



## CHANGING THE GAME

Annual Report  
2021 / 2022



“Through it all,  
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opportunity to return to sport  
in a sustainable way;  
to not only build sport and  
recreation back, but build it  
back better.  
It’s those of us on the  
ground that can do it.”



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# We envision a Calgary

in which every child,  
youth, and family belongs  
through quality inclusive  
and accessible sport and  
recreation programs.

Calgary Adapted Hub powered by Jumpstart (CAH) is a collective of Calgary-based organizations committed to providing quality sport and recreation opportunities for children, youth, and families living with disabilities in the city of Calgary.

Founded in 2020 through the leadership of Jumpstart, Calgary Adapted Hub exists to make sport and recreation more inclusive for children, youth, and families living with disabilities including physical, intellectual, sensory, developmental, or otherwise. Our goal is to maximize available programs and create bold new ones through knowledge-sharing, research, education, evaluation, and—above all else—collaboration. Because no one should have to sit on the sidelines.

A recent study by Jumpstart during the pandemic found:

49%

49% of parents who say their able-bodied children play less sports also express concern about their kids' deteriorating mental health.

46%

46% of all parents say their able-bodied children are feeling isolated, 40% experience a sense of loss, 39% experience anxiety, and 43% are lacking fitness.

94%

94% of sport organizations are concerned that youth with already reduced access will be further shut out.

These results are even more pronounced for children and youth living with disabilities.

Source: Jumpstart State of Sport Report, March 2022.



## Message from the Co-Chairs

The sport and recreation industry from a programming perspective tends to follow the same pattern. Program. Play. Rinse. Repeat. But the Covid-19 pandemic taught us that persistent barriers to sport and recreation exist, particularly for persons experiencing disability. Now, more than ever, everyone needs equitable, diverse, and inclusive access to physical activity. As partners in participation, Calgary Adapted Hub Powered by Jumpstart has an important role to play in creating inclusive change, not just for our community, but for the whole country.

One of the challenges is that sport organizations are being asked to do more with less; to answer the call for quality inclusive and accessible programming in the face of facility closures, reduced capacities, and rising costs. Many are making significant strides, but many others lack the reach and resources to promote their programs. That's where we come in.

Calgary Adapted Hub brings together information and resources to help families living with disabilities—and the organizations that serve them—to learn and grow. Through extensive national and international collaborations, we provide evidence-informed programs that optimize health and well-being across several areas: social inclusion, quality of life, and economic impact.

As the pandemic raged on, we rallied staff, coaches, care providers, parents, partners, and volunteers to create a more cohesive and inclusive sport ecosystem in Calgary. We found pathways where none existed by building relationships with like-minded disability

service organizations. We created safe and accessible spaces by educating and advocating for disability inclusion. And, most importantly, we amplified the voices of children, youth, and families living with disabilities by listening and learning from their experiences.

Through it all, we learned that we have an opportunity to return to sport in a sustainable way; to not only build sport and recreation back, but build it back better. It's those of us on the ground that can do it. Our willingness to collaborate makes the Calgary Adapted Hub uniquely positioned to enhance the development and delivery of evidence-informed adapted sport and recreation programming in the city of Calgary. Working alongside our collective partners, we will take careful and considerate steps to build a system in which everyone has the opportunity to play—today and every day.

Removing barriers to sport and recreation for Canada's youth is a long game. The clock has started and we're ready.

Sincerely,

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



# Partners in Participation

Each of our collective partners is a leader in the field of sport and recreation with their own area of expertise. From innovative programming to ground-breaking research, they are at the forefront of adapted sport and recreation.

Together, we are pathfinders, travel companions, and motivators on the journey to participation.



“Finding Calgary Adaptive Hub was a weight off my shoulders. In a few quick conversations, I went from wondering why we didn’t seem to have any adaptive programs in Calgary to having more options than we could possibly ever take advantage of! Thank you so much for filling a much-needed service gap.”

—Kristen, parent of child, age 5



## Team Players

Our sincere thanks to the many devoted staff, coaches, care providers, parents, partners, and volunteers who dedicate countless hours to ensuring children and youth of all abilities can stay active, healthy, and connected through a lifelong commitment to sport and recreation.

