

THE

OFFICIAL MAGAZINE OF THE PARALYMPIC MOVEMENT

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PARALYMPIAN

www.paralympic.org

50 Years

Remembering Rome

1960



PRESIDENT'S MESSAGE

With a capacity
of **80,000**, cheering
sounds will fill Olympic
Stadium during the London
2012 Paralympic
Games



Aerial view reveals the Olympic Stadium of the London 2012 Paralympic Games under construction

“As London has less than two years to go, it was really encouraging to learn that more people are taking an interest in the Games and that attitudes towards people with a disability are changing.”

Dear Readers,

On behalf of the IPC, I would like to welcome all of you to the third and final edition of The Paralympian this year. As the positive feedback continues to come in regarding the change in magazine format, we hope you too continue to spread the word about the Paralympic Movement.

We have been busy with IPC Project Reviews for both the London 2012 Paralympic Games and the Sochi 2014 Paralympic Winter Games. As London has less than two years to go, it was really encouraging to learn that more people are taking an interest in the Games and that attitudes towards people with a disability are changing.

In Sochi, I met with the Russian Deputy Prime Minister Dmitry Kozak at Government Hall where we discussed the integration of people with a disability into society and the creation of a barrier-free environment. It was clear that interest in the Paralympic Movement is growing in the country following the success of the Russian team at the Vancouver 2010 Paralympic Winter Games.

Inside are profiles on South African athlete Natalie du Toit and the National Paralympic Committee of the Netherlands. Du Toit talks about her inspiring target for winning gold in all Swimming events in London, and Secretary General Rita van Driel details how she hopes the Netherlands will stage the Paralympic Games in 2028.

We also have a review of “The Paralympic Athlete” inside our magazine, an upcoming publication which will be used to stimulate more research on Paralympic Sport. For the first time, a comprehensive evaluation of the athlete from several different perspectives is put together for the public, and I commend the editors Yves Vanlandewijck and Walter Thompson for their hard work!

Finally, we have our feature article on the 50th anniversary of the Rome 1960 Paralympic Games. Celebrating half a century of tremendous progress, we take a look at the experience of those who attended the Games and what has changed over the years. Paralympic Order recipient Jean Stone is one of the contributors, and she remembers it was a significant step in the Paralympic Movement.

In this issue we also have a special request on the final page which asks for your opinion on The Paralympian. We want to produce the best possible magazine for the Paralympic Movement, and this is your chance to voice your opinion!

I hope you enjoy the last issue for 2010!

Season's Greetings!

Philip Craven

Sir Philip Craven, MBE
IPC President





Enjoy this edition of “The Paralympian” – the official magazine of the Paralympic Movement!

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Athletes from Belgium were a strong contingent at the Rome 1960 Games.

Rome was one of the first activities of the Belgian Sports Federation for the Disabled (BSFD).

Rome



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Information Graphic
Biathlon - Visually Impaired Category

Verena Bentele
Biathlon and Cross Country, Germany
"On the ski run, my guide is my trusted partner and very important. But at the shooting range, I am on my own. The challenge then is to control my high pulse rate and breathing. Only then you are calm enough to shoot precisely."

Allianz

The Guide
Taking ahead of the visually impaired athletes, the guide gives a preferably precise overview of the ski run. The sharpness of a turn is described on the basis of a clock, "left on Nine" means a 90-degree left turn, and "Right on One" stands for a slight turn to the right."

It is all about technology
Athletes shoot with the help of an infrared shooting system that enables shooting by hearing. Within a circumference of 1.5 square meters, 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.

The pitch
ear-phones
converter
10m distance
235 Hz

Left Right

<http://ignoringallianz.com>

1960: Athletes Catapult onto the Sports Scene



“The competition was at the time terrific. But when you think of what they do today, it wasn’t the same. You had to be in more than one sport to participate in the Games. It was so different than today where athletes focus on one sport.” (Daphne Hilton, Australian athlete)



The 50 years that have passed since the Rome 1960 Paralympic Games represent a timeline that is continually referenced in the Paralympic Movement. Held from 18-25 September, 400 athletes from 23 countries competed in eight sport events. The impact however of that first milestone in the Italian capital is still discussed as a living memory in the circles of those who experienced it first hand.

Australian Athletes

Daphne Hilton was one of the athletes in Rome who was interviewed by the Australian Paralympic Committee about the inaugural event. The interview is part of a joint project between the National Library of Australia and the Australian Centre for Paralympic Studies to raise awareness about the Paralympic Movement.

“The Olympic pool was absolutely fantastic, we used the same facilities,” Hilton said. “The competition was at the time terrific. But when you think of what they do today, it wasn’t the same.”

Many of the athletes from Australia were travelling overseas for the first time, and had to prepare for the flight.

“It was very exciting, very long,” she said. “But as I say, we all took it in and enjoyed it.”

Another athlete on the Aussie roster has his name on the street “Kevin Coombs Avenue” at the Sydney Olympic Park. Coombs said that

for Rome, they did have a team manager and medical backup and that normally the manager was the team doctor.

“It was a really big effort because they (medical team) didn’t know how we were going to travel – we didn’t know how we were going to travel either,” Coombs said.

SPORTS IN ROME

1. Archery
2. Athletics
3. Dartchery
4. Snooker
5. Swimming
6. Table Tennis
7. Wheelchair Basketball
8. Wheelchair Fencing

The team ended up flying to Perth, and then on to Singapore before arriving in Rome.

Hilton said that most athletes at that time were constantly multi-tasking in their training and competition.

“You had to be in more than one sport to participate in the Games,” she said. “It was so different than today where athletes focus on one sport.”

Regarding equipment, Coombs said that athletes did not have more than one wheelchair.

“The one you were living in was the same one you were using in the sport,” he said. “What they did in those days, they were all quarter-inch pipe, steel pipe. But not anymore. Chairs of today are of carbon fibre worth six to seven thousand Australian dollars. Most of the new chairs are of alloy. And this one I am sitting in now is not a Wheelchair Basketball chair, but just an everyday chair. It weighs 16 or 17 kilos, whereas the old heavyweights (I used to have) were closer to 40 kilos.”

As far as other differences, Coombs said that the professionalism has changed. Today’s elite Wheelchair Basketball athletes take ice baths after a match, whereas he and his teammates had a few iced beers.

Australia won 10 medals at the Rome Games, including three gold.

Rome Inspires Belgium Committee

Archivist for the Belgian Paralympic Committee Mark De Meyer said that Rome was one of the first activities of the Belgian Sports Federation for the Disabled (BSFD), and that during the Games the “International Stoke Mandeville Games Committee” was founded.

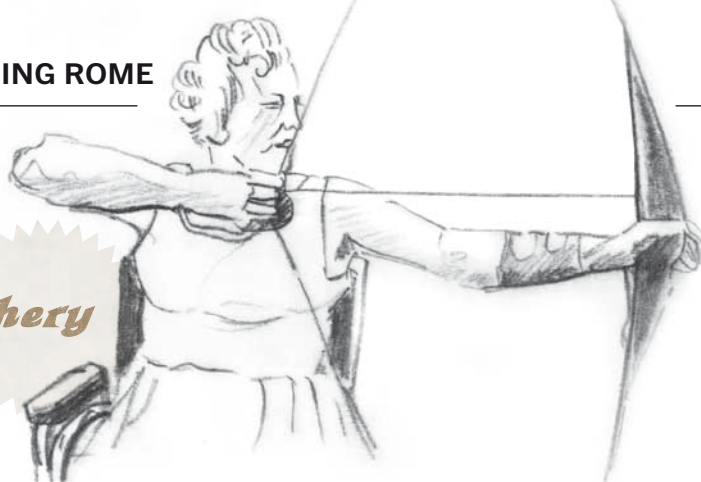
“This structured committee meant an important step forward for the organization of future Games and for the development of international relations,” he said.

Later developing into the National Paralympic Committee of Belgium, President of the BSFD Victor Boin was also the President of Belgium’s National Olympic Committee. Mr. Boin had initiated sport for people with a disability in Belgium in 1954 with medical doctors Pierre Houssa and Albert Tricot.

Mr. De Meyer said that in the lead up to the Rome Games, special circumstances related to the transportation of the country’s athletes to the Italian city created a lot of attention within Belgium.

“Initial planning was to organize the transportation by military planes,” he said. “It was finally decided to transport the athletes with the civil airline company Sabena, which resulted in a late arrival at the Games. The Belgian Team arrived in Rome during the Opening Ceremony of the Games.”

Archery



Great Britain took six medals in the Women's Archery competition in Rome

Impressions of the Games

Paralympic Order recipient and longtime member of the Paralympic Family in roles which included Technical Secretary to the IPC Sports Council and Women in Sport Committee member, Jean Stone has seen incredible progress of the Paralympic Movement beginning with the Rome Games in 1960.

Ms. Stone remembers this time as a beginning for not just the Movement, but for herself.



Jean Stone,
Technical
Secretary to the
IPC Sports Council,
Women in
Sport Committee

"I was a staff member with the British Team in Rome, my first Games were the 1960 British National Championships in June at which they selected the British Team for the Games in Rome," Ms. Stone said. "Being very new to the Movement I was overawed by the event — the venues had been used for the Olympic Games — Olympic Indoor Swimming Pool, Tre Fontane Stadium for all other sports."

Where the athletes were housed remains a strong memory for Ms. Stone.

"Access to the accommodation had to be timed to ensure assistance was available."

"I shall never forget my first glimpse of the Olympic Village — built on stilts, all accommodation on the first floor with a dog-leg style entry stair, 10 steps and platform and another 10 steps, ramps were provided but they were so steep that in some cases it took two people to get an athlete up and down! Access to the accommodation had to be timed to ensure assistance was available. The USA Team were the most adventurous — after a few days some managed to 'bounce' down the steps but still needed assistance for the 'up' journey."

Paralympic Movement Growth

The Paralympic Movement is now more overarching and opportunities for athletes continue to grow on the regional, national and international scales. It took several years after Rome however to open up the Games to all disability groups.

