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Celebrating 25 years of the International Paralympic Committee • 1989-201

www.paralympic.org

Paralympic Winter Games

















Tatyana McFadden U.S. Paralympic Nordic Skier Sochi 2014

For most Paralympians it's every four years. For Tatyana, it's every two.

Winning three gold medals at the 2012 Paralympic Games clearly wasn't enough for Tatyana McFadden. Now this remarkably determined athlete is swapping wheels for skis as she vies to add to her gold collection in Sochi.

At BP, we understand that achieving success requires the resolute pursuit of excellence. That's why we are proud to support the IPC and extraordinary athletes like Tatyana.



International Partner

"We must ensure that the athletes remain at the heart of the Movement and that everything we do contributes toward the IPC vision."

Dear Readers

Welcome to the first edition of The Paralympian of 2014, a significant year for the Paralympic Movement for, on 22 September, the IPC will celebrate its silver jubilee.

When you look at the size and scale of the Paralympic Movement today, it is hard to believe what has been achieved in the last 25 years.

The IPC now boasts over 200 proud members, acts as the international federation for nine sports and is responsible for the world's third-largest sporting event, selling millions of tickets and attracting billions of TV viewers.

A lot has been achieved in a limited timeframe, and every single IPC member should be proud of their contribution to this fantastic success.

We should not sit back on our laurels, however,

That is why this October I have invited the whole IPC membership to Berlin for a three-day conference. Although we will rightly celebrate the achievements of the last 25 years whilst there, the main aim of the event is to share, discuss and debate ideas about how the IPC and Paralympic Movement can enjoy even greater success over the next quarter of a century.

To achieve this, I believe three key areas are fundamental to future growth:

- Athlete development increase the number of athletes and countries practicing para-sport
- Paralympic Games maintaining the momentum generated by London 2012

Before October's event, we have a busy sporting calendar ahead of us which includes March's Paralympic Winter Games and 11 World Championships in summer sports.

The Sochi 2014 Games, which are previewed in this edition, are set to be the biggest ever in terms of athletes and sporting disciplines. Thanks to a number of new and enhanced broadcast agreements, they are also set to break all viewing records, exceeding the figures set by Vancouver 2010.

excite the world.'

features.

Enjoy the Games.



Sir Philip Craven, MBI IPC President

World and regional events – increase the standard of sporting events between Games.

The stars of the show in Sochi will be the athletes and, as we embark on a busy year, we must ensure that athletes remain at the heart of the Movement and that everything we do contributes toward the IPC vision: 'To enable Paralympic athletes to achieve sporting excellence and inspire and

I hope you enjoy this copy of the magazine, which also includes the regular mixture of news and



30

n Sie jetzt m

Sie mit Ihrem Foto ur für die Skiflug-WM 2018 che Ski-WM 2019

> Russia's Roman Petushkov celebrates winning both the biathlon and cross-country skiing portions of the 2013-14 IPC Nordic Skiing World Cup







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Brazil marked 1,000 days to go until the Rio 2016 Paralympics and IPC staff held a Paralympic Orientation Seminar for the Tokyo 2020 Games.

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athletes to keep your eyes on at Sochi 2014





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IPC launches 'All About Ability' video



Athletes such as French rowers Perle Boughe and Stephane Tardieu, left, and Russian football 7-a-side player Viacheslav Larionov, right, are helping to break barriers and open doors for people with an impairment, which is showcased in the IPC's new video

To mark the UN Day of Persons with Disabilities on 7 December, the IPC launched a new video called "All About Ability," which celebrates para-athletes' contributions as agents of It ends with the call to action that "Together change in the communities they live.

The film looks back on the history of the Paralympic Movement and celebrates the milestones achieved in athlete participation.

sport development, and increased commer- arm, is doing to create sport opportunities cial support and media coverage.

we are spreading a message of respect and equal opportunity for all individuals."

The video also highlights the work that the Agitos Foundation, the IPC's development

for all. The theme of the day, "Break Barriers, Open Doors," provided developing nations a chance in the spotlight, as they do not always get the chance to showcase their work because of a lack of resources and low awareness of para-sport locally.

web 🖉 >> www.bit.ly/AllAboutAbility

Iran celebrate National Paralympic Week

Iran held their country's first National Paralympic Week in December. which involved thousands of children with an impairment in cultural, social and sport events across seven days. The aim of the festival was to encourage more people to take part in para-sport, particularly at the grassroots level.

Funding for the festival came from the Agitos Foundation's Grant Support Programme, which gave EUR 630,000 to development projects around the world in 2013.



duced para-sports in schools, universities and to the media, and a series of events focusing on women in sport were run to increase female participation numbers. The first Asian Women in Sport Committee was held, with members meeting politicians to see how they could provide women with more para-sport opportunities in the region.

During the week, athletes intro-

MAKING A DAY OF IT

Starting in 2014, every 16 October will officially be "National Paralympic Day" in Iran, which will motivate people with an impairment to get involved in para-sport and raise awareness for the Paralympic Movement in Iran.

The week culminated at Tehran's Azadi Sport Complex, where more than 8,000 children and their families celebrated parasport with presidents of national federations, football players, Olympians and film stars. The event was shown live on national television.

NHK to show Sochi 2014 and Rio 2016



The IPC awarded the exclusive broadcast rights in Japan for the Sochi 2014 and Rio 2016 Paralympics to the country's only public broadcaster, NHK.

This is part of Japan's commitment to push the Paralympic Movement forward in the lead-up to hosting the Tokyo 2020 Games.

NHK plans to broadcast more than 29 hours of coverage from Sochi and 46 hours from Rio on two free-to-air terrestrial TV channels.



each day of competition.

In addition, NHK will show live coverage of the Opening Ceremony and will screen daily 30-minute highlights programmes during





the Sochi Games. For Rio 2016, the highlights shows will be extended to one hour

NHK also has the option to broadcast World Championships staged by IPC sports between now and the end of 2016, including athletics, swimming, alpine skiing, Nordic skiing and ice sledge hockey.



Tasker replaces Hartung as APC President



Prior to his adminstrative carerr, Greg Hartung worked as a journalist

After serving for 16 years, Greg Hartung retired from his post as the President of the Australian Paralympic Committee (APC) and Glenn Tasker was elected to fill the role.

Hartung guided the APC through a period of rapid growth which saw it become one of the leading National Paralympic Committees in the world. During Hartung's leadership, Australia competed at eight Paralympic Games, finishing fifth or higher at each of the summer Games. He was elected as an IPC Governing Board Member in 2001 and became Vice President in 2009, a position he held until retiring from the role last November.

Tasker, an APC Board Member since 2008, has more than 23 years of experience in sports administration and served as the Swimming Competition Manager at the Sydney 2000 Olympic and Paralympic Games before acting as the Chief Executive Officer of Swimming Australia from 2001-2008.



Glenn Tasker also serves on the IPC Swimming Sport Technical Committe



Mexico to stage Para-**Cycling Track Worlds**

The UCI announced that the 2014 Para-Cycling Track World Championships will take place from 10-13 April at the Bicentenary Velodrome in Aguascalientes, Mexico.

With two velodromes, the city has a longstanding history in staging track events and is located at an altitude of 1,887 metres in central Mexico.

The Championships will be the first major para-cycling track event since the London 2012 Paralympics.



Swimmers to return to Eindhoven for European Championships

The 2014 IPC Swimming European Championships will be held from 4-10 August in Eindhoven, the Netherlands, at Pieter van den Hoggenband stadium, the same venue that hosted the 2010 World Championships.

Five hundred athletes from 40 countries are expected to compete, including Great Britain's three-time world champion Ellie Simmonds, Russia's five-time Paralympic champion Oxana Savchenko and the Netherlands' three-time world champion Marc Evers.