## Staff & Executive Team

Dr. David Legg, Mount Royal University  
Dr. Carolyn Emery, University of Calgary  
Catriona Le May Doan, Sport Calgary  
Aimee Johnston, Vivo for Healthier Generations  
Jeff Booke, MNP Community & Sport Centre  
Jennifer Konopaki, WinSport  
Patrick Breault, City of Calgary  
Cassandra Murray, Parent Representative  
Saheed Alawiye, Youth Representative

Karen Dommett, Director, Programs & Services  
Leticia Janzen, Knowledge Translation & Research Coordinator

\*as of December 31, 2021

# Ahead of the Game

## Exceeding expectations in a time of crisis.

In a year when nothing seemed certain, Calgary Adapted Hub embraced challenges to bring partners and participants meaningful opportunities to learn and grow.

Throughout the ups and downs, closures and openings, public health measures and collective uncertainty, we charged ahead with dedication to ensure children, youth, and families living with disabilities had access to sport and recreation when they needed it most. We took careful steps to fulfill our strategic plan and serve our community by connecting them with information and resources, cutting-edge research, and—most importantly—each other.

“Since the beginning of our relationship with Calgary Adapted Hub, the opportunities available to our members, the programming we have been able to offer, and our footprint within the adapted community have grown immeasurably. Having CAH as collaborators means we are only limited by our imagination.”

— Scott Godfrey, Program Coordinator, Active Life,  
Autism Aspergers Friendship Society of Calgary



## Keeping Score



**35+**

adapted sport and recreation providers partnered with CAH in 2021 / 2022



**20**

inclusive and accessible programs offered by CAH partners (an increase of 250% over year one)



**6**

new adapted sports and recreation activities introduced to participants



**538**

children and youth benefitted from participating in CAH-supported programs (up 417% over year one)



**71**

families accessed personalized navigation services (407% more than in year one)



**4**

research projects currently under way

# Raising the Bar

## Adapted programming where—and how—participants need it.

Calgary Adapted Hub empowers communities across Calgary to provide inclusive and accessible sport and recreation programming. Whether they were looking for camps, introductory programs, sport-specific clubs and programs, aquatic programs, or strength and conditioning, participants could find opportunities in all four quadrants of the city, thanks to our collective partners. See how we worked together in 2021 / 2022 to better sport and recreation programming across the board.



### The University of Calgary (UCalgary)

responded to increasing demand for para multi-sport programs by running two sessions of Adapted Physical Activity for Kids, thanks to funding from CAH. Registration for the spring session filled within a week of being posted!

### Mount Royal University (MRU)

hosted a focus group of community members with lived experience to learn about barriers to para sport with support from CAH. As a result, MRU is restructuring its Wheelchair Basketball program to include a learn-to-play session for all abilities. MRU also launched two new programs: Adapted Climbing and the MRU Para Sport Camp.



### City of Calgary Recreation

improved the way it coordinates, educates, and communicates sport and recreation programming throughout the city, thanks to CAH. City of Calgary Recreation continues to strengthen its programs and services with coordinated program delivery, cross-promotion opportunities, and better connections to community members with lived experience.



"I have struggled for years now to try to find extracurricular activities for my son to be part of. I was afraid of how isolated his world had been becoming until I had a very robust, hopeful conversation with Karen. The options are amazing and many for a special boy like mine, and it has renewed a sense of hope and excitement to getting him involved in things outside the home and school."

—Roxanne, parent of child, age 14



## Sport Calgary

increased focus on access and inclusion at marquee events, with influence from CAH. As a result of the collective, Sport Calgary has broadened its reach and built relationships with the disability community.

## Vivo for Healthier Generations

received funding for a major facility expansion to better serve the communities of northeast Calgary. Vivo is using this time to build relationships with adapted sport organizations and buy accessible equipment, with guidance and support from CAH.



## MNP Community & Sport Centre (formerly Repsol Sport Centre)

launched Active Energizers, a new program for children of all abilities (aged 5-12) as a direct result of CAH funding. The program was offered twice and tripled in registration numbers from the first to second session. Thanks to the support of CAH, one week of its Inclusive Summer Camp was dedicated to showing adapted sports to individuals with and without disabilities.

## WinSport

relaunched two sessions of the Adapted MultiSport program in partnership with eight local adapted sport organizations after CAH facilitated introductions. The first 7-week session had 138 participants, many of whom were returning to in-person programming for the first time following the pandemic restrictions.



## Going the Distance

Meeting children, youth, and families where they're at.

Calgary Adapted Hub 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.