It was 1976 before amputee athletes and the blind could participate in the event, with athletes with cerebral palsy joining in 1980. Ms. Stone said inclusion had been addressed 50 years ago by others to be allowed to take part in the event.

Because of this, Founder of the Paralympic Movement Sir Ludwig Guttman issued an official response in a report.

Dr. Guttman stated: "It is most gratifying that the success of the Stoke Mandeville Games for the Paralyzed, as the first international sports festival for severely disabled, has been an instigation to other groups of disabled, especially amputees to start international competition of their own, and in recent years such competitions have successfully taken place in France, Germany and Holland. Moreover, combined international sports events have also taken place, which have included paraplegics, amputees and blind. However, owing to limited facilities, participation of only a limited number of competitors in each group was possible. The Stoke Mandeville Games, as such will, therefore remain the International Sports Festival for the Paralyzed, both complete and partial lesions, for which they were created."

Ms. Stone said that things have dramatically changed in the Paralympic Movement over the half-century.

"Dr. Guttman's statement did sum up the event in 1960," she said. "If we review each event since we should be able to find a legacy for the host city/country for each city. For example the hosting of the 1964 Games in Japan left a lasting legacy for people with a disability — at one residential centre they did not have sufficient wheelchairs for all residents therefore they had a rotation for use of a wheelchair. During the Games, they brought groups on a daily basis — same chairs, different people. After the event everyone had their own chair and an improved quality of life thanks to sport."



Belgian athletes were honoured upon returning home after the Games

Special circumstances related to the transportation of the country's athletes to Rome created a lot of attention within Belgium

Mark De Meyer, Archivist for the Belgian Paralympic Committee



The Rome Programme (bottom) and Results booklets are both now keepsakes for many

Development of the Games

Since Rome, the Games have grown in all aspects from competition to logistics, to facilities and media coverage.

Ms. Stone said that the focus has now changed. “In the 50s and the early 60s the Games were seen as part of the rehabilitation programme and the prime movers involved in their organization were from the medical and para-medical professions,” she said. “There are now qualified officials and coaches in all the sports and athletes taking part train as hard as their Olympic counterparts and see themselves as athletes who happen to have a disability.”

The emphasis today is on integration with the mainstream governing bodies of sport.

Looking Forward

President of the IPC Sir Philip Craven said that what has been achieved in the last 50 years since Rome has been quite remarkable. This refers to not only the IPC in Bonn, but for the hundreds of thousands of athletes, coaches, volunteers and paid staff around the world who have all worked tirelessly to make it all possible.

“The Paralympic Spirit has never been stronger but we must not become complacent,” he said. “We must recognize our challenges for the next 50 years and identify how we can best overcome them.”

Sir Philip said that increasing participation at all levels from the grassroots right through to elite competition is certainly one of those challenges to be faced.

“Even though we’ve seen the numbers taking part in the Summer Paralympics rise 10 fold in the last 50 years, we’ve not seen the numbers at grassroots increase at the same rate and this must be addressed going forward by working together with National Paralympic Committees and International Sports Federations around the world.”

The more people who take part, he said, the greater chance there is of attracting more sponsorship and generating more media interest.

“What we’ve seen since 1960 and Rome is that the Paralympic Games have improved significantly, not only in terms of numbers but also in standards. You only have to look at the last two Games in Beijing in 2008 and Vancouver earlier this year to see what superb events the Paralympic Games have become for all those involved.”

Referring to those involved in the Rome Paralympics, he said that it would have been hard to imagine that the Games would grow to the size they are now.

“Hopefully in another 50 years time we can look back and say the same not just about the Summer and Winter Games but also all the other events in the Paralympic calendar,” he said.

For more information about the Rome Games, please visit:



>> www.paralympic.org/Paralympic_Games

Swimming

FULL BODY POWER

There are various ways for swimmers to start their race; in the water, a dive start sitting on the starting platform or the typical standing start. Blind swimmers are required to have an assistant to help as he or she approaches the swimming pool end wall, either to make a turn or for the finish of the race. This process is called tapping and performed by a 'tapper'. These swimmers are also required to wear blackened goggles in all their events.

From the Movement's Beginnings

Since the first Paralympic Games in Rome in 1960, Swimming has been one of the main sports of the Paralympic Games. As in the Olympic Games, competitors measure their skills in Freestyle, Backstroke, Butterfly, Breaststroke and Medley events.

The first IPC Swimming World Championships were organized in 1994 in Malta. At the 2010 World Champs, athletes from more than 80 countries practice the sport, with male and female competitors having either a physical disability, visual or intellectual impairment.

Athletes are classified based on their functional ability or medical condition to perform each stroke. There are 10 classes for athletes with a physical disability (S1-S10), three classes for visually impaired athletes (S11-S13) and one class for athletes with an intellectual impairment (S14).

Governed by the IPC, Swimming is co-ordinated by the IPC Swimming Technical Committee (STC) which incorporates the rules of the International Swimming Federation (FINA).

The FINA rules are followed with a few modifications, such as optional platform or in-water starts for some races and the use of signals or 'tappers' for swimmers with blindness/visual impairment; however, no prostheses or assistive devices are permitted.

Committee Promotes Development

The STC for IPC Swimming continues to assure the highest standards of organization as the Paralympic Sport sees evolution in performance, technology and participation. Following this, the STC for Swimming meets regularly in order to maintain the sport's offering of competitions and events globally.



40 Chinese swimmers competed in Beijing

In 2010, the IPC Swimming STC met in Bonn, Germany, and in Eindhoven, The Netherlands to discuss and review the Sport's Rules and Regulations, and the upcoming programme for major Championships, including the Paralympic Games in 2012. A review of the competition cycle for the World and Regional Championships also took place, and discussion of potential host cities for 2014 and 2015 competitions were identified.

The IPC Swimming STC noted that the number of approved competitions has increased, and that the rankings and record lists are updated on regular basis to provide the best service to the NPCs.

Following high-profile gatherings, IPC Swimming also hosted a successful Summit in 2009 and an official Swimming Forum in 2010. Both offered the possibility to the membership to provide input on different areas of the Sport.

World Championships and Other Major Competitions

From 15-21 August 2010, the World Championships hosted more than 1,100 athletes and team staff, most of whom have the ambitious goal of competing at the London 2012 Paralympic Games. The Championships, held in the Pieter van den Hoogenband Swimming Stadium, were incredibly successful and showcased the ability of the sport to the world while being broadcasted live.

IPC Swimming is now getting ready for the upcoming 2010 Asian Para-Games, 2011 Parapan Games, 2011 All-African Games, and the 2011 IPC Swimming European Championships in Berlin, Germany. In every event, there will be many new and already registered athletes provided with

FACTS

IPC Swimming includes:

Individual and Team events

Freestyle (50m, 100m, 200m, 400m)

Backstroke (50m, 100m)

Butterfly (50m, 100m)

Breaststroke (50m, 100m)

Individual Medley (100m, 150m, 200m)

Relay races (4x100m Freestyle and Medley)

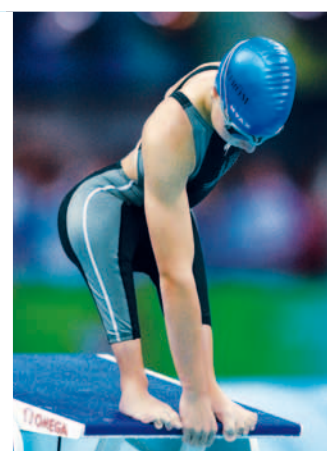
Open Water events (5km)

a possibility to qualify for the London 2012 Paralympic Games. And as there will be numerous new NPCs joining the Paralympic Swimming, these competitions will further contribute to the development of the popular Paralympic Sport.

For more information about IPC Swimming, please visit:



>> <http://ipc-swimming.org>



Two Years to go!



London 2012

Countdown to Summer Games

The London Organizing Committee for the 2012 Olympic and Paralympic Games (LOCOG) celebrated the two-year countdown to the Opening Ceremony of the Paralympic Games on 29 August with activities in and around London.

The Games will be held from 29 August to 9 September 2012, and the spirit in the capital of Great Britain is building up immense anticipation. LOCOG is calling upon the UK public to start planning their Games, for example with the London 2012 Games Maker volunteer programme launched last summer which has already received more than 100,000 applications.

Around a third of the 70,000 London 2012 Games Makers will help stage the Paralympic Games, and those interested can already visit the London 2012 official website to apply. The volunteering programme is inclusive and applications are welcome from across all communities. Deaf and people with a disability are actively being sought.

Advertising for the positions hit several major newspapers, including News of the World,

Telegraph, Sunday Times and London Evening Standard.

Awareness about the upcoming Games was also made with a series of short documentaries on Channel 4, the official Paralympic Broadcaster for London. Called "Inside Incredible Athletes", the stories on film follow six British athletes who are aiming to compete in 2012.

Also celebrating two years to go, LOCOG's Director for Paralympic Integration Chris Holmes joined the London 2012 Paralympic mascot Mandeville at the Paralympics GB training camp in Bath, Great Britain. Together they watched the country's top Paralympic athletes as they prepare for the Games.

From Bath, Mandeville travelled to London, making an appearance at the official London 2012 shop in Kings Cross St Pancras to launch the new range of Mandeville products.

The London 2012 mascot also hosted an online competition to the public promoting Football 5-a-Side.

Visit the London 2012 YouTube page to watch videos of Football 5-a-Side at:

web 

>> www.YouTube.com/user/london2012

Project Review

With less than two years to go, the IPC was told that attitudes towards people with a disability in Great Britain are improving and could be one of the legacies of the London 2012 Paralympic Games. A nine strong contingent from the IPC was updated on this and other areas at a three-day Project Review with LOCOG at the end of September.



The IPC Team met with LOCOG just after the two year countdown

Research findings showed that four in 10 people believe the London 2012 Paralympic Games will bring a lasting breakthrough about the way people with a disability are viewed in the country. The IPC was also informed that nearly 600,000 people have registered their interest in buying Paralympic Games tickets.

IPC's CEO Xavier Gonzalez said that it was really important to learn that more people are taking an interest in the Games and that attitudes towards people with a disability are changing.

