

WASP hosts 2 Nordic Technique Tune-Up Sessions

Need to fine-tune your Nordic ski technique? Taking part in the WASP Ski-a-thon on March 7th at WOP? Here's a great opportunity to brush up on your Nordic skills...

CLASSIC: Monday 2 March, 5-7pm, SKATE: Wednesday 4 March, 5-7pm

Location: Lost Lake - meet outside the ticket booth (near Cross Country Connection)

Cost: \$5 for WASP members (sign up [online](#) or pay on the day) and join WASP (\$2) on the day if you are not yet a member

*Please **RSVP** to admin@whistleradaptive.com before the day of the session as space is limited*

More info:

*You will need to purchase a valid Lost Lake trail pass which is half price after 3pm (\$8.50)

*Bring your own equipment or rent before the clinic commences. Cross Country Connection offer rentals at Lost Lake where the clinic will start.

*The coach of this program will be Maria Lundgren, a former member of the Swedish Junior National Team and Head Coach for the Whistler Nordic Ski Club.

Ski-a-thon Reminder

It's time to break out those **skinny skis** and help raise some funds for the Whistler Adaptive Sports Program on March 7th!

- Come out and enjoy the amazing facilities at Whistler Olympic/Paralympic Park and see what a tremendous **legacy** they will be for athletes with a disability in Whistler
- See some **spectacular sport** the final day of the IPC Nordic World Cup - **cheer on our Canadian athletes, including home town hero - Tyler Mosher as they go for gold**
- Bring out your cowbells and flags - support these **amazing athletes**
- **Family friendly** event - bring out the kids and the baby gliders
- **Get a team of four together** and challenge others to raise funds
- Ski for a great cause - **all proceeds to benefit adaptive sports programming in the Whistler Area**

While at the IPC Nordic World Cup - don't forget to stop by VANOC's adaptive sport demos - see what Para-Nordic and Wheel-Chair Curling are all about.

We have arranged some great discounts and deals to get you out to the event:

- Discounted ski rentals for participants through the Cross-Country Connection
- Preferred accommodation rates for participants through the Delta Whistler Village Suites
- Min. pledge includes trail pass for the day (\$16.50 value for adults)
- Tax receipts for pledges over \$25
- Sit-ski rentals are available and guides for visually impaired skiers - please contact us at admin@whistleradaptive.com to book

See the attached pledge sheet and poster for more information, and don't forget to register your interest/team at admin@whistleradaptive.com if you would like to take part.

The Whistler Adaptive Sports Program would like to thank the Community Foundation of Whistler, the Hamber Foundation, Cross-Country Connection, the Minerva Foundation, GM, the Delta Whistler Village Suites, the Resort Municipality of Whistler, VANOC, Whistler 2010 Sports Legacies, Cross-Country Canada, Whistler Nordic's Ski Club, Ronald McDonald Children's Charities, TELUS and Scotiabank for their on-going support of our Adaptive Cross-Country Programs.

World Cup Wine'd Up – March 14th, 2009

The Whistler Adaptive Sports Program is throwing one heck of a party to celebrate the One Year Countdown to the Paralympic Games. We are working in partnership with the Whistler Arts Council on the World Cup Wine'd Up on March 14th.

Come and join us at the Chateau Whistler from 8 to Midnight as we boogie the night away with great entertainment. Mix and mingle with the best Para-Alpine athletes in the World and help us raise funds for the Whistler Adaptive Sports Program.

Tickets: \$55 – including a \$30 tax receipt. Contact us at admin@whistleradaptive.com to purchase tickets or visit our website at www.whistleradaptive.com

March 2009 World Cup Events

IPC Nordic World Cup Finals - March 4-7th, 2009

The IPC Biathlon and Cross-Country World Cup event details, including spectator and accessibility information, are listed at <http://www.ipcnordic-vancouver.com/>

<p>Wednesday March 4 Biathlon Sprint (800m & 1000m) 10:00 - 12:00 / Qualification Rounds 12:00 - 15:30 / Finals 15:30 - 16:00 / Awards</p>	<p>Thursday March 5 Cross-Country Middle Distance (5km & 10km) 10:00 - 14:00 / Individual start competition 14:00 - 14:30 / Awards</p>	<p>Friday March 6 Biathlon Long Distance (10km & 12.5km) 10:00 - 15:00 / Individual start competition</p>	<p>Saturday March 7 Cross-Country Sprint Races (750m & 1200m) 10:00 - 11:30 / Qualification 12:00 - 14:00 / Finals</p>
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You can still get involved as volunteer at this event! The organizers are looking for stadium volunteers to help athletes on the range which will be the centre of the action. Dates needed are: Mar 3-6th (Mar 5th is least important). If you can volunteer please email admin@whistleradaptive.com

Interesting IPC Para-Nordic facts:

- At this point, there are 138 athletes and guides.
- Total number of athletes and officials visiting are: 209 (this is subject to change)
- There will be 19 countries represented including: Australia, Austria, Belarus, Canada, China, Denmark, Finland, France, Germany, Great Britain, Italy, Japan, Norway, Poland, Russia, Sweden, Switzerland, Ukraine, USA
- Languages spoken are: English, German, Russian, Ukrainian, Chinese, Japanese, Finnish, Italian, Norwegian, Polish and Swedish.