In 2021 / 2022, we brought the Hub to Calgarians with public awareness campaigns, content marketing, public presentations, and our Research & Community Engagement Seminar series. We built mutually-beneficial relationships with long-standing adapted sport organizations, disability service agencies, and medical professionals who regularly refer their clients to Calgary Adapted Hub.

Once they arrive at the Hub, our personalized navigation services allow families to work one-on-one with our staff to develop an action plan and set their child on the path to participation.

**780+**

people reached at 16 public events, conferences, trade shows, and seminars (up 338% over year one)

**560**

views of 9 Research & Community Engagement Seminars (live and on-demand)

**300+**

families reached at 4 Family Resource Fairs in the region

**269**

subscribers received the CAH newsletter each month

**1,535**

followers on social media and growing (an increase of 74% over year one)

"When I meet with families, they need to know what sport and recreation resources are available for their children in our community. No longer do I have to rattle off a list of sports that may or may not interest their families. Calgary Adapted Hub is my go to referral program for families."

—Candice McLellan, Family Engagement & Support Worker, Cerebral Palsy Kids & Families



# Collaboration in Action

## Teaming up for accessibility.

We know that together, we can do more. Working alongside our partners, we can break down barriers that prevent children and youth living with disabilities from participating in sport and recreation, and provide meaningful opportunities to not only try, but triumph. Thanks to the contributions of our collective partners, participants, and their families, we're changing the game in Calgary for the better.

During our first year, Calgary Adapted Hub harnessed the power of the collective to execute a multi-organizational inclusion training series across all levels of leadership and front-line staff. With this training

firmly in tow, we renewed our focus on program development and execution in year two.

In 2021 / 2022, we restructured our leadership model to enable our executive team to focus on the strategic vision and governance of Calgary Adapted Hub, and developed a Programs Committee with representation from our collective partners. The committee acts as a conduit by sharing information and insights from the Community Advisory Committee and the families we serve to directly influence programming and respond to community needs.

### To date, the Programs Committee has successfully:

**Ensured a consistent level of training and support for summer camp staff in all CAH-supported programs.**

**Enhanced registration processes by sharing information about personal care policies and funding available to families.**

**Developed a standard approach to research recruitment and integration into program design.**



### Programs Committee Members

Logan Jones, University of Calgary

Bjorn Billehaug & Owini Dixon, Mount Royal University

AJ Matsune, City of Calgary

Janine Herman, MNP Community & Sport Centre

Michelle Delorme, Vivo for Healthier Generations

Sandra Paire, Sport Calgary

Trevor Dickson, WinSport

Cori van Keulen, WinSport

\*as of June 30, 2022



# Matchmakers

Calgary Adapted Hub forged powerful connections with 35+ local adapted sport and recreation organizations to align schedules, share information and resources, and return to in-person programming in a sustainable way.



**University of Calgary, MNP Community & Sport Centre & Mount Royal University (MRU)** set the bar by collaborating with adapted sport organizations to introduce participants and their families to the range of programs available. The three continue to align on scheduling to serve as many people as possible.

**Mount Royal University & Alberta Cerebral Palsy Sports Association** launched Calgary's first (and so far, only) boccia program with three multi-week sessions. The increased community interest, volunteer development, and equipment in Calgary led to the hosting of the 2022 Alberta Boccia Provincials.

**Sport Calgary, Wymbin & Autism Aspergers Friendship Society of Calgary (AAFS)** engaged adaptive and disability-inclusive sport organizations like Wymbin and AAFS to increase the accessibility and inclusivity of their annual All Sport One Day and All Sport One City offerings, in partnership with CAH.

**Vivo for Healthier Generations, AAFS & Soccerability** worked with AAFS and Soccerability to provide affordable and accessible facility space to support upcoming adapted sport programs.

**MNP Community & Sport Centre, CALTAF Athletic Association & Kronos Triathlon Club** collaborated with existing sport clubs like CALTAF and Kronos Triathlon to unify their Para sport events.

**WinSport & Wheelchair Sports Alberta** partnered with AAFS to pilot a wheelchair lacrosse program and ARES Pentathlon & Fencing Club to offer wheelchair fencing. The successful pilot has built the foundation for both to become multi-week programs offered at CAH-partner facilities next year.

"Through our relationship with CAH, we have developed important connections with other adaptive programs and have been able to host successful talent identification camps in conjunction with Triathlon Canada. Our organization now has the education and connections needed to succeed in being a space for everyone."