"The comprehensive activity that the London Organizing Committee implemented to mark the two years to go mark clearly played a key role in shifting those attitudes as has the partnerships they have established with Channel 4, Sainsbury's and BT," he said.

"The key now is to build on this momentum so people can learn about the exciting sports they can see in 2012."

web 

>> www.london2012.com



Sochi 2014

Barrier-Free Blueprint for Russia

New standards in accessibility are constantly being implemented into the plans for the Sochi 2014 Paralympic Winter Games. And with less than four years to go, the Organizing Committee is reporting exciting prospects that the IPC has declared extremely encouraging.

President and CEO of Sochi 2014 Dmitry Chernyshenko confirmed some of the inspiring undertakings at the second Project Review for the next Winter Games held in September.

"Everything we do for the Games regarding transport, roads, venues and infrastructure will become a blueprint for a barrier-free environment for the whole country. Our goal is to not only introduce new standards but also use the Games to raise awareness of people with a disability," he said.

"That's why a complex Paralympic awareness programme is under development and will be implemented from 2011 up until the Games."

The meeting in Moscow, Russia, also heard the results of an accessibility study into the venues in Sochi and reviewed a cultural programme

proposed for the build-up to the Games. Designed to promote Russia's rich history in culture and the arts, the programme will involve four thematic years between now and 2013 covering Cinema, Theatre, Music and Museums.

IPC's CEO Xavier Gonzalez said the IPC was encouraged by the progress being made by Sochi 2014, and the years ahead will be crucial to success.

"Between now and 2014 it is important that the Organizing Committee builds on this momentum to further raise awareness of the values of the Paralympic Movement while building the infrastructure and sponsorship portfolio needed to host highly successful Games," he said.



Infrastructure in Sochi will become a model for the whole country

International Entries for Mascot

Anyone with an idea for the Sochi Mascot now has the chance to submit their own ideas through the internet. The special website set up by the Sochi Organizing Committee provides users with online design software that

creates their graphic proposal. The winning entry will be chosen by a national vote on 7 February 2011.

President and CEO Dmitry Chernyshenko said that their mission is to bring together representatives from different nations and countries in the name of sport and peace.

"We are delighted to welcome all individuals with a strong passion for Russian culture and language to participate," he said.

For more information about designing the mascot, please visit:

web

>> www.talisman.sochi2014.ru



For more information about the Sochi 2014 Paralympic Winter Games, please visit:

web

>> www.sochi2014.com



Rio 2016

One Year Later

To celebrate the one year anniversary on 2 October 2009 of Rio de Janeiro being chosen as the host city in 2016, an official ceremony took place at the Palacio da Cidade. It included the Rio 2016 Organizing Committee President Carlos Arthur Nuzman handing over the Rio 2016 Bid Official Report to Mayor Eduardo Paes and other governmental representatives.

The document gives details of the Rio 2016 candidature from the Applicant City phase in 2007, to the announced victory in Copenhagen, Denmark.

"I am happy with the way we are developing the work, which is totally up to date. For us, the Rio 2016 Games have already started."

During the celebration, Mr. Nuzman thanked the three levels of government, the Brazilian Paralympic and Olympic Committees, the athletes, the Rio 2016 Organizing Committee, the volunteers and everyone that contributed to the winning bid.

"I am happy with the way we are developing the work, which is totally up to date," he said. "For us, the Rio 2016 Games have already started."



Rio's official bid report was celebrated by the committee

For more information about the Rio 2016 Paralympic Games, please visit:

web

>> www.rio2016.com

VISTA 2011

A Multidisciplinary Approach to Paralympic Success



Bonn is preparing for a successful 2011 VISTA Conference from 31 August to 3 September 2011. Building on the success of previous editions in Jasper (Canada, 1993), Cologne (Germany, 1999), Bollnas (Sweden, 2003) and Bonn (Germany, 2006), VISTA 2011 will be the gathering of scientists, coaches, athletes, officials and administrators to exchange scientific

knowledge and expertise and promote cross-disciplinary professional interaction in Paralympic Sport.

The VISTA Conference was designed to promote and advance the mission, goals, objectives and reputation of the IPC and provides a platform for sport scientists to meet with experts in the field of sport for athletes with a disability. Due to a need for greater opportunities to discuss and exchange knowledge, the VISTA Conference has become an important international event for elite sport for athletes with a disability.

The IPC welcomes contributions on the following themes:

- Athlete Development Models & Career Pathways
- Classification
- Coaching Innovation
- Education & Awareness
- Ethics
- Equity in Sport: gender, athlete with high support needs, etc.
- Integration/Development/Recruitment
- Media/Marketing/Sponsoring
- Sport Management: Organization & Administration
- Social Legacies
- Sport performance – Exercise physiology, Advances in training techniques, Technical development, Sports medicine
- Youth in Paralympic Sport

Different topics that drive the Paralympic Movement into the early 21st century are planned for the conference, and will include new and exciting discussions.

Keynote addresses will be given on the following priority themes for the Paralympic Movement by leading experts:

- International Sport Development
- Challenges and Opportunities for the Paralympic Movement: Ethical and Conceptual Issues
- Classification in the Paralympic Movement

Chaired and moderated by a member of the IPC Sports Science Committee, expert speakers have been invited by the IPC to address particular themes and exchange views in interaction with the audience:

- Performance Enhancing Agents – when are you crossing the line
- Should the Paralympic Games become the Games of the ‘minimally disabled’
- The structure of sports within the Movement
- Paralympic sports’ research findings application – linking the laboratory and the field
- Travelling athlete
- Social Legacies of the Paralympic Movement

VISTA above all is YOUR Conference, and your contribution is key to success. We welcome your presentation for one of the ‘free presentation sessions’ or ‘poster sessions’, no later than 4 February 2011.

All details on the conference, registration and abstract submission procedures are available from the IPC Website at:



>> www.paralympic.org/events

ICSEMIS 2012 – Sport ... Inspiring a Learning Legacy

The ‘International Convention on Science, Education and Medicine in Sport’ (ICSEMIS) is the successor of the Pre-Olympic and Pre-Paralympic Conventions and Conferences which were organized by different leading bodies in sport from 1960, and until 2004.

On the last day of the 2004 Pre-Olympic Convention, ICSSPE (International Council of Sport Science and Physical Education), FIMS (International Federation of Sports Medicine) and the IPC asked the IOC to join into one Convention and the Guangzhou 2008 ICSEMIS was the first successful event of the partnership between these four parties.

Glasgow is now preparing for the 2012 ICSEMIS edition from 19-24 July 2012. Scoping 2,500 attendees, ICSEMIS 2012 promises to provide an inclusive scientific programme for all those involved in sport and exercise covering athlete welfare, eligibility and inclusion, elite performance, physical activity and health and pedagogy.

A call for papers will be launched in January 2011.

For more details, please visit:



>> www.icsemis2012.com



Digital cameras in Vancouver (top) give insight into athlete injuries (bottom)

Vancouver Research Data Today

The Vancouver 2010 Paralympic Winter Games provided a unique opportunity for some selected research projects to be conducted with authorization from the IPC.

Using high speed digital cameras, a biomechanical analysis of push gesture in Nordic sit skiers was accomplished to further understand the propulsion which is generated by shoulder and arm muscles, using two standard poles. The digital reconstruction of the athlete's performance and calculation of joint angles and velocities at several key moments during sit ski push and recovery not only furthers the understanding of kinematic analysis of double poling gesture, but also gives insight in athlete compensation mechanisms related to lesion level, fatigue and slope influence on performance.

At the same time, two other research teams filmed all Ice Sledge Hockey events for the purpose

of establishing a game efficiency protocol. Whilst data show that the intensity of the game in Ice Sledge Hockey seems to be lower than in ice hockey, individual skills and individual mistakes were crucial to the success of the teams.

Throughout the Games, athletes in the Vancouver Village (Ice Sledge Hockey and Wheelchair Curling) were invited to participate in assessment of autonomic nervous system control. Testing included a neurological evaluation, assessment of cardiovascular response to orthostatic stress tests, and preservation of sympathetic skin responses.

Also in Vancouver, the collection of data on athlete injury took place for the third consecutive time during Paralympic Winter Games. It is an important sign of the IPC's commitment to improving safety in Paralympic sports by developing a greater understanding of the cause of injury.

Thanks to the great support of the VANOC Medical Services staff, athletes' dedication and Team Physicians contributing to the data gathering, information was collected on 120 injuries. Ice Sledge Hockey had the highest percentage of athletes (34%) sustaining an injury due to the nature of the game and high speeds on the hockey rink.

Injury mechanisms identified in previous data collection in Salt Lake City and Torino led to altered sport and equipment regulations. But the actual data requires further vigilant monitoring of protective clothing and equipment development as a preventive measure.

In Alpine Skiing, the knee and shin bones remain the structures most at risk in standing classes, in much the same way as in Olympic skiers, with severe fractures occurring. Fewer injuries occurred in sitskiers compared to previous surveys.

Tough environmental conditions led to an increased number of acuter injuries, including significant concussion, pneumothorax, fractures and ligament injuries, and require further monitoring.

For more information, please consult:

web >> [IPC Medical & Scientific Department](#)

London 2012 Paralympic Games – Call for Research Proposals

The IPC is calling for research applications for all projects that are to be conducted during the London 2012 Paralympic Games from 29 August to 9 September 2012. The IPC Research Application Form, as well as details on the application procedure, schedules, and examples of previously approved research projects are all available on the IPC website in the Sport Science section.

In order to be considered by the IPC, applications must be received by 1 September 2011. All research approved by the IPC must comply with internationally recognized ethical standards and research practices.

Funding for research projects must be secured by the research applicants through their institution or a third-party grant. The IPC currently does not provide funding for any research projects. The IPC remains committed to furthering research in all areas related to the Paralympic Movement. These areas include examples like research in Paralympic Sport, Disability Sport Classification, Sport Counseling, Assistive Technology, Athletic Identity Marketing and Branding, and Development and Public Awareness.

