

Adapting
activities
to improve
quality of
life!

APAS 2018

ADAPTED PHYSICAL ACTIVITIES SYMPOSIUM



RCMP HERITAGE CENTRE

REGINA, SASKATCHEWAN : NOVEMBER 29 TO DECEMBER 1

INFORMATION PACKAGE

HOSTED BY  **URO**
Medical Supplies

www.apasymposium.org  @APASSask  apas_sask

Adapting physical activities to improve wellness, quality of life and independence within our communities.



OUR MISSION:

To prepare society for the ongoing adaptation of physical activity within our communities. Our biennial conference is a concise multidisciplinary opportunity for:

- Industry professionals & students
- Policy makers & advocacy groups
- Community organizations, coaches & educators and
- People with disabilities seeking team experiences and independent ways to better their health.

APAS2018 is proud to present different sessions and discussion panels on:

- Sport, recreation, arts & culture
- Professional development and education
- Health sciences and high performance athletes
- Accessible event planning & venues.

The APA Symposium has joined the Alberta APA Symposium, becoming an interprovincial symposium that alternates between Saskatchewan and Alberta each year.

Become a part of the discussion.

Nov. 29: 7 pm - 9 pm

Nov. 30: 8 am - 5 pm

Dec. 1: 8 am - 2 pm

Attend all three days for only \$30!

Note: If you should need financial assistance to register, please contact your community organization for support.

SPACE IS LIMITED. REGISTER ONLINE NOW!

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#APASSask #JoinTheGame

OUR PROGRAM: As of November 22

Thursday, November 29

6:30 – 9:00: Registration & pre-symposium wine and cheese social, sponsored by **Neil Squire Society** and their *"Powered to Enable Regina Launch."* This event features poster boards from students of the Faculty of Kinesiology and Health Studies (University of Regina). The poster boards will highlight student-to-community engagement projects aimed to mark the International Day of Persons with Disabilities.



APAS2018 Organizing Committee



Our organizing committee has been established to ensure that **APAS2018** is relevant to a broad and inclusive audience.



6.2 MILLION Canadians have a DISABILITY: Approximately 1 in 5

Canadian Business SenseAbility

APAS 2018

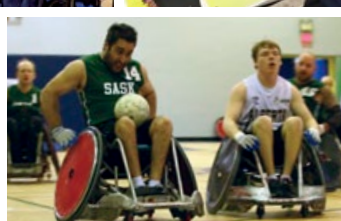
Friday, November 30

- 8:00 - 8:50 Breakfast Sponsored University of Regina
8:50 - 9:00 Adapted Yoga
9:00 - 9:30 **Adaptive Sport Programs to Support Active Living** – Saskatchewan Wheelchair Sports Association
9:30 - 10:15 **Carla Nicholls**
10:15 - 10:30 Break
10:30-11:30 **Cardiovascular function and physical activity among individuals with spinal cord injuries** – Dr. Julia Totosy de Zepetnek
11:30 - 12:00 **Adapted Hunting and Recreation** – Bobbie Cherepuschak
12:00 - 12:50 Lunch Sponsored by Hollister Medical, Performance by Listen to Dis, Trade-Show
12:50 - 1:00 Adapted Tai Chi
1:00 - 2:00 **Achieving intensity in rehabilitation and physical activity programs: Is FES the magic bullet?** – Dr. Kristin Musselman
2:00 - 3:00 **Scars should remind you of where you have been, they shouldn't dictate where you go** – Chris Cederstrand
3:00 - 3:15 Break
3:15 - 4:15 **Pathways to Recreation, Sport, and Leisure** – A Panel Discussion featuring Jessica Frotten, Jacob Wassermann, Joelle Buckle, Chris Cederstrand

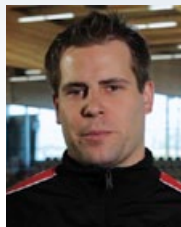
Saturday, December 1

- 8:00 - 8:50 Breakfast
8:50 - 9:00 Pilates
9:00 - 10:00 **Challenging Conventional Wisdom: Novel and Practical Resistance Training and Nutrition Strategies to Create an Anabolic Environment for Muscle Growth and Performance** – Dr. Darren Candow
10:00 - 10:30 **Sports Dietitian** – Thomas Hamilton
10:30 - 10:45 Break
10:45 - 11:15 **The Importance of Sleep in Sport** – Lisa Hoffart
11:15 - 11:45 **Training Athletes To Succeed** – Andrew Schmidt
11:45 - 12:30 **Story and programs/getting into sport and SWSA** – Joelle Buckle, SK Sport
12:30 - 2:00 Lunch and Networking

Please see back cover for Presenters information.



OUR PRESENTERS:



CHRIS CEDERSTRAND

In 2011 he began to play sledge hockey and was quickly recruited by Team Canada's devel-

opment program. He captained the development team in 2014 and was the first alternate for Team Canada at the Paralympic Games in Sochi. Later in 2014 he was selected Canada's national squad. He played for Team Canada at the 2015 IPC World Championship, winning a silver medal. Chris now coaches sledge hockey and shares his story of strength, perseverance and motivation through public speaking engagements and was named one of The Top 50 Canadians for his work in the community.



DR. JULIA TOTOSY de ZEPETNEK is an Assistant Professor in the Faculty of Kinesiology at the University of Regina.

SASKATCHEWAN WHEELCHAIR SPORTS ASSOCIATION (SWSA) is a provincial organization that provides



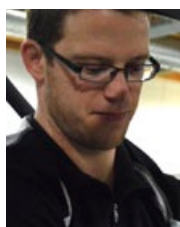
opportunities for individuals with a physical disability to lead an active lifestyle.



DR. DARREN CANDOW

Dr. Darren Candow, PhD, CSEP-CEP, is a Full Professor and Associate Dean-Graduate

Studies and Research in the Faculty of Kinesiology & Health Studies, University of Regina



ANDREW SCHMIDT

is a Sport Medicine & Science Council of Saskatchewan Strength Consultant, Certified Exercise Physiologist (CSEP-

CEP), Director of Strength & Conditioning for Prairie Hockey Academy and youth pastor



BOBBIE CHEREPUSCHAK

was born with Spina Bifida and uses a wheelchair. Today the Regina native is an avid hunter and

outdoorsman. He is a board member for the Regina Fish and Game League and an advocate for adapted activities beyond the norm.

THOMAS HAMILTON is a Sport Medicine & Science Council of Saskatchewan Certified Sports Dietitian



DR. KRISTIN MUSSELMAN

is a Scientist with the Neural Engineering and Therapeutics Team at the Toronto

Institute – Lyndhurst Centre, and as Assistant Professor in the Department of Physical Therapy at the University of Toronto.

LISA HOFFART is a Provisionally Registered Psychologist and a Mental Performance Consultant for the Saskatchewan Sport Medicine and Science Council. Lisa works with athletes from grassroots to international levels, helping them to develop and implement mental performance skills. In this role, Lisa has contributed to Team Saskatchewan's performances at the Canada Summer Games, Canada Winter Games, and the Canada Western Summer Games.

Lisa is also an advisor with Game Plan, Canada's national athlete wellness program.



CARLA NICHOLLS

was part of the National Team staff at the 2008, 2012 and 2016 Olympic Games.

CONTACT US: Owen Carlson, APAS2018 Chair
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