ITTF holds first Star Awards



China's Ma Lin and Sweden's Anna-Carin Ahlquist were presented as 2013 Para-Male and Para-Female Table Tennis Stars, respectively, at January's inaugural ITTF Star Awards at the Raffles Hotel in Dubai. United Arab Emirates.

Organised in co-operation with the Dubai Sports Council, the awards attracted the who's who of the table tennis world, and was an event of glitz and glamour.

Sweden's Anna-Carin Ahlquist, right, has been unbeaten in table tennis singles since the London 2012 Paralympics

Lin won gold in the singles Class 9 event at the 2013 Asian Championships, in addition to winning team gold and singles silver earlier in the year at the Korean Open.

Ahlquist, unbeaten since she won the London 2012 Paralympics, is world No. 1 in women's singles Class 3. In 2013, she won singles golds at the European Championships, Copa Tango Open, Slovenia Open and German Open, and both singles and team gold at the Italian Open.

The Stars were nominated by the ITTF Para-Division, and the ITTF Star Awards Selection Commission then chose the deserving winners.

In addition to awarding the world's best players for their achievements in 2013, the Awards also raised US \$246,000 for ITTF's corporate social responsibility program, Dream Building, which will be used for para-table tennis, development and junior table tennis initiatives.

Croatia take interest in ice sledge hockey



NPC Croatia held a presentation for all its sport organisations in November to officially introduce ice sledge hockey to the country. The NPC is now working to pick out potential players and will begin on-ice training for the first time in early 2014.





BP supports African Wheelchair Basketball Championships

BP Angola reaffirmed its commitment to para-sports by providing financial support so that the IWBF African Wheelchair Basketball Championships could take place in Luanda. Cairo was the intended host city of the event, but due to unrest in Egypt, an alternative location was sought at short notice.

The well-attended event was organised by the Angolan Paralympic Committee, and the popularity of wheelchair basketball in Angola has grown since a national league was formed last year. This was enabled by BP Angola's donation of 100 wheelchairs.



With a first-place finish at the IWBF African Men's Wheelchair Basketball Championships, Algeria qualified for the 2014 World Championships

| 1 Austria | 6 |
|-----------|----|
| 2 Canada | 7 |
| 3 Czech | 8 |
| Republic | 9 |
| 4 Estonia | 10 |
| 5 Finland | 11 |



African and Angolan Para-**Ivmpic Committee Presi**dent Leonel de Rocha Pinto said: "It is an honour for us to once again have the support of BP Angola, which opens a new page in our successful partnership history, and is also a very important moment in the lives of the athletes themselves."



Beijing 2008.

Sponsored feature

BP has been an official partner of the Angolan Paralympic Committee since 2011, and the co-operation will continue beyond the Rio 2016 Paralympic Games. BP also supports a number of local Paralympic athletes, including Jose Armando Sayovo, who won two medals for Angola at the London 2012 Paralympics - gold in the 400m T11 and bronze in the 200m T11 - to add to his already three gold and three silvers from Athens 2004 and

curling competition.



With the Sochi 2014 Paralympic Winter Games upon us, defending Paralympic

gold medallist Sonja Gaudet and silver medallist Jalle Jungnell hype up the wheelchair

Get social at Sochi 2014

Samsung Paralympic Bloggers

Following on from its success at London 2012, the Samsung Paralympic Bloggers project will continue in Sochi, as 30 Paralympians will be given a Samsung Galaxy Note 3 to share their challenges and victories from behind the scenes.

In London, 50 Paralympians recorded almost 700 behind-the-scenes video blogs for the first time at a major sporting event.

Once again, the campaign will have an accompanying film, which Samsung hopes will trump the virality of the London film "Sport Doesn't Care," which was viewed by more the five million people on YouTube.

Get social! Share the blogs on social media or embed them on your website. All blogs will be uploaded to the IPC's YouTube channel.



Opening Ceremony Thunderclap

Get social! At exactly 20:14 (MSK) on 7 March there will be an IPC Thunderclap on social media when the Games officially open. This is a group social post, that when posted together will have a greater impact. View the website to obtain a social media post suggested for you.

web & >> www.bit.ly/SochiThunderclap

- f /Paralympic Games
- eParalympic
- Paralympics

#Paralympics #ProudParalympian



Google Hangouts

The IPC will allow fans to get closer to their Paralympic heroes with Google Hangouts, which are live video calls that allow athletes to be interviewed by a moderator. Fans can interact by posting their questions, which athletes will attempt to answer live.

Get social! Watch live on the IPC's Google+ or YouTube page. Use the Q&A app to ask the athletes questions.



#Paralympics and #Proud Paralympian

In 2012, #Paralympics was the top trending hashtag on Twitter for any sport event in Great Britain, outranking the #Olympics. In order for it to have similar success in 2014, all fans are encouraged to get behind the hashtag.

Athletes are encouraged to use #ProudParalympian to raise awareness for the Games and Movement, establish themselves as ambassadors for change and stimulate discussions about people with an impairment.

Get social! Use #Paralympics in all of your tweets related to the Games, and if you are an athlete use #ProudParalympian. You can also add a #Paralympics Twibbon to your profile picture.



Want to follow the Sochi 2014 Organising Committee?

/Sochi2014 😏 @Sochi2014

Road to Sochi

The Sochi 2014 Paralympic Winter Games are expected to be the biggest Winter Games in history and will be broadcast on more televisions around the world than any to date. From 7-16 March, many of the winter Paralympians mentioned in the forthcoming pages will aim to become household names.



1976 1980 16 countries 18 countries 53 athletes 229 athletes



1988

22 countries

377 athletes

1992 24 countries 365 athletes

Lillehammer 1994 31 countries 471 athletes



36 countries

416 athletes

1998

31 countries

561 athletes

72

2006 38 countries 474 athletes





Vancouver 2010 44 countries 502 athletes

Sochi 2014



Beginning on 26 February, the Paralympic Torch Relay will pass through all eight of Russia's federal districts prior to the Sochi 2014 Opening Ceremony. More than 1,500 torchbearers will take part in the relay across 46 Russian cities, with at least 20 per cent of these participants being people with an impairment.

For the first time, there will be an international component of the relay, as a Flame Lighting Ceremony will take place on 1 March at Stoke Mandeville Stadium in Great Britain, which was the birthplace of the Paralympic Movement. It will then travel to several local landmarks before a Flame Celebration is held to send it on its way to Sochi.

Each day, the flame will be lit simultaneously in several Russian cities, and on 5 March a Paralympic Flame Unification Ceremony will take place to create the official Paralympic Flame that will be used in a final relay before the Opening Ceremony on 7 March.



Paralympic Winter Games plann



Opening Ceremony Friday, 7 March



The Sochi 2014 Paralympics will begin with the Opening Ceremony at the Fisht Olympic Stadium at 20:14 local time. Spectators and viewers will enjoy a night of Russian culture and entertainment.



Day 1 Saturday, 8 March



Must-see! Alpine skiing: Men's downhill visually impaired

Competition begins in four of the five sports. On the slopes, alpine skiers in all classes will take part in the downhill discipline, including defending Paralympic champions **Jon Santacana Maiztegui** of Spain and **Alana Nichols** of the USA. The Nordic skiing trails will feature the men's 7.5km and women's 6km biathlon distances in all classes, and eight wheelchair curling round-robin matches will play out, beginning with China against Russia. All eight ice sledge hockey teams will play their first preliminary round games, with the **Russia-South Korea** late game expected to highlight the first day.

Day 2 Sunday, 9 March



Must-see! Wheelchair curling: Canada vs. Sweden

Cross-country skiing begins with the men's 15km and women's 10km sitting events, as Russia's **Irek Zaripov**, the defending Paralympic champion in the former, goes against compatriot and world champion **Roman Petushkov**. In wheelchair curling, Paralympic and world champions **Canada** will face world silver medallists **Sweden** in arguably the most highly anticipated round-robin match. Norway's game against Canada will highlight the ice sledge hockey schedule for the day, while on the slopes, the men's super-G alpine skiing races will be contested across all classes.