For additional information, please contact IPC Medical & Scientific Director Dr. Peter Van de Vliet at:

email >> peter.vandevliet@paralympic.org

IOC Handbook 'The Paralympic Athlete' – New Book Significantly Puts the Paralympic Movement Ahead

This brand new volume in the IOC Handbook of Sports Medicine and Science series, edited by Yves Vanlandewijck and Walter Thompson from the IPC Sports Science Committee, is the first comprehensive guide to Paralympic athletes. It provides theoretical and practical information on the physical and psychological conditioning of Paralympic athletes, and the many other facets contributing to elite performance in sports.

The book, dedicated to the late Trevor Williams, member of the first IPC Sports Science Committee, begins with a comprehensive introduction of the Paralympic athlete. This is followed by discipline-specific reviews from leading authorities in disability sport

science, each covering the biomechanics, physiology, medicine, philosophy, sociology and psychology of the discipline. The Paralympic Athlete also addresses recent assessment and training tools to enhance the performance of athletes, particularly useful for trainers and coaches, and examples of best practice on athletes' scientific counseling are also presented.

All chapter authors have a direct link with Paralympic athletes, making the volume unique and highly recommended to strengthen knowledge on Paralympic athletes.

This new title sits in a series of specialist reference volumes, ideal for the use of professionals



Walter Thompson and Yves Vanlandewijck with IPC Medical and Scientific Director Dr. Peter Van de Vliet (centre)

working directly with competitive athletes.

The Handbook will be available from Blackwell UK from February 2011 at a retail price GBP34.99.

For more information, please visit:

web >> www.bookshop.blackwell.co.uk



Testimonial: IPC President Sir Philip Craven

The Paralympic Athlete introduces for the first time a comprehensive evaluation of the athlete from several different perspectives: basic science, applied science, social science, nutrition, and performance enhancement in both cold and hot environments. This book will be used to stimulate more research but can also be utilized by the coach and the athlete as a guide to improving athletic performance.

It also can be a source of valuable information for coaches and athletes and will also be important in the classroom where entire college and university courses are now dedicated to the understanding of the Paralympic athlete.

Prof. Dr. Yves Vanlandewijck of Katholieke Universiteit (Leuven, Belgium) and Prof. Dr. Walt Thompson of Georgia State University (Atlanta, USA), both members of the IPC Sports Science Committee, have successfully recruited the world's best and most respected scientists to write exemplary chapters and then amalgamated this handbook into the most comprehensive book to date on the subject of the Paralympic athlete.

The IPC Governing Board, Paralympic sports, coaches and athletes, member nations, and the Paralympic Movement are indebted to all who contributed to this book.

paralympicSport.TV



Star Athletes Feature in Promotional Video for IPC Athletics World Championships

A number of big name Paralympic athletes including South Africa's 'Blade Runner' Oscar Pistorius and 'Fastest Paralympian on Earth' Jason Smyth feature in a new video trailer to promote January's IPC's Athletics World Championships in Christchurch, New Zealand.

In total 13 of the 1,000 plus athletes from 70 countries set to compete in Christchurch star in the 100 second trailer that can be found at www.ParalympicSport.TV, the official online TV channel of the IPC and www.youtube.com/ParalympicSportTV

Athlete of the Month Vote Goes Public

A recent change in the IPC's Athlete of the Month now encourages the public to vote for their favourite athlete with an online poll, which is located on the IPC's own Facebook page www.facebook.com/ParalympicSport.TV. Fans are able to cast their vote in support of their preferred athletes each month from a list of five candidates

This is a major change in the process of selecting the Athlete of the Month, which started with an individual chosen by the IPC. The first winner of this award went to Scottish Wheelchair Curling athlete Frank Duffy in January 2005.

In September 2010, the IPC decided to give everyone a chance to have their say. The shift to the public will not only increase awareness of the award, but give people a chance to voice their opinion."

The USA Wheelchair Rugby Team was the first winner to be elected by the public in September 2010. And for October 2010, Katrina Hart from Great Britain took the honour, bringing in more than 50% of the votes.

November's Athlete of the Month will be announced in December 2010! For more information about the Athlete of the Month, please visit:



>> www.paralympic.org/Athletes/Athlete_of_the_Month

Result

[View Poll](#) | [Delete](#) | [Edit](#) | [Invite Friends To Vote](#) | [Download Vote List](#)

Vote your Athlete of the Month October 2010:

Kurt Fearnley	<div style="width: 10%;"></div>
Kate Nwaka Oputa	<div style="width: 10%;"></div>
Kyle Pettery	<div style="width: 30%;"></div>
Katrina Hart	<div style="width: 50%;"></div>
Daniel Robert Highcock	<div style="width: 10%;"></div>



15 people like this. Be the first of your friends.

Updated polls give voters a chance to influence who wins



>> www.ParalympicSport.TV



>> www.youtube.com/ParalympicSport.TV



>> www.facebook.com/ParalympicSport.TV



Hart's first Games experience was in Beijing



HM Queen Beatrix and IPC Honorary Board Member HRH Princess Margriet with the delegation of the NPC Netherlands



NPC of The Netherlands

Integration of Committees Brings Focus to Sport

 **THE PARALYMPIAN** had the chance to speak with NPC of the Netherlands Secretary General Rita van Driel, where she explains the history of the Paralympic Movement in the country, and how NPC the Netherlands is determined to host the 2028 Paralympic Games.

COMMITTEE BACKGROUND

NPC the Netherlands has a long history in developing sports and organizing events, with highlights like the committee having organized the 1980 Paralympic Games. The NPC has always been part of the Sport Federation for the Disabled in the Netherlands, so the organization has continually held a strong arm on building Paralympic Sport.

In November 2007, NebasNSG (Netherlands Federation for Adaptive Sports) disappeared and the new NPC of the Netherlands was created and recognized by the IPC. The foundation NPC the Netherlands has its operations run by the staff of the Olympic Committee.

“We focus before on disability, and now we focus on sports,” Ms. Van Driel said. “That is the real difference in the whole process.”

The Dutch Women's Sitting Volleyball team took bronze in Beijing



COMMITTEE GOALS

The Dutch team at the Beijing 2008 Paralympic Games finished in 19th place in the final medal table. Ms. Van Driel said however that the committee's hope is to finish higher in the future.

"For the London 2012 Paralympic Games, we aim to be in the top 16," she said. "Ultimately however, we want to be top 10 in future Paralympic Games."

"We now have to find the athletes," Ms. Van Driel said. "It is not so clear anymore where they can go if people are interested in sport. We therefore are building a regional structure

"We focused before on disability, and now we focus on sports ... you see it is better for the sport and for the athletes."

where we point people with questions in the right direction. It allows people to have more information available for them.

"For able-bodied sports it is easy to go to your local club, but with sport for people with a disability it can be different, and more difficult to find a club to participate in the sport. With the integration, we are working on this."

Part of the work has included an intensive talent search programme which the organization

started together with the various sports federations. In both 2009 and 2010, two Talent Search days were organized at the National Training Centre, with more than 50% of the participants subsequently offered a spot in one of the training programmes.

LONG-TERM DREAM

During the 2010 IPC Swimming World Championships in Eindhoven, the Netherlands, NPC the Netherlands also organized side

Rita van Driel has an extensive background in leadership in Paralympic Sport. This includes being Chairperson for the IPC Nordic Skiing Technical Committee from 1998-2006, and a Technical Delegate at World Cups, World Championships and the Paralympic Winters Games in Salt Lake City and Torino. Other appointments she has held include Member of the IOC Co-ordination Commission from 2003-2010 and Chairperson of the International Ski Federation Sub-Committee for Skiers with a Disability from 2004-2007. Currently she is the Chairperson of the Para-Archery Committee under the International Archery Federation.

Ms. Van Driel has been the Secretary General of NPC the Netherlands since 2008, and has had an active role in bringing more athletes with a disability to participate in sport. She also serves on the IPC Governing Board, where she represents the IPC Membership and is responsible for overseeing the affairs of the IPC in between meetings of the General Assembly.



Van Driel said the committee hopes to host the Games in 2028

★
Amsterdam



649 athletes competed at the 2010 IPC Swimming World Championships



Building a Paralympic legacy included Paralympic Talent Day 2010

events that promoted the Paralympic Movement and created awareness. This was an example of how a Paralympic legacy is being built in the country at the moment.

"In 2028 we hope to host the Paralympic Games again," Ms. Van Driel said. "We decided that we want to build the legacy for the Games beforehand, which is what we are doing now."

"We want to organize an international Paralympic event in the Netherlands every year. In 2011 we have the Football 7-a-Side World Championships and the Sitting Volleyball European Championships. In this way we are building capacity for the future."

web >> www.npcofthenetherlands.nl

Allianz 

Allianz Info Graphics Breakdown Paralympic Sport

IPC Gold Patron Allianz has produced royalty-free information graphics which offer the public an easy way to learn about Paralympic winter sports. Free to download on their website, they have been distributed digitally via Allianz's media and press distribution system.

Also printed as postcards for visitors to the "German House Paralympics" at the Vancouver 2010 Paralympic Winter Games,

Mr. Jordi Queralt of GMR Marketing and Ms. Eike Bürgel of Allianz SE holding 2010's International Sponsoring Award for Paralympic Sponsorship

the graphics explain how the winter sports work in general terms. The response from the project has been very positive this year, with many requests for usage by newspapers and online news agencies.

To produce the information graphics, Allianz's Eike Buerger said the team worked intensively on new ideas and new activities to support the Paralympic Movement and its message.

"We were well aware that most people still did not know really much about Paralympic sports and especially that they did not

Information Graphic

Biathlon - Visually Impaired Category



Verena Bentele
Biathlon and Cross Country, Germany

"On the ski run, my guide is my trusted partner and very important. But at the shooting range, I am on my own. The challenge then is to control my high pulse rate and breathing. Only then, you are calm enough to shoot precisely."

Allianz 

The Guide

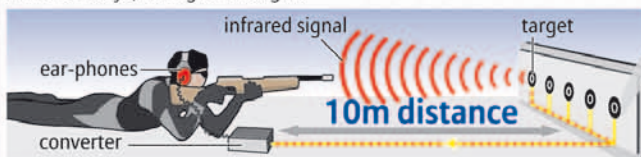
Skiing ahead of the visually impaired athlete, the guide gives a preferably precise overview of the ski run. The sharpness of a turn is described on the basis of a clock. "Left on Nine" means a 90 degree left turn, and "Right on One" stands for a slight turn to the right".



