



AUSTRALIAN  
PARALYMPIC  
COMMITTEE

AUSTRALIAN PARALYMPIC COMMITTEE

# MEDIA GUIDE

Sochi 2014 Paralympic Winter Games

**Australian Paralympic Committee  
MEDIA CONTACTS  
Sochi 2014 Paralympic Winter Games**

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**WEB RESOURCES**

**Australian Paralympic Committee (APC)**

APC Corporate website:

[www.paralympic.org.au](http://www.paralympic.org.au)

Believe donation website:

[www.pledgeyourbelief.org.au](http://www.pledgeyourbelief.org.au)

Paralympic Education Program website:

[www.paralympiceducation.org.au](http://www.paralympiceducation.org.au)

**International Paralympic Committee (IPC)**

[www.paralympic.org](http://www.paralympic.org)

**Sochi Organising Committee**

[www.sochi2014.com/en/paralympic](http://www.sochi2014.com/en/paralympic)

**Social Media**

Follow the Australian Paralympic Team on:



[www.facebook.com/AUSParalymphics](http://www.facebook.com/AUSParalymphics)



[www.twitter.com/AUSParalymphics](http://www.twitter.com/AUSParalymphics)



[www.youtube.com/AUSParaTeam](http://www.youtube.com/AUSParaTeam)



[www.instagram.com/AUSParalymphics](http://www.instagram.com/AUSParalymphics)



**AUSTRALIAN  
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Cameron Rahles-Rahbula

Front cover: Mitchell Gourley

## Message from the APC President



Every four years, the sporting spotlight shines on Australia's winter Paralympians as they realise their dreams of competing at a Paralympic Winter Games. For our athletes, several months away from their homes, arduous daily training regimes and races in all kinds of conditions across two hemispheres all come down to just moments on a steep snow covered hill, where just one mistake can mean the difference between a gold medal and no medal at all.

Coming from a country so successful in summer sports, winter sport garners limited media and public attention outside a winter Games year. With a Games year comes added pressure and expectations because our Team knows this is the best chance in four years to share the stories and achievements of our athletes and in this, the media play a crucial role.

The Vancouver 2010 Paralympic Winter Games received unprecedented media coverage in Australia for a Winter Games with more than 290,000 people tuning into the ABC's daily broadcast and more than 3,200 stories published about the Australian Team and the Games themselves. The media coverage of the London 2012 Paralympic Games was astronomical, with an average audience of 1.56 million tuning into the ABC's daily broadcast and more than 63,000 stories published. While it would be ambitious to expect the London figures during the Sochi Games, these numbers do reflect a growing appetite for Paralympic sport amongst the media and the Australian public.

We want to challenge the Australian media to embrace Paralympic sport and eclipse the level of coverage achieved in Vancouver. The value sport has in Australian society is immense and the value of sport for people with a physical, vision or intellectual impairment is even greater. The power the media has to share the stories of our Paralympians and inspire a nation, particularly young people with a disability, also should not be underestimated. I hope all those working in the media understand and appreciate just how important they are to growing the Paralympic movement.

The Sochi 2014 Paralympic Winter Games will showcase some of the best winter sport in the world and for those covering the Games, I have no doubt you will be enthralled by the athletes' performances and the inspirational paths they have taken to the Games.

The Australian Paralympic Committee is proud to be the leading sporting organisation for people with a disability in Australia, and is proud to drive change for people with a disability in our community. We are honoured to be entrusted with the responsibility of managing Australia's Paralympic winter program and stand with Australia's athletes as they look to do our country proud. We look forward to taking you with us on our Sochi journey and sharing the Paralympic spirit with all of Australia.

**Glenn Tasker**  
President  
Australian Paralympic Committee

## Message from the Chef de Mission



Welcome to the Sochi 2014 Paralympic Winter Games! These will be the 11th Paralympic Winter Games and, like all Australians, we hope it will be a successful Games for our Winter Paralympians.

The Australian Paralympic Winter Team is an exclusive club, with just 31 athletes and four guides having represented our country at the Paralympic Winter Games since 1976. For the 11 athletes and guides on the 2014 Team, Sochi is the culmination of years of training, competition and time away from family to realise their dreams.

Just like our athletes, the Australian Paralympic Committee (APC) has spent years planning for the Sochi Games to send the best Australian Paralympic Team to take on the world in the best form possible. Thanks to the APC, our Team has travelled the world training and competing in World Cup competitions and has had access to expert coaching, nutrition, sports science and sports medicine professionals, and ski technicians essential to elite winter sport.

The Paralympic movement is experiencing incredible growth around the world, and competition in Sochi will be tough. We have a number of medal chances across the nine days of competition and as the media, it is your job to report on the incredible sport before you and tell the stories of our Team.

The Sochi 2014 Paralympic Winter Games will provide you with a wealth of stories to tell, from the inspiring stories of Australia's athletes, to the fascinating intricacies of ski technology and sport science behind Australia's best Para-skiers.

To help you, the APC will have a team of media staff based in Sochi to service the media, as well as a team based in our Sydney office to assist with enquiries from media in Australia. The APC has also contracted the photographic services of Sport the Library to capture every moment of the Games. These images will be available free of charge from AAP. The APC's media team is made up of experienced professionals with more than 20 Paralympic Games between them. They will go above and beyond to help you.

I hope you enjoy the Sochi 2014 Paralympic Winter Games and all the exciting sporting ability on show. Like all Australians, I look forward to reading, hearing and watching your coverage.

**Chris Nunn**  
Chef de Mission  
2014 Australian Paralympic Winter Team

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[www.paralympic.org.au](http://www.paralympic.org.au)

### APC BOARD

<b>Glenn Tasker</b>	President
<b>John Croll</b>	Vice President
<b>Joyce Parszos</b>	Vice President
<b>David Baker</b>	Director
<b>Paul Bird</b>	Director
<b>Nick Dean</b>	Director
<b>Steve Loader</b>	Director
<b>Darren Peters</b>	Director
<b>Troy Sachs</b>	Director
<b>Jason Hellwig</b>	Executive Officer/ Non-voting Director

### APC MEMBER ORGANISATIONS

Athletics Australia  
Australian Shooting International Limited  
Australian Sport and Recreation Association  
for Persons with an Intellectual Disability  
Basketball Australia  
Blind Sports Australia  
Boccia Australia  
Cerebral Palsy – Australian Sport and  
Recreation Federation  
Cycling Australia  
Disabled WinterSport Australia  
Equestrian Australia  
Football Federation Australia  
Rowing Australia  
Swimming Australia  
Table Tennis Australia  
Tennis Australia  
Wheelchair Sports Australia  
Yachting Australia

### The Australian Paralympic Committee

The Australian Paralympic Committee (APC) is Australia's leading sporting organisation for people with a disability. We help Australians with disabilities participate in sport and compete at the Paralympic Games through partnerships with government, business, sporting bodies and the community.

At the elite level, the APC is responsible for preparing the Australian Paralympic Summer and Winter Teams for the Paralympic Games, which we have done successfully since 1990. At the London 2012 Paralympic Games in which 166 countries competed, Australia was placed fifth on the overall medal tally with 32 gold, 23 silver and 30 bronze medals.

At the grassroots level, the APC works closely with its partners to develop greater opportunities for Australians with disabilities to participate and pursue a career in sport.

We help identify potential Paralympians and assist athletes to prepare for competition by providing support and funding for coaching, equipment and travel in the lead-up to the Summer and Winter Paralympic Games and other major competitions.

The APC manages five Paralympic sports in-house – winter sport, wheelchair rugby, goalball, boccia and powerlifting.

Our partnerships with governments, business, national sporting organisations and disability groups are critical to delivering a successful Paralympic Team to the Games.

We believe participation in sport provides positive social and physical benefits to people with disabilities, and plays an important role in changing community perceptions of people with disabilities.

In addition to the Australian Paralympic Team itself, the APC has a number of key programs central to its business.

The APC's **Paralympic Preparation Program** (PPP) has been the basis of Australia's success since 1994 through the provision of high level coaching, athlete support and targeted competition. Through the PPP, the APC provides funding to approximately 400 athletes and 18 sports for coaching, training,

equipment, sports science and medical support, travel and competition.

The **mainstreaming** of Paralympic programs with national sports federations has integrated sporting opportunities and pathways for people with a disability within the 'mainstream' sport environment, and normalised Para-sport for participants at all levels, as well as administrators, coaches and officials. Currently, Paralympic Preparation Programs in 13 sports are mainstreamed.

The APC supports our National Federation partners to integrate **sport-specific classification activities** into the sport pathway, including athlete classification and classifier education. The focus in Australia is on creating sustainable structures in sport to enable more classification opportunities for Para-athletes at a junior or developmental level.

In partnership with the Australian Sports Commission, during the 2010-11 financial year the APC established the **Direct Athlete Support** (DAS) program, to ensure all Paralympic athletes are eligible for the same level of direct assistance as their able-bodied peers.

The APC has committed \$1,000,000 and will be making an ongoing contribution to the program in future years. The result has been a significant increase in direct funding to Paralympic athletes who are in the top 10 in the world.

The APC **Sport Science and Sports Medicine (SSSM) Program** directly manages the SSSM programs of the APC managed sports (winter sports, wheelchair rugby, goalball, boccia and powerlifting) and plans and delivers SSSM support services for Summer and Winter Paralympic Games.

APC SSSM also provides support to National Federations in regards to the delivery of their own Paralympic SSSM programs.

APC SSSM encompasses a wide range of disciplines and specialty areas including sports medicine, physiotherapy, psychology,

recovery, physiology, nutrition, movement sciences, technology and engineering.

Awareness of Paralympic sport has been enhanced by the APC's **communications programs** driving the growth in media coverage of Paralympic sport.

The Vancouver 2010 Paralympic Games saw the TV ratings double from the Torino 2006 Games four years earlier.

The media coverage of the 2010 Paralympics was the most extensive of a Paralympic Winter Games in Australia's history. There were 3,251 media reports across television, radio, print and online during the three month period of the Games, more than double the number of media reports (1,618) during the three months period surrounding Torino 2006.

Internationally, the cumulated television audience of the Vancouver 2010 Paralympic Games was 1.6 billion, while almost 1,200 media representatives covered the Games – an increase of 12 per cent from the previous Paralympics.

The APC conducts **fundraising activities** in every Australian state and territory to send the best possible Australian Teams to the Paralympic Games.

The APC recently launched the *Believe* campaign – a fundraising initiative to raise the vital funds required to send Australia's Paralympic athletes to future Games.

The *Believe* campaign gives the public the opportunity to 'pledge their belief' in an individual athlete or team. The six athletes fronting the *Believe* campaign include:

- Kurt Fearnley – wheelchair racer
- Ahmed Kelly – swimmer
- Victoria Pendergast – alpine skier
- Alexandra Green – cyclist
- Jesse Angles – swimmer
- Chris Bond and the wheelchair rugby team

The budget for the 2014 Australian Paralympic Winter Team is \$1.5 million. The budget for the Australian Team at the Rio 2016 Paralympic Games will likely be over \$7 million.



## APC support for Australian media

The Australian Paralympic Committee is committed to assisting the Australian media to provide the best possible coverage of the Sochi 2014 Paralympic Winter Games, and in particular, the performances of Australian athletes.

The APC will enhance the Sochi 2014 and IPC news services with information that is comprehensive, relevant and timely.

The APC's Media Centre in Sydney, managed by APC Media and Public Relations Coordinator Rebekka Wake, will be the first point of contact for all Australian-based media. APC media releases will be issued before and after each day's events at approximately 06:00 and 15:00 daily. The Sydney Media Centre will also liaise with the Team's media staff in Sochi to arrange interviews and other requests.

## Results

Results, records and other performance data from every Australian athlete will be published on the APC website ([www.paralympic.org.au](http://www.paralympic.org.au)) following the completion of each event.

The final Paralympic competition schedule and an Australian-specific competition schedule can be found at the back of this guide.

## Stories

The APC Games media team in Sochi will file daily previews, reviews and general stories, which include athlete quotes and highlights from the day's action. These will be distributed via media release and be available on the APC website ([www.paralympic.org.au](http://www.paralympic.org.au)).

Regular media releases will be distributed, covering the key events of each morning and evening session. To subscribe to our media releases, please email [media@paralympic.org.au](mailto:media@paralympic.org.au)

## Direct interviews

Australian athletes and Team staff will be available for interviews throughout the Games campaign.

All interview requests should be directed to the APC's Sydney Media Centre. The APC's Sydney-based staff will liaise regularly with the media team in Sochi, and each interview will be arranged as quickly and efficiently as possible.

When arranging an interview, please bear in mind the following time differences and be prepared to be flexible.

- Sydney, Melbourne, Canberra, Hobart – 7 hours ahead of Sochi
- Brisbane – 6 hours ahead of Sochi
- Adelaide, Darwin – 6.5 hours ahead of Sochi
- Perth – 4 hours ahead of Sochi

Members of the media are not to approach athletes or Team staff directly. In Sochi, all interviews will be coordinated through the APC media team.

## Photos

Media will have access to high quality photos taken by the APC's official photography team at the Games – Sport the Library.

A selection of high quality photos will be available daily through Australian Associated Press (AAP) free of charge. For specific photo requests, please contact the APC Sydney Media Centre a minimum of 48 hours in advance.

Low resolution images will also be uploaded daily to the Australian Paralympic Team's official Facebook page ([www.facebook.com/AUSParalympics](http://www.facebook.com/AUSParalympics)). Media representatives may order high resolution copies of these photos by contacting the APC's Sydney Media Centre on 02 9704 0543 or [media@paralympic.org.au](mailto:media@paralympic.org.au)



Rosa Khutor in the Sochi Mountain Cluster

### Broadcast quality video packages

The APC will produce broadcast quality video packages during the Sochi Paralympic Winter Games which will be available for media use.

Videos will be available to embed on your website via the APC's YouTube Channel ([www.youtube.com/ausparateam](http://www.youtube.com/ausparateam)), and will also be available to download from the APC's FTP server by request.

**To acquire a login to the APC's FTP server, please forward your request to the APC's Multimedia Manager Shaun Giles via email to [shaun.giles@paralympic.org.au](mailto:shaun.giles@paralympic.org.au)**

### Audio interviews for radio

The APC will provide broadcast quality audio interviews with members of the Australian Paralympic Team on a daily basis throughout the Games. Where possible, interviews will be conducted immediately after events and will be available within 60 minutes of the completion of an event. These interviews are available free to all Australian media outlets and can be obtained by contacting the APC's Sydney Media Centre on 02 9704 0543.

### Video for TV news reportage

As the Australian host broadcaster of the Sochi 2014 Paralympic Winter Games, ABC TV has confirmed that it will make its highlights package available to other networks for the purposes of news reportage. Please contact the ABC for further details.

### Social Media

The APC recognises that social media and online communities are a significant and growing way for people to communicate to one another.

The Australian Paralympic Team will have a significant social media presence during the Sochi 2014 Paralympic Winter Games. Media are invited to follow us on Facebook, Twitter, Instagram and YouTube.



[www.facebook.com/AUSParalymphics](http://www.facebook.com/AUSParalymphics)



[www.twitter.com/AUSParalymphics](http://www.twitter.com/AUSParalymphics)



[www.youtube.com/AUSParaTeam](http://www.youtube.com/AUSParaTeam)



[www.instagram.com/AUSParalymphics](http://www.instagram.com/AUSParalymphics)

## The Australian Games Media Team

### Paralympic Village – Sochi, Russia



#### Tim Mannion – Manager, Media and Communications

Tim Mannion is the APC's Communications General Manager. During the Games, Tim will oversee the APC's communications, website and social media operations, manage enquiries from Australian media, coordinate interviews and manage any issues that may arise. Tim was also the APC's Media Manager at the Vancouver and London Games.

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#### Shaun Giles – Manager, Multimedia

Shaun Giles is the APC's Broadcast and Multimedia Manager. During the Games, Shaun will generate broadcast content for use by Australian media, and will work with the Australian host broadcaster for the Games. Shaun was the APC's Multimedia Manager at the London 2012 Games, and also attended the Torino, Beijing and Vancouver Games as a member of the ABC's commentary team.

