



# **ATHLETICS ONTARIO PRESENTS:**

## **2024 BECOMING PARA READY SYMPOSIUM**

**Athletics Canada, OCPSA and Ottawa Lions**

**Terry Fox Athletic Facility – Ottawa, ON**

### **SCHEDULE**

<b>FRIDAY, MAY 10<sup>TH</sup> 2024</b>		<b>Registration/Info Links</b>
8:30 am to 3:30 pm	<b>Frame Running Introduction &amp; Fittings</b> In-School	<a href="https://ocpsa.com/event/rolling-success-ottawa-para-athletics-in-schools/">https://ocpsa.com/event/rolling-success-ottawa-para-athletics-in-schools/</a>
4:00 pm to 6:00 pm	<b>Drop-In Fittings &amp; Try-It</b> <b>Frame Running, Wheelchair Racing &amp; Seated Throws</b> Track Side	<a href="https://ocpsa.com/event/rolling-success-ottawa-para-athletics-in-schools/">https://ocpsa.com/event/rolling-success-ottawa-para-athletics-in-schools/</a>
<b>SATURDAY, MAY 11<sup>TH</sup> 2024</b>		<b>Registration/Info Links</b>
10:00 am to 8:00 pm	<b>Ottawa Lions Track &amp; Field Club</b> <b>Spring Kick Start Track &amp; Field Meet</b> (WPA Sanctioned)	<a href="https://ottawalions.com/wp-content/uploads/2024/03/Ottawa-Spring-Kick-Start-2024.pdf">https://ottawalions.com/wp-content/uploads/2024/03/Ottawa-Spring-Kick-Start-2024.pdf</a>
10:00 am to 2:00 pm	<b>Interactive Para Readiness Booth</b> Track Side	
5:00 pm to 7:00 pm	<b>Officials Technical Workshop: Seated Throws</b> In Field	

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<b>SUNDAY, MAY 12<sup>TH</sup> 2024</b>		<b>Registration/Info Links</b>
9:00 am to 5:00 pm	<b>NCCP Run, Jump, Throw, Wheel</b> John Stevenson – Athletics Ontario Coach Developer	<a href="https://athleticsreg.ca/#!/events/nccp-run-jump-throw-wheel-course-sunday-may-12th-2024">https://athleticsreg.ca/#!/events/nccp-run-jump-throw-wheel-course-sunday-may-12th-2024</a>
9:00 am to 12:00 pm	<b>Para-Athletics 101 for Coaches, Educators &amp; Leaders, including Wheelchair Racing, Seated Throws &amp; Frame Running</b> Fannie Smith – Manager, Para Development, Athletics Canada	<a href="https://forms.gle/YWohY5QdELgFJ71K6">https://forms.gle/YWohY5QdELgFJ71K6</a>
12:00 pm to 1:00 pm	<b>ON Para Athletes Meet &amp; Greet</b>	
1:00 pm to 4:00 pm	<b>Para-Athletics Try-It Stations: Frame Running, Wheelchair Racing &amp; Seated Throws</b> Track Side	<a href="https://forms.gle/YWohY5QdELgFJ71K6">https://forms.gle/YWohY5QdELgFJ71K6</a>
1:00 pm to 4:00 pm	<b>Focused Session: Frame Runner, Recumbent Trikes &amp; Adaptive Bikes</b> David Black – RAD Innovations	<a href="https://www.rad-innovations.com/">https://www.rad-innovations.com/</a>

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