

THE PARALYMPIAN



ISSUE # 01 | 2018



WHAT A FEELING

Celebrate a record breaking
PyeongChang 2018

> FEATURE

What will PyeongChang
2018's legacy be?

> ATHLETE INTERVIEW:

Q&A with Japan's top wheelchair
tennis player ahead of Tokyo 2020

> UPCOMING EVENTS

A summer of World
Championships!



62

Rio 2016 bronze medallist Mohamed Lahna competes under the International Triathlon Union (ITU) flag at the World Para Triathlon Series in Yokohama, Japan.

PRESIDENT'S MESSAGE



"I left PyeongChang with so many happy memories and in absolute awe at some of the terrific sport I witnessed."

Dear friends,

Welcome to this special edition of The Paralympian which celebrates the success of the PyeongChang 2018 Paralympic Winter Games.

March's Winter Games were an outstanding success and underlined the growing strength of the Paralympic Movement.

Not only did a record 567 athletes from 49 delegations take part, but more NPCs than ever before made the medals table and won gold. This is testament to the fantastic work of the participating NPCs and International Federations and fills me full of excitement as the new Paralympic winter cycle towards Beijing 2022 begins.

The Games also attracted record TV and online audiences, as well as more spectators than any previous edition, as athletes once again inspired and excited the world with their performances. I left PyeongChang with so many happy memories and in absolute awe at some of the terrific sport I witnessed.

While in South Korea, the IPC signed a historic long-term agreement with the IOC. The IPC and Paralympic Movement would not be where it is today without the support of the IOC. That is why building a stronger relationship with the IOC was one of my priorities when elected IPC President. With this agreement, relations are stronger than ever, and I am confident we can achieve tremendous things working together.

As part of my commitment to making the IPC an organisation for all and ensuring greater transparency, openness and dialogue, the IPC announced an extensive governance review in April. We are fortunate that we start this review from a position of strength. Our current structures are far from broken but they are now 14-years-old. The IPC and Paralympic Movement have grown beyond all recognition during this period and the sporting environment has also changed dramatically.

I want the IPC to strengthen its position as a world leading organisation and to achieve this we must ensure that the IPC is an organisation with best practice and robust governance at its core.

The governance review will be one of the many topics on the agenda at September's IPC Membership Gathering where I look forward to seeing and, most importantly, hearing from you all.

Enjoy the magazine.

Andrew Parsons
IPC President



06 NEWS

The latest news around the Paralympic Movement, including a historic agreement struck between the IPC and IOC, recent award winners; and updates on Tokyo 2020, Beijing 2022 and Paris 2024.

12 AGITOS FOUNDATION NEWS

Find out how the IPC’s development arm and the Korean Paralympic Committee are working on PyeongChang 2018’s legacy, plus more Agitos Foundation updates.

18 DIGITAL DYNAMICS

Which stories, social media posts and videos were most viewed during the 2018 Paralympic Winter Games?



20 ATHLETE INTERVIEW

Question-and-answer session with Japan’s Yui Kamiji, who has been playing the best wheelchair tennis of her career.

22 HOW TO ...

What makes a successful Para sport competition? Learn from the Brazilian Cycling Confederation and Parasport Denmark, who have organised major international events.

26 A WEEK IN THE LIFE OF ...

After winning a world title in 2017, we follow Argentina’s Daniela Gimenez in her first major swim meeting of the year.

28 FEATURE

After a Paralympic Winter Games that broke multiple records and captured the world’s attention, what will be PyeongChang 2018’s legacy?

36 PYEONGCHANG 2018 IN REVIEW

Catch up on all the highlights from alpine skiing, biathlon, cross-country skiing, Para ice hockey, snowboard and wheelchair curling.

58 CASE STUDY

The Paralympic Games are a great opportunity to activate partnerships. Find out what six IPC partners did.



62 WORLD SPORT ROUND-UP

The road to the Tokyo 2020 Paralympics began for cycling track and shooting Para sport, which both held their World Championships.

66 MY GAMES EXPERIENCE

Fifty years on, Israel’s Baruch Hagai shares his golden memories from the Tel Aviv 1968 Paralympics.

68 UPCOMING EVENTS

A summer of World Championships! Preview what is to come for boccia, sitting volleyball, wheelchair basketball and more!

70 THE BIG DEBATE

Does it hurt the image of Para sport that athletes can be successful at numerous sports and even compete in both summer and winter Paralympic Games?

74 THE LAST WORD

Dutch wheelchair tennis legend Esther Vergeer shares her view on what it takes to be a leader after her experiences at PyeongChang 2018.



THE PARALYMPIAN

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PRINTING

welzel + hardt GmbH

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ISSN 1609-1329

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© Photo Credits: Getty Images (p.1/4/8/9/10/14/15/20/21/23/26/28/31/36/37/40/41/42/43/44/46/47/48/52/55/58/59/60/61/64/68/69/71/72/73/74); Delly Carr/ITU media (p.2); OIS (p.2/3/10/29/30/31/32/33/34/38/39/45/49/50/51/52/53/54/56/57/59/68/69/72); Lieven Coudenys (p.6); NowThis (p.7); Andres Valle E/Presidencia de Peru (p.8); Tokyo 2020 (p.10); Jean-Marie Hervio/Paris 2024 (p.11); Agitos Foundation (p.12/13); 123rf.com (p.15/46/47); Luc Percival (p.15/17/63); Antonio Teixeira (p.22); Morten Olsen (p.24); Brian Mouridsen (p.25); MPIX-CPB (p.27); Kimmo Rauatmaa (p.62); Andrew Jay (p.63); Roger Witney (p.62/63); Cheongju 2018 LOC (p.65); NPC Israel (p. 66); Michael Freidin (p.66); USOC (p.68); Kurt Wimmer (p.68); Marcelo Regual/MPIX CPB (p.68); Mathilde Dusol (p. 69/74) Marcio Rodrigues/MPIX CPB (p.69); Marcelo Parada (p.70); Daniela Gimenez (p.26/27); Liz Gregg (p.73); NP France (p.73); NPC Kazakhstan (p.73); NPC Italy (p.73); Maria Clarke (p.73); Lima 2019 (p.73)

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IPC and IOC partner until 2032

Thomas Bach and Andrew Parsons, the respective Presidents of the International Olympic Committee (IOC) and IPC, signed a historic long-term agreement establishing a partnership of the two organisations until at least 2032.

The new agreement builds on the current partnership and co-operation agreements that were signed prior to the London 2012 Olympic and Paralympic Games.

As a result of the new partnership:

- The IOC will continue to make it obligatory for any host of the Olympics to organise the Paralympics

- The IOC and IPC will work together to increase the visibility of the Paralympics and enhance the Paralympic brand
- The two will deepen existing co-operation, specifically on the implementation of Olympic Agenda 2020, the strategic roadmap for the future of the Olympic Movement
- The agreement will give financial stability to the IPC for at least the next 14 years, from which in turn the whole Paralympic Movement will benefit.

Bach said: “Enhancing the co-operation between the Olympic and Paralympic Movement was one of the key recommendations of

Olympic Agenda 2020. Therefore, the IOC is pleased to strengthen its substantial support to the IPC and the entire Paralympic Movement because we share so many of the same values and objectives.”

Parsons said: “Strengthening the relationship with the IOC and securing the future of the IPC and the Paralympic Movement was my number one priority when I was elected as IPC President last September. Therefore, I am delighted that we have signed a historic long-term new partnership agreement and can now look forward to an exciting future working together.”

IPC partners with video content producer



NowThis Sports, a company that produces news content for the social, mobile generation, teamed up with the IPC for a partnership that began with PyeongChang 2018 and will extend through to Tokyo 2020.

The primary goal of the partnership is to elevate awareness of the Paralympic Movement and shine a light on the incredible athletic accomplishments of Para athletes.

Kicking off with PyeongChang 2018, NowThis Sports worked with the IPC before and during the Games, to create athlete profiles, educate audiences on the intricacies of Para

sport and capture moments before, during and after Paralympic competition.

The content produced was distributed across NowThis’ social channels on platforms like Facebook, Instagram, Twitter and YouTube. NowThis is the world’s number one news brand on social media with over 2.5 billion monthly video views.

The content created prior to PyeongChang 2018 was viewed by 43.5 million people, generating nearly 690,000 engagements. Sixty-two per cent of the viewers were aged 18–34 years-old.

Dr. Khattab receives International Women’s Day award



Dr. Hayat Khattab
President of the NPC of Egypt

In celebration of International Women’s Day, the IPC honoured Dr. Hayat Khattab for her efforts and achievements in inspiring women in the Paralympic Movement.

Dr. Khattab, President of the NPC of Egypt, received the award after a record number of nominations that was narrowed to five candidates. The annual award is distributed to someone who embodies the spirit of the Paralympics and serves as a role model within the Movement for all females, from athletes to technical officials and committee leaders.

Dr. Khattab became the first woman to be named President of the Egyptian Paralympic Committee in 2015. Her belief in the inclusion of females at all levels and ages in Para sports has driven her in many ways. She led efforts to form Egypt’s first women’s sitting volleyball team that went on to claim silver at the 2017 African Championships in Rwanda.

In addition to encouraging females to take up sports, she is also working to encourage retired female athletes to transfer their skills as coaches, officials and other positions in committees.

++ NEWS IN-BRIEF ++

+++ **CLASSIFICATION:** Out of 14 applications, the IPC selected seven members to receive funding for research to further develop their classification systems. Those selected were: Cerebral Palsy International Sports and Recreation Association, International Blind Sports Federation, International Federation for CP Football, International Sports Federation for Persons with Intellectual Disability, International Wheelchair Rugby Federation, World Para Athletics and World Para Alpine Skiing.

+++ **PARAGUAY:** The Paraguay Paralympic Committee (PPC) was approved by the IPC Governing Board as a provisional member.

+++ **IPC:** The family of the late Croatian Paralympian Milka Milinkovic were presented with the IPC’s High Presidential Award. The double Paralympic champion was honoured posthumously by former IPC President Sir Philip Craven for her extraordinary contribution to the Paralympics. This type of recognition is given only once a year to Paralympic athletes for their excellent sport results and contribution to the Para sport community.

+++ **PARALYMPIC ORDERS:** Canada’s former IPC Governing Board member Patrick Jarvis received the Paralympic Order in recognition of his long and excellent service to the Paralympic Movement as a sports administrator both domestically and internationally.

The highest honour connected with the Paralympic Movement was also presented to six South Koreans for their roles in the delivery of PyeongChang 2018. The recipients were: PyeongChang 2018 Organising Committee President Hee-Beom Lee; Gangwon Province Governor Moon-soon Choi; Executive Vice President of Games Operations and Secretary General Hyungkoo Yeo; Executive Vice President of Games Planning and Communications Jooho Kim; Executive Vice President of International Relations Jaeyoul Kim and Vice President of Games Planning Kihong Kim.

+++ **ANTI-DOPING:** The IPC completed a re-analysis programme of athlete anti-doping urine samples from the Vancouver 2010 Paralympic Winter Games and found no adverse analytical findings. The Vancouver 2010 samples were re-analysed using improved analytical methods, in order to possibly detect prohibited substances that could not be identified by the analysis performed at the time of the Games.



Ottobock becomes Official Supplier of World Para Athletics

Ottobock, the world-leading supplier of innovative solutions for people with limited mobility, has been named an Official Supplier of World Para Athletics.

The partnership agreement includes the Berlin 2018 World Para Athletics European Championships which will be held from 20–26 August.

Under the partnership, Ottobock will continue to provide technical services to athletes at the European Championships through the Ottobock Repair Service Centre.

It includes the repairing of every type of equipment, from prostheses to racing wheelchairs and throwing frames – or any type of device athletes may need.

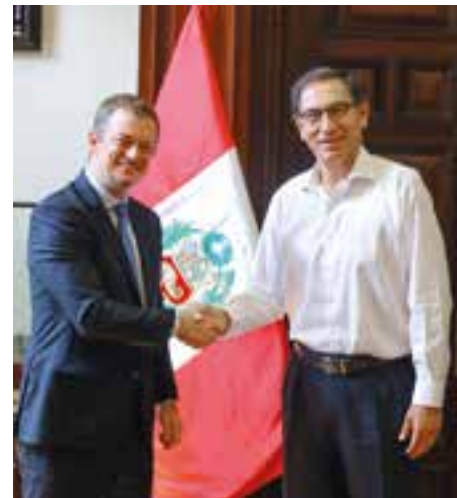
Ottobock's Chief Marketing Officer, Christin Gunkel said: "For Ottobock it is very important to let the athletes focus on their competition not their equipment, which

is highly professional and individual in the disciplines of Para athletics. We are proud to support all Para athletics athletes with our technical services and let them show their best performances at the Berlin 2018 World Para Athletics European Championships."



ottobock.

Lima 2019: Greater progress needed



The Americas Paralympic Committee has urged the Lima 2019 Parapan American Games Organising Committee to speed up its progress in a number of areas in order for the event to realise its full potential.

Speaking after May's Co-ordination Commission, IPC Chief Executive Officer, Xavier Gonzalez, said: "We are generally happy with preparations but need to see rapid progress in a number of key areas.

"By staging this event Lima 2019 is aspiring to make Peru a better country for all; a successful Parapan American Games that realises its full potential can play a significant role in the Organising Committee achieving its aim.

"There is still a lot to be done with 15 months to go but we are confident in Lima 2019's ability to deliver a memorable event that will change the way people with an impairment are perceived in Peru."

Days after the Co-ordination Commission, IPC President Andrew Parsons met with Peruvian President Martin Vizcarra to discuss preparations for the Games that will attract 1,890 athletes and feature 17 sports.

"With President Martin Vizcarra we spoke about the great opportunity the Games represent for the people with impairment in Lima and Peru," Parsons said. "The Parapans are not only a sporting opportunity, but an opportunity to improve inclusion and accessibility in Lima."

Representatives from 17 NPCs also took part in two days of meetings and site visits with the Organising Committee.



Marcel Hug wins 2018 Laureus Award

Swiss wheelchair racer Marcel Hug won the prestigious 2018 Laureus World Sports Award in the category World Sportsperson of the Year with a Disability, during a glittering ceremony in Monaco.

The accolade is given to the person who best demonstrates excellent athletic achievement and strong leadership qualities in a sport in the Paralympic programme. Other winners on the night included the USA's Serena Williams, Switzerland's Roger Federer, Spain's Sergio Garcia and Italy's Francesco Totti.

Hug won world titles over 800m, 1,500m and 5,000m in the highly competitive T54 class at London 2017. He also

won World Marathon Majors races in Tokyo, Boston, Berlin, Chicago and New York.