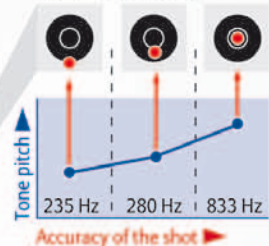
<http://sponsoring.allianz.com>

It is all about technology

Athletes shoot with the help of an infrared shooting system that enables shooting by hearing. Within a circumference of 1.5 square meters, 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.



The pitch assists



“Most people still did not know really much about Paralympic sports and the techniques used by people with a disability to practice their sports.”

know about the techniques used by people with a disability to practice their sports,” she said.

Ms. Buergel said that questions like ‘How can you practice Biathlon, when you’re visually impaired or even blind?’ and ‘How can you practice Alpine Skiing, when you are using a wheelchair?’ came up many times.

“It seemed to us that these and other questions were really important to be answered and that the answer to these needed to be simple and somewhat astonishing in order to develop a deeper interest in Paralympic sports,” she said.

The idea to use graphics Ms. Buergel said seemed to be the most attractive and efficient way to achieve this goal.

The Allianz Sponsoring team is very experienced in designing and distributing info graphics, and this medium is based on Allianz’ communication philosophy of “sharing knowledge”.

Because of the success, Allianz is planning on extending the info graphics to include Paralympic summer sports as well in 2011.

For more information on Allianz and to find the info graphics, please visit the Paralympics section of:



IPC and DB Schenker signing agreement in Vancouver

IPC Logistics on Schedule with DB Schenker

The IPC and DB Schenker have been working together for a number of years, but now both parties are pleased to formalize their relationship and take the logistic service involvement to the next level.

On land, sea or in the air, DB Schenker combines all transport and logistics activities of Deutsche Bahn with more than 91,000 staff across 2,000 locations in about 130 countries.

For athletes as well as logistics behind the scenes, the demands of international sporting events are high. And the Vancouver 2010 Paralympic Winter Games were no exception. After a project team was set up to deliver the core services of freight forwarding in the Canadian city, they then developed individual solutions for the customers. For example, door to door services were delivered for many of the sponsors, suppliers and a number of National Paralympic Committees (NPCs).

DB Schenker wish to offer a full scope of logistics services for NPCs and their stakeholders

- Planning and Consulting
- Freight Services by sea, air, road and rail

- Customs Clearance
- Local Distribution and Handling
- Material Handling Equipment
- Off Site Storage and Return Shipments

In total, DB Schenker moved 65 cubic metres of freight for the IPC during the Vancouver Paralympics, 35 cubic metres for the German Paralympic Committee, as well as 33 cubic metres of freight in and out and 1x20' container for IPC Worldwide Partner Otto Bock.

For the London 2012 Paralympic Games, DB Schenker want to be able to ensure that the athletes will have all the necessary support. This ranges from setting up the resident centre in the Paralympic Village, to supporting international media aligned with their respective NPC, and most importantly, the needs of Paralympic Sport Equipment.

DB Schenker already has a team formed in London, and is looking to be available for training camps, venues and hospital locations.

For more information about DB Schenker, please visit:



Preparing Athletes For a Life Beyond Sports

The IPC and the Adecco Group renewed their commitment in 2009 to meet the needs of Paralympic athletes at every stage of their lives, and for many, it has become the perspective of success in a different arena. The IPC Athlete Career Programme (ACP) through which elite and Paralympic athletes are supported with opportunities uses a two track approach: career development and job placement.

Adecco Vice President and Global Director Patrick Glennon said a strong co-ordinated approach is necessary for success each year.

“2010 has been exciting, and I am proud of our strong co-operation and the growth we achieved on global basis this year,” Mr. Glennon said. “However, what is more exciting, is not only looking back but looking forward to see what we can build together, on this solid foundation, so we can continue to make this programme better with increased coverage and performance each year.”

During competitions, many athletes look for part-time work, enabling them to combine sport and securing an income. For other athletes who have ended their sporting career, the Adecco Group aims

to help them find a full-time and permanent job off the field of play. As a result, the programme is an excellent opportunity for Paralympians to address the challenging transition from Paralympic Sport to a new professional life.

The IPC in co-operation with the Adecco Group, and certain NPCs, has created a customized programme for athletes in the following areas: defining career goals, creating a Curriculum Vita, interview technique and networking tips. The employees at Adecco are trained at making the right match between companies and extraordinary employees.

The word is getting out about the IPC Athlete Career Programme in co-operation with the Adecco Group, and athletes increasingly understand that whilst still at the top of their sport career, they should think about the time when applause falls silent.

For more information about the IPC ACP, please visit:



>> www.adecco.com
>> www.paralympic.org/Athletes/Athlete_Career_Programme

Transitioning Careers: Athletes in the Work Force

Jovin Tan Wei Qiang

Singapore's Paralympian Jovin Tan Wei Qiang has represented his country in various international Sailing competitions since 2001. Among his many accomplishments is the Singapore Disability Sports Council's coveted Sportsman of the Year Award 2006.

At the IFDS Two Person Keelboat World Championships, Tan together with team mate Desiree Lim emerged as champions and winning Singapore's qualifications for the Beijing 2008 Paralympic Games. At the top of his Sailing career, he joined Adecco in 2010. His discipline, resourcefulness and cheerful personality have amazed and brought joy to many of his colleagues.

Born with cerebral palsy, it was no easy journey for him to get to where he is today. But with strong determination and unwavering perseverance, he has overcome challenges being the accomplished athlete that he is now.

Regarding his career he said: “If you try, there will be at least 1% of success, but if you don't even try, there will always be 0% of success.”



Martin Rickmann

German Paralympian Martin Rickmann competed at both the Sydney 2000 and the Athens 2004 Paralympic Games in Sitting Volleyball.

After a sports injury ended his career as an electrician, he retrained as a salesman and then screen designer, however found it hard to balance work and sport. The Olympic Training Centre in Berlin then put him in touch with Adecco.

Rickmann initially became employed on a one-year contract with the Swiss Embassy in Berlin as a part-time facility manager. Because of the quality of his work, the Swiss Embassy quickly hired him on a permanent basis.

Now working 28 hours a week on flexi-time, he can focus on the responsibilities of his job as well as his career in sport.

Regarding his work-sport balance he said: “I finally found a rewarding job that enables me to balance work with the demands of training and competition.”





IPC Academy's courses this year have established a strong reputation for the IPC's education arm



IPC Academy 20 Months Young

The IPC Academy has been in operation for over a year, and the result of its training and courses is bringing Paralympic education to a new level. Just this summer the IPC Academy held its first Classifier Training programmes for IPC Athletics in Germany, which included a three-day course for “Educators” and a two-day course on “Classifier Recertification”.

Imbedded in a successful co-operation between the IPC Academy and the IRB Academy and led by International Rugby Board (IRB) Training Manager Mark Harrington and newly trained “Educators”, the Athletics Classifier Training programme was the first one under the IPC Academy ‘Classifier and Officials’ programme. Other IPC sports will follow throughout 2011 and later.

First Programme

After the launch of the IPC Academy in May 2009, the first IPC Academy programme took place in the same month at the University of Manchester, Great Britain. With a combination of presentations and interactive modules, the programme provided representatives of 14 NPCs and the International Wheelchair Rugby Federation (IWRF) a learning option in Paralympic Sport management and the chance to network with their fellow participants.

Some of the presentation topics covered included “Leading through Change”, “Governance and Effective Business Risk Management” and “Human Resource Management”. Presenters included Chris Solly, Director of the World Academy of Sport Executive Centre, Gordon Mandry, lecturer at the Man-

chester Business School, and Steve Griffiths, Head of Technical Services of the IRB.

Other successful programmes have included the IPC Accessibility Summit in Vancouver and the IPC Athlete Leadership Summit held in Bonn (see previous issue of The Paralympian). The IPC Academy also reached out to Asian Commonwealth Games National Federations (‘CGF Team Preparation’ Programme in April) and Sochi 2014 to deliver the Sochi 2014 Excellence programme. The IPC Academy additionally launched the Paralympic Administration Manual which is a valuable tool to strengthen NPC Development.

About IPC Academy

The creation of the IPC Academy was an initiative of the IPC in partnership with the World Academy of Sport (WAoS) in Manchester, Great Britain. The Academy is the trusted education partner of the IPC working together to improve educational standards within sport throughout the Paralympic Movement and ensuring that executives, administrators and officials have an educational centre that is sensitive to their needs and in touch with trends and developments, providing world class programmes.

The IPC Academy continues the aim of the IPC in providing the best support possible for all of its constituents with the ultimate aim of helping all Paralympic athletes to perform at their personal best and inspire and excite the world.

IPC President Sir Philip Craven said that the IPC Academy develops a specific suite of

educational programmes and delivery mechanisms that addresses the development needs of the Paralympic Movement in the area of education and certification as well as professional capacities of our human resources around the world.

This partnership is the sixth which the WAoS has established and puts the IPC along strong International Federations in sport.

Educational Advantage

The benefit of working within the structure of an IPC Academy, partnered with WAoS is twofold because there is both an international reach and tailored approach.

The IPC Academy has the ability to deliver tailored education solutions across the world through established centres in Europe, South East Asia and the Middle East that cater for executives from all corners of the globe. The IPC Academy also benefits from the WAoS Manchester Business School’s overseas education centres in Hong Kong, Singapore, Middle East, Caribbean, Malaysia and from the partnerships with the other WAoS Academies.

Over the next years, the IPC Academy will continue to develop and deliver programmes addressing the educational needs of technical experts (international technical officials/classifiers), administrators, event organizers, researchers, coaches and athletes based on the best practices of the sports industry, the academic world and the expertise of the Paralympic Movement.

For more information about the IPC Academy, please visit:



>> www.ipc-academy.org

London 2012 helps schools 'Get Set' for 2012



More than 15,000 schools and colleges have registered with Get Set

Get Set is the official London 2012 education programme which aims to inspire children and young people through the power and excitement of the Paralympic and Olympic Games.