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### Outside the Village – Sochi, Russia



#### Margie McDonald – Media Liaison Officer

Margie McDonald is a sports journalist with *The Australian* newspaper. During the Games, Margie will write APC media releases, compile content for the APC website and work closely with Australian journalists in Sochi covering the Games. Margie has attended every Summer and Winter Paralympic Games as an accredited member of the media since Nagano 1998.

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#### Jeff Crow – Chief Photographer

Jeff Crow is the founder and chief photographer for Sport the Library, and is the official photographer for the 2014 Australian Paralympic Team. During the Games, Jeff will supply images to the APC for its media and social media operations and will also make a selection of images available to media across Australia on a daily basis. Jeff previously covered the 2000, 2010 and 2012 Paralympic Games for the APC.

### APC Media Centre – Sydney, Australia



#### Rebekka Wake – Media Liaison Officer, Australian based media

Rebekka Wake is the APC's Media and Public Relations Coordinator. During the Games, Rebekka will be the APC's Media Manager for all Australian-based media and will be based at the Australian Paralympic Committee's head office in Sydney.

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**E:** [rebekka.wake@paralympic.org.au](mailto:rebekka.wake@paralympic.org.au)

## ABC coverage schedule – TV and online

ABC TV holds the Australian broadcast and online rights for the Sochi 2014 Paralympic Winter Games.

ABC TV will broadcast two 30-minute highlights packages per day on ABC1 from March 8 to March 17.

The Opening Ceremony will be broadcast live on ABC1 on March 8 (AEST) from 03:00 to 05:00.

For the first time, the ABC will also be streaming the Paralympic Games via the ABC Grandstand website: [www.abc.net.au/grandstand](http://www.abc.net.au/grandstand)

### Opening Ceremony – LIVE on ABC1 Saturday 8 March from 03:00 to 05:00

Hosted by ABC TV Sport's Darren Boyd, ABC News24's Amanda Shalala and special guests.

### Daily Highlights on ABC1

#### Saturday 8 March to Monday 17 March from 10:30 to 11:00

Repeated each night at 18:00 to 18:30. Hosted by Darren Boyd and Amanda Shalala.

### Live streaming – ABC Grandstand Website

For the first time ever, the ABC will stream live action and highlights packages from the Paralympic Games online via its ABC Grandstand website: [www.abc.net.au/grandstand](http://www.abc.net.au/grandstand)

In addition to the events being streamed live which are listed below, highlights packages and delayed coverage will also be available. Please log on to the ABC Grandstand website for more details.

Date	Event	Time (AEDST)	LIVE
8 Mar	Opening Ceremony	03:00-05:00	Live
8 Mar	Alpine skiing – Downhill (men/women)	17:00-20:10	Live
9 Mar	Alpine skiing – Super-G (men)	17:00-19:35	Live
10 Mar	Alpine skiing – Super-G (women)	17:00-18:35	Live
11 Mar	Alpine skiing – Super combined (men/women)	16:30-01:10	Live
12 Mar	Cross-country – 1km sprint (men/women)	19:30-20:10	Live
12 Mar	Ice sledge hockey – Playoff 5th - 8th	23:00-05:00	Live
13 Mar	Alpine skiing – Slalom (men)	23:00-03:25	Live
14 Mar	Ice sledge hockey – semi finals	20:00-05:00	Live
15 Mar	Alpine skiing – Giant slalom (men)	16:30-21:00	Live
15 Mar	Snowboard – (men/women)	17:00-19:20	Live
16 Mar	Alpine skiing – Giant slalom (women)	16:00-20:35	Live
16 Mar	Ice sledge hockey – bronze	20:00-22:00	Live
17 Mar	Ice sledge hockey – gold	03:00-05:25	Live
17 Mar	Closing Ceremony	03:00-05:00	Live



Sunrise over the snowfields

## Media etiquette

When speaking to, interviewing or socialising with a person or athlete with an impairment, here are a few common courtesies, or general guidelines to remember:

- Always talk directly to the person with the impairment, not the person they are with, coach or support staff.
- Do not underestimate their intelligence or ability. Speak in a normal tone and do not use language that is condescending.
- Use the same gestures you use when you meet/greet a person with an impairment. Offer the same gesture even if they have limited use of their hands or they wear an artificial limb. The person will let you know if a certain action is appropriate.
- Feel comfortable in asking specific questions about a person's impairment. Be relaxed, and as open and honest as you can. A person's impairment is a part of who they are, how they got to where they are, and why they are competing at the highest level.
- Do not assume that all people require assistance. Ask if they need a hand, or wait to be asked. When assisting, always ask them how best to do this.

- A person with an impairment may have their own personal way of referring to their impairment. If a person uses language in relation to him or herself, which could be considered negative, it is not necessary to use similar language when talking to/about the athlete or groups of athletes.

- Use natural and everyday language in your interactions. Don't be embarrassed if you use phrases such as "see you later" (to an athlete with vision impairment) or "I'd better run along" (to someone who uses a wheelchair).

### People who use wheelchairs

- Where an athlete uses a wheelchair, place yourself at eye level with them, by sitting down next to them.
- Do not patronise a person who uses a wheelchair by patting him/her on the head or shoulders.
- A wheelchair should be viewed as part of the user's body space. Keep an appropriate distance and never use the chair as something to lean on.
- It is perfectly acceptable to offer to help guide the wheelchair or negotiate obstacles such as doors. But only push someone's chair if they have requested your help.



Paralympic Village, Rosa Khutor

#### People with an intellectual impairment

- Use simple language, and allow more time for the person to process your conversation and questions.
- Do not interrupt, correct, speak for the athlete or finish sentences for them.
- You may need to use more gestures/pictures if you are not getting the message across successfully verbally.

#### People with vision impairment

- When talking to a person who has vision impairment, always identify yourself and others in your group.
- It is very important to provide verbal descriptions of visual things that are happening.
- Never pat or touch a guide dog while it is in the harness – just ignore it. The animal is working when it is in the harness. It has a very important job to do and distracting it may harm its owner.
- Announce both your entrance and departure or exit from a room.
- Let the person know if an obstacle is present that cannot be detected with their stick.

- When you offer to guide a person with vision impairment allow him/her to take your arm.
- If you assist a person to find a seat, guide him/her there and place the person's hand on the back or arm of the chair.

#### People with communication difficulties

- Be aware that some people with physical, vision or intellectual impairments may have additional preferred methods of communicating and respect their requirements. They may need more time, use electronic devices, and require Braille or other tools to assist them in communication.
- For specific information, ask the individual (if this is unsuccessful, ask their permission to speak with their sport assistant, parent or carer).
- Demonstrate what you mean if you are not getting the message across successfully verbally.
- Do not interrupt, correct, speak for the athlete or finish sentences for them.

#### Paralympics, not Olympics or Para-Olympics

- Do not refer to Paralympians as Olympians. It is inappropriate to refer to a Paralympian as an Olympian, as it is to refer to an Olympian as a Paralympian.
- The Olympic Games and the Paralympic Games are two separate events, and the competitors at both events need be acknowledged in their own right.
- It is a tendency of some reporters to refer to the Paralympic Games as the Para-Olympic Games. There is no such thing as the Para-Olympic Games.

#### Things to remember when compiling your stories

- Athletes with an impairment competing at the Paralympic Games are the best of the best. These athletes are those that train the hardest, make sacrifices and commit themselves to pursue excellence in their respective sports. They should be afforded the same recognition as any able-bodied athlete who competes at the very highest level.

- Always identify the person first and then the disability. If it is not necessary to mention their disability, don't feel obliged to do so.
- Avoid sensationalising the accomplishments of athletes with disabilities as extraordinary or superhuman, in a way that suggests that expectations were not that high.
- Avoid using negative emotional words such as "tragic", "affected", "suffers", or "confined to a wheelchair". Emphasise the ability, not the limitation, i.e. by saying someone "uses a wheelchair" rather than "is confined to a wheelchair" or is "wheelchair bound".
- Portray the person as they are in their day-to-day life. For example, a person with an impairment might be an athlete but he/she may also be a parent, a civil engineer, a doctor, a business manager or a reporter.



# 02 GAMES HISTORY AND FACTS

## A brief history of the Paralympic Winter Games

The Paralympic movement was born in the late 1940s.

Before World War II, most people with a spinal cord injury died within months or a few years, from infections and other complications. However after the war, the development of antibiotics and improvements in treatment and rehabilitation made spinal cord injuries survivable.

Ludwig Guttmann was a German neurosurgeon who fled Nazi Germany in 1939 and moved to England. In 1944 he founded and became the first Director of the National Spinal Injuries Unit at Stoke Mandeville Hospital. Convinced there was a better way to rehabilitate injured servicemen and women, Guttmann introduced sport as a method of mental and physical rehabilitation.

In 1948 Guttmann organised the first Stoke Mandeville Wheelchair Games at the same time as the 1948 London Olympic Games. Those Games were the forerunner for the Summer Paralympics.

In the same year, the first events were offered for skiers with disabilities. The first documented Winter Championships for the Disabled were held in Badgastein, Austria, in 1948. Seventeen athletes – mainly from Austria, Germany and Switzerland – took part.

Although the first official Summer Paralympic Games were held in Rome in 1960, it was not until 1976 that the first Paralympic Winter Games were held, in Örnsköldsvik, Sweden.

Fast forward 16 years to 1992 and the Paralympic Winter Games were held in Albertville, France – the first city to host both the Winter Olympics and Paralympics. Since that time, the Olympic and the Paralympic Winter Games have shared

the same location, facilities and infrastructure, with the Paralympics always commencing about two weeks after the end of the Olympics.

The number of sports and athletes at each Paralympic Games varies according to the agreement reached between the host city and the International Paralympic Committee (IPC). There were five sports at the 1998 Paralympic Winter Games in Nagano, three in Salt Lake City in 2002, four in Torino in 2006, four in Vancouver in 2010 and there will be five during Sochi 2014 – alpine skiing, cross-country skiing, biathlon, wheelchair curling and ice sledge hockey. For the first time, snowboard cross will be introduced as a discipline of alpine skiing in Sochi.

The number of participating countries has grown steadily since the first Games in 1976, with 47 countries expected to participate in Sochi.

### Participation at the Paralympic Winter Games

Year	Location	No. of countries	No. of athletes
1976	Örnsköldsvik, Sweden	14	250
1980	Geilo, Norway	18	350
1984	Innsbruck, Austria	22	350
1988	Innsbruck, Austria	22	397
1992	Albertville, France	24	475
1994	Lillehammer, Norway	31	1,000
1998	Nagano, Japan	32	571
2002	Salt Lake City, USA	36	1,000
2006	Torino, Italy	39	474
2010	Vancouver, Canada	44	502



### Australia's history at the Paralympic Winter Games

Australia has participated at every Paralympic Winter Games since they began in 1976 and has competed in official competition since the second Games in 1980. Australia's first medal came in 1992 in Albertville, when Michael Milton won Australia's first gold medal in either Olympic or Paralympic winter competition.

Australia's strength in the Winter Games lies in alpine skiing and all of Australia's medal successes have come in the alpine skiing events.

Australia picked up four medals in Albertville in 1992, but it's most successful Games remain Lillehammer in 1994, when four of the team of six athletes won nine medals.

In 1998 in Nagano, Japan, Australia's James Paterson won a gold and bronze in the downhill and slalom. Four years later in Salt Lake City, Michael Milton became the first athlete in his class to claim a clean sweep of gold medals across the four alpine disciplines. His extraordinary performance was backed up by vision-impaired athlete Bart Bunting, who won two gold and one silver medal. The Salt Lake City 2002 Games were Australia's second most successful Games behind Lillehammer 1994.

At the 2006 Games in Torino, a new competition class structure came into force for alpine skiing. The 14 classes which had existed were combined into three classes – one for standing skiers, one for vision-impaired skiers and one for seated skiers. While athletes were still classified into the 14 classes according to their disability, a factoring system – based on the times skied by the best performers in each class – was used to adjust raw times to accurately compare athletes' times.

The new system reduced the number of potential medals in Paralympic alpine skiing from 128 to 36 and created a more fierce level of competition for every medal.

In Torino, Michael Milton won his 11th Paralympic Winter medal, a silver in the downhill, and 19-year-old Paralympic debutant Toby Kane picked up a bronze in the super-G event.

Four years later in Vancouver, Australia took its largest team to the Paralympic Winter Games with 14 athletes and guides. Australia won four medals and finished 16th on the medal tally.

Marty Mayberry won his first Paralympic medal with silver in the downhill and Cameron Rahles-Rahbula also won his first Paralympic medals, with bronze in the slalom and bronze in the super combined. Jessica Gallagher became the first Australian female to win a medal at the Paralympic Winter Games when she won bronze in the slalom.

### Sochi 2014 Paralympic Winter Games

- The 2014 Paralympic Winter Games take place 7-16 March, 2014 in Sochi, Russia.
- The Games will be the biggest Paralympic Winter Games yet with 47 countries and more than 600 athletes.
- There will be five sports at the Sochi 2014 Games – alpine skiing (including snowboard cross for the first time), cross-country skiing, biathlon, ice sledge hockey and wheelchair curling.
- Germany topped the medal tally in Vancouver 2010 with 13 gold medals, followed by Russia (12 gold), Canada (10 gold), Slovakia (6 gold) and Ukraine (5 gold).

Games	Team size	Medallists
Ornskoldsvik 1976	0 <sup>1</sup>	
Geilo 1980	1	
Innsbruck 1984	3	
Innsbruck 1988	5	
Albertville 1992	5	Gold: Michael Milton (limb loss, standing skier, LW2 class) <b>Slalom</b> Silver: Michael Milton <b>Super-G</b> Bronze: David Munk (paraplegia, sit-skier, LW12 class) <b>Super-G</b> Bronze: Michael Norton, (paraplegia, sit-skier, LW12 class) <b>Downhill</b>
Lillehammer 1994	6	Gold: Michael Milton <b>Giant slalom</b> Gold: Michael Norton <b>Slalom</b> Gold: Michael Norton <b>Super-G</b> Silver: Michael Milton <b>Slalom</b> Silver: James Paterson, (cerebral palsy, standing skier, LW9 class) <b>Downhill</b> Bronze: Michael Milton <b>Downhill</b> Bronze: Michael Milton <b>Super-G</b> Bronze: James Paterson <b>Giant slalom</b> Bronze: David Munk <b>Giant slalom</b>
Nagano 1998	4	Gold: James Paterson <b>Downhill</b> Bronze: James Paterson <b>Slalom</b>
Salt Lake City 2002	6	Gold: Michael Milton <b>Downhill</b> Gold: Michael Milton <b>Giant slalom</b> Gold: Michael Milton <b>Slalom</b> Gold: Michael Milton <b>Super-G</b> Gold: Bart Bunting (vision-impaired skier LW class), guide Nathan Chivers <b>Downhill</b> Gold: Bart Bunting, guide Nathan Chivers <b>Super-G</b> Silver: Bart Bunting, guide Nathan Chivers <b>Giant slalom</b>
Torino 2006	10	Silver: Michael Milton <b>Downhill</b> Bronze: Toby Kane (limb loss, standing skier, LW2 class) <b>Super-G</b>
Vancouver 2010	14	Silver: Marty Mayberry (limb loss, standing skier, LW3 class) <b>Downhill</b> Bronze: Cameron Rahles-Rahbula (limb loss, standing skier, LW2 class) <b>Super combined</b> Bronze: Cameron Rahles-Rahbula <b>Slalom</b> Bronze: Jessica Gallagher (vision-impaired, standing skier B3 class), guide Eric Bickerton <b>Slalom</b>

<sup>1</sup> One Australian skier attended the Games and participated as a forerunner, but did not compete as there were no events for his classification.

# 03 SPORTS



## What is Paralympic sport?

Paralympic sport exists so that athletes with a disability have equal opportunities to compete and be successful in sport. The Paralympic Games is the pinnacle of sporting achievement for athletes with a disability and showcases the fastest, strongest and best athletes in the world.

### Who competes in Paralympic winter sport?

Athletes who compete in Paralympic winter sport have a:

- physical impairment
- vision impairment

Athletes with an intellectual impairment compete in summer sports at the Paralympic Games, but are not currently eligible for competition at the Paralympic Winter Games.

Types of disabilities in Paralympic winter sport include:

## What is classification?

Classification groups athletes who have similar impairments as fairly as possible into classes for competition in their particular sport. Grouping similar athletes together means the severity or type of disability plays less of an impact on who wins.