The 32-year-old beat out a strong nomination pool that consisted of Japanese wheelchair tennis multi-Grand Slam winner Yui Kamiji; US Nordic skiing world champion and overall World Cup winner Oksana Masters; Dutch Para snowboard pioneer and cancer survivor Bibian Mentel-Spee; Dutch dual-sport athlete and Ironman world champion Jetze Plat; and German Paralympic and world long jump champion Markus Rehm.

++ NEWS IN-BRIEF ++

+++ **BLIND FOOTBALL:** Female blind football referees officiated at a competition in India for the first time at the North-East Blind Football Tournament in Tura. The event featured eight teams and 75 players.

+++ **SITTING VOLLEYBALL:** Iran's men and China's women were the winners of the World Super 6, an international competition bringing together six of world's best respective men's and women's teams.

On home soil Paralympic silver medallists China defeated Russia for gold in the women's competition while also on home soil Rio 2016 gold medallists Iran defeated Russia to win the men's title in front of 1,200 fans.

+++ **PARA SOUTH AMERICAN GAMES:** The Americas Paralympic Committee has announced the 2018 Para South American Games will not take place, after Buenos Aires, Argentina, was forced to pull out due to financial reasons in December 2017. The Para South American Games were due to be a qualification event for the 2019 Parapan American Games in Peru. The APC is in talks with the International Federations affected to find alternative ways for their athletes to qualify for Lima 2019.

+++ **SHOOTING:** Sydney, Australia, will host the 2019 World Championships next October, aligning with the change to odd-year Championships.

+++ **COMMONWEALTH GAMES:** As part of an integrated programme, Gold Coast 2018 attracted 300 Para athletes who competed in 38 medal events across seven Para sports. World records were set by English S14 swimmer Thomas Hamer, Welsh F46 javelin thrower Hollie Arnold and England's Sophie Thornhill in track cycling.



Tokyo 2020 mascot revealed

The official Tokyo 2020 Olympic and Paralympic mascots were revealed following a design contest which was voted for by schoolchildren.

The Paralympic mascot is a character with cherry tactile sense and supernatural power. The Mascot is usually calm, however it gets very powerful when needed. It has a dignified inner strength and a kind heart that loves nature. It can talk with stones and the wind. It can also move things just by looking at them.

The Paralympic Mascot was born from a traditional chequered pattern and cherry blossom flowers. Its name will be revealed in late July.



Athletics and swimming programmes finalised

The IPC Governing Board approved the final athletics and swimming medal event programmes, as well as the number of medal events for triathlon at the Tokyo 2020 Paralympic Games.

The Para athletics programme will feature 168 medal events – nine less than Rio 2016 – and will be made up of 93 events for men and 74 for women.

Swimming will have 146 medal events, six less than Rio 2016. These will be comprised of 76 for men, 67 for women and three mixed gender relays.

Triathlon will have eight medal events (four men's and four women's), two more than its Paralympic debut at Rio 2016. The International Triathlon Union will select which specific events will be contested.

IPC President Andrew Parsons said: "For both athletics and swimming, we have created programmes that ensure a good cross section of events for athletes in all classes. By reducing the number of events in both sports from Rio 2016, we also aim to increase the depth of talent in each field and ensure greater long-term event viability. The addition of mixed gender relays will also enable more countries to participate."

WHAT WILL BE NEW AT TOKYO 2020?



ATHLETICS
7%
more slots for
FEMALE
ATHLETES

MIXED GENDER,
CLASS
4X100M RELAY



SWIMMING
2
MIXED GENDER RELAYS
IN 4X100M FREESTYLE
(for athletes with
vision impairment
and another
for intellectual
impairment)

2
MEDAL EVENTS
FOR ATHLETES
WITH HIGH SUPPORT
NEEDS



TRIATHLON
8
MEDAL EVENTS
Up 2 from
Rio 2016

Full list of Tokyo 2020 medal events can be found online: <http://bit.ly/2niMU3h>

Paralympic emblem unveiled

The Beijing Organising Committee revealed the official emblems for the 2022 Olympic and Paralympic Winter Games during a gala ceremony in Beijing.

Designed by Chinese artist Lin Cunzhen, the emblems combine traditional and modern elements of Chinese culture, illustrating the vigour and passion of winter sports while incorporating Chinese calligraphy and emphasising the importance of placing athletes at the center of the Games.

The Paralympic emblem artfully transforms the Chinese character for 'fly.' It vividly evokes the image of an athlete in a wheelchair rushing towards the finish line and victory. The robust strokes in the upper part and the soft curves below symbolise Para athletes



striving for excellence. The emblem also embodies the Paralympic vision of enabling Para athletes to achieve sporting excellence and inspire and excite the world.

Strong progress

The IPC is "reassured and encouraged" by the progress made by the Beijing 2022 Organising Committee following the conclusion of May's Executive Project Review.

Xavier Gonzalez, the IPC Chief Executive Officer, said: "Things are progressing very well in all areas and we are reassured and encouraged by preparations for the next Paralympic Winter Games.

"By maximising public awareness and engagement in Paralympic winter sports ahead of the Games, together with improving and setting new standards in terms of accessibility, China really can create a more inclusive society and change attitudes towards impairment."



Mark your calendars!

The Paris 2024 Paralympic Games will take place from 28 August to 8 September, following the Olympic Games from 26 July to 11 August.

The Paralympic and Olympic competitions will therefore take place a week earlier than originally proposed. This change came in response to the willingness of the IPC, the IOC and Paris 2024 to facilitate the organisation of the competitions and offer the best possible exposure to the Paralympic Games, whose first half will now take place during the period of school holidays.



Sports and disciplines advance to next stage

CP football, golf, powerchair football and sailing all proceeded to the next stage of the application process toward inclusion at Paris 2024.

Karate and Para dance sport will also move to the next stage to be potentially considered as additions outside of the official Paris 2024 Paralympic sport programme.

The IPC Governing Board decided that surfing, arm wrestling, wheelchair basketball 3x3; and taekwondo poomsae and trap shooting disciplines will not proceed to Phase 2.

WHAT'S NEXT?

9 JULY
Deadline for the six new sports, together with the 22 existing Paralympic sports, to complete application packs; it features a series of questions aimed to give the IPC detailed information regarding each sport's governance, rules and regulations, associated costs, anti-doping programme compliance and activities, worldwide reach, quadrennial competition programme and procedures to ensure athlete welfare.

JANUARY 2019
Paris 2024 Paralympic Games sport programme to be announced.

++ NEWS IN BRIEF ++

+++ **CAMBODIA:** NPC Cambodia organised its third national workshop of the Agitos Foundation Organisational Capacity Programme (OCP) in Phnom Penh. Activities were focused on improving the NPC's governance and planning.

+++ **OCP:** Representatives from Ethiopia, Kenya, Rwanda, Somalia, Tanzania and Uganda attended the launch meeting of the OCP (level 1) in Kigali, Rwanda. They had the opportunity to improve their knowledge about the Paralympic Movement and discuss topics on governance, membership structure, marketing and athlete development.

+++ **ANGOLA:** More than 50 athletes and coaches from Portuguese-speaking African countries gathered in Luanda for the Agitos Foundation Para athletics and Para powerlifting training camp. Participants from Angola, Cape Verde, Guinea-Bissau, Mozambique and Sao Tome and Principe learned from athletes and coaches from NPC Brazil.



Building the PyeongChang 2018 legacy

The Korean Paralympic Committee (KPC) and the Agitos Foundation took a step to ensure a lasting legacy for the Winter Paralympics during PyeongChang 2018. The two signed a Memorandum of Understanding outlining a framework for the development, implementation, monitoring and evaluation of joint programmes to develop Para sport in the region.

The main goal of the agreement is to organise international workshops for technical officials, coaches, athletes and classifiers at the facilities of the KPC Icheon Training Centre, a multi-training sports complex established for South Korean national Para athletes.

IPC President Andrew Parsons said: "As much as it aims to support NPCs and International Federations, the Agitos Foundation also encourages and relies on the support of those NPCs who can take a lead role in their region.



"This agreement will benefit a great number of technical officials, coaches, classifiers and athletes, who will soon be able to attend workshops at the state-of-the-art facilities of the KPC Icheon Training Centre."

Fifty-one athletes from 21 countries competing at PyeongChang 2018 participated in Agitos Foundation initiatives. Twelve of these athletes won 23 medals between them.

www.agitosfoundation.org

Global Sports Development support goes far



The partnership between the Agitos Foundation and The Foundation for Global Sports Development (GSD) continues to help raise awareness and knowledge of Para sport around the world.

In 2017, GSD was the main source of funding for the IPC's athlete education programme, Proud Paralympian. Thanks to its support, the programme reached more than 1,000 athletes in events hosted in six countries.

GSD was also fundamental in supporting education projects within the Agitos Foundation Grant Support Programme that saw two major two initiatives funded. The first from the Asian Paralympic Committee aimed to inspire the next generation of young athletes in Asia. This was done through a Proud Paralympian leader training and outreach activities during the 2017 Asian Youth Para Games in Dubai, United Arab Emirates.

The second project is a US Paralympic Committee initiative to develop Para swimming in the Americas, targeting Aruba, Dominican Republic, Ecuador, Panama and Puerto Rico.

GSD also supported the launch of the I'mPOSSIBLE education programme.

Inspiring the next generation in Kazakhstan

Kazakhstan took an important step forward by becoming one of the first countries to implement the educational toolkit I'mPOSSIBLE, which launched globally in December 2017.

From 7-8 February 2018, the country's NPC hosted round table discussions with representatives from the government and teacher training. The objective was to advance the implementation of I'mPOSSIBLE which raises awareness and engages young people, educators and key influencers about the Paralympic Movement.

NPC Kazakhstan applied for the Agitos Foundation's 2017 Grant Support Programme as a way of funding the implementation of I'mPOSSIBLE in the country. The grant was used to translate the programme's first five units and teacher handbook into Russian – which will then be translated into Kazakh.

"The Paralympic Movement of Kazakhstan values each athlete with different age and impairments. Today's school children are our future proud Paralympians. It's our work to support them and provide assistance to find their path towards to Paralympic Games," said Kairat Boranbayev, President of NPC Kazakhstan.

On 7 February discussions were held to inform stakeholders about I'mPOSSIBLE and the Paralympic Movement and share best practices of implementation. The meeting was attended by representatives of Kazakhstan's ministries of education, sport and culture, as well as Non-Governmental Organisation members and school directors.

The next day, teacher training took place for physical education teachers from schools across Astana in NPC Kazakhstan's newly-built Paralympic Centre. During the training, teachers learned about I'mPOSSIBLE and all of its resources, and the founding of the Paralympic Movement.





At London 2012 Vanuata sent one athlete 400m T38 runner Marcel Houssimoli.

DEVELOPING PARA SPORTS IN THE PACIFIC ISLANDS

How strong governance has developed the Paralympic Movement in Vanuatu

The Oceania Paralympic Committee (OPC) held its inaugural General Assembly last year, and its President Paul Bird invited IPC representatives to attend the meeting in Nadi, Fiji.

Their travel from Germany involved 30 hours, including a layover in Singapore before a 10-hour flight to Suva. Perhaps that flight experience might give a better understanding of the challenges the region faces, Bird said.

“When you turn it around and look at all our countries in the Pacific, then put in the context



of their own social and economic development, for them as an athlete or official to travel ... to get classified, to get to an event, their budget to get one person there is probably their NPC's budget for the whole year,” Bird said.

“So I think there has been a limited understanding of the onerous demands placed on these countries to try to find the money and find the athletes, and then enable them to go down the qualification pathways.”

To tackle this, Bird said the OPC has focused on “building capabilities from the inside out.”



Refining governance structure in Vanuatu

NPC Vanuatu has been a model of what a solid governance structure can do for the Movement in a region scattered with islands throughout the Pacific Ocean.

“Nothing happens without effective governance,” Bird said. “Without governance you don't have communication. Without communication, you don't get activity. Without activity, the NPC just doodles along.”

Over about the past year and a half, the OPC made an “effective intervention” with Vanuatu. They created a new board consisting of people with commercial, governance and marketing knowledge.

Traditionally, NPCs in the Pacific Islands began with people with a particular heart for disability and sports, and leading the NPC voluntarily. But governance experience and knowledge was lacking.

“It relied more on disability and not sports, and when it came to Games time, yes, they would get a wild card and nothing much happened,” Bird explained. “What we were trying to do is refocus and say no that's not good enough. Let's go back to governance and say ‘who are your members?’ We are pushing now for the members to be national sporting organisations.”

The development of governance has received a boost from the IPC's development arm the Agitos Foundation.

Last November, seven countries from Oceania took part in the first meeting of the Organisational Capacity Programme in the region. The programme aims to build capacity within NPCs around the world.

During the two-day workshop leading representatives from NPCs of Fiji, Kiribati, Papua New Guinea, Solomon Islands, Samoa, Tonga and Vanuatu attended the sessions. NPCs exchanged information about their current challenges and identified opportunities of collaboration in the region.

Talent I.D.

With sports-focused staff in place, NPC Vanuatu was able to identify three talents for the 2018 Commonwealth Games in Gold Coast, Australia. The NPC organised funding to get the athletes qualified and participate in a training camp ahead of Gold Coast 2018.

Friana Kwevira was one of those three, and went on to win bronze in the women's F46 javelin.



On the right, Kwevira receives her Commonwealth bronze medal.

Rowing has been another growing sport in Vanuatu, with George Langa being the country's first official athlete in the sport. He competed in his first regatta at the Sydney International Rowing Regatta in March 2017, with aims for Tokyo 2020.

Margaret MacFarlane, President of NPC Vanuatu, served as the country's Para rowing programme co-ordinator at the time, and is credited for discovering Langa and recruiting him to the sport.



The President of NPC Vanuata Margaret MacFarlane with rower George Langa.

Part of her strategy for identifying talent is going to the provinces of Vanuatu and introducing Para sports there.

“We hope to go to every province – not every island because there are 83 of them – but certainly the talent is out there. It is a bit like ET (the Extra Terrestrial movie). We just have to find it and nurture it,” MacFarlane said.

“We're just trying to grow the number of sports in a sustainable way, not by going in too fast, too hard,” MacFarlane added. “We don't want to raise expectations if we can't follow through. To do that, the absolute most important thing – even if it's boring – is a good strategic plan with a good budget. We're at the stage where we got a lot of governance issue dealt with in the last six-nine months and now can reach out for corporate sponsors knowing we have credible governance structures.