Day 3 Monday, 10 March

Must-see! Alpine skiing: Women's super-G sitting

Slovakia's Henrieta Farkasova and Austria's Claudia Loesch will aim to defend their Paralympic titles in the women's visually impaired and sitting super-G alpine skiing events, with France's six-time world champion Marie Bochet tipped for gold in the standing class. Rivalries will play out in wheelchair curling with matches that pit China against South Korea, Canada against USA and Finland against Norway. Cross-country skiing continues with the men's and women's classic standing and visually impaired events.

Day 6 Thursday, 13 March



Must-see! Ice sledge hockey: Semi-finals

The top four teams from the preliminary round will face off in the **ice sledge hockey semi-finals**, which, if matchups go according to seeding would pit Canada against Russia and the USA against the Czech Republic. But as we know, anything can happen. Alpine skiers across all men's classes will perform two slalom runs, with Slovakia's **Jakub Krako** and New Zealand's **Adam Hall** hoping to defend their titles in the men's visually impaired and standing classes. The final day of wheelchair curling round-robin matches will see a tough test for the host nation against Slovakia, while the Sweden-South Korea matchup could also turn into battle.

Day 4 Tuesday, 11 March



Must-see! Biathlon: Women's 10km standing Ice sledge hockey: Russia vs. USA

A much-anticipated showdown is expected at the Shayba Arena on the final day of ice sledge hockey preliminary play, with Paralympic champions and world silver medallists **USA** facing world bronze medallists and host nation **Russia**. On the second day of biathlon, Russians **Nikolay Polukhin** and **Grigory Murygin** hope to wow the home crowds in the men's 12km races, while on the women's side Ukrainians **Iuliia Batenkova** and **Oleksandra Kononova** could complete a one-two finish in the standing class. Alpine skiing will feature all super combined events, with wheelchair curling showcasing seven more round-robin matches.

Day 5 Wednesday, 12 March



Must-see! Cross-country skiing: Men's and women's 1k sprint (all classes)

With alpine skiers having their only day off during the Games, action continues on the Nordic trails, as the men's and women's 1km sprint races take place across all three classes. In a busy day, athletes will compete in the qualification rounds for the event, followed by the semi-finals and finals. Paralympic champions **Brian McKeever** and **Oleksandra Kononova** will look to defend their titles in the event. In ice sledge hockey, there will be classification games for fifth through eighth-place teams and the wheelchair curling schedule includes seven more round-robin matches.

Day 8 Saturday, 15 March



Must-see! Ice sledge hockey: Gold-medal match Wheelchair curling: Gold-medal match

All the hype will surround the Costal Cluster of venues, as the team sports culminate with the **medal matches in ice sledge hockey and wheelchair curling**. Canada head into both sports as the No. 1 seed, and if everything falls into place, they could potentially sweep the team events. Earlier in the day, Russia will aim to ramp up the home crowds in the 4x2.5km mixed and open cross-country skiing relays.

Day 7Friday, 14 March



Must-see! Snowboard: Men's and women's snowboard cross medal events

Snowboard will make its Paralympic debut in the morning at Rosa Khutor, as the USA's **Evan Strong** and the Netherlands' **Bibian Mentel-Spee** head out to the slopes as the ones to beat. The sport is expected to draw a lot of attention as one of the highlights of the Games in Sochi. Alpine skiers across all women's classes will compete in the slalom, and any potential wheelchair curling tie-breaker matches needed will take place at the Ice Cube Curling Centre. Ice sledge hockey's fifth and seventh-place games will also be played.

Day 9 Sunday, 16 March



Must-see! Closing Ceremony

Competition concludes with women's alpine skiers racing for giant slalom medals across all classes, as France's world champion **Marie Bochet** and Germany's **Andrea Rothfuss** go head-to-head in the standing class and Great Britain's **Kelly Gallagher** challenges Russia's world champion **Aleksandra Frantceva** in the visually impaired class. Cross-country skiing will finish with the men's 10km and women's 5km races across all classes, and then the Games will culminate with the Closing Ceremony at the Fisht Olympic Stadium.

Alpine skiing

AT A GLANCE



Sitting: Athletes with a leg impairment and

- decreased or no trunk function
- Standing: Athletes with a leg, arm or combined leg and arm impairments
- Visually impaired: Athletes who are blind or have a restricted visual field
- Paralympic Games debut: Ornskoldsvik 1976

Great Britain's Charlotte Evans, left, guides Kelly Gallagher

Alpine skiing will draw more participants than any other sport at Sochi 2014, as athletes across the three sport classes compete in five disciplines: downhill, super-G, super combined, giant slalom and slalom.

Athletes are grouped according to their functional ability, with factored timing allowing those with different impairments to compete against each other.

France's 20-year-old Marie Bochet may be the most dominant individual on the slopes when she competes in the women's standing events. She won five golds at the 2013 IPC Alpine Skiing World Championships and one at the 2011 edition of the event. In Sochi, she will be challenged by Germany's four-time Paralympic medallist Andrea Rothfuss, who finished second to Bochet in all five events at last year's World Championships.

Germany's 16-time Paralympic champion Gerd Schoenfelder retired after Vancouver 2010, leaving the men's standing competition wide open, with France's Vincent Gauthier-Manuel, Austria's Markus Salcher and Switzerland's Michael Bruegger the frontrunners.

The visually impaired races will feature Spain's triple-world champion Jon Santacana Maiztegui, who is trying to return to form after tearing his Achilles tendon,

ONES TO WATCH

- Marie Bochet, France Michael Bruegger, Swizterland Andrea Rothfuss, Germany Henrieta Farkasova. Slovakia
- Aleksandra Frantceva, Russia
- Vincent Gauthier-Manuel, France
- Kelly Gallagher, Great Britain
- Jakub Krako, Slovakia
- Claudia Loesch. Austria
- Taiki Morii, Japan
- Jon Santacana Maiztegui, Spain
- Markus Salcher, Austria
- Anna Schaffelhuber, Germany
- Takeshi Suzuki, Japan

DID YOU KNOW? Alpine skiing for people

with an impairment began to develop after World War II,

when wounded soldiers returning from the front wanted

to be able to continue their

favourite soort.

at

a six-time world champion

as well as Kelly Gallagher, who will attempt to win Great Britain's first-ever gold at a Winter Paralympics. Slovakians Jakub Krako and Henrieta Farkasova could be the toughest challengers for them, with the host nation's Aleksandra Frantceva also one to watch.

6 4 3

6

4 4

2

3

15

13

11

VANCOUVER 201

German

^o Canada

Slovakia

PARACIMPIC GAMES

6

In sit-skiing, Japanese duo Taiki Morii and Takeshi Suzuki have four Paralympic and 15 World Championship medals between them. while on the women's side the rivalry between Germany's Anna Schaffelhuber and Austria's Claudia Loesch is expected to play out in full.

With Taiki Morii and Takeshi Suzuki, Japan expect to dominate the men's sit-ski events

Snowboard

AT A GLANCE



Classification:

Only athletes with leg impairments, such as amputations above the ankle, stiffness of the ankle or knee joint or muscle weakness, can compete in Sochi in the one sport class offered. Paralympic Games debut: Sochi 2014

Snowboard is finally set to make its Paralympic Games debut in Sochi, with one medal event being contested for men and one for women in the snowboard cross discipline.

The sport features some of the most outgoing and adventurous athletes, including the USA's Evan Strong and the Netherlands' Bibian Mentel-Spee, who are expected to be the ones to beat.



women's snowboard Test Event

Strong, who won the Test Event and 2012 World Championships, grew up in Hawaii where the only ice is shaved and served in cones or pina coladas. The X-Games gold medallist will receive the stiffest competition in Sochi from fellow American Mike Shea, along with New Zealand's Carl Murphy and Canada's Tyler Mosher.