Classification helps to make Paralympic sport fairer by allowing the fastest, strongest or best athletes in each class to succeed in their sport. Because no two athletes' disabilities are the same, there will always be a range of athletes within each class.

Each sport has a different classification system, because of the different technical skills required for each sport. A person who competes in more than one sport will receive a different classification for each sport. Sports use either numbers or letters as the system of classification in their sport.

Impairment	Disability examples of Australian athletes	
Vision impairment	Albinism, Refinitis Pigmentosa, macular or rod cone dystrophy	
Physical impairment	Limb loss or deficiency	Amputation from trauma, cancer, or limb deficiency from birth
	Spinal cord or nerve damage	- Spinal cord injury, spina bifida, transverse myelitis, sacral agenesis, spinal tumours - Nerve damage eg Erbs Palsy - Muscle weakness eg muscular dystrophy
	Cerebral palsy, acquired brain injury or similar	Cerebral palsy, acquired brain injury, stroke, brain tumour, multiple sclerosis, cerebellar ataxia, hereditary spastic paraparesis
	Short stature	Achondroplasia
	Joint movement restrictions	Arthrogryposis, Talipes, joint fusions
	Leg length difference	Significant difference in leg length

## Alpine skiing

Six Australian athletes plus two sighted guides will compete in alpine skiing in Sochi.

### History

Two alpine skiing events (slalom and giant slalom) were introduced at the first Paralympic Winter Games in 1976. Downhill was added in 1984, and super-G was added in 1994.

Until 1998, alpine events were only for standing classes – athletes with a vision impairment, limb loss, cerebral palsy or acquired brain injury etc. Mono-skiing, for seated skiers, became a medal event at the Nagano 1998 Paralympic Winter Games.

As the sport grew, so did the number of classes for skiers, reaching 14 classes in total. At the 2006 Games in Torino, a new three class system was introduced. Since then, athletes from the 14 classes are allocated to one of three categories based on their functional ability – standing, sitting and vision-impaired. A results "factoring" system, which calculates times for each class based on the historical best performances for that class, allows athletes with different disabilities to fairly compete against each other in the same event.

In 2014, the five competition events are the same as those at the Olympic Games – downhill, super-G, giant slalom, slalom and super combined (one run of super-G and one run of slalom).

### The events

**Downhill and super-G** are known as the "speed" events. The skiers start higher on the mountain and the gates are well spaced, resulting in speeds that often exceed 100 kph. Downhill is the longest and fastest event on the program.

In the "technical" events of the **giant slalom (GS) and the slalom**, the course is shorter and the gates closer together, emphasising the turning skills of the skiers. Slalom is the shortest course, generally on a very steep course, with the gates closest together and the quickest turns.

<b>Downhill</b>	Skiers are timed as they race down a long, steep course that may include turns and jumps. They must pass through a relatively few number of gates that are used as checkpoints. The penalty for missing a gate is disqualification. One run determines the finishing order – the shortest time wins.
<b>Super-G</b>	The course is shorter than downhill but longer than giant slalom and slalom. The number of gates is determined by the vertical drop, with a minimum of 35 direction changes for men and 30 for women. Gates are set at least 25m apart and the penalty for missing a gate is disqualification. One run determines the finishing order.
<b>Slalom</b>	The course is shorter than other alpine skiing events with a high number of gates (55-75 gates on a men's course and 40-60 on a women's course) that the athletes must negotiate. The penalty for missing a gate is disqualification. Each athlete completes two runs on the same day on different courses. Times from the two courses are added to determine the order of finish. The ranking in the first run is the basis for the starting order in the second run, with the fastest skiing last.

<b>Giant slalom</b>	The course is longer, there are fewer turns, and the turns are wider and smoother than the slalom. The number of gates is determined by the vertical drop and the penalty for missing a gate is disqualification. Each athlete completes two runs on the same day on different courses. Times from the two courses are added to determine the order of finish. The ranking in the first run is the basis for the starting order in the second run, with the fastest skiing last.
<b>Super combined</b>	This event combines two disciplines, like one downhill and one slalom run, or a super G and a slalom run. In Sochi, a super-G run in the morning will be followed by a slalom run in the afternoon. The lowest total time wins.

The rules of the International Ski Federation (FIS) are used with only a few modifications.

Skiers who have a vision impairment use the same equipment as able-bodied skiers. They follow sighted guides, who use voice signals to indicate the course to follow.

Skiers with locomotive disabilities may either use the same equipment as able-bodied skiers, or a prosthesis (an artificial arm or leg), or "outriggers" in place of ski poles (outriggers are a type of crutch with a very small ski at the end to help the skier with balance), or cut-down poles, or other orthopaedic aids.

Sitting skiers use a mono-ski – affectionately known as "tubs" or "buckets" – with a moulded seat, seat belts and a suspension system, sitting on a single ski. This allows for great manoeuvrability. Sit-skiers use outrigger poles for balance.



Alpine skiing course – Rosa Khutor Alpine Centre

### Classification

Athletes competing in alpine skiing events fall into three classifications – vision-impaired, standing and sitting. They compete in the same class across all five events.

The list below contains examples of the type of disabilities found in each class for alpine skiing, current at the date of publication. It is intended as a guide only and is not exhaustive.

### Vision impaired

All athletes compete with a sighted guide, who guides them through the set course by skiing 15-20 metres in front and shouts directional commands through the use of a microphone head set and speaker system.

- B1** Athletes who have no sight in both eyes
- B2** Athletes who have limited vision in both eyes either in:
  - How far they can see (visual acuity) – athletes can see objects two metres away, what a person with normal vision can see 60 metres away
  - How wide they can see (visual field) – athletes have tunnel vision less than 10 degrees wide
- B3** Athletes who have limited vision in both eyes either in:
  - How far they can see (visual acuity) – athletes can see objects up to six metres away, what a person with normal vision can see 60 metres away
  - How wide they can see (visual field) – athletes have tunnel vision less than 40 degrees wide

### Standing

- LW1** Athletes with significant impairment in both legs such as double above knee limb loss, incomplete paraplegia, cerebral palsy (CP) affecting both legs or significantly affecting balance. Athletes may ski with one or two skis, with two poles.



Snowboard cross course – Rosa Khutor Alpine Centre

- LW2** Athletes with impairment in one leg equivalent to above knee limb loss. Athletes ski with one ski and two poles.
- LW3** Athletes with impairment in both legs such as double below-knee limb loss, incomplete paraplegia or CP that affects both of their legs or their balance, who ski with two skis and two poles.
- LW4** Athletes with impairment in one leg such as below knee limb loss or hip or knee fusion. Athletes ski with two skis and poles.
- LW5/7** Skiers with both hands or arms loss or an equivalent impairment meaning they are unable to use poles.
- LW6/8** Impairment or loss of one hand or arm. Athletes use two skis and one pole.
- LW9** Impairment of one arm and one leg, such as limb loss or minimal or hemiplegic cerebral palsy.

### Sitting

- LW10** Mono skiers with poor sitting balance, and minimal abdominal strength (eg T5-T10 paraplegia) or cerebral palsy affecting all four limbs.
- LW11** Mono skiers with reasonable sitting balance and some abdominal strength such as T11-L1 paraplegia, or cerebral palsy affecting both legs only.
- LW12** Mono skiers with good sitting balance such as lumbar paraplegia and double above knee limb loss.

### Factor System

The 14 different functional classifications are combined within the above three classes (vision-impaired, standing, sitting) using a "factor system" to create one result list for each class.

For instance, the standing class includes athletes from the impairment classifications LW1-LW9. With a wide range of impairment levels included in one class and competing

for one set of medals, times are factored in order to ensure final placings are based on an athlete's technical ability, not the functional advantages or disadvantages they may have due to their physical impairment.

A 'factor' for each classification is calculated by dividing the fastest time achieved in the fastest classification, by the fastest time achieved for each of the other classifications, over several seasons of predetermined events.

These "factors" are adjusted annually based on results from the year's major competitions including: Alpine Cup; North American Races; European Cup; World Cups; World Championships; and Paralympic Winter Games.

During competition, the racing time of an athlete is multiplied by the factor of his/her respective classification. This results in a 'scoring time' for each athlete within their class. In races with two runs the scoring times of both races are added.

**All times and results displayed during events at the Paralympic Games will already include the factor adjustments.**

This means that the skier with the fastest time displayed on the scoreboard will be the event leader.

### Snowboard cross

Three Australian athletes will compete in snowboard cross in Sochi.

### History

Para-snowboard was added to the Paralympic Winter program in 2012 by the International Paralympic Committee. The sport will make its first appearance at the Sochi 2014 Paralympic Winter Games as a discipline of alpine skiing.

Before it was included as a Paralympic sport, Para-snowboard was known as 'adaptive snowboard' and was governed by the World Snowboard Federation. It is now governed by the International Paralympic Committee.

### The events

Paralympic competition is open to male and female athletes with a physical impairment such as spinal cord or nerve damage, cerebral palsy or acquired brain injury, limb loss and other similar conditions. Athletes compete in standing classes based on their functional ability.

Para-snowboard competitions are run as a time trial or 'slingshot' on a snowboard cross course. Each athlete completes three runs down the course with their finish time of their best two runs determining the final order based on ascending time.

There is only one rider on the course at a time. The event takes place on a man-made course constructed from a variety of terrain features like bank turns, various types of jumps and rollers.

### Classification

Athletes with upper limb impairments (SB-UL) compete together and athletes with lower limb impairments (SB-LL) compete together for medals and placings. **In Sochi 2014, only events for athletes in class SB-LL will be offered.**

**SB-LL** Athletes with a physical impairment affecting one or both legs (including cerebral palsy, limb loss or deficiency, spinal cord or nerve damage, or limb length difference) who compete standing. Athletes may use a prosthesis or modified equipment to compete.

### Nordic skiing

The Nordic competition disciplines are biathlon and cross-country. There are no Australians competing in these disciplines in Sochi.

### History

Paralympic cross-country skiing was included as an event at the first Paralympic Winter Games in 1976, at Örnsköldsvik, Sweden, with classical technique events only. Men and women used the classical

technique in all cross-country distances until skating was introduced by athletes at the Innsbruck 1984 Paralympic Winter Games. Since then, cross-country skiing events have been split into two separate races: classical and free technique. The new technique, however, was not officially used in a medal race until 1992 in Albertville, France.

Biathlon was first introduced in the 1988 Paralympic Winter Games in Innsbruck, Austria, and it became a medal event for both men and women at the Lillehammer 1994 Paralympic Winter Games.

### The events

**Biathlon** combines cross-country skiing and air-rifle shooting. The most important success factor lies in the capability of alternating the skills of physical endurance and shooting accuracy during the competition. Unlike able-bodied competitions, Paralympic athletes always shoot in a prone position.

Biathlon uses metal drop down targets which consist of a white target face plate with five target apertures, behind which are five independently operating knock down, falling plate scoring targets. The scoring plates must be black. A hit must be indicated by the black target circle being replaced by a white indicator disc. The target size has a diameter of 30mm for vision-impaired athletes and 20mm for other classes.

In the short distance biathlon, skiers race a 2.5 km loop three times, stopping twice at the shooting range where they take five shots at a metal target 10 metres away. If a competitor misses a plate, they must ski a 150m penalty loop for each missed shot.

Vision-impaired athletes shoot with an electronic rifle that allows aiming by hearing. The closer the rifle points to the centre of the target, the higher the tone. The different tones that occur when the rifle is moved allow the shooter to find the exact centre of the target and help tell them when to fire.

In long-distance biathlon, competitors ski the loop five times and stop four times at the shooting range. Missing a target plate can be costly: for every miss, a competitor receives a one minute time penalty that is added to their overall skiing time.

**Cross-country skiing** includes freestyle and classic events for individuals, and relays.

The classic technique, as the name suggests, is the traditional one: the skis are kept parallel and never leave or deviate from two tracks, or grooves, marked on the course.

The freestyle technique uses shorter skis and is slightly faster than classical – on average about 8 per cent faster over an entire race distance. Sit-skiers are unable to alter their technique and use their arms and poles to propel themselves along the parallel tracks in which their skis sit.

The freestyle technique allows the skier to choose the moves and the type of pace.

Since the majority of skiers choose a style similar to skating, pushing the skis from both legs, the skating technique has become synonymous with freestyle technique.

Paralympic cross-country skiers compete in men's and women's individual events over short, middle and long distances ranging from 2.5 km to 20 km. Each race has an interval start, with skiers starting every 30 seconds. The Nordic Percentage System is used to equalise the disability time handicap for skiers within each category. The percentage is applied to each skier's final time and the skier with the lowest calculated time is the winner.

The ranking in all cross-country skiing events is based on the fastest competitor's times. The starting order is designed to avoid overtaking as much as possible (sit-ski, vision-impaired and standing is the normal start order). Each class of competitors is divided into two equal-sized subgroups by seeding. Within the subgroup the start order is decided by a draw.

In the relay event, each team member skis one leg. Teams are made up of skiers from different categories but with the total percentage for each team being equal. This means that no time calculation is required and the first team across the finish line wins.

### Ice sledge hockey

Ice sledge hockey is the Paralympic version of ice hockey. Since its debut on the Paralympic program at the Lillehammer 1994 Winter Paralympics, it has quickly become one of the largest attractions for spectators at the Winter Paralympics.

It is fast-paced, highly physical and played by male athletes with a physical impairment in the lower part of the body. It follows the rules of the International Ice Hockey Federation (IIHF) with modifications. Instead of skates, players use two-blade sledges that allow the puck to pass beneath. Players use two sticks, which have a spike-end for pushing and a blade-end for shooting.

### Wheelchair curling

Wheelchair curling made its debut at the Torino 2006 Paralympic Winter Games.

The sport is open to male and female athletes with a physical impairment in the lower part of the body. This includes athletes with significant impairments in lower leg/gait function who require a wheelchair for daily mobility.

Each team must be comprised of male and female players. It is governed by and played according to the rules of the World Curling Federation (WCF), with only one modification – no sweeping.

# 04 THE AUSTRALIAN TEAM

## Fast facts

- Australia will compete in one of the five sports at the Sochi 2014 Paralympic Winter Games. These are alpine skiing and snowboard cross.
- Australia's team of 26 includes nine athletes, two sighted guides for vision-impaired athletes and 15 staff.
- Of the nine athletes, five are men and four are women. Both sighted guides are male.
- Australia will have its highest ever representation of female athletes (four) at a Paralympic Winter Games in 2014. Emily Jansen was the first Australian Winter Paralympian in 2006, while Jessica Gallagher and Melissa Perrine competed in 2010.
- The average age of the team is 25. The average age of the male athletes is 26. The average age of the female athletes is 24.
- The youngest athlete on the 2014 Team is snowboard cross athlete Ben Tudhope, who will be 14 years and 85 days when the Games open.
- The oldest athlete on the 2014 Team is snowboard cross athlete Trent Milton, who will be 41 years and 307 days when the Games open.
- Four athletes will attend their first Games in Sochi. They are Victoria Pendergast, Trent Milton, Joany Badenhorst and Ben Tudhope.
- Four of the athletes on the team reside in Victoria. The remaining five live in New South Wales.
- Jessica Gallagher is the only member of the Team to have competed at both a Summer and Winter Paralympic Games. Jessica competed at Vancouver 2010 where she won a bronze medal in the slalom, then competed at the London 2012 Games in long jump and javelin.
- Australia has won 28 Paralympic winter medals since the first Paralympic Winter Games in Örnsköldsvik, Sweden in 1976.
- At the Vancouver 2010 Games, Australia won one silver and three bronze medals to finish 16th on the medal tally.
- Australia has not won a Paralympic gold medal since Salt Lake City in 2002.
- Australia's most successful Winter Paralympian is Michael Milton with six gold, three silver and two bronze medals from five Games.
- Australians have participated in every Winter Paralympic Games since they began in 1976, but did not compete in the very first Games. Ron Finneran, one of the founders of Disabled WinterSport Australia, attended the first Games, carried the Australian flag at the Opening Ceremony and skied as a forerunner for the alpine events. However, there were no competition events for athletes with Ron's disability.
- Australia won its first medal in 1992 in Albertville when Michael Milton, a leg amputee, won Australian's first alpine gold medal in either Olympic or Paralympic competition.
- Before Sochi, the Australian Paralympic Winter Team had won 28 medals compared to the nine Olympic medals won by the Australian Olympic Winter Team.
- As of February 2014, Australia boasts two athletes with number one rankings – Jessica Gallagher (slalom) and Mitchell Gourley (giant slalom).
- The APC's budget for the Sochi Games campaign is \$1.5 million.