“Toyota has announced itself as a global partner. What that means to us is we're exploring, trying to find some way on sustainable funding through a modest programme.

“Our target is the Paralympics in Tokyo. If we could get one Vanuatu athlete there, we would be very happy to have qualified and competed, and to have raised awareness of the Movement.”

» “Last year was a new challenge as I went to high school and had to adjust to that. I took a big fall at the 2017 World Championships in the 100m and then came back at Junior Worlds to break the world record. I’m happy with last year and hope to build on it and do better this year.”

» “I want to see how fast I could be, especially in my preferred distances of 400m and 800m. I want to make my family proud.”

» “Once I got mobile and stronger, then I got faster. Running is fun, it’s my hobby and something I just like to do. Once I got good I just wanted to see how much better I could become.”

» “It can be hard to combine studies and training, but I like it. I like being busy and enjoying life and what I am lucky to have. I try to just be positive and to keep working towards bettering myself.”

» “There are many amputees who don’t get equipment or the chance to go to a good school. I want to do well, prove myself and inspire people to get more amputee kids equipment and for them to use it to do what they want.”



ONE TO WATCH FOR TOKYO 2020

 **Ntando Mahlangu**

The teenage talent is one of the world’s best sprinters, taking silver in the men’s 200m T42 at both the Rio 2016 Paralympics and London 2017 World Championships.




DIGITAL DYNAMICS

Top hits from PyeongChang 2018 where digital activities reached 251.5 million people, 3.5 times more than Sochi 2014.


MOST WATCHED VIDEOS:

Limitless with Millie Knight




<https://www.facebook.com/paralympics/videos/2052603911447143>

Seung-Hwan Jung: Finding New Finish Lines



<https://www.facebook.com/paralympics/videos/10155779730641281>

What Samsung Paralympic Bloggers eat in PyeongChang



<https://www.facebook.com/paralympics/videos/10155791503921281>

2.1 million views 862K 579.2K


MOST READ STORIES:

PyeongChang 2018 Paralympics start with 51 athletes supported by the Agitos Foundation



www.paralympic.org/pyeongchang-2018-paralympics-start-51-athletes-supported-agitos-foundation

PyeongChang 2018: Opening Ceremony warms hearts



www.paralympic.org/pyeongchang-2018-opening-ceremony-warms-hearts

PyeongChang 2018: Gianluigi Rosa transforms to 'confident veteran'



www.paralympic.org/pyeongchang-2018-gianluigi-rosa-transforms-confident-veteran

18,801 10,405 8,881

TOTAL SOCIAL MEDIA ENGAGEMENTS



Facebook



<https://www.facebook.com/paralympics/posts/10155809859746281>

Twitter



<http://twitter.com/Paralympics/status/971690811996880897>

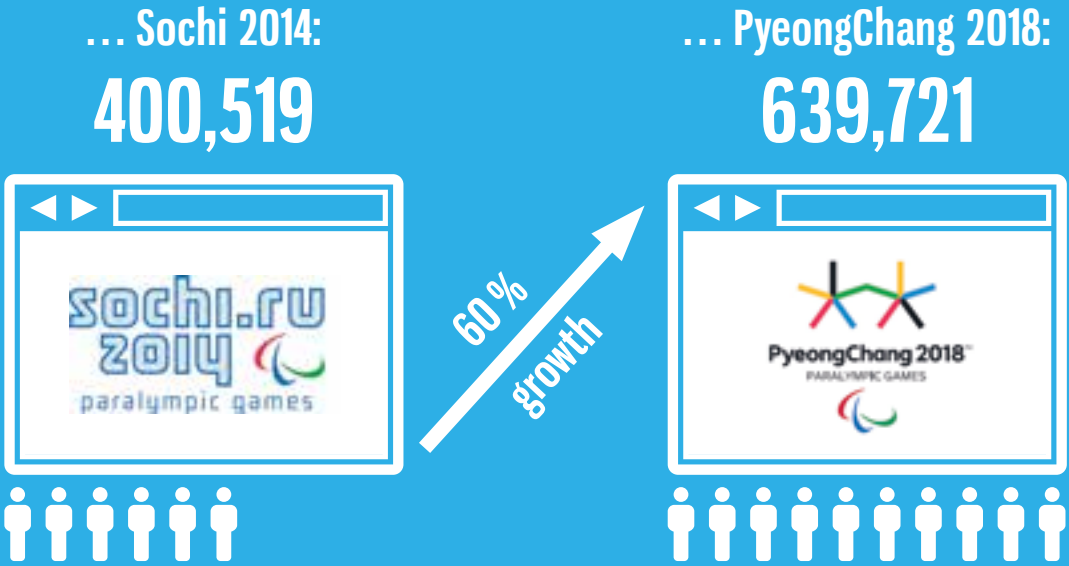
Instagram



<https://www.instagram.com/p/BgGoYQ4nzLf/>

11,537 42,977 4,006

TOTAL WEBSITE VISITORS DURING



THIRD TIME'S A CHARM FOR YUI KAMIJI



Japanese star finally finding her stroke ahead of her home Paralympic Games

Tokyo 2020 will be special for Yui Kamiji.

Not only because it will be her home Paralympics, but also because the 23-year-old appears to be peaking at the right time.

The Japanese wheelchair tennis star is set to compete at her third Paralympic Games. The left-hander did not medal at London 2012 and claimed a singles bronze at Rio 2016.

She won 14 titles in 2017, including three Grand Slams, to reclaim the world No.1 spot she first held in 2014. If she maintains her current level, Kamiji will be the leading contender for gold on her home court at the 2020 Paralympics.



» Do you imagine already what it will be like to compete at your home Paralympics?

Yui Kamiji (YK): Winning gold in front of my home crowd at Tokyo 2020 is my goal. But it is one of the many goals I would like to achieve throughout my career. I am only 23 years old and still have not decided when to retire. It also depends on how I perform in Tokyo. But I would like to compete at the Paris 2024 Paralympics as clay is my favourite surface.

How would you sum up your 2017 season, winning three Grand Slams and reaching world No.1?

YK: It worked well both mentally and physically. I will always try to better last season. I did not perform as expected at this year's Australian Open, but I will try to maintain a certain level for the next months. I have been making some changes to my game and will try to get used to them as soon as possible. My main goal for 2018 is to secure my spot for the Tokyo 2020 Paralympic Games.

What keeps you motivated?

YK: I am just very competitive. I believe that the world No. 1 must win every single match. So I want to do that and [have] everyone seeing me as the best. Australian former wheelchair tennis player Daniela Di Toro also inspires me to improve myself. She was the top player when I started competing but still helped me a lot. She has retired but is still taking care of me. I have always seen her as the role model.



YUI KAMIJI (JPN)

Paralympic Games
London 2012
Rio 2016: Bronze

Grand Slams singles titles
US Open: 2014, 2017
Roland Garros: 2014, 2017, 2018
Australian Open: 2017

Would you imagine a mixed doubles with three-time Paralympic champion Shingo Kunieda? It would be quite a strong pair!

YK: I have actually never played mixed doubles but it might be interesting.



What do you enjoy doing outside the tennis court?

YK: I like to attend to concerts and watch my favourite musicians performing live. I also enjoy cooking.



HOST A PARA SPORT COMPETITION

Brazil and Denmark have organised major international competitions. Learn from their different approaches and experiences.



2018 UCI Para Cycling Track World Championships



BUILDING ON RIO 2016'S LEGACY

The 2018 UCI Para Cycling Track World Championships was the first major international competition held at the Barra Olympic Park since the Rio 2016 Olympic and Paralympic Games.

The World Championships hosted 171 athletes from 30 countries across four days of competition in March.

The Brazilian Cycling Confederation (BCC) served as the Local Organising Committee, led by technical delegate Edilson Alves da Rocha, known as Tubiba.

► Why host?

The Velodromo Municipal do Rio was built for the Games, and hosting the 2018 Worlds was an opportunity to further Rio 2016's legacy.

Rocha said the use of the legacy is not only using the structure, but also "the knowledge acquired by the workers who were at the 2016 Games."

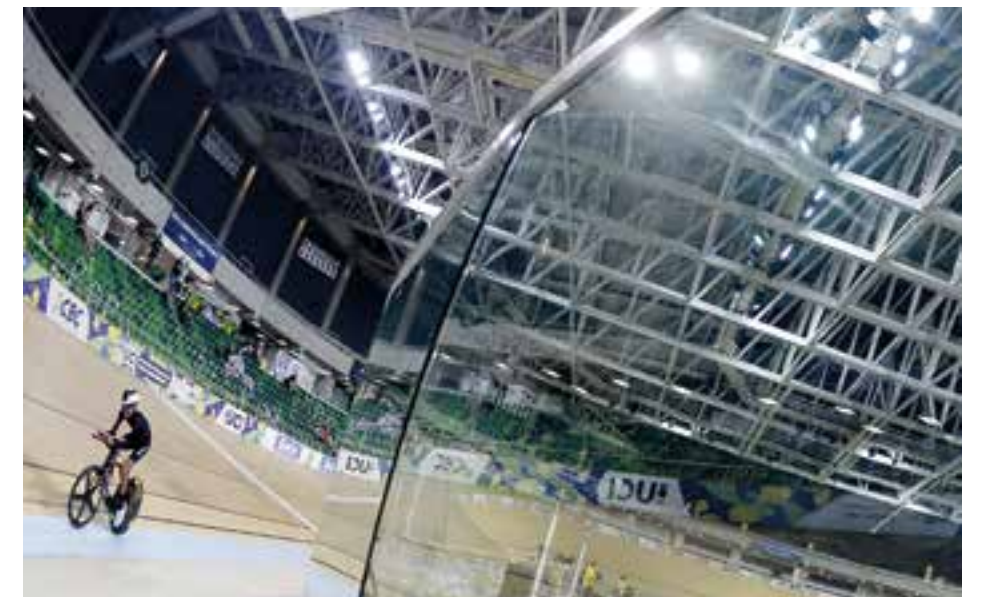
"They also worked in the organisation of the World Championships with the same dedication and applied the previously acquired knowledge," Rocha said.

With a state-of-the-art venue and experienced personnel, the BCC were confident they could pull off a successful event.

► The process

The whole process began during Brazil's participation in the 2017 Para Cycling Track World Championships in Los Angeles, USA. Looking at how the 2017 edition was run, the BCC realised they could do likewise and host the next edition. So they requested support from their NPC and Brazil's Ministry of Sports to organise the event.

After Brazil was announced as the 2018 host city and the BCC established a Local Organising Committee (LOC), a detailed plan needed to be presented to the UCI, cycling's global



governing body. BCC also began creating the event website; and negotiating with suppliers, partners and the participating countries.

The BCC especially pushed for partners in terms of TV broadcast, streaming and commercial partners that could bring some attractiveness and marketing to the event and participants.

► Tips for success

Rocha said it helped that many of the LOC team members had experience. Having people who knew each of the functional areas made it "possible to make a very detailed scope, the definition of the scope and the fulfillment of what was defined in the scope."

For this event, all the delegations stayed within 1km of the venue to avoid long periods in traffic. All meals were served at the hotels during competition. Good communication and support from the UCI were also crucial.

"They sent to us a document with a lot of information and details about the event that helped us as the LOC," Rocha said. "We received many tips and contacts from UCI people that were working there since the beginning."

► Challenge(s) to consider

Accessibility is important, especially in transportation and accommodation for the athletes.

"When we talk about World Championships, we have to consider that there is no hotel in the world that is fully adapted to receive a large number of people with impairments, so we have to think about how to solve these problems," Rocha said.

Another curveball was organising space for classification, particularly for vision impaired categories. Anti-doping also needed to be thought of according to the types of impairments, compared to able-bodied sports.

► Benefits of hosting

"It was a unique opportunity for Brazilian athletes to participate in a Para sport World Championships in their own country, with the encouragement of fans and spreading the sport," Rocha said.

He added that hosting the Para Cycling Worlds would help strengthen the Brazilian team ahead of Tokyo 2020.

Parasport Denmark



MAKING THE MOST OF EVENTS ON HOME SOIL.



Parasport Denmark (or NPC Denmark) has a tradition and lots of experience arranging international events. They hosted the 2015 Para Table Tennis European Championships in Vejle; 2014 Wheelchair Rugby World Championships in Odense; and recently a World Para Swimming World Series in Copenhagen, among others.

A secret to their success has been a comprehensive event strategy. In addition, Parasport Denmark has taken advantage of an organisation established and supported by the Danish Government called Sport Event Denmark, whose objective is to bid for and host world-class sporting events in the country. Michael Mollgaard Nielsen, NPC Denmark's sports director, is the man behind bringing events to Denmark.

THE PURPOSE

In their event strategy, Parasport Denmark outline reasons why they aim to attract international events:

► Experiences for Danish athletes

Athletes have a special experience when they compete at a major event on home grounds, and NPC Denmark wants that for

their athletes. In addition to a sporting boost, home events save expenses for participation in other international events, which in turn can be used to further improve the conditions for their athletes.

"What is important is the connection with the top sports here in Denmark," Nielsen said. "It is a fantastic opportunity for us to showcase Para sport at a top level, and the possibility for our top athletes to compete at their home base."

► Branding

By attracting major international events, the Danish NPC hopes to increase the focus, interest and recognition of Para sports, especially in their own country. International events in Denmark give media greater opportunities to cover Para sports in both TV, radio and written platforms.

► Recruiting

The greater the exposure to Para sports, the more it can inspire youngsters with an impairment to get involved. It also grabs the attention of local politicians and municipalities which can lead to more governmental action to benefit people with an impairment.

PLANNING AND IMPLEMENTING

The event must be sustainable in itself and thus not burden NPC Denmark's other economy.

Nielsen said they have to set aside a realistic budget: "It's not that we should make a big profit but a minor profit. The most important is that the economy should be realistic."

He added that Sport Event Denmark helps in matching a certain amount of money used to fund the event.

Funds from Sport Event Denmark are used to hire a project manager who can focus solely on organising an event. This allows the NPC to dedicate its expertise and resources to specific functions while also being able to complete their day-to-day tasks.

Over the years NPC Denmark has become more professional in providing the best athlete experience, in terms of accommodation, food and transportation.

"We have to focus on accessibility. This is from picking people up from the airport to buses," Nielsen said. "We also try to see if we can eliminate internal transport and try to find venues where hotels are neighboring. In this way you make athletes more independent. They move from hotel to venue whenever they want and do not have to jump on and off buses. Transport is where a lot of money gets used."

The competition is also an opportunity to double-up with other events such as workshops for classifiers, Nielsen added.

ASSESSING

"What is the legacy for us here? That is connected to success," Nielsen said.