The women's competition is Mentel-Spee's to lose after winning the Test Event in a time that would have earned her a silver medal in the men's race. The 41-year-old was actually a six-time Dutch champion in half-pipe and

Marie Bochet is

American Evan Strong's

The Netherlands' Bibian Mentel-Spee won the

snowboard cross and on her way to qualifying for the 2002 Olympics before losing her lower right leg to cancer.

The USA's Amy Purdy – a former Amazing Race contestant – and Heidi Jo Duce will challenge the Dutch favourite for the top spot on the podium.

ONES TO WATCH

Bibian Mentel-Spee. Netherlands Amy Purdy, USA Evan Strong, USA



In Sochi, snowboard will be a discipline managed by IPC Alpine Skiing

toughest challenger on the Sochi slopes may very well be his own teammate, Mike

DID YOU KNOW?

Many of the snowboarders who will be making their Paralympic debuts in Sochi are former X-Games medallists.



Russia's Roman Petushkov is the defending cross-country skiing world champion in three events but has yet to win a Paralympic gold

Cross-country skiing

AT A GLANCE

Venue: Laura Cross-Country Ski and Biathlon Centre Medal events: 20

Athletes: 170

Classification:

- Sitting: Athletes with a leg impairment and decreased or no trunk function
- Standing: Athletes with a leg, arm or combined leg and arm impairments
- Visually impaired: Athletes who are blind or
- have a restricted visual field
- Paralympic Games debut: Ornskoldsvik 1976

After winning 56 medals, including 22 golds, at the 2013 IPC Nordic Skiing World Championships, the Sochi 2014 host nation is expected to shine the brightest in the cross-country skiing events, which are being contested across three sport classes. Racers will compete in sprint, middle and long-distance events as well as team relays.

Russia dominated the sport at Vancouver 2010, and heading into Sochi, sit-skier Roman Petushkov and visually impaired skier Mikhalina Lysova have the potential to be



Russia's Mikhalina Lysova is Russia's top visually impaired athlete

two of the biggest individual medal winners. Double-world champion Lysova, guided by Alexey Ivanov, won a gold and two silvers in Vancouver, while Petushkov dominated all distances at last year's World Championships. Lysova's teammate, five-time world champion Elena Remizova, might just be her biggest competition.

The Ukrainians will try to challenge the Russians with a contingent led by two strong women – Iryna Bui, who is a 17-year-old world champion, and Iuliia Batenkova, who is a ninetime Paralympic medallist but still in search of her first gold.



Canada's Brian McKeever nearly qualified for the Olympics and Paralympics

Brian McKeever, who just missed out on qualifying for the Olympics with Canada, is a seven-time Paralympic champion in the visually impaired class and will be racing with his relatively new guide Erik Carleton for the first time at the Paralympics.

| ONES TO WATCH |
|---------------------------|
| Iuliia Batenkova, Ukraine |
| Iryna Bui, Ukraine |
| Mikhalina Lysova, Russia |
| Brian McKeever, Canada |
| Roman Petushkov, Russia |
| Elena Remizova, Russia |
| |

Biathlon

AT A GLANCE

| | Venue: Rosa Khutor Alpine Centre |
|------------|----------------------------------|
| منہ | Medal events: 18 |
| | Teams: 170 |

Classification:

- Sitting: Athletes with a leg impairment and decreased or no trunk function
- Standing: Athletes with a leg, arm or combined leg and arm impairments
- Visually impaired: Athletes who are blind or have a restricted visual field

Paralympic Games debut: Lillehammer 1994



Russia's Grigory Murygin will be just 19 when he makes his Paralympic debut

The biathlon results may look quite similar to those of cross-country skiing, as the Russians are expected to repeat – and potentially better – their Vancouver 2010 success in the sport, which will include sprint, middle and long-distance events.

In Sochi, they will be led by men's visually impaired star Nikolay Polukhin, whose six Paralympic medals at Vancouver 2010 were the most of any athlete, as well as 19-yearold men's sitting world champion Grigory Murygin. Polukhin, in particular, has dominated the IPC Nordic Skiing World Cup circuit the last four years and is at the prime of his career.

Both Canada's Mark Arendz and Japan's Kozo Kubo are in search of their first Paralympic medals after steadily rising in the men's standing and sitting ranks, respectively, the last four years.

Entering her fourth Paralympics, Ukraine's Olena lurkovska will look to dominate the women's sitting events and add to her collection of three Paralympic biathlon golds.

hi-DAI

Sochi-DA

500

BDC

DID YOU KNOW?

Visually impaired biathletes are assisted by acoustic signals which, depending on signal intensity, indicate when they are on target.

hi-i

500

| | | | ALC: NOT ALC | | |
|----------------|----------------|-------|--|---|-------|
| | VANCOUVER 2010 | Se al | S | - | Total |
| | Russia | 5 | 7 | 4 | 16 |
| Vancouver 2010 | Ukraine | 3 | 3 | 4 | 10 |
| 6 | Germany | 3 | 0 | 2 | 5 |



Japan's Kozo Kubo is climbing up the biathlon world rankings

| ONES TO WATCH |
|--------------------------|
| Mark Arendz, Canada |
| Olena lurkovska, Ukraine |
| Kozo Kubo, Japan |
| Grigory Murygin, Russia |
| Nikolay Polukhin, Russia |
| Ihor Reptyukh, Ukraine |
| |

Norway's Mariann Marthinsen won the IPC Nordic Skiing Test Event in 2013

STORES STORES

Sochi-DA

50

Sochi-DA

Sochi-

SKIINC

TIPE NORDIE

Sochi-



Ice sledge hockey

AT A GLANCE

Venue: Shayba Arena Medal events: 1 \mathbf{T} Teams: 8

Classification: There is only one sport class, which is for athletes with an impairment in the lower part of their body that would prevent them from playing able-bodied ice hockey.

Paralympic Games debut: Lillehammer 1994

The Sochi 2014 ice sledge hockey competition is expected to showcase the deepest field of teams yet, including reigning world champions Canada, defending Paralympic champions USA and a much-improved squad from host nation Russia.

Top-seeded Canada, led by veteran forwards Greg Westlake and Brad Bowden, will be favoured in Group A, which also includes No. 4 Czech Republic, No. 5 Norway and No. 8 Sweden. Canada are out for revenge after failing to make the podium at their home Games four years ago.

The Czechs will search for their first Paralympic medal as head coach Jiri Briza makes bronze on the world stage in 2013.



Russia are ranked No. 3 in the world

his Paralympic debut behind the glass. Norway and Sweden have participated at every Paralympics in the sport, and the Norwegians have medalled at each of them. If veteran defenceman Rolf Pedersen is still at the top of his game, Norway may just reach the podium once again.

Second-seeded USA, the current world silver medallists, are eager to repeat their Vancouver 2010 success and will lean on forward Josh Pauls, goaltender Steve Cash and a contingent of war veterans in Group B. But Dmitry Lisov and host nation No. 3 Russia will not go down without a fight on their home ice, and look promising to medal after taking



Canada's Greg Westlake is arguably the top forward on ice

No. 6 South Korea, anchored by Seung-Hwan Jung's speed, and No. 7 Italy, led by Florian Planker's powershot, round out the group. Neither team has medalled at the Paralympics.

| ONES TO WATCH |
|------------------------------|
| Brad Bowden, Canada |
| Steve Cash, USA |
| Seung-Hwan Jung, South Korea |
| Dmitry Lisov, Russia |
| Josh Pauls, USA |
| Rolf Pedersen, Norway |
| Florian Planker, Italy |
| Greg Westlake, Canada |
| |

Wheelchair curling

AT A GLANCE



athletes with an impairment in their legs but not their arms. Paralympic Games debut: Torino 2006



In a field of 10 mixed gender teams, Canada enter the competition as the defending Paralympic and world champions. In fact, they are the only country to have won wheelchair curling Paralympic gold since it was added to the Games programme in 2006. Playing in the lead position, Sonja Gaudet has been an integral part of those titles and is hoping to star again on the Sochi ice.