Ben Tudhope will become Australia's youngest ever Winter Paralympians in Sochi



## Summer and Winter Paralympic Games athletes

From 1960 to 2014 just five athletes will have represented Australia at both a Winter and Summer Paralympic Games.

### Kyrra Grunnsund

Kyrra Grunnsund's Paralympic career spanned more than a decade through the 1980s and early 1990s. In 1980, Kyrra represented Australia in cross country and alpine skiing. He continued alpine skiing at the 1984, 1988 and 1992 Games but did not medal. Not only has Kyrra represented Australia in both Summer and Winter Games but, in 1992, he did it in the same year, travelling to Albertville in France for the Winter Games and then to Barcelona in Spain to compete in athletics in the Summer Games.

### Anthony Bonaccorso

In 1998, Anthony Bonaccorso attended the Nagano 1998 Paralympic Winter Games. After a brief stint in alpine skiing, Anthony took up wheelchair tennis and won a bronze medal in Athens in 2004. Anthony narrowly missed out on making the 2008 Beijing Team.

### Michael Milton

Michael Milton is one of Australia's most successful athletes, and in Beijing became the fourth athlete to represent Australia at both the summer and winter Paralympic Games.

When he was nine years old and learned that his left leg was to be amputated as the result of cancer, Michael's greatest concern was that we would not be able to ski, an activity he had done with his family since the age of three. After watching footage of a one-legged skier, Michael was inspired to continue to hit the slopes and five years later debuted at the 1988 Winter Paralympics in Austria at 14 years of age.

Throughout his career, Michael has competed in five Winter Paralympic Games and many international skiing competitions.



Summer and Winter Paralympian Dominic Monypenny (Beijing 2008, Vancouver 2010)

He won a total of 11 Paralympic medals, including six gold. Michael's finest Paralympics were in Salt Lake City 2002, where he recaptured his gold medal in the giant slalom from the 1994 Games, and won each of the three other alpine events (slalom, super-G, downhill).

Michael retired from ski racing after the 2006 Paralympics with a silver medal performance in the downhill. That same year, Michael bettered his own previous world record speed for a skier with a disability, reaching 213.65 km/h, also a record for any Australian skier.

In 2008 Michael represented Australia in cycling at the Beijing Games, after having undergone treatment for esophageal cancer less than 12 months before the Games.

Michael has since competed in several triathlons and is part of the Paralympic Winter program's coaching staff. At the Sochi 2014 Games, he is the Team's Assistant Coach.

### Dominic Monypenny

When rowing was introduced into the Paralympic Games in 2008, Dominic Monypenny was a natural selection,

having already won world championship gold in 2005 and 2006, silver in 2007 and having been awarded the prestigious "Rowers' Rower" award from his peers at the annual Rowing Australia Awards. In Beijing, Dominic finished sixth in the Paralympic final and retired from competitive rowing to take up a new passion – cross-country skiing.

Dominic approached skiing with the same determination and intensity that brought him success on the water. He devoted himself completely to learning the craft of cross-country skiing, as well as building on his already prodigious endurance and represented Australia at the Vancouver 2010 Paralympic Games in the 1km sprint and the 10km and 15km races.

### Jessica Gallagher

Before becoming Australia's first female medallist at a Paralympic Winter Games, vision-impaired athlete Jessica Gallagher was a track and field athlete and had qualified for the Beijing Games in 2008 in the 100m, long jump, discus and shot put. Days before her competition, she underwent classification where she was reclassified and told she had too much sight in one eye to be eligible to compete.

After Beijing, Jessica took up ski racing and by the time the Vancouver 2010 Games came around, her eyesight had deteriorated enough to be eligible for competition. In Vancouver, Jessica won a bronze medal in the women's vision-impaired slalom, becoming Australia's first female Paralympic medallist.

Post Vancouver, Jessica returned to the athletics field and won a silver and bronze medal in long jump and javelin at the 2011 IPC Athletics World Championships and competed at the London 2012 Paralympic Games, becoming the first Australian woman to compete at both a Summer and Winter Games.

Jessica again returned to winter competition and is set to compete with her new guide Christian Geiger in Sochi, after a successful World Cup season in 2013/14.



## Meet the athletes

### Alpine skiing



#### Jessica Gallagher

**Born:** 14 March 1986 (28 years old in Sochi)

**Resides:** Highton, VIC

**Discipline:** Slalom, giant slalom

**Classification:** B3

**Disability:** Vision impairment

**How acquired:** Birth

**Occupation:** Osteopath

**Career highlights:** Becoming the only Australian athlete to medal at an international meet in both winter and summer Paralympic events, and being the first female Paralympian to win a medal at the Winter Paralympics (Vancouver 2010)

**Best international results:** Gold in slalom and giant slalom at the 2014 IPC World Cup at Copper Mountain, USA

**Paralympic Games experience:** Vancouver 2010, London 2012

**Heroes/role models:** Anyone who has achieved their dreams against the odds

**Favourite quote:** Why follow paths lived by others when you can create your own path and destiny

**Twitter:** @JessGallagher86

In 2010, Jessica Gallagher created history at the Winter Paralympics in Vancouver, becoming the first Australian woman to ever win a Winter Paralympic Games medal. With guide Eric Bickerton, Jessica claimed bronze in the women's vision-impaired slalom, capping an amazing rise in the sport after joining the APC's alpine skiing program in 2009. And to make her momentous Paralympic medal even more special, she won it on her 24th birthday.

Her rapid rise as a Paralympic skier came after her track and field career was placed on hold following the 2008 Beijing Games.

Having earned selection to the Australian Team in the 100m, long jump, discus and shot put, Jessica was ruled out the day before the Opening Ceremony after Paralympic classifiers declared her right eye was 0.1 of a degree too sighted to legally compete.

With a rare disease known as cone dystrophy which continues to deteriorate her sight, Jessica became eligible for both the Summer and Winter Paralympics and following Vancouver, she returned to athletics where she debuted at the 2011 IPC Athletics World Championships, just 10 months after the Vancouver Games. Jessica won a silver medal in the long jump and a bronze medal in the javelin.

Hoping to become the first Australian Paralympian to win a medal at both the Summer and Winter Paralympics, Jessica competed in the long jump and javelin at the London 2012 Paralympics however she sustained a serious knee injury in the weeks leading up to the Games which hampered her results. She finished fifth in the long jump and sixth in the javelin.

Now back on the snow, Jessica won her first major alpine skiing medals on home soil with two silvers in giant slalom and slalom at the 2013 IPC Alpine Skiing World Cup in Thredbo, just weeks after joining her new guide, Christian Geiger.

Jessica loves watching her favourite sporting team the Essendon Bombers win, and spending time with her family and friends as well as travelling to new places. In 2010 she was named Female Australian Paralympian of the Year for her bronze medal performance in Vancouver.

#### Current world rankings (as at February 2014)

Slalom – 1, Giant slalom – 5, Super-combined – 11, Super G – 10

### International results highlights and latest season

Event	Location	Discipline	Place
2009/10 IPC World Cup Series	Roll Rin, AUT	Slalom	Bronze
2009/10 IPC World Cup Series	Abtenau, AUT	Slalom #1	5
2009/10 IPC World Cup Series	Abtenau, AUT	Slalom #2	Bronze
2009/10 IPC World Cup Series	Abtenau, AUT	Slalom #3	4
2010 Paralympic Winter Games	Vancouver, CAN	Slalom	Bronze
2010 Paralympic Winter Games	Vancouver, CAN	Giant slalom	7
2012/13 IPC World Cup Series	Sestriere, ITA	Slalom #1	Bronze
2012/13 IPC World Cup Series	Sestriere, ITA	slalom #2	4
2012/13 IPC World Cup Series	St Moritz, SUI	Slalom #1	4
2013/14 IPC World Cup Series	Thredbo, AUS	Giant slalom #1	5
2013/14 IPC World Cup Series	Thredbo, AUS	Giant slalom #2	Silver
2013/14 IPC World Cup Series	Thredbo, AUS	Slalom #1	Silver
2013/14 IPC World Cup Series	Copper Mountain, USA	Giant slalom #1	Silver
2013/14 IPC World Cup Series	Copper Mountain, USA	Slalom #2	Gold
2013/14 IPC World Cup Series	Copper Mountain, USA	Giant slalom #2	Gold
2013/14 IPC World Cup Series	St Moritz, SUI	Giant slalom #1	DNF



### Mitchell Gourley

**Born:** 2 June 1991  
(22 years old in Sochi)

**Resides:** Barwon Heads, VIC

**Discipline:** Downhill, super-G, super combined, slalom, giant slalom

**Classification:** LW6/8-2

**Disability:** Left arm below elbow limb deficiency

**How acquired:** Birth

**Occupation:** Student

**Career highlights:** The World Cup giant slalom win in Sestriere 2013 when he shared the podium with Matthias Lanzinger (silver) and team mate Toby Kane (bronze)

**Best international results:** Five international IPC World Cup gold medals from 2012-2013

**Paralympic Games experience:** Vancouver 2010

**Heroes/role models:** His mother

**Twitter:** @mitchgourley

Mitchell Gourley is one of Australia's best medal hopes at the Sochi 2014 Winter Paralympic Games.

Mitchell was the most successful Australian winter athlete during the 2012/13 World Cup series, collecting four medals including one gold and three silvers across the slalom and giant slalom events. He began the

#### International results highlights and latest season

Event	Location	Discipline	Place
2009/10 IPC World Cup Series	Roll Rin, AUT	Giant slalom	7
2009/10 IPC World Cup Series	Roll Rin, AUT	Slalom	10
2009/10 IPC World Cup Series	Sestriere, ITA	Downhill #1	11
2009/10 IPC World Cup Series	Sestriere, ITA	Downhill #2	11
2009/10 IPC World Cup Series	Sestriere, ITA	Super-G	12
2010 Paralympic Winter Games	Vancouver, CAN	Super-G	10
2010 Paralympic Winter Games	Vancouver, CAN	Giant slalom	12
2010 Paralympic Winter Games	Vancouver, CAN	Slalom	27
2011/12 IPC World Cup Series	Arta Terme, ITA	Giant slalom #1	Bronze
2011/12 IPC World Cup Series	Arta Terme, ITA	Giant slalom #2	Bronze
2011/12 IPC World Cup Series	La Molina, ESP	Slalom #2	Bronze

2013/14 World Cup season in style, with two gold, three silver and one bronze medal and is really hoping to carry his impressive form into the Sochi Games.

His recent success builds on a strong foundation of training in the northern hemisphere mixed with plenty of competition. During the 2011/12 World Cup series, Mitchell won two gold in the giant slalom as well as two silver and three bronze medals in slalom, giant slalom and super-G.

Mitchell began competing in winter sport at just 11-years-old and represented Australia for the first time at 15. Determined and confident, he is striving to win a Paralympic medal, with a strong focus on the giant slalom and super-G events, and will draw from his Paralympic experience in Vancouver 2010 as well as his triumphs and losses since to get himself in the best possible condition to win.

Not only does Mitchell ski, he also enjoys cycling, mountain biking, drinking coffee and searching for Melbourne's best hamburger.

In his spare time, Mitchell likes to read and cites the character Atticus Finch from To Kill a Mockingbird as someone he admires.

#### Current world rankings (as at February 2014)

Slalom – 6, Giant slalom – 1, Super combined – 4, Super-G – 5, Downhill – 6

Event	Location	Discipline	Place
2011/12 IPC World Cup Series	La Molina, ESP	Giant slalom	Gold
2011/12 IPC World Cup Series	Winter Park, USA	Super-G #1	5th
2011/12 IPC World Cup Series	Winter Park, USA	Super-G #2	Silver
2011/12 IPC World Cup Series	Winter Park, USA	Giant slalom #1	Gold
2011/12 IPC World Cup Series	Winter Park, USA	Giant slalom #2	Silver
2011/12 IPC World Cup Series	Panorama, CAN	Super-G #2	5
2011/12 IPC World Cup Series	Panorama, CAN	Super combined	6
2011/12 IPC World Cup Series	Panorama, CAN	Slalom	4
2013 IPC World Championships	La Molina, ESP	Downhill	13
2013 IPC World Championships	La Molina, ESP	Giant slalom	DNF
2013 IPC World Championships	La Molina, ESP	Slalom	8
2013 IPC World Championships	La Molina, ESP	Super combined	5
2013 IPC World Championships	La Molina, ESP	Super-G	11
2012/13 IPC World Cup Series	Sestriere, ITA	Giant slalom #1	Gold
2012/13 IPC World Cup Series	Sestriere, ITA	Giant slalom #2	Silver
2012/13 IPC World Cup Series	Sestriere, ITA	Slalom #2	Silver
2012/13 IPC World Cup Series	St Moritz, SUI	Giant slalom #1	5
2012/13 IPC World Cup Series	St Moritz, SUI	Slalom #2	4
2012/13 IPC World Cup Series	Sochi, RUS	Downhill #1	6
2012/13 IPC World Cup Series	Sochi, RUS	Slalom	Silver
2013/14 IPC World Cup Series	Coronet, NZL	Slalom #1	Bronze
2013/14 IPC World Cup Series	Coronet, NZL	Slalom #2	Silver
2013/14 IPC World Cup Series	Mount Hutt, NZL	Super combined	Silver
2013/14 IPC World Cup Series	Mount Hutt, NZL	Super-G	Silver
2013/14 IPC World Cup Series	Thredbo, AUS	Giant slalom #1	Gold
2013/14 IPC World Cup Series	Thredbo, AUS	Giant slalom #2	Gold
2013/14 IPC World Cup Series	Panorama, CAN	Downhill	8
2013/14 IPC World Cup Series	Panorama, CAN	Super combined	9
2013/14 IPC World Cup Series	Panorama, CAN	Giant slalom	6
2013/14 IPC World Cup Series	Panorama, CAN	Super-G	4
2013/14 IPC World Cup Series	Copper Mountain, USA	Giant slalom #1	5
2013/14 IPC World Cup Series	Copper Mountain, USA	Slalom #1	6
2013/14 IPC World Cup Series	Copper Mountain, USA	Giant slalom #2	6
2013/14 IPC World Cup Series	St Moritz, SUI	Giant slalom #1	4
2013/14 IPC World Cup Series	St Moritz, SUI	Slalom #1	12
2013/14 IPC World Cup Series	St Moritz, SUI	Slalom #2	DNF



## Toby Kane

**Born:** 30 December 1986  
(27 years old in Sochi)

**Resides:** South Melbourne, VIC

**Discipline:** Downhill, super-G, super combined, slalom, giant slalom

**Classification:** LW2

**Disability:** Right below knee limb loss

**How acquired:** Hit by a car as a toddler

**Occupation:** Medical student

**Career highlights:** Winning bronze in the super-G at Torino 2006

**Best international results:** Bronze in the super-G at the 2006 Paralympic Games

**Paralympic Games experience:** Torino 2006, Vancouver 2010

**Heroes/role models:** His mother, father and girlfriend

**Favourite quote:** The day I say it's good enough is the day I retire

**Twitter:** @Toby\_Kane

At age 19, Toby Kane was the youngest member of the Australian Paralympic Team when he won a bronze medal in the super-G at the 2006 Winter Paralympic Games in Torino.

While such a result came as a surprise to some of his more experienced rivals, there is no doubt that the Sydney-sider turned Melbourne local has always been a star in the making.

After he was involved in a car accident at the age of two, which resulted in the amputation of his lower right leg, Toby was just 10-years-old when identified by talent scouts while skiing with his family near the ski lodge run by his aunt and uncle at Smiggin Holes. By age 11, he had been invited to join the Australian winter development team, and at 17, was a regular member of the Australian Paralympic squad.