It was launched in 2008 through celebratory events across the UK marking Paralympic Handover. Since then more than 15,000 schools and colleges have registered with Get Set and are able to access a huge range of free resources for 3-19 year olds that support students to explore the Paralympic values of Courage, Determination, Equality and Inspiration, as well as the Olympic Values. These resources enable teachers to bring lessons to life across the curriculum by linking the learning to the Games.

“Now I understand that it’s about showing to the world that everyone is just as important as each other.”

Get Set integrates the Paralympic values with equal prominence, while also distinguishing the Paralympic Movement from the Olympic Movement. The programme uses Paralympic-specific milestones and moments to shine a light on the Paralympic values and

athletes. For example, in December 2009 schools and colleges were encouraged to mark 1,000 days to go until the Paralympic Games begin in London and a set of resources were produced to support their activities, generating interest from thousands of schools across the UK.

The Get Set Network

The Get Set network is the London 2012 reward and recognition scheme for the active community of schools and colleges across the UK that are demonstrating a commitment to living the Paralympic and Olympic Values. Members of the network gain the right to use the London 2012 education logo, and are given priority access to the most exclusive prizes and opportunities such as tours of the Olympic Park, visits from athletes and the chance to attend special events. Currently 500 schools have been awarded network status, with more joining every week.

Get Set network members are also in the best position to take advantage of the “London 2012 Ticketshare” initiative which will see thousands of children and young people across the UK receive tickets to the Games.

This reward and recognition scheme drives schools and colleges to live the Paralympic values and it has already started having a big impact.

Changing attitudes and perceptions

Neilsen, the London 2012 market research provider, recently conducted an evaluation of the Get Set programme. It revealed that through learning about the Paralympic values, greater exposure to Paralympians through school visits and in interviews and case studies online, students’ attitudes on Paralympic Sport and people with a disability are being challenged and changed, and the values of Determination, Courage, Equality and Inspiration are being brought to life.

One boy in his ninth school year said: “It’s amazing what they (Paralympians) do, they



Teachers are bringing lessons to life in the classroom with the London programme

don’t let anything get in the way of their dreams. It makes me think if they can do it there’s no excuse for me not to.”

And perceptions of the importance of the Paralympic Games have shifted too.

One boy in his tenth school year said: “When I was younger I didn’t see what the big deal was about the Paralympics, but now I understand that it’s about showing to the world that everyone is just as important as each other.”



“Paralympians don’t let anything get in the way of their dreams. It makes me think if they can do it there’s no excuse for me not to.”



Paralympic Mascot Mandeville is a special guest for many Get Set participants



Looking ahead

A number of Get Set network members are already doing activity that is specifically linked to the Paralympic Games and values.

For example, students at Bishop Burton College in Yorkshire have been volunteering at a number of Federation of Disability Sports Organizations events, supporting and encouraging young athletes with a disability, and also holding officiating roles. This has been supported through equality and diversity

awareness weeks for the whole school and student leadership development activities which encourage students to demonstrate the Paralympic values.

As Get Set moves into its third academic year, schools and colleges can look forward to more Paralympic-specific activity through activations from Paralympic partners such as Sainsbury’s and Channel 4. From September 2011, there will also be some exciting new opportunities to support at least one Paralympic team, alongside Great Britain through Get

Set goes global – the London 2012 international education programme.

For more information about the Get Set programme, please visit:

web >> <http://getset.london2012.com>

Natalie du Toit: Up to Win Seven Medals in London



Natalie du Toit: "I want to go out in all seven Swimming events in London"

South Africa's Natalie du Toit is one of the best performing athletes in her country. She has been a regular visitor to the medal podium, winning in Paralympic Games, World Championships and other events around the globe. Now after a hugely successful run at the 2010 IPC Swimming World Championships in Eindhoven, the Netherlands, and the Commonwealth Games in Delhi, India, she has set her sights on all seven Swimming events at the London 2012 Paralympic Games.

"London 2012 will be the end of my Swimming career," du Toit said. "And the reason I did all of the events at the World Championships in Eindhoven was because I want to do all the events at the Paralympics."

One of the events she plans on competing in will be the 100m Breaststroke.

"I haven't swum the 100m Breaststroke since the Athens 2004 Paralympic Games, and it's crazy because no other leg amputees swim Breaststroke", she said. "And the 100m Backstroke I also want to do because I didn't compete in it in Beijing."

Events Preferred

Du Toit has continually said that her challenge in the water remain the sprinting events.

"I am not a sprinter, I am an endurance athlete – so the longer the better!"

For this reason, du Toit started competing in the Open Water event at the Olympic Games.

"My starts are terrible," she said. "I have gone into the Open Water event so I don't concentrate on them at all. I was really embarrassed at the Beijing 2008 Paralympic Games because I had a 0.97s reaction time, which is almost a full second. But it is something that I really have to work at and I will work at for the London 2012 Paralympic Games."

Choosing to Swim

Swimming became part of Du Toit's regime early on.

"I was the little sister that got dragged along and had to watch my brother swim," she said.

Du Toit recently wowed Delhi at the 2010 Commonwealth Games



MEDALS WON

Athens 2004 Paralympics

Gold:
100m Butterfly (S9)
100m Freestyle
200m Individual Medley
400m Freestyle
50m Freestyle
Silver:
100m Backstroke

Beijing 2008 Paralympics

Gold:
100m Butterfly
100m Freestyle
200m Individual Medley
400m Freestyle
50m Freestyle





Du Toit credits her brother to her Swimming career



Long distance events continue to be Du Toit's stronghold

Du Toit said that her brother was very talented and started to swim with a club on a regular basis.

"Eventually I think I couldn't take it anymore and I just jumped in the pool and started swimming," she said. "That's how my swimming career started."

Getting into Paralympic Sport

Before being the elite athlete she is today in Paralympic Sport, Du Toit was an able-bodied athlete who represented her country at the 1998 Commonwealth Games in Butterfly and Individual Medley.

"On 28 February 2001, I had a motorbike accident and I lost my leg through the knee," she said. "They tried to save it and tried to put pins in and tried to get all the bone back together, and they couldn't stop the skin unfortunately because it had burst open."

For a week Du Toit went in for operations to have the dead tissue and cells removed.

"I basically had my amputation and I woke up in hospital and I just wanted to get back to what I knew and that was life, and life was swimming."

Back in the Pool

Du Toit said that she never put a goal on the table directly after her accident. She was more interested in seeing what she could do and how fast she could swim.

"It took me about six months to get back in the water," she said. "Because I didn't just have an amputation, I broke my top half of my femur in three places. I still have the titanium rod and the screws."

Although not everyone has the same experiences Du Toit said, everyone does know what it is like to go through bad times.

"It's the same thing you know, it is how you deal with them – how positive you are and how negative you are," she said. "If you're going to cry, there's nothing wrong with it. As long as you come through it and you deal

"When you're going through a dip in life, that's the time that you are actually learning the most."

with that in a positive way. 'Why am I crying?' 'How can I change it?'"

Everyone is different and deals with it in different ways she said. And support can come from any direction, including from coaches, managers and teams.

"When you're going through a dip in life, that's the time that you are actually learning the most."

Du Toit said that she always teaches people to remember to learn.

"You're never too big for something. In this game, I'm never too big for the sport. There's someone who can beat me – especially in the 50m and 100m Freestyle."

USA Wins World Wheelchair Rugby Championships

The USA will start as hot favourites to win gold, and defend their Paralympic title in London 2012, after winning the World Wheelchair Rugby Championships.

After six days of intense competition involving 12 nations, the USA secured their fourth world title in five Championships with a hard fought 57:45 victory over Australia in Vancouver, Canada.

USA's top scorer Will Groulx said: "Every Championship is very special. We work really hard and every team is different that we play with. We even overcame some adversity in playing some very tough games."

Despite claiming a silver medal in Canada – Australia's best finish in a World Championship – Head Coach Brad Dubberley was disappointed that his side saved their worst performance of the Championships for the final.

"Obviously we were playing a great opponent in the USA, but I can't remember playing a worst game. We made so many errors and dumb plays," Mr. Dubberley said.

"It's very disappointing. Today was a great chance for us to become World Champions but we didn't perform when we needed to."

The bronze medal game saw a compelling encounter between Japan and Sweden, both in their first international medal game. Buoyed on by a passionate crowd dressed in fancy dress costumes, Japan came from behind in the first quarter to run out 53:48 winners.

After the game, Team Japan hoped that their first-ever bronze medal would help the Paralympic Sport grow back home.

"It is the best day ever," said Japanese player Shin Shimakawa. "My dream hasn't come true yet, which is for gold, but this was the aim. We think many new players will start playing Wheelchair Rugby in Japan. Maybe we will be able to get some money from the government to help us."

Fans of Wheelchair Rugby who had their eyes on the World Championships from 21-26 September, will be watching the Paralympic Sport grow in the coming years following a new partnership announced on 21 September between the International Wheelchair Rugby Federation (IWRF) and the International Rugby Board (IRB). The partnership aims at both global governing bodies sharing knowledge and experience for further development of both sports.



USA celebrate winning gold at the World Champs

The groundbreaking collaboration between the two governing bodies follows initial meetings held earlier this year between representatives from the IWRF and IRB. These explored ways in which both organizations can work together on key areas such as athlete welfare, exchanging of training materials and cross-promotion.

For more information about the 2010 World Wheelchair Rugby Championships, visit the official website at:

web >> www.2010wwrc.com

To watch videos from the competition, please visit the Sport Canada TV website at:

web >> <http://sportscanada.tv>

For more detailed information on Wheelchair Rugby, please visit the IWRF website at:

web >> www.iwrf.com



Trapping Japan's Ikezaki did not discourage his team from winning bronze (left) Australia's Batt swerves avoiding USA's Groulx in the battle for gold

2010 IFDS 2.4 Metre Sailing World Championships Results



Hoorn, the Netherlands served as the backdrop for the World Champs

Canadian Paralympian Paul Tingley showed no mercy in the water at the 2010 International Association for Disabled Sailing (IFDS) World Championships, where he won the gold medal with a strong 51 points. Tingley medalled before in the past, taking the bronze at the Sydney 2000 Paralympics in the Mixed Three Person Sonar event and the gold medal at the Beijing 2008 Paralympics in the Mixed Single Person 2.4mR event.

