled this year to watch as the Para sport system from coast to coast to coast has adapted to the upheaval. We've seen recreational Para sport organizations nimbly adjust their programs to ensure the safety of participants. We've watched Next Generation coaches and Para athletes embrace new technology to stay connected from afar. We've witnessed some of Canada's Paralympians push through the adversity and uncertainty surrounding the Tokyo 2020 Games and, by extension, their future in sport.

But, we've all been in this together. At the Paralympic Foundation of Canada, there's no doubt our plans were impacted by the COVID-19 crisis. With thanks to donors and supporters across Canada, we too were able to adapt and adjust.

The Paralympic Movement can play a pivotal role in the way our global community recovers from this pandemic. Together, we must continue to work together to ensure an equitable sport system exists for Canadians with a disability. For if we can lead by example, an inclusive sport system can pave the way to a more inclusive Canadian society.

With gratitude for your continued support through 2020 and best wishes always,

Jim Westlake & Dean Brokop



Jim Westlake
BOARD CHAIR



Dean Brokop
DIRECTOR



FEBRUARY 20

PARATOUGH CUP RETURNS TO CALGARY



Paralympian Shacarra Orr helped teams tackle the sitting volleyball challenge.

For the second year in a row, ParaTough Cup returned to Calgary's Repsol Centre. Twelve teams participated, with Team Hudson's Bay Company repeating as champions. Presenting Partner Petro-Canada matched fundraising dollars up to \$10,000 and offered participants a chance to win free gas for a year. In all, more than \$76,000 was raised to support the Paralympic Foundation of Canada.

“THIS IS AN IMPORTANT FUNDRAISING EVENT FOR US. YOU NEED A LOT OF COMMITMENT TO PLAY THESE SPORTS AND WE WANT TO HELP RAISE FUNDS SO PEOPLE HAVE THE EQUIPMENT AND ALL THE TOOLS TO PLAY THESE SPORTS.”

— CARL MORTON,
 PARATOUGH CUP PARTICIPANT
 — TEAM HBC.



Team Bell plays close defense in a game of wheelchair basketball.

TOTAL RAISED

\$76,000

1ST Team HBC



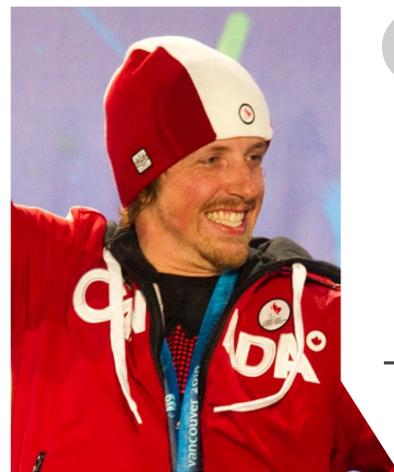


FEBRUARY 22

CELEBRATING THE VANCOUVER 2010 OLYMPIC & PARALYMPIC GAMES 10 YEARS LATER

The Vancouver 2010 Olympic & Paralympic Winter Games united Canada and created a lasting legacy of sport across our nation. To celebrate 10 years of the power of sport in British Columbia and in Canada, the Vancouver 2010 Celebration Gala and Fan Festival presented by RBC, Bell, Hudson's Bay and Petro-Canada, showcased highlights from the 2010 Olympic and Paralympic Games, offered sport demonstrations, hosted athlete meet & greets and more, all while raising funds to support the next generation of Olympic and Paralympic athletes.

"Competing in the first Paralympic Winter Games in Canada's history was a dream come true. Being the first athlete to medal was a magical moment shared with family, teammates, friends, and a super supportive country. I'm so proud to be Canadian."
- Para nordic skier Colette Bourgonje, the first Canadian to win a medal at the Games, competing in what was her ninth Paralympic Games (summer and winter combined).



TO WITNESS AND BE A SMALL PART OF THE VANCOUVER 2010 WINTER GAMES WAS AN INCREDIBLE PRIVILEGE AND HONOUR. THIS MONUMENTAL OCCASION HELPED DEFINE WHO WE ARE AS CANADIANS, FROM COAST TO COAST TO COAST, AND BROUGHT US CLOSER TOGETHER.

— JOSH DUECK, PARALYMPIAN IN PARA ALPINE SKIING AND CHEF DE MISSION FOR BEIJING 2022, WHO MADE HIS PARALYMPIC DEBUT IN 2010 IN HIS HOME PROVINCE AND WON A SILVER MEDAL.



Members of Canada's Vancouver 2010 Paralympic Winter Games team celebrate their first Games on home soil.





MARCH 5

A RECORD PARATOUGH CUP CROWD IN TORONTO

A sold-out roster of 20 teams competed in the ParaTough Cup fuelled by Petro-Canada and helped raise a record-setting \$132,000 in Toronto.

Participants hit the ice, court and track in a series of Para sport challenges including Para ice hockey, wheelchair basketball and wheelchair sprints.

Team Canadian Tire 1 came out on top, winning the coveted ParaTough Cup by a single point over Team Osler and Team Toyota 1 which tied for second place.

The Toronto edition brought ParaTough Cup's total fundraising mark over the \$1 million mark since the event began in 2017.