In the lead-up to the Vancouver Paralympic Games, Toby performed brilliantly at the Paralympic super-G venue at Whistler in Canada, winning a bronze medal at the 2009 World Cup. But the snow Gods had different ideas for Toby during the Games, with him finishing 10th in the slalom, 10th in the downhill and 11th in the standing while crashing in his pet event, the super-G as well as in the super combined.

After a break from sport, Toby returned to the slopes at the 2011 IPC Alpine Skiing World Championships and won a bronze medal in the slalom after posting a string of frustrating fourth places. During the 2011/12 World Cup season, he won another bronze in the giant slalom and during the 2012/13 season, won a gold, two silvers and a bronze medal at the 2012 North America Cup and then followed up with bronze in the giant slalom in the World Cup series.

Away from competition, Toby is studying a double degree in Medicine and Surgery at university and sat his final exams just days before departing for his final Sochi preparations. When he finds some spare time, Toby loves going to beach, and showing off his cooking skills in the kitchen.

### Current world rankings (as at February 2014)

Slalom – 9, Giant slalom – 9, Super combined – 14, Super-G – 8, Downhill – 15

### International results highlights and latest season

Event	Location	Discipline	Place
2006 Paralympic Winter Games	Torino, ITA	Downhill	9
2006 Paralympic Winter Games	Torino, ITA	Giant slalom	DNF
2006 Paralympic Winter Games	Torino, ITA	Slalom	16
2006 Paralympic Winter Games	Torino, ITA	Super-G	Bronze
2009/10 IPC World Cup Series	Roll Rin, AUT	Giant slalom	DNF
2009/10 IPC World Cup Series	Roll Rin, AUT	Slalom	Silver
2009/10 IPC World Cup Series	Abtenau, AUT	Giant slalom #1	DQ
2009/10 IPC World Cup Series	Abtenau, AUT	Giant slalom #2	6
2009/10 IPC World Cup Series	Abtenau, AUT	Slalom #1	DNF
2009/10 IPC World Cup Series	Abtenau, AUT	Slalom #2	6
2009/10 IPC World Cup Series	Abtenau, AUT	Slalom #3	4
2009/10 IPC World Cup Series	Sestriere, ITA	Downhill #1	6
2009/10 IPC World Cup Series	Sestriere, ITA	Downhill #2	Silver
2009/10 IPC World Cup Series	Sestriere, ITA	Super combined	4
2009/10 IPC World Cup Series	Sestriere, ITA	Super-G	Bronze
2010 Paralympic Winter Games	Vancouver, CAN	Giant slalom	10
2010 Paralympic Winter Games	Vancouver, CAN	Downhill	10
2010 Paralympic Winter Games	Vancouver, CAN	Slalom	11
2010 Paralympic Winter Games	Vancouver, CAN	Super-G	DNF
2010 Paralympic Winter Games	Vancouver, CAN	Super combined	DNF
2011/12 IPC World Cup Series	Arta Terme, ITA	Giant slalom #1	5
2011/12 IPC World Cup Series	La Molina, ESP	Slalom #1	Bronze
2011/12 IPC World Cup Series	La Molina, ESP	Slalom #2	5
2011/12 IPC World Cup Series	La Molina, ESP	Giant slalom	5
2012/13 IPC World Cup Series	Sestriere, ITA	Giant slalom #1	Bronze
2012/13 IPC World Cup Series	Sestriere, ITA	Giant slalom #2	6
2012/13 IPC World Cup Series	Sestriere, ITA	Slalom #1	7
2012/13 IPC World Cup Series	St Moritz, SUI	Giant slalom #2	14
2012/13 IPC World Cup Series	St Moritz, SUI	Slalom #2	6
2012/13 IPC World Cup Series	Sochi, RUS	Downhill #2	11
2013/14 IPC World Cup Series	Coronet, NZL	Slalom #1	4
2013/14 IPC World Cup Series	Panorama, CAN	Downhill	13
2013/14 IPC World Cup Series	Panorama, CAN	Super combined	10
2013/14 IPC World Cup Series	Panorama, CAN	Giant slalom	9
2013/14 IPC World Cup Series	Panorama, CAN	Super-G	8
2013/14 IPC World Cup Series	Copper Mountain, USA	Slalom #1	4
2013/14 IPC World Cup Series	Copper Mountain, USA	Slalom #2	4
2013/14 IPC World Cup Series	St Moritz, SUI	Giant slalom #1	9
2013/14 IPC World Cup Series	St Moritz, SUI	Slalom #1	DQ
2013/14 IPC World Cup Series	St Moritz, SUI	Slalom #2	DNF



### Victoria Pendergast

**Born:** 25 January 1991

(23 years old in Sochi)

**Resides:** East Gosford, NSW

**Discipline:** Slalom, giant slalom

**Classification:** LW12-1

**Disability:** Sacral agenesis

**How acquired:** Birth

**Occupation:** Telemarketer

**Best international results:** Silver in the slalom at the 2013 North America Cup, bronze at the 2013 IPC World Cup in Thredbo

**Paralympic Games experience:** Nil

**Heroes/role models:** American sit skiers Alana Nichols and Laura Stevens

**Favourite quote:** Live the dream

As a child, Victoria 'Tori' Pendergast was on a family holiday at the snow when Disabled Wintersports Australia spotted her on the slopes. Having opened her and her family's eyes to the world of Paralympic ski racing, Tori attended a number of camps with the APC development squad and in 2010 made her competitive debut at the New Zealand Winter Games.

Born missing the lower part of her spine, Tori is suited to sit-skiing and embraced

the idea of hurtling down a mountain at top speed in a custom built sled. Most recently she won a silver and bronze medal in the slalom and super-G at the 2013 North America Cup as well as a bronze medal in the giant slalom at the 2013 IPC World Cup in Thredbo.

Tori's life is firmly focused on skiing and when she's not training, she loves to free ski. She admires some of the top sit-skiers in the world including Americans Alana Nichols and Laura Stevens. In Sochi, Tori will become the first Australian woman to compete in a sit-ski at the Paralympic Winter Games.

Away from skiing, Tori also enjoys kayaking as well as catching up with her friends and enjoying good food. She has recently graduated with a degree in business and marketing and would like to one day work for a large and well-known brand.

On the slopes though, her ultimate goal is to win a Paralympic medal or win the World Cup Globe title and she continues to train in the northern hemisphere to reach her goal.

**Current world rankings (as at February 2014)**

Slalom – 13, Giant slalom – 12, Super-G – 13, Downhill – 12

#### International results highlights and latest season

Event	Location	Discipline	Place
2013/14 IPC World Cup Series	Thredbo, AUS	Giant slalom #2	Bronze
2013/14 IPC World Cup Series	Thredbo, AUS	Slalom #1	4
2013/14 IPC World Cup Series	Copper Mountain, USA	Slalom #1	9
2013/14 IPC World Cup Series	Copper Mountain, USA	Giant slalom #2	5
2013/14 IPC World Cup Series	St Moritz, SUI	Giant slalom #1	Bronze
2013/14 IPC World Cup Series	St Moritz, SUI	Slalom #1	Silver
2013/14 IPC World Cup Series	St Moritz, SUI	Slalom#2	DNF



Victoria Pendergast



### Melissa Perrine

**Born:** 21 February 1988

(26 years old in Sochi)

**Resides:** Welby, NSW

**Discipline:** Downhill, super-G, super combined, slalom, giant slalom

**Classification:** B2

**Disability:** Vision impairment

**How acquired:** Birth

**Occupation:** Student

**Best international results:** Three gold, three silvers, one bronze during 2013/14 World Cup season

**Paralympic Games experience:** Vancouver 2010

**Heroes/role models:** The first female UFC fighter Ronda Rousey

It takes immense ability, skill, dedication and courage to be an elite vision-impaired alpine skier, attributes of which Melissa Perrine certainly has no shortage.

From the Southern Highlands region of NSW, Melissa is one of the newer members of the Australian Winter Paralympic squad after earning national selection for the first time in 2009.

Melissa and fellow vision-impaired athlete Jessica Gallagher were the female representatives in the 2010 Australian Team, and joined 2006 Paralympian Emily Jansen as the three women to have represented Australia at a Paralympic Winter Games.

Melissa skis with the assistance of her sighted guide Andrew Bor, and is confident that their partnership is developing into one capable of Paralympic success.

In their very first international competition as skier and guide – the 2009 IPC North American Cup in Colorado – Melissa won a silver medal in the super-G discipline in what was an outstanding performance.

At the Vancouver Games, Melissa didn't win a medal but in the years following, excelled on the World Cup stage, winning silver and bronze in the giant slalom in the 2011/12 World Cup series, and a silver and two bronze medals in the downhill, super-G and super combined respectively at the 2011 IPC Alpine Skiing World Championships, before enjoying a stellar 2013/14 World Cup season leading into the Sochi Games.

Melissa credits her parents as the most influential people in her life due to their unwavering support of her skiing career. She also looks up the UFC fighter Ronda Rousey who paved the way for women in the sport and enjoys mixed martial arts and judo in her spare time as well as studying to be a physiotherapist.

#### Current world rankings (as at February 2014)

Slalom – 8, Giant slalom – 4, Super combined – 4, Super-G – 6, Downhill – 6

#### International results highlights and latest season

Event	Location	Discipline	Place
2009/10 IPC World Cup Series	Sestriere, ITA	Downhill #1	4
2009/10 IPC World Cup Series	Sestriere, ITA	Downhill #2	4
2009/10 IPC World Cup Series	Aspen, USA	Downhill #2	Bronze
2009/10 IPC World Cup Series	Aspen, USA	Super-G	Bronze
2010 Paralympic Winter Games	Vancouver, CAN	Downhill	5
2010 Paralympic Winter Games	Vancouver, CAN	Super-G	7
2010 Paralympic Winter Games	Vancouver, CAN	Slalom	9
2010 Paralympic Winter Games	Vancouver, CAN	Giant slalom	DNF
2010 Paralympic Winter Games	Vancouver, CAN	Super combined	DNF
2011 NZ Winter Games	Queenstown & Methven, NZ	Giant slalom	Gold
2011 NZ Winter Games	Queenstown & Methven, NZ	Slalom	Gold
2011 NZ Winter Games	Queenstown & Methven, NZ	Super-G	Gold
2011/12 IPC World Cup Series	Arta Terme, ITA	Giant slalom #1	Bronze
2011/12 IPC World Cup Series	Arta Terme, ITA	Giant slalom #2	Bronze
2011/12 IPC World Cup Series	La Molina, ESP	Slalom #1	4
2011/12 IPC World Cup Series	La Molina, ESP	Slalom #2	Bronze
2011/12 IPC World Cup Series	La Molina, ESP	Giant slalom	Silver
2012/13 IPC World Cup Series	Sestriere, ITA	Giant slalom #1	4
2012/13 IPC World Cup Series	Sestriere, ITA	Giant slalom #2	4
2012/13 IPC World Cup Series	Sestriere, ITA	Slalom #1	4
2012/13 IPC World Cup Series	Sestriere, ITA	Slalom #2	Bronze
2012/13 IPC World Cup Series	St Moritz, SUI	Slalom #1	Bronze
2012/13 IPC World Cup Series	Sochi, RUS	Downhill #2	5
2012/13 IPC World Cup Series	Sochi, RUS	Slalom	4
2013/14 IPC World Cup Series	Mount Hutt, NZL	Super combined	Gold
2013/14 IPC World Cup Series	Mount Hutt, NZL	Super-G	Silver
2013/14 IPC World Cup Series	Thredbo, AUS	Giant slalom #2	5
2013/14 IPC World Cup Series	Panorama, CAN	Downhill	Gold
2013/14 IPC World Cup Series	Panorama, CAN	Giant slalom	Bronze
2013/14 IPC World Cup Series	Panorama, CAN	Super-G	Silver
2013/14 IPC World Cup Series	Copper Mountain, USA	Giant slalom #1	Gold
2013/14 IPC World Cup Series	Copper Mountain, USA	Giant slalom #2	Silver
2013/14 IPC World Cup Series	St Moritz, SUI	Giant slalom #1	Silver
2013/14 IPC World Cup Series	St Moritz, SUI	Slalom #1	Bronze
2013/14 IPC World Cup Series	St Moritz, SUI	Slalom #2	Bronze



## Cameron Rahles-Rahbula

**Born:** 9 July 1983

(30 years old in Sochi)

**Resides:** Geelong West, VIC

**Discipline:** Downhill, super combined, super-G, slalom, giant slalom

**Classification:** LW2

**Disability:** Above left knee limb loss

**How acquired:** Bone cancer

**Occupation:** Physiotherapist

**Career highlights:** Winning bronze in the slalom and super combined at Vancouver 2010

**Best international results:** Two bronze in slalom and super combined at Vancouver 2010

**Paralympic Games experience:** Salt Lake City 2002, Torino 2006, Vancouver 2010

**Heroes/role models:** Gary Ablett Senior

**Favourite quote:** Don't bring a sandwich to a banquet

**Twitter:** @camrahles

Cameron Rahles-Rahbula's interest in skiing began when he attended a Challenge weekend ski camp at Mt Buller. He loved to ski and found he had quite the talent for it and was encouraged to enter competitions.

His first breakthrough performance came at the National Championships at Mt Hotham in 2001 where he came second to Paralympic gold medallist Michael Milton in the slalom. Cameron was later named in the 2006 shadow Paralympic squad, and when he made international qualification at a European Cup in Austria, won a place in the 2006 Paralympic Team for the Torino Games.

Some of Cameron's greatest results came at the 2004 World Cup where he won gold in the downhill and super-G events and silver in the slalom. At the 2007 World Cup, he won silver in the super-G, and in 2009

he became a world champion with victory in the slalom at the IPC World Championships in Korea. Less than a month later, he picked up gold medals in both the super-G and super combined at the IPC World Cup Finals in Canada.

After an unsuccessful Paralympic campaign in Torino, Cameron was keen to show off his world-class skills in Vancouver in 2010. He won bronze in the slalom and the super combined and just missed out on bronze in the downhill, narrowly edged out by fellow Australian Marty Mayberry who shared the silver medal with a Swiss competitor. That same year Cameron was named Australian Paralympian of the Year for his fine performances on the snow.

Following Vancouver, Cameron took some time off to establish his career as a physiotherapist and start a family with his wife Emily. While he continued to train and compete, he chose to retire following the IPC Alpine Skiing World Cup in Thredbo, where he won a gold medal in the slalom and silver in giant slalom. Months later, with the support of his wife, son and team mates, Cameron came out of retirement and as one of Australia's best medal contenders, will finish his decorated career in Sochi.

Cameron currently works as a physiotherapist and hopes to one day work at the AIS or the Geelong Football Club. He is a keen AFL supporter and sportsman and participates in cricket, tennis, table tennis, swimming, cycling and shooting.