—Kyle Jensen, ChPC, Head Coach, Kronos Triathlon Club



# Tools to Include

## Equipping sport and recreation facilities for the future.

Calgary Adapted Hub is more than a partner, but a resource for sport and recreation organizations committed to providing inclusive and accessible programming.

In 2021 / 2022, we offered evidence-informed recommendations for inclusion training to organizations inside and outside of the collective. We also helped local sport and recreation organizations secure external funding for accessible facility enhancements, software upgrades, adaptive equipment, and awareness campaigns by providing letters of support.

## Leveling the Playing Field

### **Mount Royal University (MRU) and WinSport**

sourced high-quality, multi-sport wheelchairs from a local supplier, as recommended by individuals with extensive para sport backgrounds. Both MRU and WinSport will work towards making their sport wheelchairs available to other CAH partners to support wheelchair sport programs and try-it sessions across the collective.

### **Vivo for Healthier Generations**

purchased adapted bike equipment and pool lifts to support the creation of innovative inclusive and adaptive programs launching in January 2023. Vivo has also secured external funding to further support the development of staff disability inclusion training, in addition to the contributions made by CAH funding.

### **MNP Community & Sport Centre**

upgraded and enhanced accessible and inclusive signage in the facility. MNP Community & Sport Centre also purchased equipment to grow the youth wheelchair fencing program as well as enhance safety and user experience.



"CAH is an industry leader; building capacity within the system to break down barriers and provide more equitable, inclusive, and accessible opportunities for persons with a disability to experience the benefits of sport. The City of Calgary is proud to support the CAH and its partners to align with [Calgary's Sport for Life Policy](#) and congratulates them on their contribution to building Calgary as a Sport City—where all Calgarians can participate to the fullest extent of their abilities and interests."

—City of Calgary



## Off to a Running Start

With an endorsement from Calgary Adapted Hub, Mount Royal University successfully secured external funding to support the free delivery of Children's Adapted Physical Activity (CAPA) programming. CAPA was the first CAH-supported program to return in-person in the fall, and the community was clearly ready for it as the free program maxed out registration with 40 participants, that's almost double previous years.

## Influencing Inclusion

We provided our expertise time and again as the go-to resource for organizations looking for evidence-informed best practices in adapted sport and recreation, both inside and outside of the collective.

In 2021 / 2022, organizations across the medical, education, disability and family servicing, and sport sectors turned to Calgary Adapted Hub for information on accessibility auditing, inclusion training, and inclusive registration processes. What's more, we connected community associations, like the Mahogany Homeowners Association, with adapted sport organizations in their region looking for facilities.

We also made it a priority to support local businesses that share our values. When hosting meetings, we hired food vendors that base their business model on disability-inclusive employment, like Italiano Please or Lil E Cafe. When sending thank-you gifts, we chose to support companies that share proceeds with disability organizations, like Milk Jar Candles. This Calgary-based candle company donates \$1 from every candle sold to programs that support youth with disabilities. They are also a disability-inclusive employer with one-third of their staff identifying as having a disability.

As a champion of inclusion, Calgary Adapted Hub is clearing the path for participation and creating a stronger, more connected community.

"Calgary Adapted Hub has been instrumental in connecting the community with ARES Wheelchair Fencing programs. Through its reach and relationships, we've been able to offer fencing to an increasing number of participants. Further, our coaches have enhanced their education, and the Club has acquired more equipment, enabling us to improve our offering."

—Josh Riker-Fox, Head Coach, ARES Fencing & Pentathlon Club



# Stride for Stride

Walking the path to participation—  
together.

Through our personalized navigation services, we help participants find the program that matches their interests and abilities. If one doesn't exist, we look outside of the collective to find a solution or work within it to fill the gap.

In 2021 / 2022, we helped 71 families find suitable and relevant programming (nearly half of which had never participated in sport and recreation before). All the while, we've been listening and learning from their experiences. We heard loud and clear that access to qualified personal care support and funding continue to be barriers, and that families crave introductory and try-it programs. We also heard that they long for an increased sense of belonging at facilities where programming takes place.

As a collective, we will focus on building access and inclusion into the core of our operations; making our facilities safe places for families to attend anytime, not just during their dedicated adapted program. The road ahead is long, but we're committed to experiencing it together, guided by the very community we serve.