See the top ten results of the World Championships below:

Place	Country	Athlete	Series Points
1	CAN	Paul Tingley	51
2	SWE	Stellan Berlin	53
3	SWE	Hans Ask Lund	64
4	CAN	Bruce Millar	73
5	GBR	Helena Lucas	81
6	GER	Heiko Kroeger	100
7	SWE	Henrik Johnsson	107
8	SWE	Bo Hedensjo	113
9	SWE	Lennart Heselius	121
10	NED	Andre Rademaker	126

For more information about the 2010 IFDS 2.4 Metre Sailing World Championships, please visit:



Asian Para Games End Year



GUANGZHOU 2010
ASIAN PARA GAMES

As the year comes to a close, some 3,000 athletes from 41 countries will descend on the 'Flower City' Guangzhou, China for the 2010 Asian Para Games.

Taking place from 12-19 December 2010, this is the first major multi-sport event in Asia since the Beijing 2008 Paralympic Games.

Formerly known as the Far East and South Pacific Games of the Disabled which were held on nine previous occasions, the first Asian Para Games will be act as the last major gathering of Asian multi-sport athletes before the London 2012 Paralympic Games.

A total of 25,000 people have been recruited as Games-time volunteers for the Asian Para Games and some 500,000 as city volunteers for both the Asian Games and Asian Para Games.

The 19 sports which athletes will be competing are: Archery, Athletics, Badminton, Boccia, Cycling, Football 5-a-side, Football 7-a-side, Goalball, Judo, Powerlifting, Rowing, Shooting, Swimming, Table Tennis, Ten Pin Bowling, Volleyball (sitting), Wheelchair Basketball, Wheelchair Fencing, Wheelchair Tennis.

For more information on the 2010 Asian Para Games, please visit:

Big Finish for China at Table Tennis World Championships

Players from China took multiple top places at the 2010 International Table Tennis Federation (ITTF) Para Table Tennis World Championships in Gwangju, Korea.

China dominated the Knock-Out event of the Women's Wheelchair Open with Ying Zhou taking first, winning against Gai Gu 3:1. Coming in third was Qian Li. In the Women's Standing Open, Poland's Paralympian Natalia Partyka took first, following by China's Mei Li Liu and Chunxiao Hou.

For the Men's Wheelchair Open Knock-Out event, host country's Young Gun Kim beat China's Xing Yuan Guo 3:2. France's Maxime Thomas took third, beating Slovakia's Peter Mihalik 3:0. In the Men's Standing Open, Spain's Jose Manuel Ruiz took first, followed by China's Lin Ma and Czech Republic's Ivan Karabec.

In the Open Knock-Out team Women Class 1-3 event, China beat Italy 3:1, with Great Britain coming in third. The Men's Class 1-2 event saw Slovakia also winning 3:1 against France to take first, following by Korea in third.

It was a show of athletes pushing the limits with perseverance and determination in Gwangju, which notably saw Egypt taking a medal for the first time in a Table Tennis World Championships.

"In the Class Five Men's team event, the Egyptian team comprising Sameh Mohammad Eid and Hassan Hefni captured the bronze medal for Egypt", explained Edimilson Pinheiro, the ITTF / PTT Americas representative. "The pair trained together for two years; in the bronze medal contest they beat France; they are delighted with their achievement."

From 25 October to 3 November, the 2010 ITTF Para Table Tennis World Championships drew intense competition from 302 players from 44 countries who are already looking to compete at the London 2012 Paralympic Games in less than two years.

For more information and results on the Para Table Tennis World Championships, please visit:

web >> www.ipttc.org



Athletes Jordi Morales (top) and Qian Li

Table Tennis for Athletes with an Intellectual Impairment Set For London 2012

Table Tennis players with an Intellectual impairment will compete in the London 2012 Paralympic Games it has been confirmed. Last November, the IPC announced that athletes with an Intellectual impairment would be included in Paralympic Games subject to International Federations producing sport-specific classification systems.

Since then, the ITTF in conjunction with the International Sports Federation for Persons with an Intellectual Disability (INAS-FID) and researchers from the Catholic University of Leuven in Belgium have been working intensively on producing a new sport-specific classification system.

Following receipt of progress reports and a successful pilot of the new system in September on eight athletes in France, the ITTF Executive Committee has approved the inclusion of Table Tennis for players with an Intellectual impairment in the London 2012 Paralympic Games Programme under Class 11.

Details of the athlete eligibility system and 2011 competitions will be available from the ITTF and INAS-FID in the near future.

Norway's Aida Dahlen like many athletes was focused on winning in Korea



Big Finish for Belarus at Wheelchair Dance Sport Championships



Medal ceremony for the Combi Standard Class 2

With more than 150 dancers from 21 countries, couples from Belarus were stars on the dance floor winning multiple medals as the IPC Wheelchair Dance Sport World Championships came to a close on 7 November in Hannover, Germany.

In the Combi Standard Class 1 event, Belarusians Veranika Makhortava and Aliaksei Zukhtsikau took the gold while Iryna Mazharava and Kanstantsin Sheida took the silver. Slovakian couple Helena Kasicka and Peter Vidasic brought home the bronze medal.

Belarusians Hanna Harchakova and Ihor Kisialiou took the gold in the Combi Latin Class 2 event, with Poland's Piotr Iwanicki and Nadine Kinczel and Russia's Maxim Sedakov and Svetlana Kukushkina coming in second and third.

For the Duo Latin Class 2 event, Ukraine's Ivan Sivak and Nadiia Sivak took the gold medal. Russia's Konstantin Susunov and Elena Shilyaeva, and Sergey Antonov and Alexandra Berdnik took the silver and bronze.



Elegance and co-ordination were king and queen on the dance floor

On the first day, dancers from Russia, Poland and Ukraine brought on exceptional dance performances which gave them top position and a medal to bring home. One of the couples was Olena Iaremenko and Valeriy Bevzyuk from Ukraine who took first place in the Combi Latin Class 1. A highly celebrated win came from Mexican couple Ernesto Eduardo Nunez Medellin and Maria Antonia Pena Anguiano, who took the gold medal in the Duo Latin Class 1.

In attendance at the World Championships was IPC President Sir Philip Craven, who said the dancers were thrilling to watch.

Sir Philip said: "With the packed audience here in Hannover, the spirit and energy on the dance floor is high for everyone involved. Wheelchair Dance Sport is rapidly growing, as is the number of fans around the world, and I look forward to seeing the progression of the dancers into the next big Championships."

For more information about the IPC Wheelchair Dance World Championships, please visit:

web  >> www.rollstuhltanz-wm2010.de

To learn more about the sport in general please visit:

web  >> www.ipc-wheelchairdancesport.de

IPC Athletics World Championships Open 2011

IPC ATHLETICS WORLD CHAMPIONSHIPS
CHRISTCHURCH 2011



More than 1,000 athletes from over 70 countries including world record holders, World and Paralympic champions are expected at the QEII Stadium for the 2011 IPC Athletics World Championships in Christchurch, New Zealand.

Taking place from 21-30 January, China have named the biggest squad for the Championships with 80 athletes. USA have named 54, whilst Russia will be flying 53 competitors to the Southern Hemisphere.

Tickets to see the IPC Athletics World Championships are on-sale and can be purchased from:
www.ticketdirect.co.nz

For the latest news about the 2011 IPC Athletics World Championships, please visit:
www.ipcathleticsworldchamps.com

For more information about IPC Athletics, please visit
<http://ipc-athletics.paralympic.org>

1976: Games on Both Sides of the World

Summer and Winter Paralympics Begin Taking Place the Same Year

In 1976, the Winter Games for athletes with a disability started being an official event in Örnsköldsvik, landing on the calendar the same year as the Summer Games in Toronto. As the Summer Games had been in operation since Rome in 1960 however, the scale of the multi-sport event was significantly larger than its snow-covered counterpart.

But the Winter Games in Örnsköldsvik were a milestone just the same. It brought athletes with a disability together for the first time on a major scale. The recent Vancouver 2010 Paralympic Winter Games were such a major success because of this foundation 34 years ago.

Occurring in Canada and Sweden, the Games most notably saw first time participation of amputees.



Founder of the Paralympic Movement Sir Ludwig Guttman (centre) attended the Toronto Games

Toronto 1976

A total of 1,657 athletes from 40 countries attended the Games, 253 of whom were women. Toronto 1976 represented a major milestone for the Paralympic Movement, as for the first time, events for amputee and visually impaired athletes were included in the Games programme.

President of the Canadian Paralympic Committee Carla Qualtrough said that in the months following Vancouver, it is fitting to look back to Toronto 1976 and remember where Canadians were introduced to the Paralympic Movement for the first time.

"The Paralympic Games truly became a multi-disability, large-scale event in Toronto 1976, and the successful hosting of these Games provided the spark igniting the Paralympic Movement in Canada, which the Canadian Paralympic Committee has proudly nurtured and developed ever since," she said.

261 amputees and 187 visually impaired athletes experienced their first Paralympic Games in Toronto

With the entry of other disability groups in Toronto, there were many new events. In wheelchair racing, new distances of 200m, 400m, 800m and 1500m were added. Rifle Shooting became a medal event, following demonstrations at previous International Stoke Mandeville Games. Goalball, a demonstration event at the 1972 Paralympics in Heidelberg, was also featured as a medal event.

The host nation entered a team of 89 athletes, Canada's largest Paralympic delegation to date, and finished 6th overall in the medal standings. The USA led the medal standings with 66 gold medals (155 total), followed by the Netherlands with 45 gold medals (84 total) and Israel with 40 gold (69 total).

Concerning the accommodation, athletes with differing disabilities posed new challenges. It was becoming clear that an international body was needed, which would oversee and organize multi-disability Paralympic Games, co-ordinating between a host organizing committee and the governing International Federations.