See the attached spectator information (email admin@whistleradaptive.com for a map of spectator areas)

Don't forget – the Whistler Adaptive Sports Program has its own Adaptive Cross-Country Program:
Whistler Adaptive Cross-Country Program: We offer a variety of adaptive cross-country experiences ranging from sit-ski equipment rental, to adaptive lessons for the first time skier right through to skills development clinics for athletes with a disability wishing to advancing into further competitive opportunities such as Loppet races. These lessons and clinics will include instruction in sit-ski, standing and visually impaired cross-country. For more information or to book, please call 604-905-4493 or visit our website at www.whistleradaptive.com

IPC Alpine World Cup Finals - March 9 to 14th, 2009

We would love to see as many spectators as possible cheer on our Canadian athletes, including Matt Hallat - a fundraising volunteer and program participant (racing and kayaking) with WASP. Please find attached the spectator information sheet and the course map with spectating areas.

Interesting IPC Para-Alpine facts:

- 123 athletes registered for the event
- 225 athletes and team officials will be visiting Whistler

- The 19 countries represented are: USA, Canada, Austria, Australia, New Zealand, Serbia, Switzerland, Poland, Russia, Finland, Germany, France, Italy, Japan, Netherlands, Great Britain, Norway, Belgium and Spain
- Languages spoken will be English, French, German, Serbian, Polish, Russian, Finnish, Italian, Japanese, Dutch, Norwegian, Flemish and Spanish

[See the attached spectator information.](#)

Don't forget – WASP has its own Para-Alpine Ski Racing Program for athletes just getting started!

Whistler Adaptive Alpine Race Development Program: A weekly program for intermediate to advanced skiers with a physical disability wishing to develop gate training experience and understand the basics of ski racing. The goal of this program is to develop each athlete's skills and ski technique so they are capable of advancing into further competitive opportunities. During the 2008-09 winter season, each athlete will receive one-on-one feedback, video analysis and an introduction to the many aspects of becoming a high performance athlete such as mental and physical training techniques. On-hill focus will be on improving free ski technique and the technical events of slalom and giant slalom. For more information or to book, please call 604-905-4493 or visit our website at www.whistleradaptive.com

Donation News

The Whistler Adaptive Sports Program would like to thank the Gingell Family for their extremely generous donation of \$10,000. The funds have been directed for expenses related to the Whistler Adaptive Ski and Ride Program and will be used for bursaries, equipment related expenses and training.

[A huge thank you to Carol and all of the team at the Whistler Adaptive Ski and Ride Program for delivering great experiences to all of our guests.](#)

To date, the Whistler Adaptive Sports Program has awarded \$10,988 in bursaries and buddy lesson program subsidies and to participants in the Whistler Adaptive Ski and Ride Program. This translates to 91 lessons. To request a bursary application form, please email us at admin@whistleradaptive.com

The Whistler Adaptive Ski and Ride Program caters to a full spectrum of skiers and snowboarders from beginner through advanced. Our trained and certified instructors, guides, and assistants will help those with both physical and cognitive disabilities access the slopes of Whistler Blackcomb. Please join us to experience outdoor activity in a safe, friendly, and FUN way. We tailor our lessons to suit your needs, creating the best memories....again and again. To register for the Whistler Adaptive Ski and Ride Program, please click on the following link:

http://www.whistleradaptive.com/programs_winter.php or call 1-800-766-0449 ext. 2 and ask for the Whistler Adaptive Sports Program.

WASP Announces Their New Accommodation Partner, the Delta Whistler Village Suites

[This is a year-round promotion for WASP guests, volunteers and athletes. The Accessible Room details are listed below. Guests just need to quote WSP to receive 20% off of the Delta's best available rates. The toll free number to call is 1-888-299-3987.](#)

The Delta have a total of 7 accessible rooms: Door entries are all 34 and 3/4" wide from inside the door frames. The bathroom doors are all 33" wide. The doorways are wider, the switches are lowered, there are safety bars in the shower/bath, the shower is movable, there are strobe lights attached to the alarm system in the room for hearing impaired, the kitchen areas are void of lower cupboard space for access to lowered counter top space.