Legacy could include how good were the athlete and spectator experiences, were new Danish talents recruited to the sport, what was the media coverage like, were new sponsorship and partnerships formed?



A WEEK IN THE LIFE OF ... **DANIELA GIMENEZ**

Highly motivated after becoming world champion at Mexico City 2017, the Argentinian swimmer kicked off her season at May's World Para Swimming World Series in Sao Paulo, Brazil.

The 25-year-old had a successful start to the year as she claimed two golds, one silver and one bronze.

Gimenez took us through her week as she travelled to Sao Paulo.



SUNDAY

The National Open in Buenos Aires was our final test before the World Series in Brazil. It was a nice competition. I felt calm, swam in three different events, and my mom watched me from the tribunes.



MONDAY

Gathered the luggage in the morning and went for the final practice in the afternoon before flying. Then I went directly from the Training Centre to the airport. My good Brazilian friend Phelipe Rodrigues, who won five Paralympic silvers, was waiting for me at the Sao Paulo airport to drive me to his house, where I stayed throughout the event.



TUESDAY

The competition venue – the Brazilian Paralympic Training Centre – is absolutely amazing! After training in the morning and the afternoon, I met the rest of the Argentinian team who had just arrived. We checked out the venue and were amazed by the facilities. At night, we had dinner with Phelipe and enjoyed some delicious Brazilian steak.



WEDNESDAY

Two days before my first event! I trained again in the morning and afternoon. My whole body ached! But I felt much better after physiotherapy.



THURSDAY

Although the World Series got underway my first event was not until the following day. I trained in the morning and afternoon before going to watch and support my friends in the competition. For dinner, I met with my good South African friend Tyrone Pillay who was taking part in the Sao Paulo Athletics Grand Prix.



FRIDAY

Competition started! I swam the 50m freestyle S9 and 200m individual medley SM9, winning one gold and one silver respectively. After that, I was called for anti-doping. So I had little time to rest! I was quite tired by the end of the day.

SATURDAY

Final day of competition! I won 100m breaststroke SB9 gold and 100m freestyle S9 bronze. It was not easy as I only had 15 minutes between races. Basically I left the pool after swimming the first race and went directly back into the pool for the next race. To celebrate, I met some Brazilian friends and we went for dinner at night. Next goal: the World Series in Sheffield, Great Britain and Berlin, Germany!

PYEONGCHANG 2018

A Games that warmed hearts,
broke records and raised the
standard for Beijing 2022





The Paralympic Flame is extinguished but the passion continues to blaze even brighter after a record breaking PyeongChang 2018 Paralympic Winter Games.

The Games saw 10 days of stunning sporting action as athletes once again thrilled audiences around the world with their sensational performances.

After countless records were broken the IPC President used the Closing Ceremony to lay down the gauntlet to the host of the next Paralympic Winter Games.



New horizons set new benchmarks

“With more athletes, more countries, more media, more broadcasters and more spectators than ever before, you raised the bar for Beijing.”

As IPC President Andrew Parsons closed the PyeongChang 2018 Paralympic Winter Games, the Brazilian took the opportunity to celebrate the success of the Games with a global audience.

When it won the right to stage the Olympic and Paralympic Winter Games back in 2011, PyeongChang 2018 promised new horizons. What it delivered was new benchmarks and a Games that broke almost every record associated with the event.

In a nation that knew very little about Paralympic winter sport beforehand, the performances of Para athletes once again captured the public’s imagination resulting in record crowds and record TV audiences.

With President Moon Jae-in and First Lady Kim Jung-sook leading the host nation’s vocal support, South Korea enjoyed its most successful Winter Games to date taking home three medals, including an all-important first Paralympic winter gold.

Unforgettable memories

Few of the record 567 athletes from 49 delegations will forget their arrival in Pyeong-Chang. Greeted at the Paralympic Village by deep snow and freezing temperatures, this was just the start of a Games that would go down in history.

During the Opening Ceremony athletes’ parade, North Korea received a warm reception as they sent out a strong message of peace through sport by participating in their first Paralympic Winter Games.

The final torch relay in particular symbolised the inclusive power of the Paralympics, when South Korean biathlete Bogue Choi and North Korean cross-country skier Yu Chol Ma entered the stadium together as torch bearers.



Arguably, one of the most unforgettable sporting memories from the Games was the Para ice hockey bronze medal game between South Korea and Italy.

The home nation’s dramatic 1-0 victory, where the winning goal was scored with less than four minutes remaining, filled the Gangneung Hockey Centre with deafening cheers. Tears flowed around the arena, from players,

coaching staff and fans, as South Korea won their first Paralympic medal in the sport.

“This was my third time at the Paralympic Games, and I cannot even begin to express how glad I am and all the feelings I’m having right now,” said Korean player Dong-Shing Jang after the game. “[Team-mate] Seung-Hwan told me after that I had actually put the goal in the net, and I didn’t believe him at first. I was just trying to process it and all of this – I’m numb about the whole thing I’m so happy.”

Emotion was a theme across the other five sports too, with incredible athlete storylines touching the hearts of many.

Ahead of PyeongChang, multi-world and Paralympic champion Bibian Mentel-Spee missed the majority of the 2017/2018 snowboard season as she continued her fight against cancer.

Having endured radiation therapy and two neck surgeries just two months prior, the Dutch athlete showed immense courage and determination to make the start line of a sport she had successfully campaigned to be part of the Paralympic programme.

When her mother and son greeted her at the finish line to celebrate the first of what would be two gold medal successes, there were very few dry eyes to be found. Congratulations soon followed from Princess Margriet of the Netherlands, as did a phone call from the Dutch Prime Minister.

Her two gold medals left everyone in awe.

“She has been able to hold on through everything she has been through,” US snowboarder Amy Purdy said of Mentel-Spee. “Whether she’s been her strongest or her weakest, she’s been able to represent the sport so beautifully. “She is a good friend and I

could not be more proud that she got those medals. She deserves it.”

Struggling with an elbow injury, US sit-skier and heavy favourite Oksana Masters had a miserable first few days in PyeongChang. Things looked bleak when a fall in the biathlon middle distance saw her quit the race.

Like the PyeongChang weather, the following day could not have been more different as she stormed to victory in the cross-country sprint.

“All the emotions hit me at once,” Masters said. “It was an absolutely amazing feeling. I never thought it was going to happen.”

For a nation that has dominated summer Paralympic sports for a generation, the celebrations of the Chinese wheelchair curling team underlined how much it meant for the Beijing 2022 host country to win a first Paralympic winter gold.

At the medals plaza each evening you could not escape how it felt to be a Paralympic medallist as the majority of the 80 medal ceremonies took place. With many Paralympic veterans shedding tears of joy at adding to their already bulging medal collections, you could only imagine what was going through the minds of the many youngsters that won their first Paralympic medals.

But for the likes of Canada’s Mollie Jepson, Italy’s Giacomo Bertagnolli or Netherlands’ Jeroen Kampschreur, teenagers that are now Paralympic alpine skiing champions, PyeongChang 2018 is a Games they will never forget.

By the time New Zealand’s alpine skier Adam Hall and Finland’s Nordic skier Sini Pyy were presented with the Whang Youn Dai Achievements Awards during the Closing Ceremony, Beijing 2022 was no under no illusions as to what it needed to do to build on the success of PyeongChang 2018.



PyeongChang 2018’s legacy

The 2018 Paralympic Winter Games will have a lasting impact on generations to come both domestically and internationally.

The upgrading of infrastructure has been one of the immediate benefits for the host nation. To help bring and move athletes, spectators and staff to and around PyeongChang, road and rail networks were upgraded. Two major highways were created, plus a high-speed rail line that efficiently connects Seoul to the host area.

The apartments used as the Paralympic Village and Media Village have all been sold to local residents. People are already moving into 600 households in eight apartment blocks in the Paralympic Village, while 23 apartment blocks for 2,561 households in the Gangneung Media Village will soon be ready for habitation.

The post-Games plan for Games facilities has been outlined. The Paralympic competition venues (Alpensia Biathlon Centre and Gangneung Curling Centre) will be used as public sports facilities or serve as training centres for the athletes from home and abroad. This will be done under the agreement between the city of Gangneung, Korea National Sport University and the Catholic Kwandong University. A total of KRW 41.8 billion will be used to restore the ecological system around the Jeongseon Alpine Centre, where Para alpine skiing and snowboard competitions were held.

The Games also helped the development of winter Para sports in 48 countries. The IPC’s development arm, the Agitos Foundation, and the PyeongChang 2018 Organising Committee partnered in 2016 to develop and implement a programme called “Actualising the Dream”. It benefitted athletes, coaches, officials and nations looking to further their involvement in winter sports.

Grants were provided to 22 National Paralympic Committees to purchase winter sport equipment, while workshops took place to develop athletes and coaches in all six winter Para sports. This included the first women’s Para ice hockey training camp.

During PyeongChang, the Agitos Foundation signed a Memorandum of Understanding with the KPC to further develop Para sport in the region. (See page 13 for the full story)



Greater global exposure and interest

PyeongChang 2018 broke all international broadcast and online viewing records, attracting more broadcasters and viewers outside of the host country than any previous Paralympic Winter Games.

According to Nielsen Sports figures published on behalf of the IPC, the Games were broadcast in more than 100 territories and attracted a cumulative audience of 2.02 billion people.

Although the overall figure of 2.02 billion is 3.7 per cent down on Sochi 2014 where the host market accounted for nearly 30 per cent of the total audience, the number of viewers

outside of the host country for PyeongChang 2018 grew 27.4 per cent to 1.87 billion people.

With the Tokyo 2020 Paralympics just over two years away, Japanese viewers accounted for 21 per cent of the overall audience (433 million viewers) with almost half of them consuming the Games through public broadcaster and Paralympic rights holder NHK.

Ahead of the Beijing 2022 Paralympic Winter Games, and helped by wheelchair curling gold, TV audiences in China grew to 122.8 million, an increase of 18 per cent on Sochi 2014. In France, the cumulative audience was 265.4 million people, a 300 per cent growth on the 2014 Winter Games, and an encouraging sign with Paris 2024 on the horizon.

Commenting on the success, Alexis Schaefer, the IPC’s Marketing and Commercial Director, said: “At a time when the growth in linear TV audiences is stagnant, the Paralympics continues to buck the trend showing strong growth on both linear and digital platforms. With Tokyo 2020 and Beijing 2022 on the horizon, we are confident we can break further records in the future.”

In addition to record TV audiences, PyeongChang 2018 was covered by 629 accredited media, 15 per cent more than Sochi 2014.

Online, the Games also proved a massive hit reaching more than 251.5 million people around the globe, almost four times the number reached during Sochi 2014, and

close to three times the number reached by London 2012.

With the support of a number of commercial partners, more than 13 million people viewed video content on Facebook and Twitter accounts controlled by the IPC, while a further 4.15 million people watched the Games either live or on demand via the IPC’s YouTube channel. The IPC’s website drew 60 per cent more visitors than it did for Sochi 2014.

Watching the action and creating a tremendous atmosphere for the athletes were a record 343,000 spectators. This turnout smashed the previous record of 316,200 sales set four years ago in Sochi and was 110,000 greater than the number sold for Vancouver 2010.

TV AUDIENCES

CUMULATIVE GLOBAL AUDIENCE

Sochi 2014:.....2.09 billion



PyeongChang 2018:2.02 billion

CUMULATIVE AUDIENCE OUTSIDE OF THE HOST COUNTRY

Sochi 2014:.....1.47 billion



PyeongChang 2018:1.87 billion

NUMBER OF HOURS BROADCAST



Sochi 2014: 1,378

PyeongChang 2018: 2,249

WHAT DID PEOPLE WATCH? (MILLION)

Opening Ceremony	291.5
Alpine skiing	1,041.9
Biathlon	410.0
Cross-country skiing	496.6
General	413.8
Para ice hockey	230.3
Snowboard	313.0
Wheelchair curling	251.6
Closing Ceremony	157.2

5,800
VOLUNTEERS



PyeongChang 2018™
PARALYMPIC GAMES

BY THE NUMBERS

RECORD!



COUNTRIES
WON GOLD

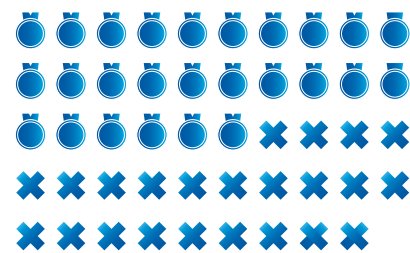
Beating the previous best of 17 set at the Nagano 1998 and Salt Lake City 2002 Paralympic Winter Games

567
ATHLETES FROM
49
DELEGATIONS

more than any previous Paralympic Winter Games

26

of these
DELEGATIONS WON A MEDAL



Beating the record set at the Lillehammer 1994 Paralympic Winter Games

15

AGE OF
Brazilian Nordic skier Cristian Ribera, the youngest Paralympian at the Games.



USA

WON THE MOST MEDALS (36)

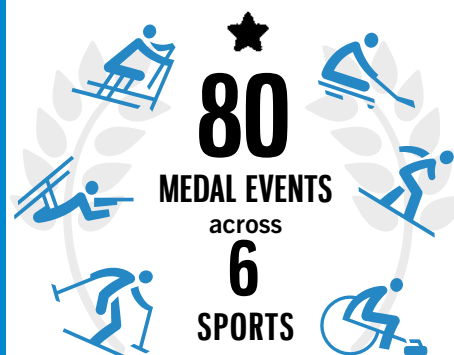


HOST NATION
WON 3 MEDALS



629
ACCREDITED MEDIA
15%

more than the Sochi 2014



80
MEDAL EVENTS
across
6
SPORTS



BILLION

The cumulative audience that watched the Games in more than

100
COUNTRIES

4 COUNTRIES

China, Croatia, Kazakhstan and hosts South Korea – all won their



THE BIGGEST DIFFERENCE BETWEEN OTHER JUMPERS AND ME? THEY CHANGE THEIR SHOES. I CHANGE MY LEG.

To reach your goals, dare to explore.

Markus Rehm, Paralympic Long Jumper



International Partner



Allianz

ALPINE SKIING



Marie Bochet had an uncharacteristic DNF in the super-combined. The French superstar still won four of her country’s seven gold medals.



Thirty medal events were contested across men’s and women’s sitting, standing and vision impaired categories.

Slovakia’s Henrieta Farkasova and guide Natalia Subrtova were close to completing a clean sweep. But on the last day in the slalom competition, they had to settle for silver – by just 0.66 seconds – behind Great Britain’s Menna Fitzpatrick, 19, and guide Jennifer Kehoe. Had Farkasova won gold, she would have become the third consecutive woman to sweep all five events at a Paralympics, following Germany’s Anna Schaffelhuber and Canada’s Lauren Woolstencroft.