Paralympic bronze medallists Sweden, led by Jale Jungnell, hope to knock Canada off their pedestal after losing to them by a single point in the final at the 2013 World Wheelchair Curling Championships, which also served as the Sochi 2014 Test Event. The Chinese. South Korean and Russian teams also have the talent to be in the medal mix.

Great Britain, Finland, Norway, Slovakia and

South Korea won a shocking silver at Vancouver 2010

the USA make up the rest of the teams, who will play six days of round-robin matches prior to the semi-finals and medal matches.







Canada celebrate after winning the 2013 world title

ONES TO WATCH

Sonja Gaudet, Canada

Jalle Jungnell, Sweden

Svetlana Pakhomova, Russia

KNOW?

A wheelchair curling stone weighs 19.96 kg.



What's your problem?

Sport Doesn't Care



Worldwide Paralympic Partner





What's your problem?

Sport Doesn't Care

We've all got problems. The early morning wake-up call. The strict diet.
The weight session. The new gear, the new coach, the new routine.
The wind from the east or the west, or the rain from the sky. A bad day.
A bad week. The fear of a first time. But mostly, the fear of the last place.
Or even the second. We've all got problems.





R EC PEFO RGOLD NOVISI 0 NEED Ν Ε D

Everything around me will not be clear. The white snow and green trees will just be a blur of colours.¹¹ Jakub Krako



ave you ever stuck your head out the window of a moving vehicle with your eyes closed?

Well, you should not try it, but that is what Slovakia's Jakub Krako said he will be doing at the Sochi 2014 Paralympic Winter Games.

Not literally – just what the visually impaired alpine skier said it will feel like as he cruises down the slopes at 100km/hour behind his guide, former able-bodied skier Martin Motyka.

"I will only see my guide and one gate ahead of me," Krako said. "Everything around me will not be clear. The white snow and green trees will just be a blur of colours."

The three-time Paralympic champion is one of around 80 visually impaired athletes expected to take part in the Sochi 2014 Paralympics, and one of thousands around the world who take part in para-sport.



Athletes with the most severe visual impairment wear blindfolds and use guides in biathlon

Eleven of the 27 Paralympic sports include visually impaired athletes, yet have you ever stopped to think how these visually impaired athletes first learned and experienced their sports?

Adapting to their environment



The IPC classification system includes three sport classes for athletes with a visual impairment: B1, B2 and B3. B1 is for athletes who are either

blind or have very low visual acuity, while B3 is for those with the least severe visual impairments.

An athlete's natural athletic ability when he or she first takes up sport may depend on whether the impairment was innate or acquired after birth.

IPC Classification Committee member Scott Field, who is visually impaired and a seventime Paralympic swimming medallist from building they enter. South Africa, explained:

"If you're blind from birth, not only are you starting off new in a particular sport, but you're also not 100 per cent sure about the mechanics of the human body when doing everyday stuff. Thus, sometimes you might find completely blind people having bad mannerisms in just the way they walk or do physical activity at first."

From birth, a person with a visual impairment must familiarise themselves with sensory cues to adapt to everyday life. Despite their inability to see, they are still able to light up the visual cortex of their brain because they have the capacity to focus more on their other sensory inputs.

"They are seeing with their ears essentially,"

Field said, noting that a blind person can still work out where the doors or walls are in a new

But in training, Field explained the most common way for athletes to develop is to observe others and imitate them. Visually impaired athletes thus need a one-on-one coach or guide when they first start who can tell them exactly how they should be moving.

"As a visually impaired person, you're starting off at a slight disadvantage compared to where you would be as a fully sighted person," Field said. "Depending on the sport, the disadvantage can be bigger or smaller."

That is where athlete guides come into play. assisting Paralympians such as Krako in alpine and cross-country skiing, biathlon, athletics and cycling. Other sports, such as swimming, judo and football 5-a-side, include visually impaired athletes but no guides.

The IPC's International Partner Allianz has produced a series of infographics illustrating how visually impaired athletes take part in Paralympic sports.

Allianz (1)

Information Graphic Biathlon – Visual Impairment Category Mikhalina Lysova

liathlon and cross-country skiing, Russia "On the ski run, my guide is my trusted partner giving me instructions via an audio communication device. But at the shooting range, I am on my own. I have to control my high pulse rate, my breathing and concentrate on the acoustic signal sent out by the target. Only then, I am calm enough to shoot precisely." http://sponsoring.allianz.com

It is all about Technology

Athletes aim with the help of an infrared system that enables shooting by hearing. The target sends out an infrared signal that is converted into an acoustic signal. The closer the barrel aims at the bull's eye, the higher the signal.



Information Graphic Alpine Skiing – Visual Impairment Category

Jessica Gallagher

Ipine skiing, Australia We ski at speeds up to 105km/h hich is sometimes quite a challenge for a visually impaired person, Due to my limited sight, I can only catch the gates just shortly before passing them but not any slope irregularities. Therefore, total trust n my guide is absolutely crucial.

http://sponsoring.allianz.com

Voice commands guide the way

In visually impaired skiing, a guide is mandatory. He is in constant communication with the athlete via a light or audio system providing immediate instructions and information on changes in the pitch, snow conditions, rhythm or combination of gates. Each team has its own system depending on the degree of vision and individual requirements, for example "go, go, go" for speeding up or "aaaaand stop" at the end of the race.

web 🖉





F

105 km/h

top speed

stands for a slight turn to the right.



Classification and Factor System

Athletes are categorized depending on the degree of vision defined by visual acuity and visual field, resulting in three classes. All athletes of the three classes compete in one competition. Their times are judged with a specific race factor (less vision equals a slower clock running speed).







B1 Blind: Minimal to no light sense in both eves.

B2 Limited Sight: Remaining vision maximum 3.3% and/or restricted visual field of less than 5 degrees.

B3 More Sight: Remaining vision maximum 10% and/ or restricted visual ield of 5-20 degrees.



-



Learning to trust their guide



Athlete guides are a critical part of sport for visually impaired athletes and are entitled to the same benefits as the athlete, including a

medal of their own when they make it onto the podium.

"You've got to have a dedicated one-on-one person showing you exactly what to do," Field said. "You're not just going to trust them that they're going to assist you, but that they're going to ensure you don't get hurt.

"It takes some confidence, because you don't know what you look like to the other people. Imagine going to a dance, and you have a glass wall around you while you're dancing around the floor. You cannot see anyone else, but they can all see you."

In Krako's case, he can see just a little bit on the slopes, but locks his eves onto the back of his guide, who instructs him through a radio headset. Motyka directs Krako on everything from the upcoming gate sequence, including where and when to turn, to changes speed and terrain.

HOW DO YOU SKI VISUALLY **IMPAIRED?**

Find out through a video produced by Allianz, which features Slovakia's Henrieta Farkasova and Spain's Jon Santacana Maiztegui.

web 🖉 >> www.bit.ly/ **SkiVisuallyImpaired**

Krako parted ways with Juraj Medera – his guide of 10 years - following the Vancouver 2010 Paralympics, at which point he met Motyka through a friend and tested out their partnership on the slopes.

The pair began by free skiing without gates on smaller slopes, but after just three days moved onto intermediate slopes to perfect their co-ordination

"There is no time for learning," Krako said. "You have to trust your guide. If you do not trust him, then you have to change your guide. It is dangerous to have an untrustworthy guide.



"I told him that he had to go as fast as I can, not as he can. They are our races not his, and he learned that very quickly."

Much of that same trust between an athlete and guide is seen in summer sports.

Brazil's three-time Paralympic champion sprinter Terezinha Guilhermina refers to her guide Guilherme Soares de Santana as an "automatic pilot" on the track because he is always in good shape and never seems to get tired.