Delta Room (Room numbers: 1608, 1453, 1353)

Studio suites at 215 - 250 sq. ft.

These cozy suites feature a queen bed or two twin beds, a kitchenette, full bathroom amenities, TV and On Command movies. Maximum occupancy in a Delta room is two people.

One Bedroom Suite (Room numbers: 1451, 1351, 2327, 2227)

Suites at 475 - 510 sq. ft.

Features a separate bedroom with a king, queen or two twin beds and TV with remote. The separate living room offers a double pull out sofa bed, full kitchen with dishwasher, dining area, gas fireplace, full bathroom, washer/dryer, TV and On Command movies. Maximum occupancy in a one-bedroom suite is four people.

Local Athlete News

WASP racers Rob Gosse (now BC Disabled Ski Team) and Merv Labrash 1st and 2nd at Mt. Washington Race

Sunday February 22nd saw 22 racers with a disability compete in the Vancouver Island Society for Adaptive Snowsport's (VISAS) 2009 Recreational 'Glamor' Race. The event was run by VISAS and the Mount Washington Ski Club in partnership with the Disabled Skiers Association of BC, (DSABC). Merv Lebrash from WASP was delighted with his silver medal from his first ever race finishing behind Rob Gosse from the BCDAST who won gold. For full results visit www.disabledskiingbc.com

TYLER MOSHER CROWNED CANADIAN ADAPTIVE SNOWBOARD CHAMPION

The second Canadian Adaptive National Championships (West Vancouver, BC – January 30, 2009) proved to be a successful event for local athlete Tyler Mosher. The Canadian Snowboard Federation (CSF) held its largest National Adaptive Snowboarding Championships at Grouse Mountain in North Vancouver, British Columbia where athletes from five nations competed for the title. The championships were followed by an innovative Sport Building Workshop with stakeholders from around the globe which occurred today in Vancouver. In the men's category, Tyler Mosher of Whistler, BC won the event by posting a best time of 23.38 seconds with an impressive lead of 1.57 seconds over silver medalist Ian Lockey.

Other news

Step up Canada! Get behind Canadian athletes who need your \$20.10 donation to get to the podium in 2010

It's time to step up and help Canadian Olympic and Paralympic winter athletes own the podium in 2010. That's the message as a massive national online campaign kicks off to raise a minimum of \$5 million through individual donations of \$20.10 online at www.olympicfoundation.ca. Every Canadian who donates \$20.10 will increase Team Canada's medal hopes at the Vancouver 2010 Olympic and Paralympic Winter Games.

The Hockey Canada Cup

Sledge Hockey tournament will be held February 24 – March 1, 2009 at UBC Thunderbird Arena. This is a great event that will feature some of the best sledge hockey players from around the world. Sledge hockey is the Paralympic version of hockey, it is an extremely fast-paced, exciting, physical game. It is, simply put, hockey on sleds.

Following IIHF rules and regulations with very few exceptions, it is a full-contact sport where players shoot the puck up to 70 mph with one hand, hit each other with incredible force at full speed and fly down the ice propelled by the razor-sharp picks on the ends of their two sticks.

To purchase tickets to see the very best sledge hockey players in the world, please visit www.ticketmaster.ca,
Tournament information – <http://www.hockeycanada.ca/hccup>

RMOW Job Opportunity: Measuring Up Coordinator

The Measuring Up Coordinator will support Whistler's continued Measuring Up community assessment process with particular focus on universal design, infrastructure improvements, community inclusion, and accessible tourism. The Measuring Up Coordinator will work to implement accessibility actions recommended by Whistler2020 community task forces, engage Whistler's community on hiring and retention of people with disabilities and tell Whistler's accessibility story to the world during the 2010 Winter Games. The position will also be responsible for engaging the Whistler community on the social and tourism sector-related value of inclusivity and universal accessibility.

http://www.whistler.ca/images/stories/Job_Descriptions/13-09_measuring_up_coordinator.pdf

Save The Date

March

4-7: IPC Cross-Country Skiing & Biathlon World Cup, Whistler Olympic Park

7: WASP Ski-a-thon, Whistler Olympic/Paralympic Park

9-14: IPC Alpine Skiing World Cup, Whistler Mountain – Creekside

14: WASP hosts the World Cup Wine'd Up

April

3/4: Comedy Festival

25: BC Para-Alpine Champs/Rotary GS

May

14: Friends of the Whistler Adaptive Sports Program Gala at the Royal Vancouver Yacht Club

[Join the 'Whistler Adaptive Sports Program' Group in Facebook to stay up-to-date with new events and activities.](#)