German women dominated the sit-ski events. Although Schaffelhuber did not repeat her achievement from Sochi 2014, she still ruled the speed events with golds in the downhill and super-G. On the technical side, her compatriot Anna-Lena Forster emerged as the strongest racer, winning the super combined and slalom.

Once again, Marie Bochet of France was tough to knock off the top, winning four of her events in the women’s standing to increase her Paralympic gold medal count to eight.

The men’s races saw incredible debuts. Switzerland’s Theo Gmur stole the headlines in the standing division with three golds. The men’s sitting has a teenage rivalry brewing. Jeroen Kampschreur, 18, won the men’s super combined to secure the Netherlands’ first Paralympic alpine medal. Norway’s Jesper Pedersen can also call himself a Paralympic champion at 18 after winning the giant slalom. In the men’s vision impaired, 19-year-old Italian Giacomo Bertagnolli was the technical master, claiming slalom and giant slalom golds, to go with a super-G silver and a downhill bronze, with his guide Fabrizio Casal.

MEDALS TABLE			
SLOVAKIA	6	4	1
FRANCE	4	5	2
GERMANY	4	5	1

TOP 3 PERFORMERS



HENRIETA FARKASOVA, SVK
Medalled in all five events, including four golds, in the women’s vision impaired category with guide Natalia Subrtova.



ANNA-LENA FORSTER, GER
The slalom specialist came back stronger in her second Paralympics to win two golds at 22 years old.



THEO GMUR, SUI
The 21-year-old had an outstanding debut, winning the men’s downhill, super-G and slalom standing.

ALPINE SKIING



Teenage sensation and three-time world champion Jeroen Kampschreuer secured the Netherlands' first Paralympic Winter Games gold medal in alpine skiing

CROSS-COUNTRY SKIING



History was made when Eui Hyun Sin captured South Korea's first Winter Paralympic gold medal, saving his best for the last day of competition.

After winning bronze in the men's long-distance sitting, Sin was pushed to victory in the middle distance event by a jubilant home crowd. His celebration at the end of the race underlined the joy he felt in delivering success for the host nation.

The sprint races provided the most dramatic action of the Nordic programme. The first final, the men's sitting race, saw just 0.7 seconds separate the top four finishers. Coming from behind at a terrific speed in the final straight was the USA's Andrew Soule to win the gold in a photo finish ahead of Dzmitry Loban of Belarus.

The men's standing sprint was also a thriller. Kazakhstan's Alexandr Kolyadin won his country's first Paralympic winter gold while a photo finish was once again needed to separate Finland's silver medalist from Canada's bronze medal winner Mark Arendz.

The future of the sport also looks rosy after many youngsters excelled in PyeongChang.

At just 17 years old, Canada's Natalie Wilkie won three medals including gold in the women's middle distance sitting race. Norway's Vilde Nilsen is nine days older than Wilkie and she won silver in the women's sprint sitting.

A total of 20 medal events were held in sprint, middle and long distances races across all men's and women's categories, as well as open and mixed relays.

MEDALS TABLE				
	USA	4	3	2
	CANADA	4	1	5
	UKRAINE	3	2	3

TOP 3 PERFORMERS



Oksana Masters, USA

Overcame an elbow injury to medal in all three cross-country events, including golds in the women's middle and sprint sitting races.



Brian McKeever, CAN

The 38-year-old vision impaired skier won all three titles to become the most successful cross-country skier in Paralympic history, winning 13 golds over five Games.



Eui Hyun Sin, KOR

Entered the Games ranked ninth in the overall World Cup standings but stormed to an emotional gold in the men's middle distance sitting in front of his home crowd.



Kazakhstan's Alexandr Kolyadin out-sprinted three other skiers to win his country's first title at a Paralympic Winter Games. A photo finish decided second and third place.

CROSS-COUNTRY SKIING

On her Paralympic debut, 19-year-old Austrian Carina Edlinger won bronze in the women's middle-distance vision impaired. It was a family affair as she was guided by her brother Julian.



BIATHLON



US duo Kendall Gretsches and Daniel Crossen provided an incredible start to the biathlon competitions in the women's and men's sitting, respectively. Neither had won a race before, let alone a Paralympic medal. But debutant Gretsches beat much more experienced opposition including her teammate Oksana Masters and Germany's Andrea Eskau in the sprint event.

Despite a best finish of 10th place at Sochi 2014, Crossen followed Gretsches's lead and topped the podium, also in the sprint competition.

France's Benjamin Daviet went to Pyeong-Chang desperate to win a medal in the men's standing after the best he could do at Sochi 2014 was seventh. He went home with three, including an impressive 30-second win in the sprint, followed with another gold in the middle distance.

After watching Sochi 2014 on TV, Neutral Paralympic Athlete (NPA) Ekaterina Rummyantseva won two golds at her first Paralympic

Winter Games. She was denied a clean sweep in the long-distance when she missed two targets but still did enough to claim the silver.

Ukraine topped the biathlon medals table, helped by teenage debutant Taras Rad. At just 18, Rad showed calmness beyond his years on the range in the middle distance sitting race, hitting all 20 targets clean to take victory by just over a minute.

A total of 18 medal events were contested in sprint, middle and long distances races across all men's and women's categories.

MEDALS TABLE				
				
 UKRAINE	4	5	5	
 GERMANY	3	0	2	
 USA	2	4	1	

*NPA delegation won 5G, 5S, 1B

TOP 3 PERFORMERS



Andrea Eskau, GER
Showed age is no barrier to success as she claimed double gold in the women's middle and long distance sitting at the age of 46.



Ekaterina Rummyantseva, NPA
Debutant dominated the woman's standing category, winning three medals, including victories in the sprint and middle distances.



Vitaliy Luk'yanenko, UKR
With four Paralympic biathlon titles already in his pocket, Luk'yanenko triumphed in two races to boost his collection. Won the vision impaired sprint and the long distance, with his guide Ivan Marchyshak.

Japan's reigning World Championships bronze medallist Yurika Abe fights through the women's 10km biathlon standing.



BIATHLON

Ukraine's Olha Prylustka shoots during the women's 12.5km vision impaired. She just missed out on the podium in the event.



SNOWBOARD



The sport built on its debut at Sochi 2014, returning with even more hype and bringing an electrifying atmosphere.

Ten medal events were contested, with riders competing in snowboard-cross and banked slalom in the women’s SB-LL1 and SB-LL2; and men’s SB-LL1, SB-LL2 and SB-UL.

US athletes dominated the podium, led by Brenna Huckaby. The 22-year-old multi-world champion rode with flair and determination to win the women’s SB-LL1 races. Noah Elliot and Mike Schultz each won a gold in the men’s SB-LL1, as did Mike Minor in the men’s SB-UL.

Bibian Mentel-Spee was the only other rider to go two-for-two. The Dutch snowboarder did not have much time to prepare for PyeongChang 2018, having undergone treatment for cancer and neck surgery just two months before the

Games. Her first gold in the snowboard-cross was a hugely emotional moment, with Mentel-Spee embracing her son and mother at the finish line.

Australia also had a memorable moment at the Jeongseon Alpine Centre when Simon Patmore captured the nation’s first gold in 16 years by winning the men’s snowboard-cross SB-UL.

MEDALS TABLE				
	USA	5	5	3
	NETHERLANDS	2	2	1
	AUSTRALIA	1	0	1

TOP 3 PERFORMERS



Gurimu Narita, JPN

The speed demon was the only rider to break sub-49 seconds in the men’s banked slalom SB-LL2. He became the first Asian snowboarder to win Paralympic gold.



Bibian Mentel-Spee, NED

Swept the women’s SB-LL2 events, completing an inspiring journey that saw her spend much of the season in hospital fighting cancer.



Brenna Huckaby, USA

Double world champion lived up to expectations on her debut, winning both events in the women’s SB-LL1.

SNOWBOARD



Teenager Ben Tudhope sprints towards his teammate Simon Patmore to celebrate the 30-year-old snowboarder winning Australia's first Paralympic winter gold for 16 years.

PARA ICE HOCKEY



The USA defeated Canada in an overtime thriller to secure a third straight Paralympic gold while South Korea made history in front of their home fans.

After reaching the final in emphatic style, world champions Canada appeared well on their way to a second Paralympic gold, and first since Torino 2006. Holding a 1-0 lead in the final period, the USA's Declan Farmer slammed in an equaliser with just 37 seconds left to send the game into sudden-death overtime.

In a tense finale, 20-year-old Farmer showed immense balance and skill to fire home the winning goal and secure a fourth Paralympic title for the US.

South Korea defeated Italy 1-0 for an emotional bronze medal victory in front of their home crowd which included South Korea's President Moon Jae-in and First Lady Kim Jung-sook.

With just 180 seconds of the game left, speedy Korean forward Seung-Hwan Jung retrieved the

puck from behind the Italian net. He whipped it around into the front of the crease, where it tipped off Dong-Shing Jang's stick and trickled across the goal line for the game-winner.

At the final buzzer, the crowd erupted and tears flowed as South Korea won their first Paralympic medal in the sport.

History was also made at the Gangnueng Hockey Centre when Norway's Lena Schroeder became the first female player to compete at a Paralympic Winter Games in 24 years; compatriot Bri Mjaasund Oejen took the ice at Lillehammer 1994.

MEDALS TABLE	
 USA	
 CANADA	
 SOUTH KOREA	

TOP 3 PERFORMERS



Declan Farmer, USA

Played the hero twice, scoring the tying goal and then the game winner in sudden-death overtime.



Billy Bridges, CAN

Scored Canada's lone goal in the gold medal game, making him the only player to score against US goalie Steve Cash in Pyeong-Chang. He finished with six goals and four assists (10 points).



Jae-Woong Lee, KOR

The goaltender marked his 22nd birthday with nine saves and a magnificent shut-out to help South Korea defeat Italy for bronze.



US players celebrated wildly after snatching victory from the jaws of defeat against fierce rivals and world champions Canada.

WHEELCHAIR CURLING



In the gold medal match Norway pushed eventual champions China all the way forcing an extra end. Paralympic silver was the country's first in the sport.



Packed crowds at the Gangneung Curling Centre arguably had the hottest ticket in town as wheelchair curling threw up some outstanding encounters which had everyone, including US celebrity Mr. T, hooked!

The gold medal match had everyone on edge as China defeated Norway 6-5 after an extra end. The victory secured China's first Paralympic medal in any winter sport, promising signs ahead of Beijing 2022.

In the extra end, China's Jianxin Chen played a precise draw around six guards with his final stone to sit in the four-foot zone as shot stone. Norway's Rune Lorentsen was unable to remove the stone with either of his two attempts.

Reigning world champions Norway still walked away with their heads held high. Despite the heartbreaking loss, the silver medal was the country's first in the sport and represented their highest finish after four Games appearances.

Canada continued their record of medalling in every Paralympic Winter Games when they

defeated South Korea 5-3 to win the bronze medal.

Canada had won every Paralympic title since the sport debuted at Torino 2006. The South Korean team fell short of winning their first Paralympic medal since silver at Vancouver 2010. Although they could not get past Canada, the team rallied plenty of support from enthusiastic crowds throughout the round-robin stages, especially when they ousted podium hopefuls Great Britain to secure a semi-final spot.

Captivated by the competition on TV was Mr. T, the actor who starred in Rocky III and the A-Team. Throughout the Games, he was tweeting his delight at how competitive the action was and before long #IPityTheFoolwhodont-watchtheParalypmics was a social media hit.

MEDALS TABLE

CHINA

NORWAY

CANADA



TOP 3 PERFORMERS



Haitao Wang, CHN

Two-time Paralympian skipped China to the gold medal and the nation's first ever Paralympic Winter Games medal.



Rune Lorentsen, NOR

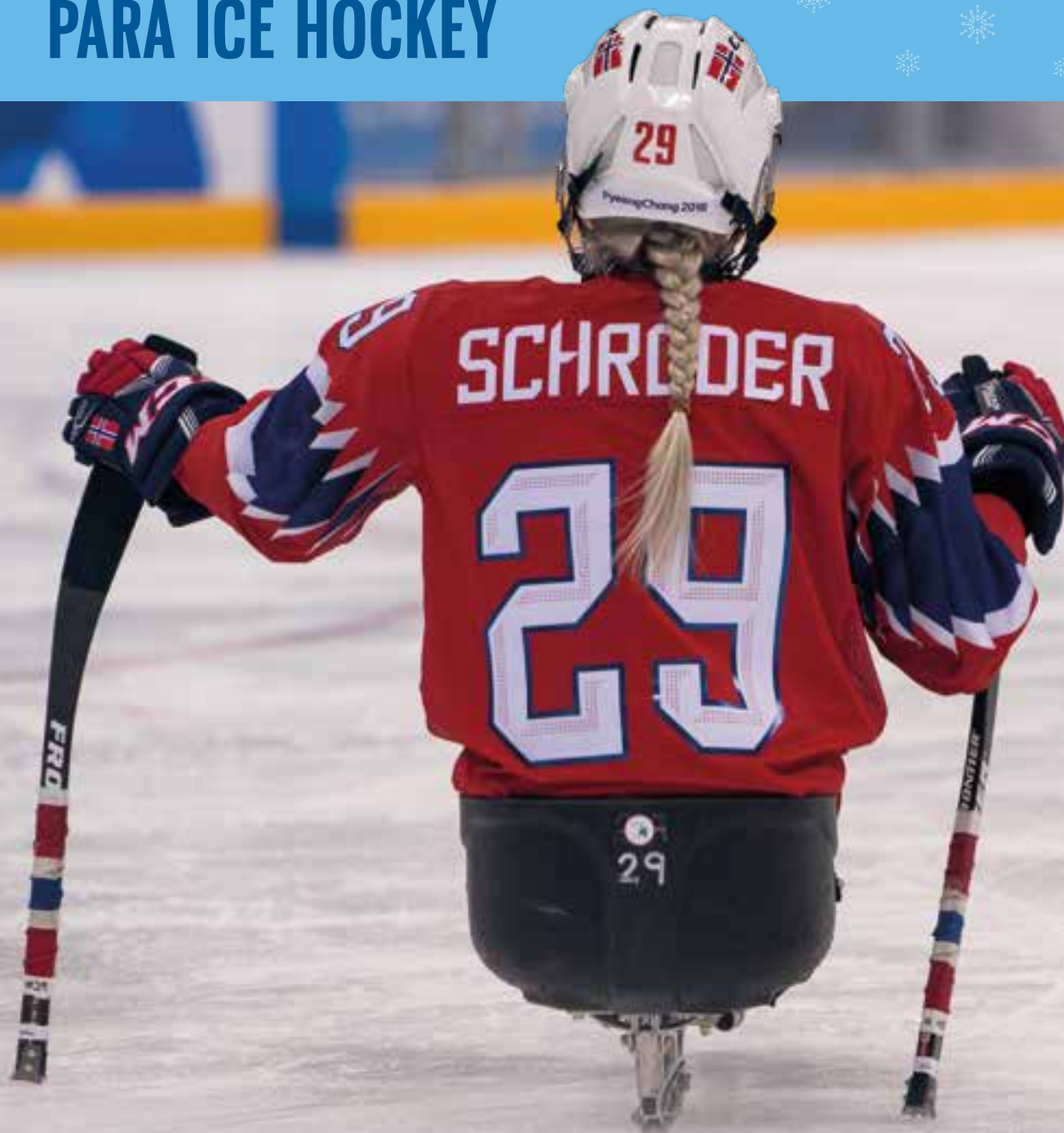
Team veteran has been to every Paralympic Winter Games and led Norway to their first Paralympic wheelchair curling medal



Mark Ideson, CAN

Part of the Sochi 2014 gold-medal team who returned to skip his team to bronze, maintaining Canada's perfect Paralympic medal record in the sport.