### Current world rankings (as at February 2014)

Slalom – 7, Giant slalom – 8, Super combined – 9, Super-G – 11, Downhill – 9

### International results highlights and latest season

Event	Location	Discipline	Place
2002 Paralympic Winter Games	Salt Lake City, USA	Downhill	9
2002 Paralympic Winter Games	Salt Lake City, USA	Giant slalom	DNF
2002 Paralympic Winter Games	Salt Lake City, USA	Slalom	17
2002 Paralympic Winter Games	Salt Lake City, USA	Super-G	DNF
2006 Paralympic Winter Games	Torino, ITA	Downhill	DNF
2006 Paralympic Winter Games	Torino, ITA	Giant slalom	DNF
2006 Paralympic Winter Games	Torino, ITA	Slalom	14
2006 Paralympic Winter Games	Torino, ITA	Super-G	DNF
2009/10 IPC World Cup Series	Roll Rin, AUT	Giant slalom	4
2009/10 IPC World Cup Series	Roll Rin, AUT	Slalom	Gold
2009/10 IPC World Cup Series	Abtenau, AUT	Giant slalom #1	Bronze
2009/10 IPC World Cup Series	Abtenau, AUT	Giant slalom #2	14
2009/10 IPC World Cup Series	Abtenau, AUT	Slalom #1	Gold
2009/10 IPC World Cup Series	Abtenau, AUT	Slalom #2	17
2009/10 IPC World Cup Series	Abtenau, AUT	Slalom #3	5
2009/10 IPC World Cup Series	Sestriere, ITA	Downhill #1	4
2009/10 IPC World Cup Series	Sestriere, ITA	Downhill #2	4
2009/10 IPC World Cup Series	Sestriere, ITA	Super combined	5
2009/10 IPC World Cup Series	Sestriere, ITA	Super-G	4
2010 Paralympic Winter Games	Vancouver, CAN	Downhill	4
2010 Paralympic Winter Games	Vancouver, CAN	Super-G	5
2010 Paralympic Winter Games	Vancouver, CAN	Giant slalom	6
2010 Paralympic Winter Games	Vancouver, CAN	Slalom	Bronze
2010 Paralympic Winter Games	Vancouver, CAN	Super combined	Bronze
2012/13 IPC World Cup Series	Sestriere, ITA	Giant slalom #1	8
2012/13 IPC World Cup Series	Sestriere, ITA	Giant slalom #2	9
2012/13 IPC World Cup Series	Sestriere, ITA	Slalom #1	6
2012/13 IPC World Cup Series	Sestriere, ITA	Slalom #2	Bronze
2012/13 IPC World Cup Series	St Moritz, SUI	Giant slalom #1	18
2012/13 IPC World Cup Series	St Moritz, SUI	Slalom #2	16
2012/13 IPC World Cup Series	Sochi, RUS	Downhill #1	8
2012/13 IPC World Cup Series	Sochi, RUS	Downhill #2	6
2012/13 IPC World Cup Series	Sochi, RUS	Slalom	10



### Andrew Bor

**Born:** 17 April 1963  
(50 years old in Sochi)

**Resides:** Tugun, QLD

**Discipline:** Downhill, super-G, super combined, slalom, giant slalom

**Classification:** Sighted guide for Melissa Perrine

**Occupation:** Ski guide

**Career highlights:** Being the Australian Assistant Coach at Torino 2006

**Paralympic Games experience:** Torino 2006, Vancouver 2010

Andrew Bor was an assistant coach on the Australian Team at the 2006 Paralympic Games in Torino, and thought he would again fill the same role for Australia at the 2010 Paralympics in Vancouver. That was until he met Melissa Perrine.

A highly talented vision-impaired skier who has enjoyed a rapid rise in the sport, Melissa was in need of an equally skilled sighted guide to assist in achieving her goal of competing at the 2010 Paralympic Games, a role Andrew readily accepted.

Although he still acts as a mentor to Australia's Paralympic Winter Team, his major focus has shifted to strengthening his partnership with Melissa, a combination he hopes can win Australia a winter Paralympic medal in Sochi.

He has competed with Melissa regularly since Vancouver, most recently winning multiple gold, silver and bronze medals throughout the 2013/14 IPC World Cup season.

As the sighted guide for a vision-impaired athlete, it is Andrew's job to ski just a few metres in front of Melissa and issue voice instructions and directions while completing the course as fast as possible. It is a sport certainly not for the faint hearted.

### International results highlights and latest season

Results for Andrew Bor as guide for Melissa Perrine			
Event	Location	Discipline	Place
2009/10 IPC World Cup Series	Sestriere, ITA	Downhill #1	4
2009/10 IPC World Cup Series	Sestriere, ITA	Downhill #2	4
2009/10 IPC World Cup Series	Aspen, USA	Downhill #2	Bronze
2009/10 IPC World Cup Series	Aspen, USA	Super-G	Bronze
2010 Paralympic Winter Games	Vancouver, CAN	Downhill	5
2010 Paralympic Winter Games	Vancouver, CAN	Super-G	7
2010 Paralympic Winter Games	Vancouver, CAN	Slalom	9
2010 Paralympic Winter Games	Vancouver, CAN	Giant slalom	DNF
2010 Paralympic Winter Games	Vancouver, CAN	Super combined	DNF
2011 NZ Winter Games	Queenstown & Methven, NZ	Giant slalom	Gold
2011 NZ Winter Games	Queenstown & Methven, NZ	Slalom	Gold
2011 NZ Winter Games	Queenstown & Methven, NZ	Super-G	Gold
2011/12 IPC World Cup Series	Arta Terme, ITA	Giant slalom #1	Bronze
2011/12 IPC World Cup Series	Arta Terme, ITA	Giant slalom #2	Bronze
2011/12 IPC World Cup Series	La Molina, ESP	Slalom #1	4
2011/12 IPC World Cup Series	La Molina, ESP	Slalom #2	Bronze
2011/12 IPC World Cup Series	La Molina, ESP	Giant slalom	Silver
2012/13 IPC World Cup Series	Sestriere, ITA	Giant slalom #1	4
2012/13 IPC World Cup Series	Sestriere, ITA	Giant slalom #2	4
2012/13 IPC World Cup Series	Sestriere, ITA	Slalom #1	4
2012/13 IPC World Cup Series	Sestriere, ITA	Slalom #2	Bronze
2012/13 IPC World Cup Series	St Moritz, SUI	Slalom #1	Bronze
2012/13 IPC World Cup Series	Sochi, RUS	Downhill #2	5
2012/13 IPC World Cup Series	Sochi, RUS	Slalom	4
2013/14 IPC World Cup Series	Mount Hutt, NZL	Super combined	Gold
2013/14 IPC World Cup Series	Mount Hutt, NZL	Super-G	Silver
2013/14 IPC World Cup Series	Thredbo, AUS	Giant slalom #2	5
2013/14 IPC World Cup Series	Panorama, CAN	Downhill	Gold
2013/14 IPC World Cup Series	Panorama, CAN	Giant slalom	Bronze
2013/14 IPC World Cup Series	Panorama, CAN	Super-G	Silver
2013/14 IPC World Cup Series	Copper Mountain, USA	Giant slalom #1	Gold
2013/14 IPC World Cup Series	Copper Mountain, USA	Giant slalom #2	Silver
2013/14 IPC World Cup Series	St Moritz, SUI	Giant slalom #1	Silver
2013/14 IPC World Cup Series	St Moritz, SUI	Slalom #1	Bronze
2013/14 IPC World Cup Series	St Moritz, SUI	Slalom #2	Bronze



### Christian Geiger

**Born:** 29 March 1988  
(26 years old in Sochi)

**Resides:** Bright, VIC

**Discipline:** Slalom, giant slalom

**Classification:** Sighted guide

**Occupation:** Skier

#### Paralympic Games experience:

Nil  
An athlete's journey to a Paralympic Games can often be filled with many twists and turns. Christian Geiger knows this all too well.

Christian is a sighted guide for the vision-impaired members of the Australian Paralympic Winter Team and is responsible for leading them down the course by communicating directions, snow conditions and tactics while skiing at high speed. It is a highly specialised, high risk job, for which he is highly qualified.

Although born in Australia, Christian grew up in Austria and began skiing when he was two-years-old. He returned to Australia with his family when he was eight-years-old and soon became one of the best junior skiers in the country. He won numerous Australian Championships throughout his teenage years and represented Australia at the 2008 World Junior Alpine Skiing Championships.

Christian went on to excel in the senior ranks too, by earning selection on the Australian Alpine Ski Team for the 2009 World Championships in France, and by pushing for selection on the 2010 Australian Olympic Team for the Vancouver Games.

But on September 26, 2009, Christian's world turned upside down.

Sitting in the front seat of a friend's car when it crashed 30 metres from the Geiger family home, Christian suffered horrific injuries to his arm, spleen and liver as well as serious brain trauma. He spent one week in an induced coma and months undergoing intensive rehabilitation where he learnt to walk, talk and eat by himself again.

It took him more than a year to return to the slopes but after regaining that competitive spirit, his career was put back on track. The turning point came during a phone call with Australian Paralympic Winter Team coach Steve Graham, who invited Christian to a training camp to see whether he had what it took to join the squad on a long-term basis. The rest, as they say, is history.

Since joining with vision-impaired athlete Jessica Gallagher, the pair have won two gold and three silver World Cup medals and are in good form for Sochi.

#### International results highlights and latest season

Results for Christian Geiger as guide for Jessica Gallagher			
Event	Location	Discipline	Place
2013/14 IPC World Cup Series	Thredbo, AUS	Giant slalom #1	5
2013/14 IPC World Cup Series	Thredbo, AUS	Giant slalom #2	Silver
2013/14 IPC World Cup Series	Thredbo, AUS	Slalom #1	Silver
2013/14 IPC World Cup Series	Copper Mountain, USA	Giant slalom #1	Silver
2013/14 IPC World Cup Series	Copper Mountain, USA	Slalom #2	Gold
2013/14 IPC World Cup Series	Copper Mountain, USA	Giant slalom #2	Gold
2013/14 IPC World Cup Series	St Moritz, SUI	Giant slalom #1	DNF



### Snowboard cross

#### Joany Badenhorst

**Born:** 10 August 1994  
(19 years old in Sochi)

**Resides:** Griffith, NSW

**Discipline:** Para-snowboarding cross

**Classification:** SB-LL  
(lower limb impairment)

**Disability:** Lower leg limb loss

**How acquired:** Farm accident

**Occupation:** Student

**Best international results:** 4th place at 2013 IPC European Cup

**Paralympic Games experience:** Nil

**Heroes/role models:** Sam Cawthorne  
(Australian motivational speaker)

**Favourite quote:** Just do it

Originally from South Africa, Joany Badenhorst was involved in a severe tractor accident in 2005. While playing with a group of friends on her parents' farm, a group of labourers were busy with a tractor, clearing firebreaks. Joany's pants were caught in the power take-off shaft of the tractor, amputating her left leg below the knee. Unbelievably, the man driving the tractor died in the same vehicle one month later due to a bushfire.

Prior to the accident, Joany was already a successful athlete and had won provincial colours in high jump and modern dance. Since moving to Australia with her family and setting up home in Griffith, Joany was first identified as a track and field athlete with serious potential and she set her sights on the London 2012 Paralympic Games.

However, after just missing out on selection for the 2012 Australian Paralympic Team, she was approached by the Australian Paralympic Committee to transfer to its new Para-snowboard program ahead of the 2014 Paralympic Winter Games in Sochi.

With Para-snowboarding making its debut on the Paralympic program for the first time in 2014, Joany is set to become the first female from Australia to compete in the sport on the world's biggest stage.

Away from the snow fields, Joany is exceptionally talented at painting. She specialises in sketching portraits and cityscapes, offering her a getaway from the hectic nature of life as a Paralympic athlete. Her favourite movie is Pirates of the Caribbean and she is known to enjoy episodes of television series' Modern Family and Big Bang Theory.

**Current world rankings (as at February 2014)**  
Snowboard cross – 8

#### International results highlights and latest season

Event	Location	Discipline	Place
2013/14 IPC European Cup Series	Landgraaf, NED	Snowboard cross	4
2013/14 IPC World Cup Series	Landgraaf, NED	Snowboard cross	6
2013/14 IPC World Cup Series	Copper Mountain, USA	Snowboard cross	7
2013/14 IPC World Cup Series	Copper Mountain, USA	Snowboard cross	5
2013/14 IPC World Cup Series	Big White, CAN	Snowboard cross	10
2013/14 IPC World Cup Series	Big White, CAN	Snowboard cross	8
2013/14 IPC World Cup Series	La Molina, ESP	Snowboard cross	7
2013/14 IPC World Cup Series	La Molina, ESP	Snowboard cross	6





### Trent Milton

**Born:** 4 May 1972  
(41 years old in Sochi)  
**Resides:** Bonny Hills, NSW  
**Discipline:** Snowboard cross  
**Classification:** SB-LL  
**Disability:** Acquired brain injury and below knee limb loss

**How acquired:** Motorcycle accident

**Paralympic Games experience:** Nil

**Heroes/role models:** Vision-impaired skiers and snowboarders

**Favourite quote:** Life is too good not to enjoy

In 2011, Para-snowboarder Trent Milton lost his lower leg and injured his brain in a traumatic motorcycle accident. For the keen sportsman who was a regular surfer, snowboarder, stand up paddle boarder, motor-cross and mountain biker, the injuries were devastating.

Para-snowboard was added to the Paralympic winter program in 2012 and with an already existing love for the snow and snowboarding, Trent leapt at the opportunity to pursue it with the goal of

competing at the Sochi 2014 Paralympic Games.

Coached by snowboard specialist Peter Higgins, Trent worked hard and used snowboarding as a rehabilitation tool. Just 18 months after his accident, he made his international debut and recorded fifth and sixth place finishes to lift his world ranking inside the top 20.

He believes just being alive and fortunate enough to be able to snowboard is his career highlight and lists relearning how to do his old adventure sports post-accident as the hardest and greatest thing he has ever done.

Trent says making his first Paralympic Team for Sochi is a major milestone in his recovery, with his snowboard competition set to take place three years to the day since his accident.

Trent loves going to the beach and embarrassing able-bodied surfers out in the waves, and admires vision impaired skiers and snowboarders for their courage on the slopes.

**Current world rankings (as at February 2014)**  
Snowboard cross – 17

#### International results highlights and latest season

Event	Location	Discipline	Place
2012 IPCAS Competition	Landgraaf, NED	Snowboard cross	6
2012 IPCAS Competition	Landgraaf, NED	Snowboard cross	5
2012/13 IPC World Cup Series	Maribor, SLO	Snowboard cross	16
2012/13 IPC World Cup Series	Big White, CAN	Snowboard cross	9
2012/13 IPC World Cup Series	Big White, CAN	Snowboard cross	8
2012/13 IPC World Cup Series	La Molina, ESP	Snowboard cross	14
2012/13 IPC World Cup Series	La Molina, ESP	Snowboard cross	13



### Ben Tudhope

**Born:** 13 December 1999  
(14 years old in Sochi)  
**Resides:** Manly, NSW  
**Discipline:** Snowboard cross  
**Classification:** SB-LL  
**Disability:** Cerebral palsy hemiplegia

**How acquired:** Birth

**Occupation:** School student

**Career highlights:** Making the Australian Paralympic squad

**Best international results:** 4th place at the IPC World Cup in Landgraaf, NED

**Paralympic Games experience:** Nil

**Heroes/role models:** His sisters

**Favourite quote:** I'm pretty sure there's more to life than being really, really, ridiculously good looking. And I plan on finding out what that is – Zoolander

For 14-year-old Ben Tudhope, his sisters are a major source of inspiration and it will be with their encouragement and support that he makes his debut with the 2014 Australian Paralympic Team at the Sochi Games.

Citing his sister Annabel and snowboard coach Pete Higgins as the most influential people in his short snowboarding career, Ben has put the past, when his sisters dressed him up as a fairy, behind him and now looks to his older sisters for inspiration when flying down the ski slopes.

Ben was born with cerebral palsy hemiplegia after he received a lack of oxygen to the brain during his birth. Growing up in Sydney, he took up snowboarding in 2009 and competed for Australia for the first time at the 2013 European Cup, finishing sixth.

Like any teenage boy, Ben loves the movies Anchorman and Zoolander and listens to Eminem's 'Lose Yourself' before going down the mountain to get himself in the zone. He also loves wakeboarding and hanging out at the beach with his friends.

Apart from competing at the Winter Paralympic Games, Ben's ultimate goal is to be a professional snowboarder and inspire other young people with a disability to pursue sport.