But Soares de Santana, who has served as Guilhermina's guide since 2010, said she wears him out, she just cannot see it.

"It's a big responsibility," Soares de Santana said. "Whether or not she ends up being a champion, the responsibility is big because I need to help her always to try to finish first.

"My training is just as hard as Terezinha's training. I need to be in such a good physical conditioning to not interfere with her on the track."



Even if an athlete trusts his or her guide 100 per cent, there is always room for human error, and in alpine skiing if an athlete crashes, the guide is not allowed to help.

In Krako's second race with Motyka as his guide, Motyka went silent over the radio just before the final gate on the slope, forgetting the word he was trying to think of.

Krako crashed.

The accident is now a distant and amusing memory for Krako, he said, in addition to a learning experience for the pair.



Terezinha Guilhermina and guide Guilherme Soares de Santana have said they plan to compete at the Rio 2016 Games

That incident made Motyka realise he could potentially have Krako's life in his hands at any time on the slopes, and that even Krako's family and friends must trust him entirely. That certainly proved to be the case at

"I hope they trust me. There is not any other choice," Motyka said. "I try to not think about that fact during the race, but rather concentrate on having a good performance."

Guilhermina, meanwhile, said the most challenging thing as a visually impaired sprinter is to know exactly where she is on the track,

especially in the 400m event, as there are two bends during the course of the race.

London 2012, where she became known for the multi-coloured blindfolds she wore during competition.

"I think I now have the fear of Guilherme leaving me alone on the track in London," Guilhermina said. "We never had an accident because of a miscommunication. But during the 400m event at London 2012, he left chuckled.

me alone on the track because of an injury. It was the first time that I ran without a guide by my side."

Soares de Santana does not need to be frightened, though, as Guilhermina, just like all visually impaired Paralympians, takes it all in stride.

"When I run, I'm free and there are no obstacles ahead. Despite that, I really can't see those obstacles anyway," Guilhermina

IPC Wheelchair Dance Sport World Championships

More than 160 athletes from nearly 20 countries competed in six medal events at December's IPC Wheelchair Dance Sport World Championships in Tokyo, Japan.

The event was the first major international para-sport competition to be held in Tokyo since it was announced as the host city for the 2020 Paralympic Games.



IPC Wheelchair Dance Sport held its first World Championships since 2010

Russia topped the final standings with eight overall medals, including three golds, followed closely by Ukraine who finished with six medals, including two golds.

The Ukrainian pair of Nadiia and Ivan Sivak won both of their country's world titles, taking the top spot on the podium in the duo standard class 2 and duo Latin class 1 events.

web 🖉

>> ipc-wheelchairdancesport.org

We put our heart into every dance. All dances have their own character and specific features. They can be compared to a family with 10 children, when every child is his or her own character. You need to find an approach to each of them, but more importantly, you need to love them all.

Canada and Russia win ice sledge hockey tournaments

Canada captured gold with a 3-1 defeat of the USA at the 2013 World Sledge Hockey Challenge in front of a nearly sold-out crowd on their home ice in Toronto. The defending world champions beat the reigning Paralympic champions to assert themselves as the No. 1 seed heading into the Sochi 2014 Paralympics.

In the bronze-medal game, Russia defeated South Korea 4-2 in dramatic fashion with both teams tied with less than two minutes remaining.

Russia dominated January's International Sledge Hockey Tournament on their home ice in Podolsk, winning all three of their games against Norway, Sweden and the Czech Republic and outscoring them 21-1 in the process. Norway took two wins from the tournament, with the Czech Republic also picking up a victory.

web 🖉 >> www.ipc-icelsledgehockey.org



After taking second at the 2012 World Sledge Hockey Challenge, Canada won the event in 2013



IPC Nordic Skiing World Cup

The 2013-14 IPC Nordic Skiing World Cup wrapped up in January with cross-country skiing and biathlon finals in Oberstdorf and Oberried, Germany, respectively. Russia won all three men's classes across both sports and all but one of the women's classes.



| Cross-country skiing | | | | | |
|---------------------------------------|--------------------------------------|-------------------------------|------------------------------------|---------------------------------------|---------------------------------------|
| | MEN'S | | | WOMEN'S | |
| 1 | 2 | 3 | 1 | 2 | 3 |
| | | Sitt | ting | | |
| Roman Petushkov Russia | Irek Zaripov Russia | Maksym Yarovyi Ukraine | Mariann Marthinsen Norway | Andrea Eskau Germany | Marta Zaynullina Russia |
| | | Star | nding | | |
| Rushan Minnegulov Russia | Vladislav Lekomtcev Russia | Vladimir Kononov Russia | Alena Kaufman Russia | Oleksandra Kononova Ukraine | Natalia Bratiuk Russia |
| | | Visually | impaired | | |
| Stanislav Chokhlaev Russia | Nikolay Polukhin Russia | Brian McKeever Canada | Elena Remizova Russia | luliia Budaleeva Russia | Mikhalina Lysova Russia |

Australian Open

Japan's Shingo Kunieda wrapped up his seventh Australian Open men's singles title in Melbourne in January, as Germany's Sabine Ellerbrock clinched the women's title to return to world No. 1 and the USA's David Wagner won his third quad singles crown.



Kunieda defeated Argentina's rising star Gustavo Fernandez 6-0, 6-1, while Ellerbrock beat Japan's Yui Kamiji, 3-6, 6-4, 6-2. Wagner reigned victorious over South Africa's Lucas Sithole in a rematch of the 2013 US Open, winning 3-6, 7-5, 6-3.

In the doubles competition, Kunieda paired with Houdet to win a fifth title and Kamiji partnered with Great Britain's Jordanne Whiley to win their

first. Great Britain's Andy Lapthorne and Wagner won the quad doubles title in straight sets.

IPC ALPINE AND IPCAS SNOWBOARD WORLD CUPS

Both the IPC Alpine Skiing and IPCAS Snowboard World Cups are nearing their conclusions. For current updates from the slopes, please visit www.ipc-alpineskiing.org.



Biathlon

| | MEN'S | | | WOMEN'S | |
|-------------------------------------|----------------------------------|------------------------------------|---|---------------------------------------|-----------------------------------|
| 1 | 2 | 3 | 1 | 2 | 3 |
| | | Sitt | ting | | |
| Roman Petushkov Russia | Grigory Murygin Russia | Aleksandr Davidovich Russia | Svetlana Konovalova Russia | Marta Zaynullina Russia | Nadezda Andreeva Russia |
| | Standing | | | | |
| Azat Karachurin Russia | Nils-Erik Ulset Norway | Aleksandr Pronkov Russia | Alena Kaufman Russia | Natalia Bratiuk Russia | Oleksandra Kononova Ukraine |
| | Visually impaired | | | | |
| Nikolay Polukhin Russia | Stanislav Chokhlaev Russia | Anatolii Kovalevskyi Ukraine | Mikhalina Lysova Russia | luliia Budaleeva Russia | Elena Remizova Russia |

Issue of the season

ISSUE

What are the best methods and practices to further develop the Paralympic Movement in the Americas region on the road to Toronto 2015 and Rio 2016?

Background

With the Paralympic Movement becoming less Euro-centric and increasing its resources around the world, the Americas region has now grown to 28 National Paralympic Committees (NPCs). Toronto 2015 and Rio 2016 are a great opportunity for many of these NPCs still in their infancy and that often find it challenging to lay the foundation for the Movement in their respective nations.



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NPC

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Bayron Lopez

President of Ecuador's National Paralympic Committee

When we started working on the Paralympic Movement in Ecuador in 2012, we weren't aware of what progress had been made in the country before.

Although 12 per cent of the general population in the country has an impairment, we had previously only heard about para-sport referenced with travel and participation rather than competition and improving the performance of athletes.