IT'S GREAT TO EXPERIENCE THE HARD WORK THAT OUR PARALYMPIC ATHLETES GO THROUGH TO EXCEL AT THEIR SPORT. THIS WAS MY FIRST TIME AT THIS EVENT AND THESE SPORTS ARE REALLY HARD BUT ALSO A LOT OF FUN.

— MAGGIE AZIZ,
PARATOUGH CUP PARTICIPANT
- TEAM CANADIAN TIRE.

TOTAL RAISED

\$132,000

1ST Team Canadian Tire 1



THANKS TO PRESENTING PARTNER PETRO-CANADA AND GOLD SPONSOR PFIZER CANADA FOR THEIR CONTINUED SUPPORT OF PARATOUGH CUP



Team Canadian Tire putting in a hard effort during a game of wheelchair basketball.





MARCH 13

COVID-19 HITS CLOSE TO HOME

For many Canadians, March 13 marked the day the Coronavirus started to have a personal impact on their lives as workplaces began instructing employees to work from home. The Government of Canada issued an official global travel advisory to avoid non-essential travel abroad in an attempt to limit the spread of the Coronavirus.

Cycling Canada was one of the National Sport Organizations to make quick

changes to their schedule. On March 13 the organization postponed all calendar events, including the 2020 Youth and Para Track Cycling Championships originally scheduled for April 3 to 5 in Milton, Ontario.

“When the pandemic officially started, we had a team in Hawaii for a training camp. For us, it was rushing to get people home as soon as we could. We started expecting a turnaround time of a couple

of months and then we’d go back to our normal activities. Since March 2020 there have been no events. Hosting camps or activities has been possible but it’s been very limited. It’s been a major challenge for us. We are a decentralized program. Touching base with athletes on Zoom is good but we lose the human contact and that’s what we need the most right now.”
- Sebastien Travers, Head coach, Para cycling, reflecting in December 2020



The coronavirus was confirmed to have reached Canada on January 27, 2020.

MARCH 22

CANADA DECIDES NOT TO SEND ATHLETES TO THE 2020 OLYMPIC AND PARALYMPIC GAMES

With the Coronavirus outbreak putting much of Canada under a lockdown and global travel bans eliminating the ability to train or compete abroad, the future of the Tokyo 2020 Paralympic Games seemed in jeopardy. With health and safety of athletes top of mind, the Canadian Olympic Committee and Canadian Paralympic Committee, backed by their respective athlete councils, National Sport

Organizations and the Government of Canada, made the difficult decision to not send Canadian teams to the Olympic and Paralympic Games in the summer of 2020 should they proceed as planned.

“In some ways, Para athletes may be better equipped to cope with all of the twists and turns. They have to think about these things all the time – hygiene protocols, access to

transport and facilities, assessing risk – it’s all part of life for a high-performance Para sport athlete. In a way, you could say that some of our athletes have been preparing their whole lives for the pandemic.” - Dr. Andy Marshall, *Performing in a Pandemic: The Resiliency and Leadership of Canadian Athletes*, Sport Information Resource Centre, October 4, 2020

“When Canada made that announcement that it wasn’t going to go in 2020 regardless, I was pretty numb for about 48 hours. But now my outlook is really good. I’m just focusing on the day, trying to find the silver lining in everything. For me that is my family is safe and I’m able to train. I can’t control this virus, I can only control what I put in day in and day out.” - Nate Riech, Para athletics, to the Canadian Paralympic Committee, April 9, 2020



MARCH 24

TOKYO 2020 PARALYMPIC GAMES OFFICIALLY POSTPONED

Days after Canada took a stance and decided not to send athletes to the Tokyo 2020 Olympic and Paralympic Games amid the global health crisis, and Australia joining in that decision not long after, the organizing committee announced the Games would be officially postponed.

“Postponing the Tokyo 2020 Paralympic Games as a result of the global COVID-19 outbreak is absolutely the right thing to

do. The health and well-being of human life must always be our number one priority and staging a sport event of any kind during this pandemic is simply not possible. Sport is not the most important thing right now, preserving human life is. It is essential therefore that all steps are taken to try and limit the spread of this disease.” – Andrew Parsons, President, International Paralympic Committee

The Tokyo 2020 Paralympic Games will take place in summer 2021.

MARCH 30

NEW DATES FOR TOKYO PARALYMPIC GAMES ANNOUNCED

The Tokyo 2020 Organizing Committee and International Paralympic Committee announced the postponed Paralympic Games will take place August 24 to September 5, 2021 preceded by the Olympic Games from July 23 to August 8, 2021.

“THIS NOW GIVES OUR ENTIRE SPORT COMMUNITY A TRUE SENSE OF CLARITY AND A WAY TO MOVE FORWARD. NOW WE, ALONGSIDE OUR NATIONAL SPORT ORGANIZATIONS, PARTNERS, AND ATHLETES, CAN START PREPARATIONS KNOWING WE ALL WILL UNITE IN TOKYO NEXT SUMMER, ONE YEAR ON FROM PLANNED, AND BE ABLE TO CELEBRATE HOW SPORT BRINGS PEOPLE TOGETHER.”