**Current world rankings (as at February 2014)**  
Snowboard cross – 8

#### International results highlights and latest season

Event	Location	Discipline	Place
2013/14 IPC European Cup Series	Landgraaf, NED	Snowboard cross	6
2013/14 IPC World Cup Series	Landgraaf, NED	Snowboard cross	4
2013/14 IPC World Cup Series	Copper Mountain, USA	Snowboard cross	12
2013/14 IPC World Cup Series	Copper Mountain, USA	Snowboard cross	6
2013/14 IPC World Cup Series	Big White, CAN	Snowboard cross	14
2013/14 IPC World Cup Series	Big White, CAN	Snowboard cross	12
2013/14 IPC World Cup Series	La Molina, ESP	Snowboard cross	15
2013/14 IPC World Cup Series	La Molina, ESP	Snowboard cross	15

## 2014 Australian Team Executive and Coaching Staff

### Team Executive



**Chris Nunn**  
**Resides:** Evatt, ACT  
**Position:** Chef de Mission  
**Paralympic Games experience:** Seoul 1988, Barcelona 1992, Atlanta 1996, Sydney 2000, Beijing 2008, London 2012  
**Role:** Management and control of the Australian Paralympic Team



**Adam McCormack**  
**Resides:** Canberra, ACT  
**Position:** Team Attaché  
**Paralympic Games experience:** Nil  
**Role:** Facilitate matters requiring embassy or government assistance and provide a local support contact for contingency plans



**Caroline Walker**  
**Resides:** Wentworth Point, NSW  
**Position:** Manager, Team Operations  
**Paralympic Games experience:** Beijing 2008, Vancouver 2010, London 2012  
**Role:** Manage Team administration and logistics

### Team coaching and support staff



**Steve Graham**  
**Resides:** Casuarina, NSW  
**Position:** Head Coach  
**Paralympic Games experience:** Lillehammer 1994, Torino 2006, Vancouver 2010  
**Role:** Responsible for athlete preparation and performance directly and through technical staff



**Peter Higgins**  
**Resides:** Jindabyne, NSW  
**Position:** Coach, Snowboard Cross  
**Paralympic Games experience:** Nil  
**Role:** Responsible for snowboarders preparation and performance directly and through technical staff



**Michael Milton**  
**Resides:** Dickson, ACT  
**Position:** Assistant Coach, Alpine Skiing  
**Paralympic Games experience:** Innsbruck 1988, Albertville 1992, Lillehammer 1994, Salt Lake City 2002, Torino 2006, Beijing 2008 (cycling)  
**Role:** Assist Head Coach in all aspects of training and competition



**Alan Dean**  
**Resides:** Piccadilly, SA  
**Position:** Ski Technician  
**Paralympic Games experience:** Albertville 1992, Lillehammer 1994, Torino 2006, Vancouver 2010  
**Role:** Responsible for all ski equipment to be in working order and in place on and off the mountain



**Francis Kullas**  
**Resides:** Gypsum, Colorado – USA  
**Position:** Ski Technician  
**Paralympic Games experience:** Nil  
**Role:** Responsible for all ski equipment to be in working order and in place on and off the mountain

### Team media staff



**Tim Mannion**  
**Resides:** Drummoyne, NSW  
**Position:** Manager, Media and Communications  
**Paralympic Games experience:** Vancouver 2010, London 2012  
**Role:** Manage the APC's media program before, during and after the Games



**Shaun Giles**  
**Resides:** Darlinghurst, NSW  
**Position:** Manager, Multimedia  
**Paralympic Games experience:** London 2012  
**Role:** Manage the APC's multimedia program before, during and after the Games and liaise with the Australian host broadcaster, the ABC

### Team medical and sports science staff



**Geoff Thompson**  
**Resides:** Nightcliff, NT  
**Position:** Chief Medical Officer  
**Paralympic Games experience:** Beijing 2008, Vancouver 2010, London 2012  
**Role:** Oversee Team members' health and medical progress to ensure optimal performance



**Joel Cooke**  
**Resides:** Culburra Beach, NSW  
**Position:** Physiotherapist  
**Paralympic Games experience:** Nil  
**Role:** Provide physical therapy services to all Team members including soft tissue and maintenance services



**Jonathon Davis**  
**Resides:** Newcastle, NSW  
**Position:** Physiotherapist  
**Paralympic Games experience:** Nil  
**Role:** Provide physical therapy services to all Team members including soft tissue and maintenance service



**Sarah Jack**  
**Resides:** Lyneham, ACT  
**Position:** Psychologist  
**Paralympic Games experience:** London 2012  
**Role:** Advise on appropriate psychological preparation and provide pre- and post- event advice and consultation



**Markus Klusemann**  
**Resides:** Greystanes, NSW  
**Position:** Winter Sports Scientist  
**Paralympic Games experience:** Nil  
**Role:** Responsible for performance services during the Games including physical preparation, nutrition and recovery as well as race-day assistance and post-Games travel

# 05 APPENDICES

## Sochi 2014 Winter Paralympic Games – Alpine Skiing Competition Schedule (AUS Athletes)

Day/Date	RUS Time	AUS Time	Sex	Event	Round	Class	Athlete	Class
SAT 08 Mar	10:00-13:10	17:00-20:10	Women	Downhill	Final	B&VI	Melissa Perrine	B2
SAT 08 Mar	10:00-13:10	17:00-20:10	Women	Downhill	Final	Sitting		
SAT 08 Mar	10:00-13:10	17:00-20:10	Women	Downhill	Final	Standing		
SAT 08 Mar	10:00-13:10	17:00-20:10	Men	Downhill	Final	B&VI		
SAT 08 Mar	10:00-13:10	17:00-20:10	Men	Downhill	Final	Sitting		
SAT 08 Mar	10:00-13:10	17:00-20:10	Men	Downhill	Final	Standing	Mitchell Gourley	LW6/8-2
SAT 08 Mar	10:00-13:10	17:00-20:10	Men	Downhill	Final	Standing	Cameron Rahles-Rahbula	LW2
SAT 08 Mar	10:00-13:10	17:00-20:10	Men	Downhill	Final	Standing	Toby Kane	LW2
SUN 09 Mar	10:00-12:35	17:00-19:35	Men	Super-G	Final	B&VI		
SUN 09 Mar	10:00-12:35	17:00-19:35	Men	Super-G	Final	Sitting		
SUN 09 Mar	10:00-12:35	17:00-19:35	Men	Super-G	Final	Standing	Mitchell Gourley	LW6/8-2
SUN 09 Mar	10:00-12:35	17:00-19:35	Men	Super-G	Final	Standing	Cameron Rahles-Rahbula	LW2
SUN 09 Mar	10:00-12:35	17:00-19:35	Men	Super-G	Final	Standing	Toby Kane	LW2
MON 10 Mar	10:00-11:35	17:00-18:35	Women	Super-G	Final	B&VI	Melissa Perrine	B2
MON 10 Mar	10:00-11:35	17:00-18:35	Women	Super-G	Final	Sitting		
MON 10 Mar	10:00-11:35	17:00-18:35	Women	Super-G	Final	Standing		
TUE 11 Mar	09:30-12:00	16:30-19:00	Women	Super combined (Super-G)	Final	B&VI	Melissa Perrine	B2
TUE 11 Mar	09:30-12:00	16:30-19:00	Women	Super combined (Super-G)	Final	Sitting		
TUE 11 Mar	09:30-12:00	16:30-19:00	Women	Super combined (Super-G)	Final	Standing		
TUE 11 Mar	09:30-12:00	16:30-19:00	Men	Super combined (Super-G)	Final	B&VI		
TUE 11 Mar	09:30-12:00	16:30-19:00	Men	Super combined (Super-G)	Final	Sitting		

Toby Kane will be competing at his third Paralympic Winter Games in Sochi



## Sochi 2014 Winter Paralympic Games – Alpine Skiing Competition Schedule (AUS Athletes) Cont'd

Day/Date	RUS Time	AUS Time	Sex	Event	Round	Class	Athlete	Class
TUE 11 Mar	09:30-12:00	16:30-19:00	Men	Super combined (Super-G)	Final	Standing	Mitchell Gourley	LW6/8-2
TUE 11 Mar	09:30-12:00	16:30-19:00	Men	Super combined (Super-G)	Final	Standing	Cameron Rahles-Rahbula	LW2
TUE 11 Mar	09:30-12:00	16:30-19:00	Men	Super combined (Super-G)	Final	Standing	Toby Kane	LW2
TUE 11 Mar	15:30-18:10	22:30-01:10	Women	Super combined (Slalom)	Final	B&VI	Melissa Perrine	B2
TUE 11 Mar	15:30-18:10	22:30-01:10	Women	Super combined (Slalom)	Final	Sitting		
TUE 11 Mar	15:30-18:10	22:30-01:10	Men	Super combined (Slalom)	Final	Standing		
TUE 11 Mar	15:30-18:10	22:30-01:10	Men	Super combined (Slalom)	Final	B&VI		
TUE 11 Mar	15:30-18:10	22:30-01:10	Men	Super combined (Slalom)	Final	Sitting		
TUE 11 Mar	15:30-18:10	22:30-01:10	Men	Super combined (Slalom)	Final	Standing	Mitchell Gourley	LW6/8-2
TUE 11 Mar	15:30-18:10	22:30-01:10	Men	Super combined (Slalom)	Final	Standing	Cameron Rahles-Rahbula	LW2
TUE 11 Mar	15:30-18:10	22:30-01:10	Men	Super combined (Slalom)	Final	Standing	Toby Kane	LW2
THU 13 Mar	16:00-17:30	23:00-00:30	Men	Slalom (Run 1)	Final	B&VI		
THU 13 Mar	16:00-17:30	23:00-00:30	Men	Slalom (Run 1)	Final	Sitting		
THU 13 Mar	16:00-17:30	23:00-00:30	Men	Slalom (Run 1)	Final	Standing	Mitchell Gourley	LW6/8-2
THU 13 Mar	16:00-17:30	23:00-00:30	Men	Slalom (Run 1)	Final	Standing	Cameron Rahles-Rahbula	LW2
THU 13 Mar	16:00-17:30	23:00-00:30	Men	Slalom (Run 1)	Final	Standing	Toby Kane	LW2

Day/Date	RUS Time	AUS Time	Sex	Event	Round	Class	Athlete	Class
THU 13 Mar	19:00-20:25	02:00-03:25	Men	Slalom (Run 2)	Final	B&VI		
THU 13 Mar	19:00-20:25	02:00-03:25	Men	Slalom (Run 2)	Final	Sitting		
THU 13 Mar	19:00-20:25	02:00-03:25	Men	Slalom (Run 2)	Final	Standing	Mitchell Gourley	LW6/8-2
THU 13 Mar	19:00-20:25	02:00-03:25	Men	Slalom (Run 2)	Final	Standing	Cameron Rahles-Rahbula	LW2
THU 13 Mar	19:00-20:25	02:00-03:25	Men	Slalom (Run 2)	Final	Standing	Toby Kane	LW2
FRI 14 Mar	10:00-12:20	17:00-19:20	Women	Snowboard cross	Final	Lower Limb	Joany Badenhorst	LL
FRI 14 Mar	10:00-12:20	17:00-19:20	Men	Snowboard cross	Final	Lower Limb	Trent Milton	LL
FRI 14 Mar	10:00-12:20	17:00-19:20	Men	Snowboard cross	Final	Lower Limb	Ben Tudhope	LL
FRI 14 Mar	16:00-17:00	23:00-00:00	Women	Slalom (Run 1)	Final	B&VI	Melissa Perrine	B2
FRI 14 Mar	16:00-17:00	23:00-00:00	Women	Slalom (Run 1)	Final	B&VI	Jessica Gallagher	B3
FRI 14 Mar	16:00-17:00	23:00-00:00	Women	Slalom (Run 1)	Final	Sitting	Victoria Pendergast	LW12-1
FRI 14 Mar	16:00-17:00	23:00-00:00	Women	Slalom (Run 1)	Final	Standing		
FRI 14 Mar	19:00-20:05	02:00-03:05	Women	Slalom (Run 2)	Final	B&VI	Jessica Gallagher	B3
FRI 14 Mar	19:00-20:05	02:00-03:05	Women	Slalom (Run 2)	Final	B&VI	Melissa Perrine	B2
FRI 14 Mar	19:00-20:05	02:00-03:05	Women	Slalom (Run 2)	Final	Sitting	Victoria Pendergast	LW12-1
FRI 14 Mar	19:00-20:05	02:00-03:05	Women	Slalom (Run 2)	Final	Standing		
SAT 15 Mar	09:30-11:30	16:30-18:30	Men	Giant slalom (Race 1)	Final	B&VI		
SAT 15 Mar	09:30-11:30	16:30-18:30	Men	Giant slalom (Race 1)	Final	Sitting		
SAT 15 Mar	09:30-11:30	16:30-18:30	Men	Giant slalom (Race 1)	Final	Standing	Mitchell Gourley	LW6/8-2
SAT 15 Mar	09:30-11:30	16:30-18:30	Men	Giant slalom (Race 1)	Final	Standing	Cameron Rahles-Rahbula	LW2
SAT 15 Mar	09:30-11:30	16:30-18:30	Men	Giant slalom (Race 1)	Final	Standing	Toby Kane	LW2












## Sochi 2014 Winter Paralympic Games – Alpine Skiing Competition Schedule (AUS Athletes) Cont'd

Day/Date	RUS Time	AUS Time	Sex	Event	Round	Class	Athlete	Class
SAT 15 Mar	13:00-15:00	19:00-21:00	Men	Giant slalom (Race 2)	Final	B&VI		
SAT 15 Mar	13:00-15:00	19:00-21:00	Men	Giant slalom (Race 2)	Final	Sitting		
SAT 15 Mar	13:00-15:00	19:00-21:00	Men	Giant slalom (Race 2)	Final	Standing	Mitchell Gourley	LW6/8-2
SAT 15 Mar	13:00-15:00	19:00-21:00	Men	Giant slalom (Race 2)	Final	Standing	Cameron Rahles-Rahbula	LW2
SAT 15 Mar	13:00-15:00	19:00-21:00	Men	Giant slalom (Race 2)	Final	Standing	Toby Kane	LW2
SUN 16 Mar	09:30-11:00	16:30-18:00	Women	Giant slalom (Race 1)	Final	B&VI	Melissa Perrine	B2
SUN 16 Mar	09:30-11:00	16:30-18:00	Women	Giant slalom (Race 1)	Final	B&VI	Jessica Gallagher	B3
SUN 16 Mar	09:30-11:00	16:30-18:00	Women	Giant slalom (Race 1)	Final	Sitting	Victoria Pendergast	LW12-1
SUN 16 Mar	09:30-11:00	16:30-18:00	Women	Giant slalom (Race 1)	Final	Standing		
SUN 16 Mar	13:00-14:25	19:00-20:25	Women	Giant slalom (Race 2)	Final	B&VI	Melissa Perrine	B2
SUN 16 Mar	13:00-14:25	19:00-20:25	Women	Giant slalom (Race 2)	Final	B&VI	Jessica Gallagher	B3
SUN 16 Mar	13:00-14:25	19:00-20:25	Women	Giant slalom (Race 2)	Final	Sitting	Victoria Pendergast	LW12-1
SUN 16 Mar	13:00-14:25	19:00-20:25	Women	Giant slalom (Race 2)	Final	Standing		



Grooming snow at the Sochi Mountain Cluster

Sochi 2014 Paralympic Winter Games Competition Schedule

	COMPETITION VENUE	SPORT / DISCIPLINE	7 Friday		
			8 Saturday	9 Sunday	
COASTAL CLUSTER	 FISHT Olympic Stadium		Opening Ceremony		
	 SHAYBA Arena	 ICE SLEDGE HOCKEY		Preliminary Games 09:30-11:30 13:00-15:00 16:30-18:30 20:00-22:00	Preliminary Games 09:30-11:30 13:00-15:00 16:30-18:30 20:00-22:00
	 ICE CUBE Curling Center	 WHEELCHAIR CURLING		Round Robin 09:30-12:30 15:30-18:30	Round Robin 09:30-12:30 15:30-18:30
MOUNTAIN CLUSTER	 LAURA Cross-Country Ski & Biathlon Center	 BIATHLON		Short Distance <b>M</b> 7.5 km <b>W</b> 6 km Sitting 10:00-11:40 Standing Visually Impaired 12:00-14:50	
		 CROSS-COUNTRY SKIING			<b>M</b> 15 km Sitting 10:00-11:45 <b>W</b> 12 km Sitting 12:30-14:30
	 ROSA KHUTOR Alpine Center	 ALPINE SKIING		<b>M / W</b> Downhill All classes 10:00-13:05	<b>M</b> Super G All classes 10:00-12:35