**71**

children and youth discovered sport through personalized navigation services

**6**

families referred to external funding after expressing financial support needs

**31**

families introduced to adapted sport and recreation for the first time

**780+**

people reached at 16 public events, conferences, trade shows, and seminars (up 338% over year one)

**560**

views of 9 Research & Community Engagement Seminars (live and on-demand)

**300+**

families reached at 4 Family Resource Fairs in the region

"It is such a big relief to finally connect with this wonderful team that understands the unspoken pain I go through finding options of activities for my little boy with special needs. Many thanks to everyone supporting this awesome vision."

—Ralia, parent of child, age 6



# Advancing Best Practices through Research

Front-runners in the field of adapted physical activity research.



## Study #1:

### **Adapted Physical Activity Camps and Programs: A Mixed Methods Project**

examines how motivation to participate in physical activity, levels of physical activity, sustained participation in sport and recreation, quality of life, and quality of participation are impacted by participation in CAH-supported programs.



## Study #2:

### **Impact of COVID-19 on Physical Activity and Social Connections of Youth With Disabilities Involved in Calgary Adapted Hub-Supported Programs**

examines, from the perspective of youth with a disability and/or their parents, the impact of the COVID-19 pandemic on physical activity opportunities, social connections, and gaps in programs and services.

## Research Team

Dr. Carolyn Emery, CAH Research Chair  
Leticia Janzen, CAH Research & Knowledge Translation Coordinator  
Karen Dommett, CAH Director, Programs & Services  
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 Condcliffe, University of Calgary  
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  
Tanya Childs, University of Calgary; research administration coordinator

\*as of December 31, 2021

Research is generously supported by:

**Vi Riddell**  
Pediatric Rehabilitation  
Research Program





Our research draws on best practices and feedback from the community to ensure programming not only meets, but exceeds their needs—meaning what happens within the collective is always evidence-informed and leading-edge.

Our research program continued to grow with support through the Vi Riddell Pain and Rehabilitation Research Program (Alberta Children's Hospital Foundation). We have supported four students in this program to ensure training excellence in the next generation of researchers in the field. Four projects in 2021 / 2022 linked to our impact pillars: overall health and wellbeing, social inclusion, quality of life, and economic impact. The information we glean will be shared among partners and the public, securing our place as a champion of quality inclusive and accessible sport and recreation programming.



### Study #3:

**Calgary Adapted Hub Staff Training Evaluation: Creating Allyship with People with Disabilities** determines if an Inclusive Staff Training Program could increase confidence, competence, and motivation of staff in creating inclusive opportunities for persons with disabilities.



### Study #4:

**Developing a Comprehensive Understanding of Participation in Adapted and Para Sport or Recreation and Concussion and Injury Rates Experienced by the Individuals Taking Part** examines the burden of injury and concussion in those taking part in adapted and/or inclusive sport, recreation, and physical activity programs across Canada.

## Research and Community Engagement Seminars

We support the translation of research evidence informing best practices in adapted physical activity programs for children, youth, and families through monthly seminars.

Thank you to all of our speakers in 2021 / 2022 who contributed to these webinars and panel discussions.

#### **Karen Pratt & Dr. Laura Brunton**

"It Feels Good!" Benefits of Therapeutic Horseback Riding from the Children's Perspective

#### **Dr. Brianne Redquest**

The Impact of Physical Activity Among People with Neurodevelopmental Disabilities

#### **Catherine Tremblay**

Can an Adapted Sport and Recreation Camp Impact Physical Activity in Youth with Physical Disabilities?

#### **Jessica Youngblood**

Family Member Perspectives Regarding Family Relationships Following Participation in an Adapted Physical Activity Camp

#### **Dr. Elizabeth Condcliffe**

Robotic Gait Trainers to Facilitate Adapted Physical Activity

#### **Dr. Homa Rafiei Milajerdi**

Can Active Video Games Improve Physical Activity And Cognitive Functioning Of Individuals With Autism Spectrum Disorder?

#### **Kirsten Kirwer**

"Us" not "Them": A Disruption of Ableist Adapted Physical Activity Understandings

#### **Dr. Andrea Bundon**

Taking Sides: Disability Sport Research as Advocacy Work

#### **Dr. Amy Latimer-Cheung**

A Blueprint for Building Quality Participation in Sport for Children, Youth, and Adults with a Disability

#### **Daniela Testani**

Connecting Risk Factors, Physical Activity and Mental Health in Children With Cerebral Palsy

# Advocacy in Full Swing

## Supporting inclusive and accessible sport in Calgary.

Our decisions are guided by a diverse group of community volunteers with lived experience who provide feedback on program development, research focus, knowledge translation, and community engagement.