– MARC-ANDRÉ FABIEN, PRESIDENT, CANADIAN PARALYMPIC COMMITTEE



APRIL 11

PARALYMPIC HOPEFUL DANIELLE KISSER FINISHES HER BACKYARD DIY SWIMMING POOL



Para swimmer Danielle Kisser built her own backyard pool, drawing worldwide attention.

As Para swimming meets and trials were cancelled due to the COVID-19 pandemic and a sudden wave of Zoom calls replaced in-person events, Para swimmer Danielle Kisser found herself feeling a bit emotional. She has been swimming competitively for 13 years and

was working hard to qualify for her first Paralympic Games in Tokyo.

Then, the Games were officially postponed a year, further delaying her dream of competing for Canada.

“As athletes, our job is to do our sport, our job is to represent our country, our job is to be the best we can be,” she explains. “When that’s taken away, it can be really hard to figure out how to channel that again, especially when your sport is completely gone.”

“It’s so mentally challenging.”

Kisser, with the help of her Swimming Canada support staff, decided she needed to find a project to stay busy. But not just any project. She needed a project with a wow factor and one that had some practical aspects, too.

With training facilities shuttered and pools in and around her Vancouver home closed, Kisser took to the internet and learned how to build a backyard swimming pool out of wooden pallets. With the help of her family, Kisser grabbed the power tools and spent five days building this backyard pool, chronicling the journey on her YouTube channel “This Little Light.”

“Doing something that you could see an end result and feel like I actually achieved

something was really important, especially because all of the achievements in sport were taken away,” she says.

The pool offered her a chance to get back in the water for training and a sense of normalcy, but it was just as much about taking back some control.

“It gave me some purpose in the time of uncertainty.”

The do-it-yourself pool project, borne initially out of a need to do something productive in a time of global upheaval, garnered her the attention of people around the world and helped shine a spotlight on Para swimming. For Kisser, the added exposure makes an impact.

“It is so helpful to have the support of Canadians,” she says. “People have invested money and time and attention to Para sport, and we’re starting to see the fruits of that. When you decide to invest in the Paralympic Movement, you don’t necessarily know what’s going to happen, but you know it’s going to be good.”



JUNE 1-5

CELEBRATING THE NEXT GENERATION OF CANADIAN PARA ATHLETES

The global COVID-19 crisis meant the typical in-person celebration of the Paralympic Foundation of Canada's ImagiNation fundraising initiative had to be moved online. For the week, stories of Next Generation athlete success were shared with Canadians online through emails, social media, videos, and reports.

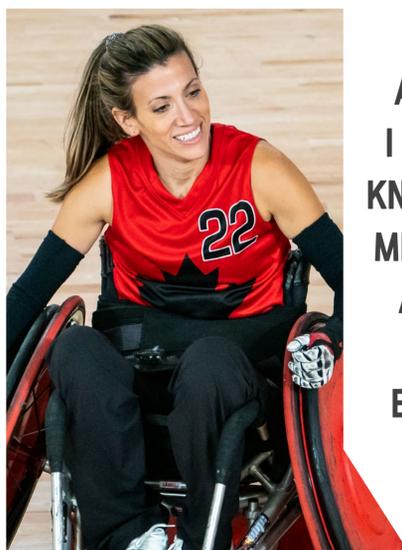
Canadians heard from 21-time Paralympic medallist Senator Chantal Petitclerc, Parliamentary Secretary to the Minister of Diversity and Inclusion and Youth and to the Minister of Canadian Heritage (Sport) Adam van Koeverden, Volleyball Canada head coach Nicole Ban as well as current Next Generation athletes Mélanie Labelle (wheelchair rugby) and Anton Jacobs-Webb (Para ice hockey.)



Senator Chantal Petitclerc is one of the most successful Paralympic athletes ever, winning 21 medals.

“FOR ME, SPORTS, TRAINING AND HEALTH HAVE ALWAYS BEEN A PRIORITY. JUST IN THE FIRST TWO YEARS AS A QUADRIPLAGIC, I STRUGGLED FINDING PEOPLE WHO KNEW HOW TO TRAIN ME OR FACILITIES THAT HAD THE ACCESSIBILITY I NEEDED. WITH THE NEXT GEN PROGRAM, I GAINED ACCESS TO THAT AND TO THE CANADIAN TEAM'S KNOWLEDGE IN TRAINING ME WITH MY DISABILITY. IT HELPED ME TO CLOSE A GAP BETWEEN ME AS A NEWCOMER AND ME AS A SENIOR ATHLETE. IT WAS MONITORED WITH A TEAM OF EXPERTS. I'M NOW A WHEELCHAIR RUGBY ATHLETE BUT I WAS ABLE TO BECOME ONE IN A HEALTHY TRAINING ENVIRONMENT AND TO ME, THAT'S PRICELESS.”

— MÉLANIE LABELLE, NEXT GEN PARA ATHLETE - WHEELCHAIR RUGBY.





JUNE 16

PFC WELCOMES HONORARY BOARD OF DIRECTORS

A trio of well-regarded members of the sport community became the first individuals named to the Paralympic Foundation of Canada Honorary Board: Senator Chantal Petitclerc – one of the most decorated Paralympians in Canadian history – alongside Paralympian and disability advocate Rick Hansen and renowned Olympic and Paralympic broadcaster Scott Russell.