PARA ICE HOCKEY



History maker: Norway's Lena Schroeder made headlines by becoming the first woman to compete in Para ice hockey at a Paralympic Games since Lillehammer 1994.

WHEELCHAIR CURLING



Jianxin Chen was part of wheelchair curling team that won China's historic first Paralympic Winter Games gold medal.

STRENGTHENING THE PARALYMPIC BRAND

How six partners used PyeongChang 2018 to create memorable athlete and fan experiences

With record breaking TV audiences, ticket sales, media attendance and digital media figures, the PyeongChang 2018 Paralympic Winter Games were a great opportunity for brand exposure and audience engagement.

The six Worldwide Paralympic Partners; Atos, Ottobock, Panasonic, Samsung, Toyota and Visa, all took advantage of this opportunity. They provided various types of information, services, support and activities during the Games that enhanced both the Paralympic brand and their own visibility.



ottobock.

A global supplier of prosthetics and rehabilitation, Ottobock first began providing its technical services for the Paralympics at Seoul 1988. It began with an improvised workshop, where professionals from Australia offered athletes maintenance and repair services for their sports equipment.

That laid the foundation for Ottobock's "Passion for the Paralympics."

Thirty years later, back in South Korea, those services had expanded from a small gazebo to repair centres and workshops based throughout PyeongChang – in the Athletes' Village as well as the alpine, cross-country, biathlon and Para ice hockey venues.

A 23-strong team of experts – with knowledge of 10 languages – were available on-site providing prosthetic, orthotic and wheel-chair technical services. This included helping athletes by welding their sports equipment; and repairing wheelchairs, seat cushions, skiing prostheses and other related equipment.



SAMSUNG

Once again, millions of viewers got an exclusive behind-the-scenes look at the Paralympics through the eyes of the "Samsung Paralympic Bloggers."

The project started at London 2012 and enjoyed its fourth and most successful edition yet in PyeongChang.

A competition was held to select 25 video bloggers, who would receive Samsung Galaxy Note 8 phones and use them to create video blogs to share their experiences.

The project was extended from Paralympians to non-athletes for the first time, giving viewers a unique insight not only into athlete lives, but also those of team officials and super-fans.

More than 199 videos were uploaded to the IPC's digital channels during the Games, created by a group of 19 Paralympians, three team officials and three super-fans.

The content was a hit with nearly five million video views, nearly four times as many views as the last three Samsung Blogger campaigns put together.



Atos

Information technology service provider Atos, together with the IPC, developed a computer programme known as a 'Chatbot', which was displayed on Paralympic.org during the Games.

Accessible from every page of a special PyeongChang 2018 microsite within the IPC website, the Chatbot allowed visitors to ask questions about certain aspects of the Games, related to athletes, events and classification. The Chatbot then responded with a series of bespoke answers in both spoken and written form, helping to make the Games more accessible for website users.

In addition to the Chatbot, the PyeongChang 2018 microsite featured live coverage and live results from all six Paralympic winter sports. Between 9-18 March, more than 180 stories, including previews, reviews and athlete interviews, were produced and uploaded to the site.

During the Games-time period, the IPC website attracted 639,721 visitors, a 60 per cent growth on the Sochi 2014 Paralympic Winter Games.

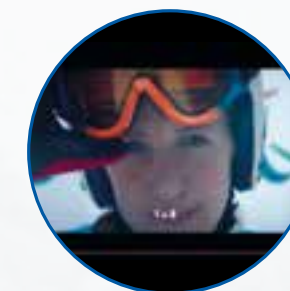


Panasonic

Panasonic's cutting-edge technology helped deliver a one-of-a-kind experience of both the Opening and Closing Ceremonies. Lumen-class laser projectors lit up the Ceremonies with creative and artistic graphics to complement the performances and share the excitement of the Paralympics.

Large LED screens and audio systems were used at all Paralympic venues to keep the audience informed and entertained throughout the competition.

Broadcast cameras were also utilised to capture all the sporting action and emotion from the field of play and bring it closer to viewers.



TOYOTA

The Paralympic spirit was showcased on the biggest stage of all when Canadian Paralympic champion Lauren Woolstencroft starred in one of three Toyota advertisements broadcast during the Super Bowl.

Toyota's television spot "Good Odds," from their "Start Your Impossible" campaign, was shown. The 60-second spot celebrates Toyota's evolution to a mobility company and its eight-year global sponsorship of the Paralympic and Olympic Games. It highlighted the real-life story of Woolstencroft, who overcame tremendous odds to become a legendary Paralympic gold medallist.

Nine TV commercials were produced as part of this campaign, six of which had a Paralympic or impairment-related story/element.

Toyota also launched an Instagram account @SeeLikeMenna for people to see the world through the eyes of British 18-year-old vision impaired Para alpine skier Menna Fitzpatrick in the lead-up to the Winter Paralympics.

A campaign in partnership with the IPC during PyeongChang 2018 to showcase the best sporting moments from the Games led to 19.2 million video views.



VISA

The financial services corporation supported five Para athletes and their families during PyeongChang 2018.

Chinese Nordic skier Beibei Chu, Canadian alpine skier Mac Marcoux, US Nordic skier Oksana Masters, Japanese alpine skier Momoka Muraoka, and South Korean Para ice hockey player Seung-Hwan Jung were all named as Team Visa athletes ahead of the Games.

The programme is designed to give them the tools, resources and support they needed to achieve success both on and off the field of competition, irrespective of their origin or background.

Additionally, Visa sponsored a video content series about Team Visa athletes Masters and Jung, and German alpine skier Andrea Rothfuss.

The series gave fans a chance to experience what it is like to navigate a high level of training and competition with an impairment, while the athletes share insights into their personal stories.

Each athlete featured in three different videos and in total they were viewed by 3.99 million people across social media, generating 52,500 engagements.



“I have had two ACL (anterior cruciate ligament) reconstructions which is also a reason I have drifted away from slalom because it is quite aggressive on the knees.”



“I enjoy slalom but I am definitely more of a speed skier.”



“I didn’t know until after my super-G run (that Marie Bochet had fallen) because I try and stay away from everything but after I saw that I was like, ‘OK, you have got to bring the slalom skiing back into your life and get it going. It was definitely a little bit of a boost.’”

ONE TO WATCH FOR BEIJING 2022

 **Mollie Jepsen**

A rising star in the women’s standing category. The 18-year-old medalled in four of her five events on her Paralympic debut, including gold in the super combined.



2018 WORLD CUP WRAP-UP

Ahead of the PyeongChang 2018 Paralympic Winter Games, the World Cup seasons in alpine skiing, Nordic skiing and snowboard all wrapped up after months of hard fought competition.

The World Para Alpine Skiing World Cup benefitted from a far greater profile to previous years with all events livestreamed to a global audience.



9 December 2017 – 10 February 2018 World Para Nordic Skiing World Cup

The season kicked off in Canmore, Canada, with cross-country and biathlon. Athletes then travelled to Oberried, Germany, before the World Cup Finals in Vuokatti, Finland.



NORDIC SKIING		WOMEN'S	MEN'S
SITTING	Cross-country	Birgit Skarstein (NOR)	Ivan Golubkov (NPA)
	Biathlon	Irina Guliaeva (NPA)	
STANDING	Cross-country	Ekaterina Rumyantseva (NPA)	Rushan Minnegulov (NPA)
	Biathlon		Vladislav Lekomstev (NPA)
VISION IMPAIRED	Cross-country	Carina Edlinger (AUT) / guide Julian Edlinger	Zebastian Modin (SWE) / guide Johannes Anderson
	Biathlon	Mikhailina Lysova (NPA)	Stanislav Chokhlaev (NPA) (guide Oleg Kolodiichuk)



11 December 2017 – 11 February 2018 World Para Alpine Skiing World Cup

The World Cup made stops in Kuhtai, Austria; Zagreb-Sljeme, Croatia; Kranjska Gora, Slovenia; Veysonnaz, Switzerland; and the Finals in Kimberley, Canada. Competitions in St. Moritz, Switzerland; and Tignes, France, were cancelled due to weather.



ALPINE SKIING	WOMEN'S	MEN'S
SITTING	Claudia Loesch (AUT)	Jesper Pedersen (NOR)
STANDING	Marie Bochet (FRA)	Theo Gmur (SUI)
VISION IMPAIRED	Henrieta Farkasova (SVK) / guide Natalia Subrtovaa Lysova (NPA)	Mac Marcoux (CAN) / guide Jack Leitch

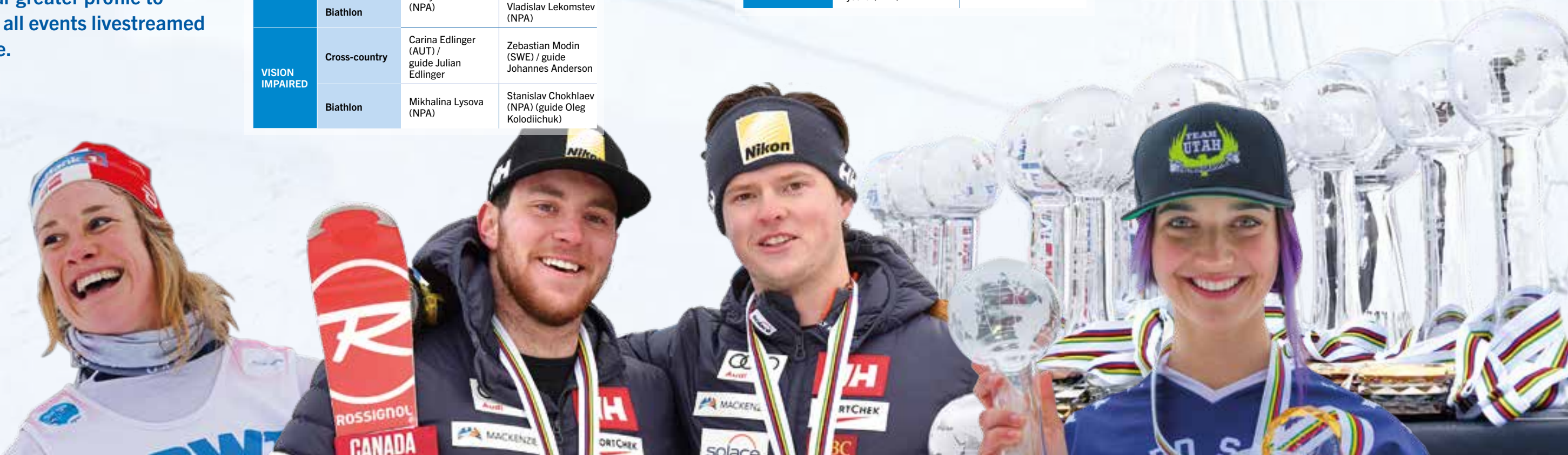


2 September 2017 – 8 February 2018 World Para Snowboard World Cup

Snowboarders got an early taste of winter in Treble Cone, New Zealand, for the opener. After another banked slalom competition in Landgraaf, Netherlands; the first snowboard-cross World Cup was held in Pyha, Finland; before the Finals in Big White, Canada.



SNOWBOARD	WOMEN'S	MEN'S
SB-LL1	Brenna Huckaby (USA)	Maxime Montaggioni (FRA)
SB-LL2	Joany Badenhurst (AUS)	Mike Schultz (USA)
SB-UL		Gurimu Narita (JPN)



24-27 January

Australian Open



Shingo Kunieda, Diede de Groot and Dylan Alcott all claimed the year's first Grand Slam singles titles in Melbourne.

In the men's singles, France's Stephane Houdet was close to winning his first title, even having match points. But in the end, it was Kunieda who won his ninth title. The Japanese player not only won his first Australian Open trophy since 2015, but also his first Grand Slam singles title since beating Houdet in the 2015 US Open.

In the women's draw, Dutch second seed de Groot picked up her second career Grand Slam title with a win over Japan's top-seed and defending champion Yui Kamiji.

On home territory, Alcott claimed his fourth Australian Open quad singles trophy in a row when he defeated the USA's top-seed David Wagner.

British duo Alfie Hewett and Gordon Reid won the men's doubles. The women's doubles title went to top-seeded Marjolein Buis of the Netherlands and Kamiji.

► www.itftennis.com/wheelchair

SPOTLIGHT ON

SHINGO KUNIEDA (JPN)
Returned from a series of injuries to record his 41st Grand Slam

22-25 March

Para Cycling Track World Championships



The UCI Para Cycling Track Worlds in Rio de Janeiro, Brazil, was the first time the event was held in South America and marked the first time since the Rio 2016 Olympic and Paralympic Games that a World Championships took place at the Barra Olympic Park.

Lauro Chaman was the hometown hero as he won Brazil's first medal on the final day. Chaman rocked the crowd on his way to winning gold in the men's C4-5 15km scratch race in a thrilling finish.

Great Britain stole the show however, winning 11 golds, four silvers and three bronze.

Sophie Thornhill and pilot Helen Scott collected double gold. They won the 1,000m time trial in 1:05.079, beating Thornhill's own world record set with pilot Rachel James four years ago. The pair also set the world record in the 200m sprint.

Five new world records were set in the first competition in which athletes could collect ranking points toward Tokyo 2020.