In 2021 / 2022, our Community Advisory Committee provided enormous value to the collective, making meaningful connections in the community and advocating on behalf of Hub partners and programs. Their hard work and dedication was recognized with the 2021 City of Calgary Accessibility Advocacy Award.

### Individually, committee members celebrated a number of successes, including:

- participating in the ActiveCity Collective awareness campaign (Saheed Alawiye)
- winning the 2022 Rick Hansen Foundation School Program Difference Maker of the Year Award (Saheed Alawiye)
- publishing the TEDxYYC talk, "Inclusion Through Design: You're Only Temporarily Able-Bodied", online to 38,736 YouTube views (Sean Crump)
- receiving 2nd place at the European Road Race Championships (Suzanna Tangen)
- publishing the report, "Beijing to Birmingham: Thinking outside the Para sport classification box", on the Sport Information Resource Centre website (Nancy Quinn)

Our sincere thanks to the Community Advisory Committee for sharing their insights and experiences.

"Calgary Adapted Hub has been instrumental in getting my son Ethan involved in a variety of both social and physical activity programs. Each has offered him a safe and positive environment to grow his communication and team skills, and he continues to excel thanks to programs like these!"

—Lorne, parent of child, age 16



## Community Advisory Committee Members

Cassandra Murray, Parent Representative  
Saheed Alawiye, Youth Representative  
Sean Crump, Included by Design  
Dean Svoboda, Autism Aspergers  
Friendship Society  
Suzanna Tangen,  
Ultimate Para Sports Association  
Jamie McCulloch,  
Rocky Mountain Adaptive  
Dr. Tyler White, Siksi Health Services  
Dr. Nancy Quinn,  
Para Sport Medical Services

Eli Wolff, Disability Rights Advocate  
Karen Hurley, Special Olympics Calgary  
Dr. Sarah MacEachern, Developmental  
Pediatrician & Clinician Investigator,  
University of Calgary  
Dr. Matthew Corkum,  
Inclusive Participation Advocate  
Dr. Cheri Bradish, Future of Sport Lab  
& Toronto Metropolitan University

\*as of December 31, 2021

# The Path Forward

## Building sport and recreation back better.

As we return to in-person participation, Calgary Adapted Hub believes that no one should have to sit on the sidelines. We will continue to work collectively to remove barriers at the community level—building upon what we’ve achieved so far.

In just two years, we’ve increased the amount of adaptive equipment and disability-inclusive options in our community tenfold. With the financial support of Jumpstart, we’ve lessened the burden of high operational costs stated as a barrier by sport organizations. And we’ve improved their ability to provide quality, inclusive experiences for all participants. But we know that there is still much more that needs to be done.

We will answer the call to build equitable, diverse, and inclusive spaces, programs, resources, and we won’t do it alone. Our sincere thanks to Jumpstart, and our many devoted staff, coaches, caregivers, parents, partners, and volunteers. You are the Calgary Adapted Hub and without you, none of this would be possible.



### Our Strategic Priorities

As we look forward to the next few years, Calgary Adapted Hub will find new ways to ensure coordination and collaboration among the entire sport, physical activity, and recreation ecosystem.

#1

#### Priority #1: Partner Expansion

We will reach more families, and facilitate more pathways to participation, by aligning programming that has been historically fragmented and incredibly difficult for families to navigate.

#2

#### Priority #2: Research and Knowledge Translation

We will highlight the excellent research being done in adapted sport and recreation, and continue to integrate research into CAH-supported programs as we work to define best practices and optimize integrated knowledge translation to engage our community partners and participants in delivering the highest quality programs possible.

#3

#### Priority #3: Increase Capacity

We will continue to connect families to quality inclusive sport and recreation programs, while fostering countless collaborations and relationships within the Calgary community, by making the most of our funding, resources, and dedicated support.

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Find out how you can support our mission at [calgaryadaptedhub.com](https://calgaryadaptedhub.com)

“Calgary Adapted Hub is an amazing resource, especially their personalized one-on-one services designed to help families navigate adapted programming, and we are grateful to have their unique support available in the city.”

—Cory Francis, Family Support Team Lead, BSW, RSW, Renfrew Educational Services



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, Region 3 within the historical Northwest Métis homeland.

Thank You Jumpstart!



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