“It is important to me to stay involved with the Paralympic Movement. Our new generation of champions is valuable and has important strengths and voices that need to continue being respected and heard. Together, the veteran athletes, the rookies, and everyone behind the scenes, we are united and we can make a difference.”
– Senator Chantal Petitclerc

“Thanks to the Paralympic Foundation of Canada and Canadian Paralympic Committee, athletes have more opportunities to participate in sport, and represent their communities in regional, provincial and international competitions. The Paralympic Movement is a tremendous vehicle to create awareness of the potential of people with disabilities, break down barriers to accessibility and create social change towards an accessible and inclusive

society where people with disabilities are equal.” – Rick Hansen

“Sport is the universal language which is easily understood by people of every race, faith, circumstance, orientation, and ability. I have always believed that the power of sport should be accessible to everyone. My continued involvement in Canada’s Para sport movement is my commitment to that ideal.” – Scott Russell

SEPTEMBER 3 – DR. ROBERT STEADWARD JOINED THE HONORARY BOARD, BECOMING ITS FOURTH MEMBER.

“Sport at all levels certainly has the power to change lives, and I have seen firsthand the impact it can have on people with a disability. The work of the Paralympic Foundation of Canada to provide more opportunities for people across Canada to access sport is so important in creating a more inclusive sport

system. I am proud to have been involved with the Paralympic Movement my entire career and look forward to continuing this work.” - Dr. Robert Steadward, founding President of the International Paralympic Committee.



Honorary Board members, left to right: Rick Hansen, Scott Russell, Senator Chantal Petitclerc, and Dr. Robert Steadward.



JULY 18

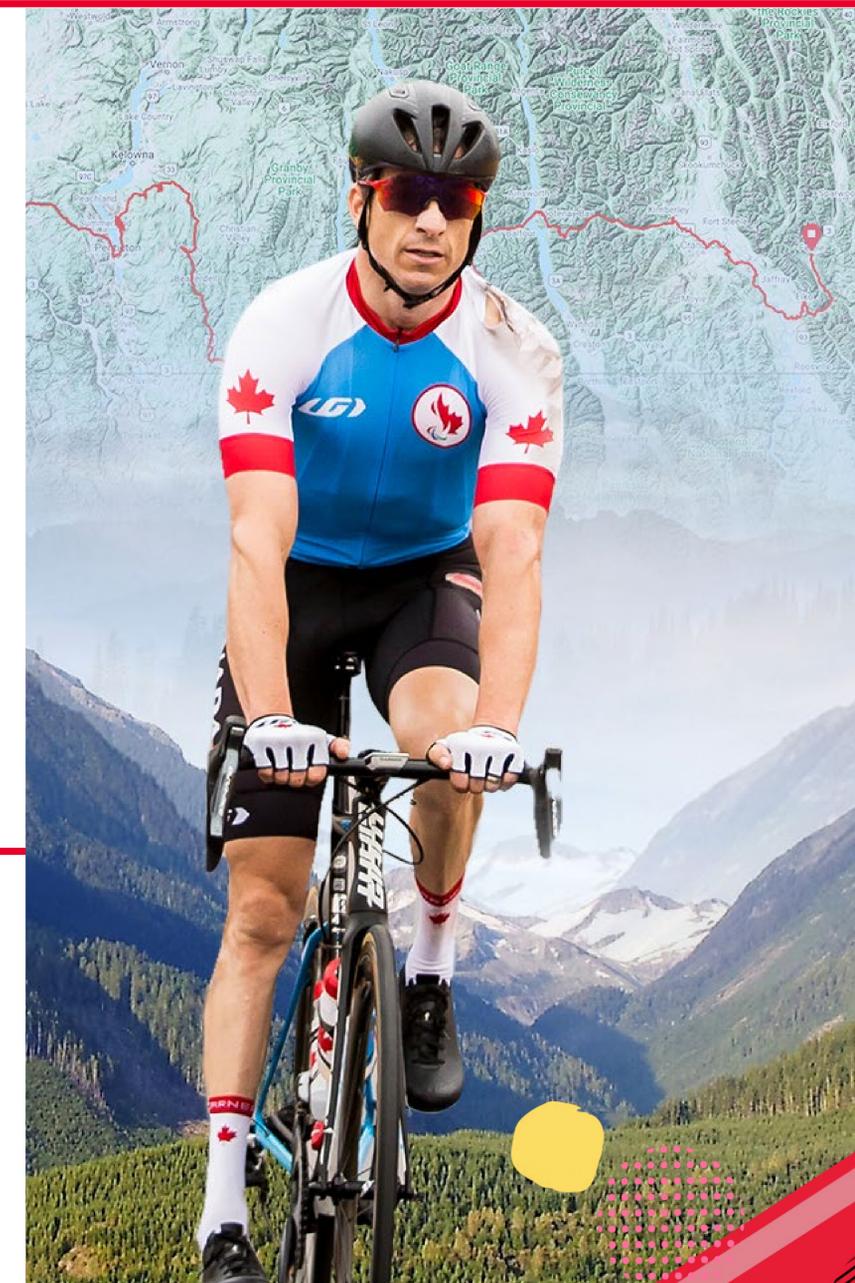
PARA CYCLIST TRISTEN CHERNOVE EMBARKS ON AN EPIC ADVENTURE

With the cancellation of races and postponement of the Tokyo 2020 Paralympic Games due to the COVID-19 pandemic, Tristen Chernove, a 2016 Paralympic Games triple medallist, had a golden opportunity to display his charitable side. And the Para cyclist didn't go easy on himself – choosing to take on the BC Epic 1000 in support of the Paralympic Foundation of Canada. That's a 1,066-kilometre mostly self-supported ride

through south central British Columbia from Fernie to Merritt primarily along the Trans Canada Trail.