► www.uci.ch/para-cycling

SPOTLIGHT ON

SOPHIE THORNHILL AND HELEN SCOTT (GBR)
Blazed to two world records in the time trial and sprint tandem



4-11 May

Shooting Para Sport World Championships



With Tokyo 2020 slots for countries up for grabs for the first time, the World Shooting Para Sport Championships in Cheongju, South Korea, had extra impetus for the 220 athletes from 46 countries that took part.

For over a decade, Veronika Vadovicova has been a consistent podium finisher on the international stage. Her fourth World Championships was no different. The 35-year-old Slovakian won a pair of gold medals in the R3 (mixed 10m air rifle prone standing SH1) and R8 (women's 50m rifle three positions SH1), and silver in the R2 (women's 10m air rifle standing SH1). She notably broke her own world record in the R3.



Iran's pistol specialist Sareh Javanmardi had two impressive comeback victories. The two-time Paralympic champion defended her P2 (women's 10m air pistol SH1) world title, and added the P4 (mixed 50m pistol SH1) gold to her resume.

Cheongju 2018 also saw the rise of young talents, particularly Slovakia's Kristina Funkova. The 16-year-old surprised by winning the R9 (mixed 50m rifle prone SH2), which is the newest discipline joining the Tokyo 2020 programme.

After two Paralympics and three Worlds appearances, the UAE's Abdulla Sultan Alaryani had his best career performance in Cheongju. He won two individual medals – R6 (mixed 50m rifle prone SH1) and R7 (men's 50m rifle three positions SH1).

Hosts South Korea topped the medals table with 16 total, followed by Ukraine (13) and China (10). Five world records were also broken.

There were 24 medal events, including 13 individual Paralympic medal events, at the sixth edition of the World Championships.

► www.paralympic.org/shooting

SPOTLIGHT ON

VERONIKA VADOVICOVA (SVK)
Multi-Paralympic and world champion continued her dominance by winning three medals, including a record-breaking R3 gold.



Baruch Hagai visits Chicago, USA, and meets NBA legend Michael Jordan in 1970.



Baruch Hagai and the Israeli wheelchair basketball team meet the Pope in 1975 at the Vatican.

Israel defeated the USA for a memorable gold medal in front of home spectators at the Tel Aviv 1968 Paralympics.



Baruch Hagai shakes hands with Queen Elizabeth after a game in 1966.

Golden memories from Baruch Hagai

Fifty years ago, the wheelchair basketball gold medal game was such a hot ticket at the Tel Aviv 1968 Paralympic Games that the players themselves struggled to get into the venue.

Around 5,000 people packed into the open-roof court leaving no room for the athletes' parents to sit.

With so much at stake – home favourites Israel versus the USA – the athletes did not want their loved ones to miss out.

"The entire [Israeli] team decided that they would not play if their parents were not able to enter," Baruch Hagai recalled. "A few moments before the game, seats were found for the parents."

Hagai, a multi-sport Israeli Paralympian who was 24 years old at the time, had won singles gold in table tennis the previous day to go along with his doubles gold. As part of the wheelchair basketball team he was aiming to win his third gold medal on home territory.

"The game was very close," he said. "We were in the lead with the fantastic crowd behind us and we won 36–30."

Attending the Games was the then-Minister of Defence Moshe Dayan, whom Hagai refers to as the "architect of the Six Day War of Independence" that took place in 1967. To receive his medal from one of his heroes topped off the winning feeling for Hagai.

"For a small country like Israel that was only 20 years old since its independence, to host a Paralympic Games is an event that cannot be taken for granted," Hagai said. "This proves that Israel was among the leading nations for disability sports in those days."

Hagai went on to compete at four more Paralympic Games (Heidelberg 1972, Toronto 1976, Arnhem 1980 and Seoul 1988), collecting a total of 10 medals, eight being gold.

He also competed in athletics and swimming. But the "Mr. Basketball" of wheelchair sports was most successful in wheelchair basketball and table tennis.

Just do not ask him to choose which of the two he likes more.

"It's like asking which son do you like more? It's impossible to answer, they were both my babies," he said.

As for choosing which gold medal stands out the most, Hagai is quick to answer with another surprise wheelchair basketball victory at the Arnhem 1980 Paralympic Games.

"We surprised the whole world with our win," he said. "This was the sweetest victory, beating the host team, the Netherlands and taking

home the gold medal. We won in the presence of 10,000 Dutch fans that sung the entire game. It was an out of this world experience for any athlete, let alone the Paralympics."

Hagai was born in Libya, and contracted Polio when he was two. He moved to Israel in 1951 at seven years old. Aged 16, he attended the Israel Sport Centre for the Disabled (Spivak Centre), where he was exposed for the first time to Para sports. It was a life-changing moment.

"I had to face my challenges growing up in a regular school with able-bodied children. It was always very frustrating for me to play sports with the kids at school as I was unable to participate fully. When I became a Paralympic athlete, I was treated completely differently. Suddenly, I was the champion and not the frustrated kid," he said.

"In the 60s it was almost like today flying to the moon to be able to travel abroad to sporting competitions. It was something out of this world."

Hagai is currently the head coach at the very place where he first picked up Para sports, with responsibility for all sport activities at the Centre. He was recently appointed head coach of the Israeli boccia national team.

"Para Sports totally changed my life," Hagai continued. "It opened up the international world for me and gave me a new found confidence that I had never experienced growing up. For the first time, it felt great and unique to have a disability and to be able to complete alongside other disabled athletes."



8-time Paralympic champion: Baruch Hagai



Tokyo 1964



Tel Aviv 1968



Heidelberg 1972



Toronto 1976



Arnhem 1980



Seoul 1988

15–22 July

Sitting Volleyball World Championships



Matches will be contested across different Dutch cities, as the country hosts the World Championships for the fifth time.

Sixteen male and 16 female teams will take part in the competition with the finals taking place in the Hague.

In the men's competition, defending champion Bosnia & Herzegovina will be looking for revenge against Paralympic champions Iran.

After losing to the USA at Rio 2016, China's women will be extra determined to retain their world title.

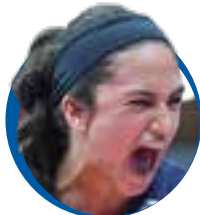
www.worldparavolley.org

ONES TO WATCH



Morteza Mehrzadselakjani
IRI

At 2.46m tall, Mehrzadselakjani helped Iran seal Paralympic gold at Rio 2016 and will again be their special weapon in the 2018 Worlds.



Kaleo Kanahele
USA

One of the game's best setters and will be key for the reigning Paralympic champions.

2–5 August

Para Cycling Road World Championships



After Germany dominated the medals table at last year's World Championships in Pietermaritzburg, South Africa, the world's best cyclists will gather in Maniago, Italy, for the 2018 edition.

A strong showing is expected from US cyclists who took home 20 medals from this year's first World Cup in Ostend, Belgium. However, on home soil Italian cyclists should not be discounted, especially after winning seven world titles last year.

July's World Cup in Emmen, Netherlands, will be a good indicator of who the likely world title contenders are.

www.uci.ch/para-cycling

ONES TO WATCH



Jozef Metelka
SVK

Reigning men's C4 time trial Paralympic champion captured the 2017 world title in South Africa. But he has had bad luck in the road race, failing to finish in both Rio and Pietermaritzburg.



Anna Harkowska
POL

Won her first rainbow jerseys on the road at last year's Worlds, winning the women's C5 road race and time trial.

5–10 August

Wheelchair Rugby World Championships



Hosts Australia will start as strong favourites as the world's 12 best wheelchair rugby teams gather in Sydney.

The defending world champions retained their Paralympic title with a thrilling 59–58 victory over the USA at Rio 2016 and the two sides are likely to be the sides to beat in August.

Drawn in Pool A, Australia will face Paralympic bronze medallists Japan, Sweden, New Zealand, Denmark and Ireland. Pool B will see the USA good head-to-head with rivals Canada, as well as European champions Great Britain, France, Colombia and Poland.

www.iwrf.com

ONES TO WATCH



Ryley Batt
AUS

Will head the Australian team looking to win back-to-back titles, on top of their successive Paralympic titles.



Chuck Aoki
USA

Silver in Rio and bronze at the 2014 Worlds and 2012 Paralympics, Aoki is a key veteran for a US team hungry for a major gold medal.

9–19 August

Boccia World Championships



Up to 195 boccia players from 30 countries will go for world glory, both in individual and team events, in Liverpool, Great Britain. In 2017 a number of regional Championships were held which acted as qualification events for the World Championships.

One legacy of the event will be a GBP 32,000 Sport England investment which aims to improve the lives of local people with an impairment.

At Tokyo 2020 boccia will have seven medal events for 116 athletes.

www.bisfed.com

ONES TO WATCH



Vongsa Watcharaphon
THA

Reigning BC2 Paralympic champion will have to get past compatriot and defending world champion Worawut Saengampa, whom he beat at the 2017 Asian Championships.



David Smith
GBR

The home favourite is coming off a European title and will try to add the BC1 world title to his Rio 2016 gold.

16–25 August

Wheelchair Basketball World Championships



Sixteen men's and 12 women's teams will compete in Hamburg, Germany.

Pool A consists of defending women's champions Canada, Australia, Brazil, Great Britain, Netherlands and Spain. Pool B includes 2016 Paralympic champions USA, Algeria, Argentina, China, France and Germany.

For the men, hosts Germany are in Pool A with Canada, Iran and Morocco; Pool B: reigning Paralympic champions USA, Great Britain, Poland, and South Korea; Pool C: European champions Turkey, Brazil, Italy and Japan; Pool D: reigning world champion Australia, Argentina, the Netherlands and Spain.

www.iwbf.org

ONES TO WATCH



Mariska Beijer
NED

A long, scoring machine expected to lead the European champion squad determined to show they are better than their bronze from Rio 2016.



Steve Serio
USA

Three-time Paralympian is the crafty floor leader of the reigning Paralympic champions.

22–25 August

Para Canoe World Championships



Competition at Montemor O Velho in Portugal is expected to be more competitive than ever before after Va'a events were announced, together with kayak, as part of the Tokyo 2020 Paralympic medal events programme.

Last year's World Championships saw Paralympic champions, including Ukraine's Serhii Yemelianov, triumph. However new athletes have emerged, with Italy's Esteban Gabriel Farias in the men's KL1.

Para Canoe made its Paralympic debut at Rio 2016 and at Tokyo 2020 will feature nine medal events.

www.canoeicf.com

ONES TO WATCH



Curtis McGrat
AUS

The Paralympic champion has confirmed that he is the man to beat in the KL2, going for his third straight world title.



Emma Wiggs
GBR

Reigning Paralympic champion has dominated every World Championships since 2013. But she could face a rising challenge from compatriot Nicola Paterson.

THE BIG DEBATE

Why is it common for Para athletes to switch sports, or compete in both summer and winter sports? Does this hurt the image of Para sports?

There are many reasons athletes decide to become multi-sport competitors.

It could be to avoid burn out related to single sport training and competition; they can have more funding or scholarships by practicing different sports; or maybe the motivation of “belonging” to a wider spectrum of social relationships. It could be lack of success in the single sport even though he or she is completely committed to it, or even because it is more fun. There are many other explanations. Maybe we should do some research to find out the most important factors linked to deciding single vs multi-sport.

I don’t think this hurts the Para sports image. The Czech Republic’s Ester Ledecká made headlines at the PyeongChang 2018 Olympics after she won gold in snowboard and alpine skiing, and she was greatly praised for this feat, proving it is possible to succeed in multi-sports as an elite athlete. This could eventually challenge the long-time opinion that very strict specialisation in sport is one of the keys to success.

There has been quite a lot of research on the specialisation trend (single sports practice) in the early years of training and competition of young athletes. In 2016 the American Orthopaedic Society for Sports Medicine (AOSSM) published a Consensus Statement on Early Sports Specialisation (ESS) and some of the conclusions were that “ESS has been identified as damaging for the future physical and mental health of the athlete” therefore promoting the multi-sports approach in developing young athletes.

On the other hand, in elite adult athletes, the identified key to success was “Deliberate Prac-

tice” and the popularised “10,000 hours of practice in 10 years” which was drawn from research made by Ericsson et al.

It was found that the more hours spent in deliberate practice, the higher chance of becoming an elite athlete. This means that specialisation (full commitment to a single sport) was necessary to become a successful elite athlete.

There is a lack of research on the multi-sport approach in the adult elite athlete and its relation to performance. There is even more paucity of research on this topic in Para sports.

So, from an evidence-based medical perspective, it is difficult to draw final conclusions on the advantages or disadvantages of single vs. multi-sport approach to become an elite and “medal-winning” Para athlete.

The first challenge is probably choosing which “other” sport to practice. The chosen sport should probably be related biomechanically and in the same “energy” category (endurance or intensive) to avoid interfering with performance in any given sport.

Other challenges are time frames of dedication to each particular sport, competition schedules, training design to develop best results, avoiding overtraining and injury, and choosing the best equipment for each discipline.

As a physician involved in Para sports, I would like to see more research done and published specifically designed for Para athletes. Most of our knowledge is based on conventional athletes and this challenges its application to the Paralympic Movement.



DR. MARCELO PARADA

Physician, Chief Medical Officer for the Argentinian team at the Sochi 2014 Winter Paralympics, IPC International Alpine Skiing and Snowboard Classifier



ANDREA ESKAU

Four-time cycling, three-time biathlon and cross-country Paralympic champion for Germany

In the past, it was more common to see Para athletes switching from one sport to the other. But the truth is nowadays it is very hard to compete in two sports.

If someone switches, it is to another sport that has similar motions, such as triathlon and cycling; or rowing and skiing.

Some may say the fact that some Para athletes succeed in more than one sport, sometimes even beating those who have stuck with the sport longer, hurts the image of Para sports. But I do not think that is true.

You need to be really professional to excel in sports; it is not possible otherwise.

In my case, I used to cycle before my accident in 1998 and continued afterwards. Hand-cycling is a very inclusive sport for people with a disability to pick up. Later on, I heard of the possibility of doing some Para Nordic skiing and it immediately caught my attention.

I always loved skiing, but actually doing it was completely out of my sight right after my accident. In

my opinion, skiing is harder than cycling and it is not easy to find the right equipment. As a paraplegic you need help to start skiing, but that is not the case with cycling.

Still, if you train hard the transition from one sport to the other will always go smoother. It is fun to compete both in summer and winter sports. In Nordic skiing, I can move through the snow. In cycling I love the speed, and you can even compete against people without impairment.

Both my Nordic skiing and cycling coaches need to work together and follow me even when I am not competing in the sport they coach me.