Athletes from various para-sports in Ecuador complained constantly that they didn't have an opportunity to develop, and we realised that 80 per cent of the athletes at that time were over 40 years old with no goals or plans for the future.

Nobody was concerned about involving the youth, which is a large target group in Ecuador.

As leaders for the Paralympic Movement in the country, our first step was to comply with the Law on Sport, Physical Education and

Recreation that applies in Ecuador. Paralympic sport clubs were then created together with three National Federations (NFs) for athletes with a physical, visual and intellectual impairment.

> We believe to strengthen the foundation of the Movement in the Americas region, NPCs like ourselves must organise sport fairs throughout the country, gather equipment, create para-sport schools to

> > capacity

find future athletes and motivate the current para-stars to become role models and inspire the next generation.

E

It is important to also build partnerships with stakeholders, which for us includes the Americas Paralympic Committee, the Ministry of Sport and Ecuadorian Sport Federations for Disability, in addition to local schools, institutions and hospitals.

We are working – and encourage other NPCs in the Americas to work - with experienced leaders from the more established NPCs of the region to help build capacity and develop athletes and technical staff so we can pursue the opportunities offered to us by the IPC and the Agitos Foundation.

Every time a member of an NPC travels, they must use the opportunity to soak up as much knowledge as possible from other members of the Paralympic Movement. This information must then be shared with everyone else at the NPC because the leaders we speak to won't be there forever, so we must do the best to instill their legacy in our own countries.

We, as NPCs, must be the ones supporting our coaches and classifiers if we expect our region to recognise them on a professional level in the future.

We, as NPCs, must be the ones supporting our athletes if we want the international media to eventually talk about them as the world's best.

We, as NPCs, must be the ones to spread the Paralympic values in our own countries if we expect our population to embrace the Movement.

CHECK OUT NPC ECUADOR ONLINE!

In February, NPC Ecuador, with the help and resources of the IPC, launched the first-ever website for the Paralympic Movement in their country.

knowledg

web & >> www.EcuadorParalimpico.org

organisation

Carolin Rickers

Agitos Foundation Development Manager

From an Agitos Foundation perspective, it is vitally important for NPCs in the Americas region to receive Then, build a network bebalanced national and regional assistance in terms of tween those sport clubs available workshops, training programmes and other or federations, connecting

-

-

While there may not be one clear-cut solution or method, there is one thing for certain - athletes are the centre of the Paralympic Movement and the most Everything begins at the navisible element of the work we do. NPCs in the Ameri- tional level, where NPCs must cas region must ensure to put their athletes' needs at the focal point of their work to ensure good governance

Why not implement the IPC's six strategic goals at a

national level by modifying them according to the country's needs and society? This would help the NPCs NPCs in the long-run. develop a goal-oriented operational plan to acquire the financial resources and support to establish strong and worthwhile partnerships. It would also help them identify and address knowledge gaps, spread the Paralympic values and strengthen the Paralympic brand.

But before this, I would encourage NPCs to use a SWOT analysis to identify their organisations' strengths, weaknesses, opportunities and threats, while always keeping in mind their objectives and the best methods to Down the road, when new para-athletes start coming

into everyday society and allow the participation of selves in the Americas region. partnerships impairment collaboration opportunity para-athlete leadership **Agitos Foundation** structure

AGITCS Foundation eveloping Sport. Changing Lives

These NPCs must also take advantage at all regional programmes offered to acquire the knowledge and expertise they need to advance athletes, coaches, officials, administrators and science and medical experts in their own country. Simultaneously, they would be networking with other NPCs, allowing them to grow together and benefit from each other.



them with rehabilitation centres, schools, universities and other stakeholder institutions.

approach the highest sport and help the Movement grow from its original source. to ensure they are the properly

IPC'S SIX STRATEGIC GOALS

| 1 | Ensure successful Paralympic Games |
|---|------------------------------------|
| | for all participants |

- **2** Promote opportunities to engage in and grow Paralympic sports
- **3** Build greater understanding of the Paralympic brand
- 4 Ensure appropriate funding and identify revenue opportunities
- **5** Enhance efficient structures to ensure the ability to deliver
- 6 Leverage partnerships to use synergies and broaden the reach

registered sport governing body for people with an impairment. Being pro-active and attracting governmental interest always proves to be extremely beneficial for

to the NPC asking for advice, and when able-bodied Start by integrating para-sport federations or clubs the NPC will know they have made a name for them-



IPC Athletics Grand Prix

The second year of the IPC Athletics Grand Prix will feature events in four regions, including new events in Nottwil, Switzerland, and Tunis, Tunisia, as the sport expands into Africa. The season will culminate with August's IPC Athletics Grand Prix Final in Birmingham, Great Britain. In the first Grand Prix series last year, 1,037 athletes from 69 countries took part, setting 10 world records throughout the season.

Stops on the 2014 Grand Prix

| Dates | Event | Location |
|-----------------|--|---------------------------|
| 22-25 February | 6th Fazza International Athletics Competition | Dubai, UAE |
| 14-16 April | 2nd China Open Athletics Championships | Beijing, China |
| 24-26 April | II Caixa Loterias Athletics Open Championships | Sao Paulo, Brazil |
| 9-11 May | Desert Challenge Games | Arizona, USA |
| 16-18 May | ParAthletics | Nottwil, Switzerland |
| 30 May - 1 June | Italian Open Championships 2014 | Grosseto, Italy |
| 16-18 June | 8th Tunis International Meeting | Tunis, Tunisia |
| 20-22 June | Berlin Open | Berlin, Germany |
| 25 August | IPC Athletics Grand Prix Final | Birmingham, Great Britain |
| | | |



Venezula's Williams Barreto competes in the men's long jump F20

IPC Athletics Marathon World Cup

The IPC Athletics Marathon World Cup will take place as part of the 2014 Virgin Money London Marathon on 13 April.

In addition to the annual wheelchair race featuring T53-T54 athletes, it will feature T42-46 class (leg and arm amputees) and T11-T13 classes (visually impaired) for both men and women. A T51-T52 event will also be included.



FIVE BURNING QUESTIONS FOR THE 2014 IPC ATHLETICS SEASON



Russia were the biggest medal winners in the 2013 IPC Athletics season

- **1** Following their dominating performance last season that included 26 world titles in July, how much stronger can the Russian team still get on the road to Rio 2016?
- 2 Will Australia's Scott Reardon or Germany's Heinrich Popow finally break the 12-second barrier in the 100m T42 sprint?
- **3** After getting seriously injured from crashing into Canada's Michelle Stillwell at the 2013 IPC Athletics World Championships, will Belgian wheelchair racer Marieke Vervoort be able to get back on the track in 2014?
- 4 With sensational performances from Swiss and American wheelchair racers Marcel Hug and Tatvana McFadden last season, will they see new rivals emerge in their respective sport classes or will they take the podium themselves once again after every event?
- 5 How much fuel does Brazilian visually impaired sprinter Terezinha Guilhermina have left in her as she approaches Rio 2016? And who will be her biggest challengers for medals will most of them be her own teammates from Brazil?

IPC Powerlifting World Championships

The 2014 IPC Powerlifting World Championships will be held in Dubai, United Arab Emirates, from 5-11 April. The Championships are expected to attract around 300 athletes from 50 countries and will be the latest stop for powerlifters on the road to Rio 2016.

IPC Powerlifting's "Raise the Bar - Say No! to Doping" campaign aiming to educate athletes and teams about anti-doping - will climax at the World Championships.

> Egypt's Fatma Omar celebrates a world-record lift at the London 2012 Paralympics



Team sports

World ParaVolley Sitting Volleyball World Championships

World Championships

MEN'S

Canad

World Paraly

hampions

Australia





| MEN'S | | WOMEN'S | | |
|-------------------|---------------------------|---------|-------------------------|--|
| World hampions | | | Paralympic champions | |
| Iran | Bosnia and Herzegovina | China | China | |

Sixteen men's and 12 women's teams will battle to become the best in the world at the WOVD Sitting Volleyball World Championships, which take place from 15-22 June in Elblag, Poland.