"I really wanted to do something where I could see how my sport efforts are about something more than just myself. I want to help organizations like the Paralympic Foundation of Canada provide opportunities for other athletes like the opportunity

that has been provided to me. It's been so instrumental in the quality of life that I live and the happiness I get from being able to be involved in sport, so it just absolutely made sense to me to do anything I could to help create new avenues and support existing avenues for individuals who might not ordinarily see themselves being able to access an athletic lifestyle," Chernove said.



Tristen Chernove cycled 1,066 kilometres through British Columbia in a record-setting three days, 15 hours and 33 minutes.

JULY 21

TRISTEN CHERNOVE SETS NEW RECORD, RAISES OVER \$30,000

Three days, 15 hours and 33 minutes after Tristen Chernove set off for the BC Epic 1000, he crossed the finish line, beating the previous record by about eight and a half hours and claiming his place in the record books as the first cyclist with a disability to finish the grueling trip. Along the way, he raised over \$33,000 towards providing more opportunities for Canadians with a

disability to be active in sport. Over \$13,000 was donated by supporters around the world, while Canadian Tire Corporation, Pfizer Canada, Old Spice, and Petro-Canada each contributed \$5,000.

"I'M JUST THRILLED WITH THE FUNDS RAISED AND PEOPLE'S GENEROSITY. EQUALLY IMPORTANT IS AWARENESS AND THE PERCEPTION OF WHAT PEOPLE WITH A DISABILITY CAN ACHIEVE, WHICH IS ANYTHING THEY WANT. I WANT TO BE AN EXAMPLE OF THAT."

— TRISTEN CHERNOVE, PARALYMPIAN - PARA CYCLING.



AUGUST 25

A DIFFERENT PATH TO TOKYO

Rob Shaw claimed a gold medal in wheelchair tennis at the 2019 Parapan American Games.

Rob Shaw began 2020 with his sights set high. The Next Generation Para athlete was going to compete in wheelchair tennis at the Tokyo 2020 Paralympic Games, which were to start on August 25, and complete his PhD in Interdisciplinary Studies at the University of British Columbia's Okanagan campus in Kelowna.

He was feeling pretty confident about both endeavours. In 2019, he defeated U.S. rival

David Wagner to win the gold medal at the Parapan American Games. His PhD has been progressing well too and he planned to defend it in June 2021.

When the COVID-19 pandemic took hold in Canada, adjustments to both goals had to be made.

Academically, he says there was a quick pivot to doing things virtually. "Because we

do a lot of human behaviour research a lot of our protocols are to analyze behaviour in a face-to-face setting. So now we've changed that to using video conferencing. It's a little challenging but we've gotten a pretty good idea on how to adapt."

Pivoting his training regimen proved a bit more difficult.

"As a wheelchair tennis athlete, you're so used to competition after competition," he says. "Now, I've been training for a year with absolutely no competition in sight. Training itself was difficult because gyms weren't open and even when they reopened, I didn't go because with my disability it's too much of a risk to really go."

Shaw, injured in a diving accident nine years ago, is partially paralyzed from the neck down and has compromised immune function.

While much of Canada saw lockdowns and travel bans throughout 2020, Shaw says wheelchair tennis players in Europe didn't

always face the same restrictions, so they have been able to practice more traditionally.

"They have a lot more open access to travel so they're still competing. They have full access to training facilities, full access to their coaches, full access to other Para athletes to train against."

But Shaw says even without the same access, he is trying to stay prepared for the uncertainty.

"You can't really train for what's going to happen in Tokyo," he says. "You just know it's going to be very different. You know there's going to be lots of isolation and tons of testing."

He says part of mentally preparing for these Games is keeping expectations in check. "I know it's going to be very different and I've already come to terms with that. Now it's just making sure I'm being cautious of what I do, keeping my bubble small and training hard."

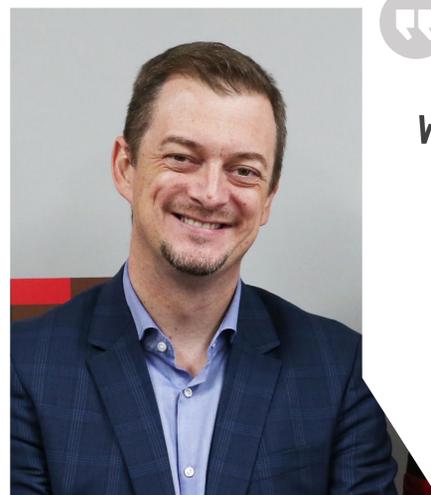


AUGUST 26

PARA SPORT SHINES IN NETFLIX DOCUMENTARY

Para sport was in the spotlight as the documentary 'Rising Phoenix' premiered on Netflix. Featuring nine Paralympians from across the globe, the movie traces the history of the Paralympic Games from its post-World War II origins to its standing as an elite sport showcase today.