To sum up, no one will start a sport and immediately become a champion. You have to work hard, put in the long training hours and be committed to it. I train at least twice every day.

Some may reach the top level faster, but for some others, it may take longer. Some may have more talent, others less. But in the end, everyone must train hard to succeed! There are no shortcuts.



ANNIKA ZEYEN

Four-time wheelchair basketball Paralympian, London 2012 gold medallist; current wheelchair racer

I think it is common to see Para athletes switch sports or compete in summer and winter sports because being good at one sport helps you excel in other sports. Being good at a certain Para sport means you have learned to deal with your impairment and built up the muscles and power to “compensate” the impairment. If an athlete changes sports, he or she has the base fitness needed for the new sport. They do not have to start from zero!

In my opinion, switching sports, or doing both summer and winter sports, does not hurt the image of Para sports. I understand it might look easy, but the reason success is possible is because of the similarities between the sports. A successful long-distance wheelchair racer has a lot of upper body strength, especially in the shoulders, plus good endurance. The same skills are required for hand-cycling and Nordic skiing.

But of course, there are learning curves. The technical requirements of each sport are different (e.g. pushing technique in wheelchair racing versus wheelchair basketball). However, once you have conquered the technical aspects, it is relatively easy to switch back and forth between the different sports.

There are also many athletes who have tried to switch sports and were not as successful as they would have liked to be. In the media, we mostly see the success stories. But here are some examples of athletes who

switched sports and did not reach their goals:

Barbara van Bergen, a Dutch wheelchair basketball player who won the bronze medal at Rio 2016 and after focused on alpine skiing. She worked hard as part of the Dutch national Para alpine skiing team with the goal of competing at PyeongChang 2018. Unfortunately, she was not able to qualify. Alana Nichols from the USA had already won Paralympic medals in alpine skiing in Vancouver 2010 and Sochi 2014. She did not qualify for PyeongChang 2018 after she had focused on Para canoe for Rio 2016. These two examples show how competitive Para sports are and that it is not easy to switch, even if you are in great shape.

There is always a risk when taking up a new sport after a successful career in another. My wheelchair basketball career was very successful and of course I would like to be known for my success in the sport. If you fail in the new sport, you might then be known for that failure. That is tough.

I played wheelchair basketball from 2001 to 2016 on the national team. With the combination of playing in the Bundesliga (the first division in Germany) and playing for the national team, I was travelling all year round. All that travelling and competing combined with also having a job was too much after so many years. I knew I wanted to retire from the sport after Rio, where my team took silver. However, I love sports.



Winter representatives elected

Marie Bochet, Rudolf Klemetti and Birgit Skarstein were chosen as the three winter representatives on the IPC Athletes' Council.

Elections took place during the Pyeong-Chang 2018 Paralympics with 459 athletes placing their votes – a turnout of 80.9 per cent. The elected athletes will now serve a four-year term.

IPC Athletes' Council Chairperson Chelsey Gotell said: "I want to congratulate Marie, Rudolf and Birgit on their election as winter representatives for the IPC Athletes Council.

"I am sure they will hugely contribute to the development of the Paralympic Movement while representing the interests of all Para athletes in the world across all sports, categories, nations and genres. I also want to thank the IPC for giving us as Para athletes a platform to make our voices heard."

The IPC Athletes' Council is made up of 12 members, which includes an IOC Athletes' Commission Representative, and acts as the collective voice of Paralympic athletes within the IPC and the greater Paralympic Movement. As the liaison between IPC decision-makers and Paralympic athletes, the IPC Athletes' Council works to provide effective input into decision-making at all levels of the organisation.

Para powerlifting, shooting Para sport athlete liaisons named



Aki Taguchi and Sherif Osman were named athlete liaisons for World Shooting Para Sport and World Para Powerlifting, respectively.

Both will serve four-year terms (2018–2021) on their Sport Technical Committees. They will act as liaisons between the athletes and their respective International Federation's management teams, representing the views, interests and rights of the athletes.

Three-time Japanese Paralympian Taguchi was appointed during the 2018 World Championships in May held in Cheongju, South Korea, and will take over from New Zealand's Michael Johnson.

Taguchi, 47, competed at the London 2012, Beijing 2008 and Athens 2004 Paralympic Games. She is also currently a member of the Athlete Committee of the Tokyo 2020 Organising Committee.

Osman is Para powerlifting's first athlete liaison following an election that took place during the 2017 World Championships in Mexico City.

The 35-year-old and triple Paralympic champion won his third world title at Mexico City 2017 after lifting 205kg in the men's up to 59kg, more than three times his body weight.



Sherif Osman

Aki Taguchi

Working group to lead IPC extensive governance review

The IPC has launched an extensive review of its governance structures for the first time since 2004, with the aim of strengthening its position as a world-leading sports organisation.

The purpose of the review is to assess the decision-making structures within the IPC, and to make recommendations on any changes to the IPC constitution, rules and bylaws.

To conduct the review, the IPC Governing Board has appointed a working group led by IPC Vice President Duane Kale. The eight-person group features

representatives from all regions, as well as athlete and sport representatives. Independent sports governance expert and sports lawyer Maria Clarke will act as the group's vice chairperson.

The working group commenced in May and the proposed framework for the governance review will be presented to IPC members at September's IPC Membership Gathering in Madrid, Spain.

If any constitutional changes are recommended, then it is anticipated that these will be presented at the 2019 IPC General Assembly.

MEMBERS OF THE GOVERNANCE REVIEW WORKING GROUP ARE:



Duane Kale
(Chairperson)
IPC Vice President



Maria Clarke
(Vice Chairperson) International
sports governance expert
and lawyer



Emmanuelle Assmann
President NPC France



Xavier González
IPC Chief Executive
Officer



Sabrina Ibáñez
President of Association of
Paralympic Sports (ASPO) and
FEI Secretary General



Luca Pancalli
IPC Governing Board
Member and President of
NPC Italy



Yerlan Suleimenov
Executive Director
NPC Kazakhstan



Josh Vander Vies
Canadian two-time
Paralympian and lawyer

New President of Americas region

Julie O'Neill Dussliere was appointed as the Americas Paralympic Committee's (APC) President following the APC Extraordinary General Assembly in May in Lima, Peru.

She will serve until the next APC General Assembly set to take place in Lima, in 2019.

"I am ecstatic and looking forward to working with both the Membership and the APC Executive Committee to ensure the region continues to follow a path of sustained growth," she said.

"Next year we have a massive opportunity for further growing the profile of Para sports and building a more inclusive region with the biggest Parapan American Games to date taking place in Lima. I am sure we will grab this chance with both hands and achieve our goal of opening up Para sports to a larger community and leaving a lasting legacy."

Colombia's Eduardo Montenegro had been appointed APC Interim President after the passing of Jose Luis Campo on 16 October 2017. The Argentinian was elected APC founding President in 1997 and served two terms until 2005.

O'Neill said: "I want to pay tribute to the magnificent man that Jose Luis Campo was. We would not be at this stage of development without his hard work from the last two decades. He is a big figure in the region and we will make sure to build on his legacy to fulfill our common vision of making a stronger region."



APC EXECUTIVE COMMITTEE

President:
Julie O'Neill Dussliere (USA)

Vice President:
Eduardo Montenegro (Colombia)

Members at Large:
Bayron Lopez (Ecuador),
Pedro Mejia (Colombia) and
Dionicio Zeledon (Nicaragua)

Athletes' Representative:
Ileana Rodriguez (USA)

Julie O'Neill



THE LAST WORD

BEING A LEADER

As a wheelchair tennis player, I never pictured myself going to a Paralympic Winter Games. Then suddenly there I was, at PyeongChang 2018, back in an Athletes' Village. This time, I was not an "athlete" preparing for the biggest event of my life.

I was a "Team Leader."

As the Deputy Chef de Mission at the Rio 2016 Paralympics we had 151 Dutch athlete participating. Yes, PyeongChang 2018 was significantly smaller, however the challenge was the same for both; keeping the team as a team.

As Chef de Mission in PyeongChang, I ensured all facilities and services were suitable for the athletes. There were 49 delegations, including the Neutral Paralympic Athlete delegation, at the Games. All the Chefs had a morning meeting to highlight any issues with the organisers and to receive the latest updates affecting athletes. This covered everything from transport to and from the Village to the competition venues, course conditions, schedule changes and such like. We'd then communicate this information back to our respective teams. Afterwards, I would go to the sports venues to support our athletes and coaches. Other responsibilities included formal meetings with Dutch sponsors and officials.

It is easy to make small "issues" seem big, especially at an event where stress levels, pressure and stakes are high. You dedicate four years of your life to these days. You want everything to be perfect. The Paralympic Games are busy times, with many sports,



ESTHER VERGEER (NED)

Seven-time Paralympic gold medallist in wheelchair tennis

470-match winning streak over 10 years

Retired 2013

Chef de Mission for Dutch team at PyeongChang 2018

International Women's Day Awards 2018 finalist

many athletes, many media and many people involved. It is easy to get lost in it all. But as Chef de Mission, you need to keep everybody on your team in line and communicate well.

Unlike in Rio, I needed to be the one making decisions. I admit I was nervous about that. But that is when your team picks you up.

I also learned from Rio 2016 that the personal interest of athletes is No. 1. So in PyeongChang, I knew I needed to concentrate on the athlete and staff members – they are the most important because this is about them. You need to set your own needs aside. To do that, it is important to give everybody their own responsibilities and delegate work. They are professional athletes and coaches, and they need to know how to take good decisions. When they feel they can make their own calls, and have their freedom, they will act wisely.

It is important for everybody to be a leader and/or an example in what you love.

I love sports and I really like to play a role in the development of sports, which led me to start my own Foundation in 2004 to give young people an opportunity to try wheelchair sports. As a wheelchair tennis multi Grand Slam and Paralympic champion, and now tournament director, this was important to me. Extending my leadership to the Paralympic Games was a new stretch.

I saw even more how important it is to speak up when you have ambitions and visions about what you think is best for athletes, organisers and the sport in general. I am enjoying the fact that I can be part of the grassroots development in wheelchair tennis and Para sports in general, as well as involved at the high-performance level.

I would encourage all women to follow their passion.

Dear Dad,

When I was young you taught me when it hurts to stand, walk, when it hurts to walk, run.

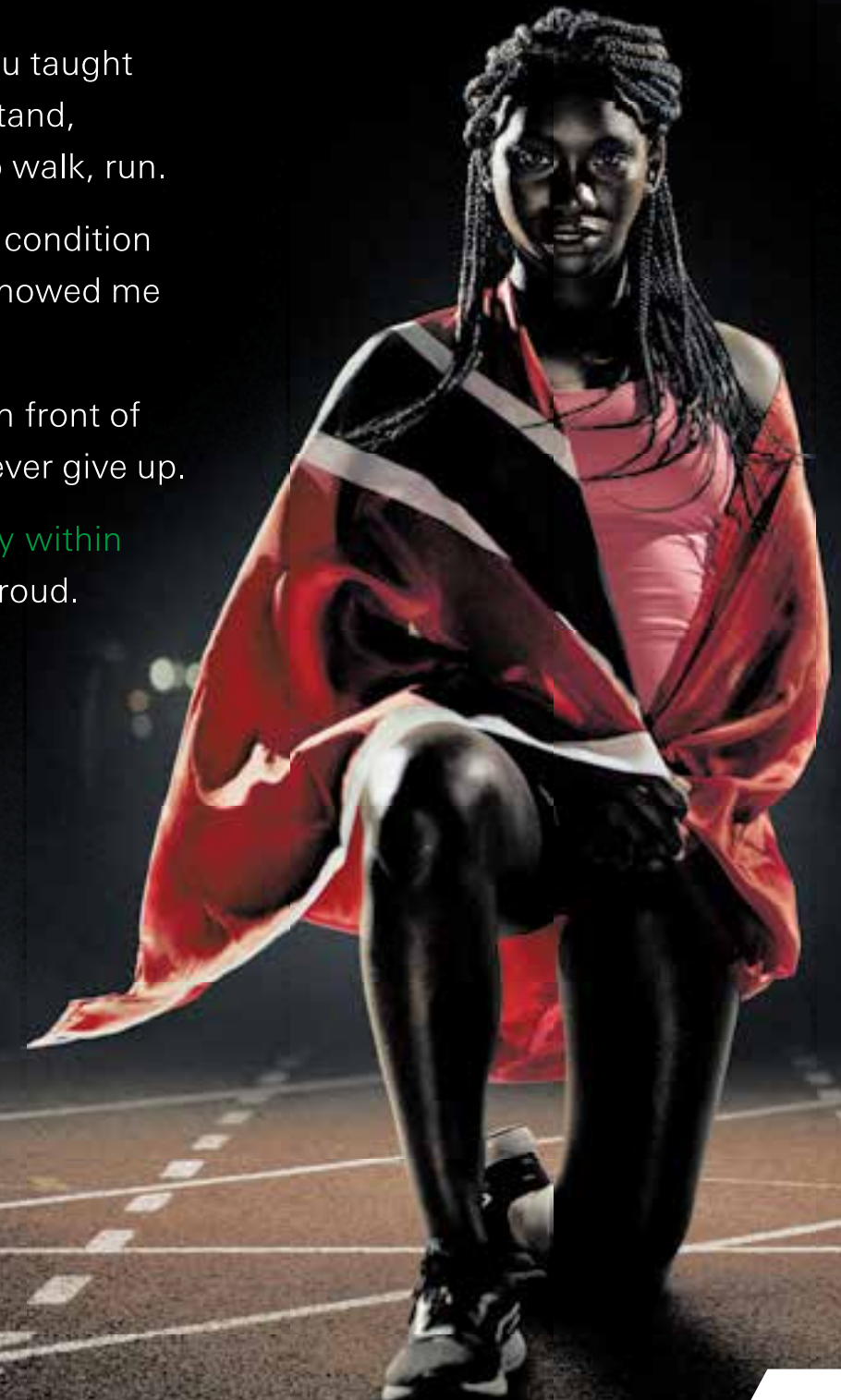
When others saw my condition as a weakness, you showed me how to be strong.

How to put one foot in front of the other and never, ever give up.

You ignited my **energy within** and I will make you proud.

With love always,

Nyoshia



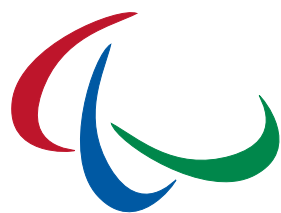
BP has been proud to support the Paralympic Movement and athletes like Nyoshia Cain for 10 years. Discover your energy within at bp.com/energywithin



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