For the first time in history, the IWBF has split the Men's and Women's Wheelchair Basketball World Championships into two separate events. The women's tournament will take place first from 20-28 June in Toronto, Canada, followed by the men's event from 1-12 July in Incheon, South Korea. The women's event will also give Toronto an organisational test prior to hosting the 2015 Parapan American Games.



Increased participation at IPC Powerlifting World Championships

IWBF Wheelchair Basketball

| | WOMEN'S | | |
|-------------|--------------------|-------------------------|--|
| ipic ons | World champions | Paralympic champions | |
| la | USA | Germany | |

IBSA Goalball World Championships



| MEN'S | | WOMEN'S | |
|--------------------|-------------------------|--------------------|-------------------------|
| World champions | Paralympic champions | World champions | Paralympic champions |
| Lithuania | Finland | China | Japan |

There will be 16 men's and 12 women's teams competing for gold at the IBSA Goalball World Championships, which take place from 26 June - 6 July in Espoo, Finland.



I've had some good moments in sport so far, but I have to prepare to the maximum so I can perform at home even better than in previous Games. 77 **Daniel Dias**





Brazilian athletes mark 1,000 days to go

IPC President Sir Philip Craven and top Brazilian athletes marked 1.000 days to go until the Rio 2016 Paralympics in December by attending the Brazilian Paralympic Awards at Rio's Museum of Modern Art. Sir Philip also took part in a range of interviews with various Brazilian media outlets.

Daniel Dias was recognised as Brazil's Best Male athlete in 2013 for winning six golds at the IPC Swimming World Championships in Montreal, Canada, and Susana Schnarndorf took Best Female after claiming a gold and a bronze in the pool at those same Championships.

Qualification criteria announced

The IPC published the Qualification Guide for Rio 2016, which describes in detail how athletes and teams can qualify for each of the 22 sports on the Games programme.

The Rio 2016 Paralympics take place from 7-18 September 2016, with 4,350 athletes from more than 160 countries expected to contest 528 medal events.

Triathlon and canoe will make their Paralympic Games debuts in Rio, with each sport staging six medal events.

The Rio 2016 qualification period began on 1 January 2014 and sport entries must be submitted for the Games by 15 August 2016.

'Road to Rio'

The Rio 2016 Organising Committee launched the "Road to Rio" section of its website, which was a project that resulted from an IPC Academy Excellence Workshop and features the world's best Paralympic athletes expected to star at the 2016 Games. The section shares content about these top athletes, including their achievements, hobbies and motivations, with all of the Paralympians having been chosen from the IPC's Ones to Watch list.



| ð | Two-time Paralympic champion (Beijing 2008 and London 2012) | 8 | Cold at Rio 2007 and Cuadolojara 2011 Parapan-American Games, world champion and player of the year in 2010 | | | |
|--------|--|---|---|--|--|--|
| n | Full name: Jeferson do Concelção Gonçalves | 苗 | Date and location of birth: 5 October 1989 – Condelos (Bohio), Brazil | | | |
| - | Huight: L6Sm | ۰ | Weight: 67kg | | | |
| 50 | Challenge: Born with gloucoma and went blind aged seven | î | Peskien. Right wing | | | |
| Trivia | | | | | | |
| web | Ø | | >> www.Rio2016.com | | | |

PyeongChang 2018 PARALYMPIC GAMES

IPC Academy to administer Excellence Programme

The IPC will carry out the third edition of the IPC Academy Excellence Programme, which means it will roll out a range of knowledge workshops over the next five years geared toward enhancing the planning and delivery of the PyeongChang 2018 Paralympic Winter Games.

PyeongChang 2018 staff will hear from industry experts in regards to past experiences and best practices. Closer to Games time, the IPC Academy will host a Simulation and Readiness Programme allowing organisers to undertake specific Paralympic Games exercise. At that point, Sochi 2014 and Rio 2016 Games organisers will share their learnings with the PyeongChang staff.



Taking in a Games atmosphere

Members of the PyeongChang 2018 staff will take part in the IPC's Observers Programme at the Sochi 2014 Paralympics in order to gain valuable expertise and experiences for delivering a Winter Games. They will hear from Sochi 2014 Organising Committee function area managers and have the chance to physically experience a Games environment first-hand.

web & >> www.PyeongChang2018.org



knowledge.

now.



Tokyo 2020



Japan hold Paralympic Orientation Seminar

by Vice President Andrew Parsons and Chief Executive Officer Xavier Gonzalez, gave 220 members of the Tokyo 2020 Organising Committee an introduction to the background of the Paralympic Movement and the evolution of the Paralympic Games, beginning the transfer of Paralympic

The seminar served as the official kickoff for preparations for the 2020 Paralympics, which will be held from 25 August - 6 September six years from

Those who attended the seminar included representatives from the following organisations: Japanese Paralympic Committee, Japanese Olympic Committee, Tokyo Metropolitan Government, Japan Sport Association and the Japan Sport Council.

In January, an IPC delegation, led Representatives came from the national government and national sport federations.

> Attendees also learned more about the Paralympic brand and were given an introduction to the strategic approach to Paralympic communications.

> An overview of Paralympic sports, an introduction to inclusion and legacy opportunities and information about key requirements and timelines was given over the course of the two days.

> The IPC delegation received an extended venue tour of many sites that will host the Paralympics.

> In 2020, Tokyo will become the first city to stage the Paralympic Games for a second time.

>> www.Tokyo2020.jp

From left. IPC CEO Xavier Gonzalez, **IPC Vice President** Andrew Parsons, Japanese Paralympic Committee President Mitsunori Torihara and IPC Governing Board member Yasushi Yamawaki

have served on the IPC Athletes' Council since I was elected by my athlete peers at the London 2012 Paralympic Games.

By the way, how great were those? The atmosphere at all of the sport competitions was electric.

In the Netherlands I had already been serving on the Athletes' Commission for our National Paralympic Committee, which is integrated with the National Olympic Committee. Having the chance to be on the IPC Athlete's Council and help improve the Movement for paraathletes was and is a real honour for me.

I have always believed that as an athlete, instead of complaining and not doing anything, we can help improve the quality of sports by being vocal and letting the decisionmakers know what we think and how we feel about the important issues.

The role of the IPC Athletes' Council is to provide the IPC Governing Board with direct access to the athletes and vice versa. The Council also has a close relationship with Anti-Doping Agency (WADA) and classification experts. In the future, we also hope to create Athletes' Councils or focus groups within all IFs.

Elvira Stinissen's view

Why athletes deserve a voice in the Paralympic Movement's decisions

the IOC's Athletes' Commission, the World To improve the quality of the Paralympic Movement, we need all kinds of perspectives: the federation, the coach, the scientist, the medical personnel, the media and the fans. But most importantly, that of the athlete.

For us on the Council, it is really important that other athletes come to us with the

If we know the challenges they are facing in

WANT TO RAISE YOUR VOICE AS AN ATHLETE?

Send your questions or concerns to athletescouncil@paralympic.org.



The IPC Athletes' Council serves as the liaison between para-athletes and decision-makers in the Paralympic Movement

Elvira Stinissen

Nationality: Dutch Title: Sitting volleyball player Most-well known for: Helping the Netherlands to a fourth-place finish at the London 2012 Paralympics

The athlete's voice in any sporting movement must be strong and consistent. While not all sports face the same

issues or challenges, the athlete's voice must be a collective one in order to push recommendations in the face of decision-makers.

Without the IPC Athletes' Council – which has a balance of regions, genders and sports each International Federation (IF) would be working in silos.

issues they are facing.

their sports, then we can really try to make a difference. If athletes remain silent about these challenges, then nothing will ever change.



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"To enable Paralympic athletes to achieve sporting excellence and inspire and excite the world."

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