Rising Phoenix has been nominated for four Sports Emmy Awards including Outstanding Long Sports Documentary and Outstanding Camera Work.



“THERE IS ABSOLUTELY NO DOUBT THAT THIS FILM WILL TRANSFORM EVERY SINGLE PERSON WHO WATCHES IT. THIS IS A FILM THAT WILL EMPOWER SO MANY PEOPLE AROUND THE WORLD AND FURTHER BRING TO LIFE THE VISION OF THE PARALYMPIC MOVEMENT’S FOUNDER SIR LUDWIG GUTTMAN. TO CALL THIS MOVIE A GAME-CHANGER FOR THE PARALYMPIC MOVEMENT IS AN UNDERSTATEMENT.”

— ANDREW PARSONS, PRESIDENT,
INTERNATIONAL PARALYMPIC COMMITTEE.



A NETFLIX ORIGINAL DOCUMENTARY

RISING PHOENIX

Australian Paralympic Swimmer Ellie Cole is one of the featured athletes in the documentary.



OCTOBER

PARA SPORT DEVELOPMENT GRANTS AWARDED



Interest in Ontario Volleyball Association's sitting volleyball program is growing.

When the Ontario Volleyball Association (OVA) applied for a Paralympic Sport Development Fund grant from the Canadian Paralympic Committee, which is funded in part by the Paralympic Foundation of Canada, the goal was simple: fill a gap to help grow the game of sitting volleyball.

With interest in the sport reaching record highs but with an infrastructure not yet ready to handle the growing number of participants, a grant would help OVA recruit and train more coaches and referees and provide more equipment to address the influx in athletes.

Historically OVA relied on Ontario-based members of the men's and women's national

sitting volleyball teams to help coach and officiate games, but that wasn't enough to support their competition structure. Parents of children who were participating in OVA's grassroots and community sitting volleyball programs wanted training so they too could help create more game opportunities. It still wasn't enough.

"There was a demand," says Kerish Maharaj, OVA's Manager of Community Outreach and Grassroots Programs. "We wanted to help fill that demand. And then the pandemic hit."

With their plans for in-person training now impossible, the \$5,000 grant OVA received helped move their programs online. The organization moved quickly, creating online academies for athletes, coaches, and referees. They began creating and sharing physical literacy and drills-based challenges through their website and social media.

Instead of investing in fixed volleyball nets that would stay in just one gym space, they bought portable nets that can be moved from

location to location, even potentially for use outside on socially-distanced grassy areas.

The sitting volleyball community adapted quickly, enjoying this new sense of togetherness while in the throes of a global health crisis.

This adaptability and community focus is something Maharaj says has been a constant in the Para sport world and is something that is unlikely to waver, even as an eventual shift to in-person activities returns.

One major takeaway is "everything is adaptable," he says. "We as humans are adaptable. This pandemic, in terms of helping provide resources and accessibility for coach education, referee education and sharing general athlete knowledge has put an equalization on persons with disabilities."

"The second lesson is that the importance of community to persons with disabilities is mind blowing – much more than for an able-bodied person," Maharaj adds. "Over

and over again, people we talk to say they miss playing, but they also miss the social element. Organizations like ours keep them involved and not just on social media, but in the planning processes: the athletic planning, the strategic planning, even the communications planning. We know how important community is for persons with disabilities and know now that even an online community can fill that gap."

The Paralympic Sport Development Fund grant came at a pivotable time for OVA and allowed them to keep their community of sitting volleyball players of all ages active and engaged. And that, says Maharaj, goes beyond their performance on the court.

"This has underscored the importance of multi-sport activity to our kids and our athletes," he says. "Yes. I want to create sitting volleyball athletes, but I also want to create great human beings. When you fund them, you're not just funding them to participate in a particular sport, you're funding their overall life development."



OCTOBER 9

PARATOUGH CUP: HOME EDITION INTRODUCES VERSIONS OF PARA SPORT TO CANADIANS ACROSS THE COUNTRY

ParaTough Cup returned to Canadians in the fall, with a new at-home approach. ParaTough Cup: Home Edition challenged Canadians to try versions of popular Para sports using equipment they already had.

“As we are not able to gather in person right now, we are excited to make this year’s edition of ParaTough Cup nationwide and for Canadians to have the chance to experience activities that have been inspired by Para sport and hopefully have some fun with it. Everyone in Canada should have access to sport, and funds raised through ParaTough Cup are critical to growing sport opportunities for people with a disability.” – Dean Brokop, Director, Paralympic Foundation of Canada

Participants were encouraged to try versions of sitting volleyball, Para ice hockey and wheelchair basketball.

Offering tips were experts in the sport, including Tara Llanes from wheelchair basketball, retired sitting volleyball player Shacarra Orr and Billy Bridges, a five-time Paralympian in Para ice hockey.

To highlight just how challenging Para sport is, several Para athletes tried the challenges in sports outside of their comfort zones. Para ice hockey’s Rob Armstrong tried sitting volleyball while Para swimmer Nicolas-Guy Turbide attempted his version of wheelchair basketball while sitting on a stool in a Quebec City park. Wheelchair rugby’s Mélanie Labelle geared up to try a version of Para ice hockey in her driveway.