All information in this schedule is subject to change

M – Men  
W – Women

MARCH 2014						
10 Monday	11 Tuesday	12 Wednesday	13 Thursday	14 Friday	15 Saturday	16 Sunday
						Closing Ceremony
	Preliminary Games 09:30-11:30 13:00-15:00 16:30-18:30 20:00-22:00	Play-off 5th-8th 16:00-18:00 20:00-22:00	Semi-finals 13:00-15:00 20:00-22:00	Game for 7-8 place 13:00-15:00 Game for 5-6 place 20:00-22:00	Bronze Medal 13:00-15:00 Gold Medal 20:00-22:25	
Round Robin 09:30-12:30 15:30-18:30	Round Robin 09:30-12:30 15:30-18:30	Round Robin 09:30-12:30 15:30-18:30	Round Robin 09:30-12:30 15:30-18:30	Tie breakers 09:00-12:00 14:00-17:00 19:00-22:00	Semi-final 09:30-12:30 Bronze & Gold Medal Games 15:30-18:55	
	Middle Distance <b>M</b> 12.5 km <b>W</b> 10 km Sitting 10:00-12:30 Standing Visually Impaired 13:00-16:15			Long Distance <b>M</b> 15 km <b>W</b> 12.5 km Sitting 10:00-12:05 Standing Visually Impaired 12:30-17:10		
<b>M</b> 20 km Classic <b>W</b> 15 km Classic Standing Visually Impaired 10:00 – 15:10		<b>M/W</b> 1 km Sprint Free Qualification All classes 10:00 – 11:40 Semi-finals & Finals 12:30 – 15:10			Mixed Relay 4x2.5 km All classes 10:00-11:30 Open Relay 4x2.5 km All classes 12:00-13:30	<b>M</b> 10 km Free <b>W</b> 5 km Free Standing Visually Impaired 10:00 – 12:15 <b>M</b> 10 km <b>W</b> 5 km Sitting 12:30 – 14:30
<b>W</b> Super G All Classes 10:00-11:35	<b>M/W</b> Super Combined All classes 09:30-12:00 15:30-18:05		<b>M</b> Slalom All classes 16:00-17:30 19:00-20:25	<b>M / W</b> Snowboard Cross Standing 10:00-12:20 <b>W</b> Slalom All classes 16:00-17:00 19:00-20:00	<b>M</b> Giant Slalom All classes 9:30-11:30 13:00-15:00	<b>W</b> Giant Slalom All classes 09:30-11:00 13:00-14:25



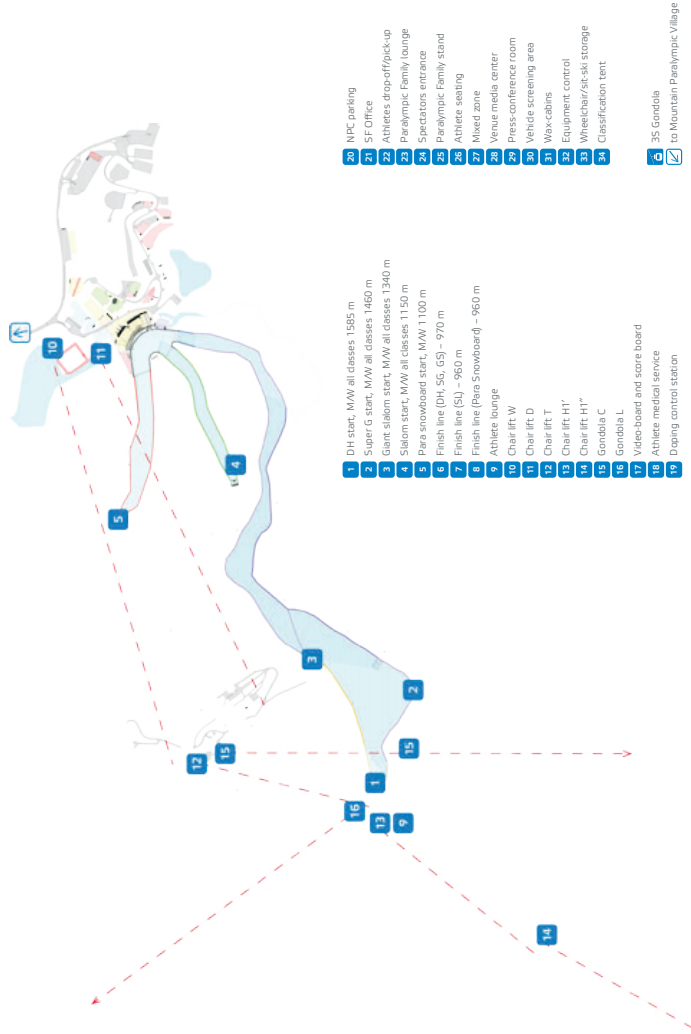




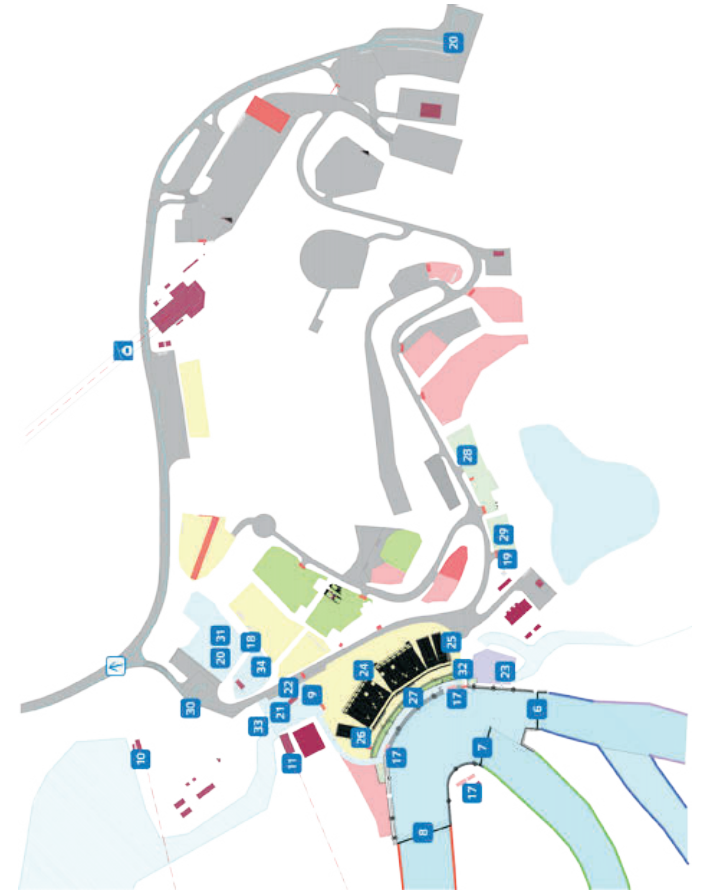
Rosa Khutor Alpine Centre maps



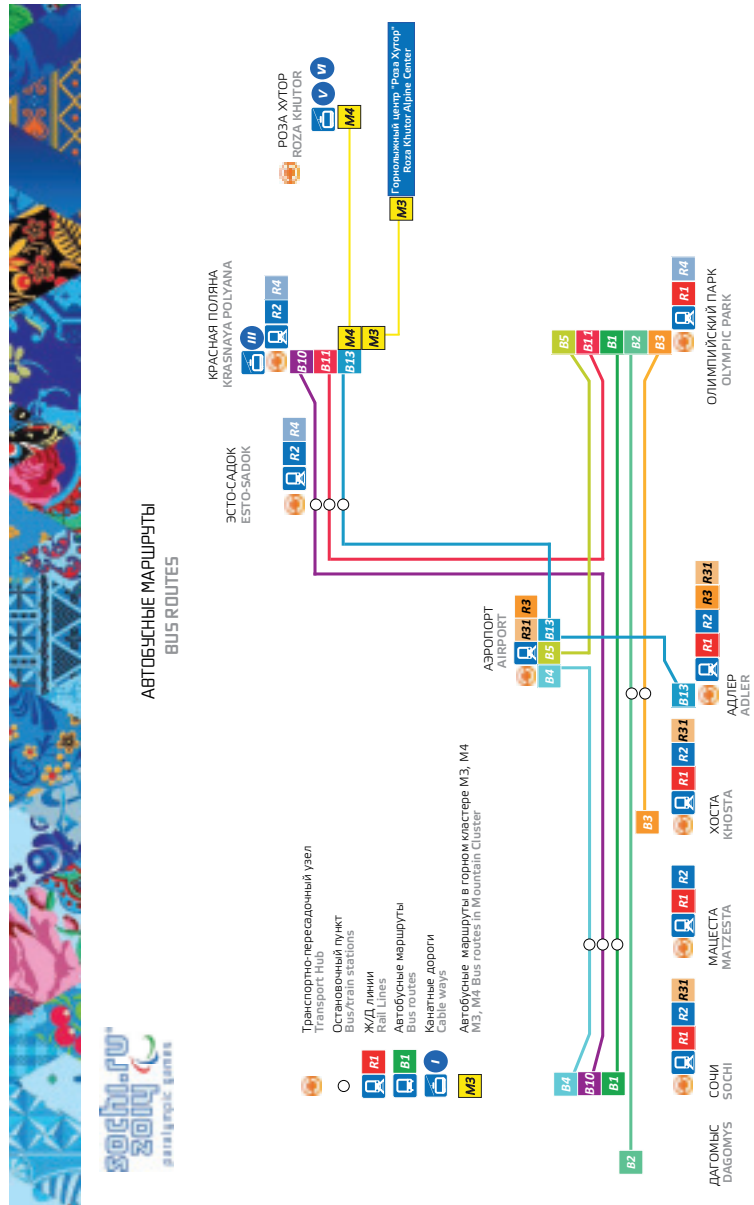
ROSA KHUTOR ALPINE CENTER



ROSA KHUTOR ALPINE CENTER



Bus routes map



Bus routes matrix

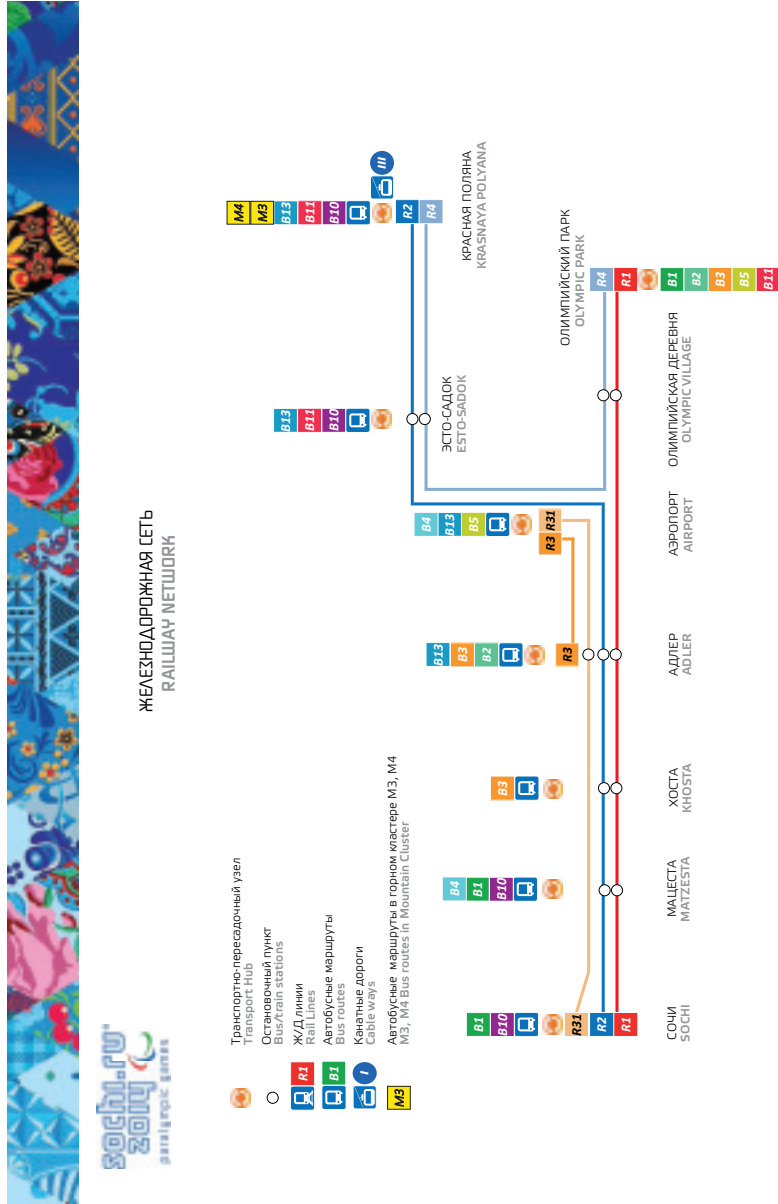


Public Bus Routes				
Route Number	Route description	Bus type	Operating mode	Estimated travel time, min
B1	Hub Sochi - Hub Olympic Park	Suburban bus	Peak hour	2
			Normal	15
B2	Health center Dagomys - Hub Olympic Park	Suburban bus	Peak hour	5
			Normal	15
B3	Hub Khosta - Hub Olympic Park	City bus	Peak hour	2
			Normal	15
B10	Hub Sochi - Hub Krasnaya Polyana	Suburban bus	Peak hour	3
			Normal	15
B4	Hub Sochi - Hub Airport	Suburban bus	Normal	15
			Estimated travel time, min	50
B11	Hub Olympic Park - Hub Krasnaya Polyana	Suburban bus	Peak hour	8
			Normal	15
B5	Hub Olympic Park - Hub Airport	Suburban bus	Normal	15
			Estimated travel time, min	25
B12	Hub Adler - Roza Khutor 3S cableway base station	Suburban bus	Peak hour	2
			Normal	15
B6	Hub Adler - Hub Olympic Park	City bus	Peak hour	2
			Normal	15
B13	Hub Adler - Hub Krasnaya Polyana	Suburban bus	Normal	15
			Estimated travel time, min	100
M3	Hub Krasnaya Polyana - Alpine Center Rosa Khutor	Suburban bus	Peak hour	2
			Normal	15
M4	Hub Krasnaya Polyana - Roza Khutor 3S cableway base station	City bus	Peak hour	2
			Normal	15
			Estimated travel time, min	15

Peak time will be based on training and competition schedule - To be communicated by August, 2013.



Railway networks map



Railway networks matrix

**RAILWAY ROUTES TIMINGS**

<b>R1</b>	Sochi	Matsesta	Khosta	Adler	Olympic Village	Olympic Park
Departure	0:00	0:07	0:16	0:25	0:33	0:37
Reverse	Olympic Park	Olympic Village	Adler	Khosta	Matsesta	Sochi
Departure	0:00	0:04	0:09	0:11	0:20	0:29
<b>R2</b>	Sochi	Matsesta	Khosta	Adler	Esto-Sadok	Krasnaya Polyana
Departure	0:00	0:07	0:16	0:17	0:27	1:08
Reverse	Krasnaya Polyana	Esto-Sadok	Adler	Khosta	Matsesta	Sochi
Departure	0:00	0:05	0:09	0:58	1:06	1:16
<b>R31</b>	Sochi	Matsesta	Khosta	Adler	Airport	
Departure	0:00	0:07	0:16	0:17	0:25	0:31
Reverse	Airport	Adler	Khosta	Matsesta	Sochi	
Departure	0:00	0:04	0:14	0:15	0:23	0:32
<b>R3</b>	Adler	Sochi/Airport			Olympic Park	Krasnaya Polyana
Departure	0:00	0:06			0:00	0:38
Reverse	Sochi/Airport	Adler			Krasnaya Polyana	Olympic Park
Departure	0:00	0:06			0:00	0:09

**Frequency:**  
 R1 - 10:60 min  
 R2 - 20:40 min  
 R3 - 20:60 min  
 R4 - 1-2 hours  
 R31 - 1-1.5 hour

Accredited taxi companies



List of Accredited Taxi Companies

Below is the list of accredited taxi companies which offer their services in Sochi.

Please note that these companies' drivers and taxi cars will have appropriate accreditation to go through transport filters, drive until the entrance to the common security perimeter of PFH and park in the dirty zone. They will also be allowed to park next to the Coastal Paralympic Village (CVL), Mountain Paralympic Village (MVL), Main Media Center (MMC), Sochi Airport (AER), Laura base station. However, they will not be allowed to go inside the security perimeter.

Company	Area of operations	Telephone	Foreign Language Speakers
Taxi Express	Sochi	+7 918 918 3333	English
Taxi Viktorya	Adler	+7 988 236 3353	English
Taxi Premium	Sochi	+7 862 255 5555 +7 862 255 7755	English
Taxi Kapriz	Adler	+7 918 107 7710	English
Taxipark №1	Adler	+7 862 240 4050 +7 988 234 4144	English, French
Taxi Polyana	Krasnaya Polyana	+7 988 236 3600	English



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Department of  
Sport and Recreation



The Place To Be



Government of South Australia  
Office for Recreation and Sport



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