Origin of Canadian NPC

Known as the "Father of Paralympic Sport in Canada", Dr. Robert Jackson was the inspirational leader of the Games Organizing





Committee and chiefly responsible for the successful hosting of these Games. As a result of Dr. Jackson's efforts, following the

Games the Canadian government allocated funds for the first time to be spent in developing sport opportunities for people with a disability. This led to the establishment of a national body responsible for Paralympic Sport in Canada, which eventually became known as the Canadian Paralympic Committee. Toronto 1976 demonstrated the significant legacies that can be generated by hosting Games, and was the initial step in Canada becoming an international leader in Paralympic Sport.

Athlete Performances

Canadian Arnold Boldt, an 18-year-old single-leg amputee, gave a memorable performance, underlining the first-time participation of amputee athletes. He won the High Jump with 1.86m and the Long Jump with 2.96m, and was honoured at the Closing Ceremony as the outstanding performer of the Games.

Remarkable performances were also turned in by American wheel-chair athletes. Among these champions was David Kiley, who set new world records in the 100m with 19 seconds, the 800m with 2:47 minutes and the 1500m with 5:32 minutes. Kiley was also on the USA Basketball team that defeated Israel 59:46 to take the gold.

Broadcasting the Games

For the first time, television coverage of the Paralympics was broadcast daily to more than 600,000 viewers in the Southern Ontario area. At the Opening Ceremony on 3 August, some 24,000 spectators cheered on the athletes at the Woodbine race track.

For the Closing Ceremony, 5,000 Paralympic fans celebrated the nine days of events and competition on 11 August at the Centennial Park Stadium, ending another milestone in Paralympic history.

Örnsköldsvik 1976

Alpine Skiing and Cross-Country Skiing were the only two sports on the programme for the Örnsköldsvik 1976 Paralympic Winter Games. As the first Paralympic Winter Games to take place, the event was a small but significant gathering for winter athletes.

Held from 21-28 February 1976 in Örnsköldsvik, Sweden, competitions were for amputees and visually impaired athletes, with a special demonstration event in Ice Sledge Racing.

Country	Gold Medals	In Total
Germany	10	28
Switzerland	10	12
Finland	8	22
Norway	7	12
Sweden	6	20



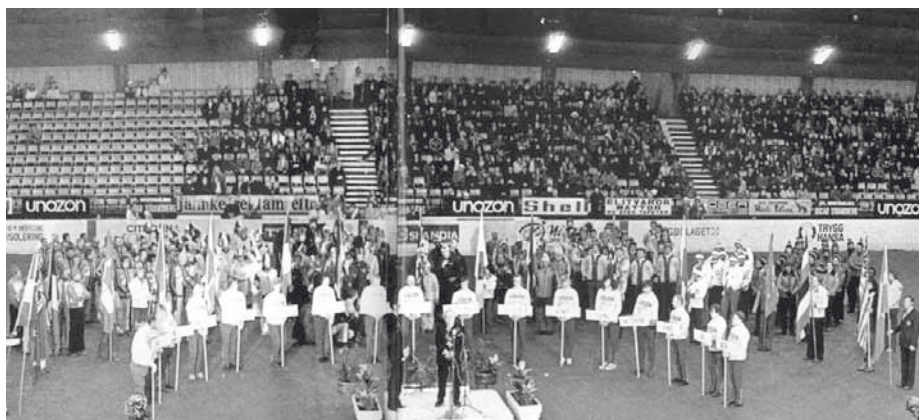
It was in the 1970s that cross-disability skiing competitions had actually started to occur. In 1974 for example, the first World Championships were held in Grand Bornand, France, which featured Alpine (Downhill) and Cross-Country Skiing for athletes with an amputation and a visual impairment.

Today, athletes from each disability class compete in each event.

For results of the Örnsköldsvik 1976 Paralympic Winter Games and the Toronto 1976 Summer Games, please visit:

web 

>> www.paralympic.org/Sport/Results



What do you think?

Take the Survey

What do you think about The Paralympian? E-mail us your thoughts about the Paralympic Movement's magazine. Send all opinions, comments and questions to info@paralympic.org. It will make a difference!

Answer each with the number of the question plus A = Agree, B = Slightly Agree, C = Slightly Disagree or D = Disagree (e.g., #1A, #2B ...)

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	☺ Agree	Slightly Agree	Slightly Disagree	Disagree ☹
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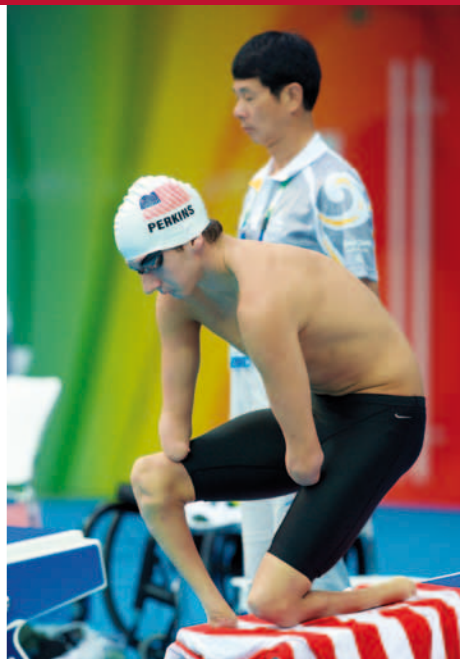
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Season's Greetings

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 Frohe Weihnachten und ein gutes neues Jahr • اجمل التهاني بمناسبة الميلاد و حلول السنة الجديدة • Prettige Feestdagen • Gleðileg jól
 ¡Feliz Navidad y próspero año nuevo! • Glaedelig jul og godt nytår • С Рождеством Христовым • Maligayang Pasko at Manigong Bagong Taon
 メリクリスマス&新年おめでとうございます。 • Buon Natale e felice anno nuovo • Crăciun fericit și un an nou fericit • חג מולד שמח ושנה טובה
 Kellemes karácsonyt és boldog új évet • Честита Коледа • God jul og godt nytt år • 즐거운 성탄절 되시고, 새해 복 많이 받으세요.



Amendment: The Motivation Sports Wheelchair (reported in last issue's Paralympian) is at least a third of the price of most sports wheelchairs. For prices of the affordable sports wheelchair please request a quote directly from Motivation. Prices can vary depending on shipping costs and location.



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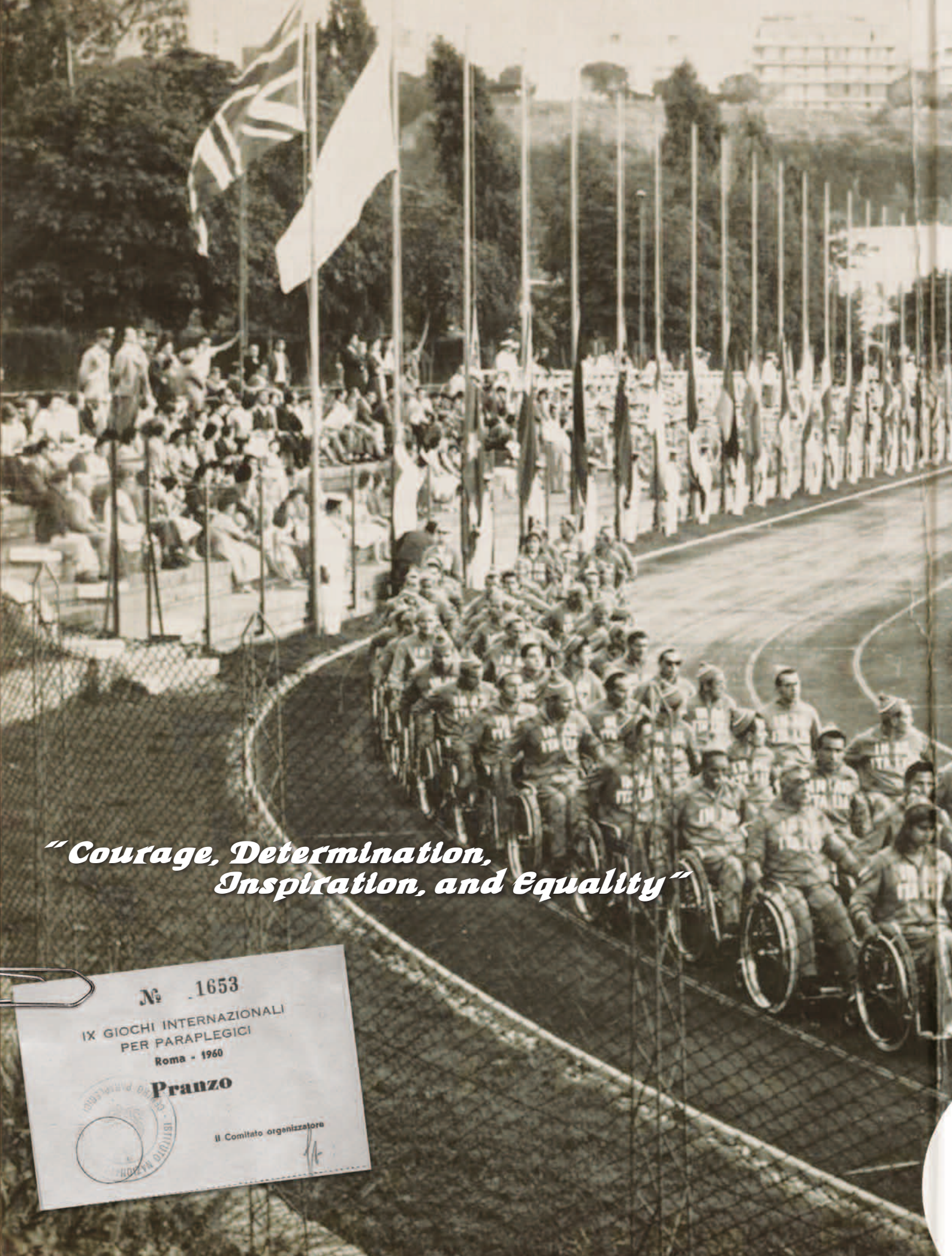
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PER PARAPLEGICI
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Pranzo

Il Comitato organizzatore