Para swimmer Nicolas-Guy Turbide tried a version of wheelchair basketball.



Mélanie Labelle (top photo) and Tara Llanes (bottom photo).



DECEMBER 3

A MILLION REASONS TO CELEBRATE INTERNATIONAL DAY OF PERSONS WITH DISABILITIES



Jim and Deb Westlake made a transformative gift of \$1 million.

The annual observance of International Day of Persons with Disabilities was proclaimed in 1992 by the United Nations and aims to promote the rights and well-being of persons with disabilities in all spheres of society and development. Vulnerable populations, including persons with disabilities, have been disproportionately impacted by the COVID-19 pandemic.

A joint study from the University of Alberta and University of Toronto found that while Canadians with a disability are not only very worried about getting COVID-19, they also feel excluded from the work of policy-makers and are concerned about their long-term economic situation.

“As the world recovers from the pandemic, we must ensure that the aspirations and rights of persons with disabilities are included and accounted for in an inclusive, accessible and sustainable post COVID-19 world. This vision will only be achieved through active consultation with persons

with disabilities and their representative organizations.” – U.N. Secretary General António Guterres

At home, International Day of Persons with Disabilities was marked with the largest private donation to the Paralympic Foundation of Canada.

Jim and Deb Westlake announced a \$1 million commitment to support athletes with a disability at all levels of Para sport – whether their dream is to represent Canada at the Paralympic Games or actively participate in sport at the recreational level. This includes supporting local programming, the purchase of equipment, providing quality training and competition opportunities, as well as coaching. The Westlakes will also help ensure that families of Canadians with a disability are supported as their loved ones participate and compete in Para sport.

The family has witnessed the impact of an accessible sport system first-hand.

When their son was born in 1986 with a congenital lower limb condition that ultimately required two below-the-knee amputations, the family wasn't sure what the future held for their child.

But then they discovered Para sport. Today, their son Greg is a Paralympic and world champion in Para ice hockey.

Jim and Deb hope to contribute to positive growth and change for all people with a disability.

“When I look at the disability world more broadly, it's not about high-performance sport, it's about accessibility and inclusiveness. I think that the world has gotten a lot better than it was, but it still has a long way to go. But I do think a big part of what the Paralympics has done for people with a disability goes well beyond the athletes and the Paralympics themselves.” – Jim Westlake, PFC donor and Board Chair



DECEMBER 27

PARA CYCLISTS (VIRTUALLY) TACKLE MOUNT EVEREST

Buoyed by the excitement surrounding Tristen Chernove's record-setting BC Epic 1000 fundraising ride in July, the Para cyclist was back on the bike for a good cause, this time with fellow Paralympic cyclist Ross Wilson. The pair put a virtual take on the popular Everest challenge: vEveresting, which had the riders ascend virtual hills until they reached the equivalent height of Mount Everest: 8,848 metres.

The two Para cyclists used smart trainers on their stationary bikes, which replicated outdoor riding conditions such as hills, headwinds and drafts, all controlled through the Zwift app.

Up and at it early in the morning, both Wilson and Chernove started strong and were joined virtually throughout the day by friends, family members and supporters including Para cycling teammates Lowell Taylor, Ed Veal, Kate O'Brien, Keely Shaw and Evelyne Gagnon.

Wilson and Chernove both say doing this challenge was a test of their own endurance, but also a way to raise funds and awareness for the Paralympic Foundation of Canada.

"An inclusive society is simply a better society for everyone and what the Paralympic Foundation of Canada does to help Canada achieve a progressive trajectory towards becoming a more inclusive society is super close to my heart. I feel great about being an assistant in that whether it's through raising funds that can create access points for more people to get involved that might not be able to otherwise, or just the awareness piece because awareness, discussion, and communication is where it all begins," said Chernove.



Tristen Chernove (left) and Ross Wilson (right) completed the Everest challenge virtually in December 2020.



DECEMBER 31

REFLECTIONS ON 2020 AND COVID-19'S IMPACT ON CANADIANS WITH A DISABILITY



“THE YEAR SHOWED US HOW VULNERABLE WE FEEL WHEN WE DON'T HAVE ACTIVITIES TO TAKE PART IN. IMAGINE FOR MOST CANADIANS WITH A DISABILITY, THAT'S THEIR EVERYDAY LIFE, PANDEMIC OR NOT. TAKING THAT INTO CONSIDERATION, IF WE DON'T HAVE A STRUCTURE TO INTEGRATE THOSE ATHLETES OR CANADIANS IN THE SPORT SYSTEM, IT'S KEEPING PEOPLE INSIDE. IT'S KEEPING PEOPLE ISOLATED. IT'S NOT WHAT WE WANT AS A NATION. WE WANT PEOPLE TO STRIVE TOGETHER, TO ACHIEVE TOGETHER. GIVING THE OPPORTUNITY TO CANADIANS WITH A DISABILITY TO TAKE PART IN SPORT IS A HUGE PRIORITY.”

— NICOLAS-GUY TURBIDE, PARALYMPIAN - PARA SWIMMING.

Nicolas-Guy Turbide is a Paralympic bronze medallist from Rio 2016.



FINANCIAL SNAPSHOT

The Paralympic Foundation of Canada provides financial support across three main program areas:

- **PARA SPORT AND EARLY ATHLETE DEVELOPMENT.**
Sport starts in the community. By providing funding to community-based Para sport organizations, we're working to ensure that sport is available and accessible for all Canadians with a disability, so that no barriers to sport exist.
- **NEXT GENERATION PROGRAMMING.**
Next Generation programming supports Canada's aspiring Paralympians who, with support, will have opportunities to excel in their sport at national and international competitions including the Paralympic Games. Funding supports Canada's Next Gen of Para athletes through five key areas of programming: coaching; training environments; equipment; health and wellness, and sport science.
- **HIGH PERFORMANCE.**
High Performance programming supports Para athletes who represent Canada at the highest levels. This funding supports the Para athletes who have the drive and talent to pursue their sport even further, and even represent Canada on the world stage. Now, when we see Canadian Para athletes represent our country, we know – and they know – your support is behind them.

**All numbers based on the 2019-20 Audited Financial Statement.*



In 2020, the Foundation was greatly supported through financial donations from individuals and corporate partners. This year we received revenues totaling \$1,602,206 from the following initiatives:

INDIVIDUAL DONATIONS include donations made to our annual campaign as well as donations made by our Circle of Champions donors. This also includes funds directed to our ImagiNation campaign where up to \$1 Million is matched annually by the Government of Canada.

CAUSE MARKETING funds are derived from sales of select merchandise from Foundation supporters like Hudson's Bay Company.

EVENTS includes the ParaTough Cup series and fundraisers held in our honour, that engage and entertain participants while shining a spotlight on Para sport in Canada.

IN-KIND PAYMENTS include the value of products or services provided at no or discounted cost to the Paralympic Foundation of Canada.



“WHAT I WANT PEOPLE TO KNOW IS HOW FAR THEIR FUNDING GOES. THE FUNDING HAS BEEN SO HELPFUL IN MY SPORTING CAREER, I DON'T THINK I WOULD BE IN MY SPORT WITHOUT IT. THERE'S SO MUCH EQUIPMENT THAT'S NEEDED – WITHOUT SUPPORT, I WOULDN'T HAVE BEEN ABLE TO COMMIT TO DOING KAYAKING AT THIS LEVEL.”

— ANDREA NELSON, PARA CANOE, TOKYO 2020 PARALYMPIC GAMES HOPEFUL.



THANK YOU!



Thanks to the generous gifts from individuals, corporations and foundations, the Paralympic Foundation of Canada is working to provide more Canadians with a disability the opportunity to be active in their communities and strive for success on the world stage.



Meet the Circle of Champions

Circle of Champions members have shown their commitment to a strong Canadian Para sport system with a donation starting at \$500 per year.

\$1 MILLION HALL OF CHAMPIONS DONOR

Jim & Deb Westlake
Canadian Tire Jumpstart Charities
Pfizer Canada

HALL OF CHAMPIONS (\$100,000+)

B2Ten Power Corporation of Canada Mike & Linda Shaikh

GOLD CIRCLE OF CHAMPIONS (\$25,000 - \$99,999)

Fasken Mawer Investment Management Petro-Canada
Intelliware Development Inc. P&G Toyota Canada
Hudson's Bay Company Craig & Cara Senyk

SILVER CIRCLE OF CHAMPIONS (\$5,000 - \$24,999)

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Rick Baker	Beth Hamilton	Quinn Sports Management Inc.
Bell Canada	HBC Foundation	Francois Robert
Calgary Shaw Charity Classic Foundation	Hillberg & Berk	Royal Bank of Canada
Robert Cassius de Linval	ICU Medical	Starratt Family Foundation
CIBC	Kevin Rempel & Associates Inc.	Hartley Stern
DA Glendinning Professional Corporation	Rhonda O'Gallagher	Trottier Family Foundation
Marc-André Fabien	Karen O'Neill	Ellen Waxman
Fondation Mirella & Lino Saputo	Ontario Athletic Therapist Association	



THANK YOU!



BRONZE CIRCLE OF CHAMPIONS (\$500 - \$4,999)

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Alberta Children's Hospital
Bernard Amyot
Raymond Bachand
Jeffrey Barkun
Louis Belleau
Paul Bishop
Josée Blouin
Bombardier Inc.
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Marc Deschamps
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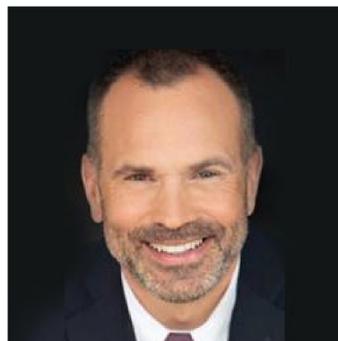
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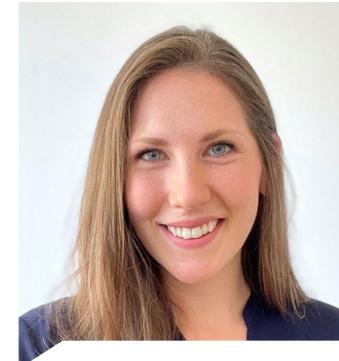
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The Paralympic Foundation of
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