

**FOR IMMEDIATE RELEASE**

March 8th 2012

**Ten participants with a disability from across the Lower Mainland to take part in a weekend ‘Come and try Adaptive Winter Sports camp’ on Grouse Mountain.**

**Vancouver, B.C.** – On Saturday 10<sup>th</sup> and Sunday 11<sup>th</sup> March, ten participants with a disability will get to try out skiing and sledge hockey on Grouse Mountain, for what may well be their first time.

The **‘Come and try Adaptive Winter Sports camp’** offers an introduction for individuals with a disability, to try a variety of adaptive winter sports in a fun and informal setting. Participants will be invited to try out the sports of alpine skiing and sledge hockey.

The alpine skiing and sledge hockey will take place at Grouse Mountain. Here participants will get to enjoy 2 days on the mountain learning the basic skills of alpine skiing or snowboarding and then having the opportunity to try out sledge hockey on the mountain top ice rink!

The aim of the camp is to raise awareness of the opportunities that exist and create a positive introductory experience to some of the winter adaptive sports. The come try sessions will also increase confidence, motivation, independence and skill levels.

The alpine ski/snowboard lessons will be delivered by the Vancouver Adaptive Snow Sports (VASS) who run skiing and snowboarding programs for persons with a disability at Grouse, Seymour and Cypress Mountains. The sledge hockey demo will be delivered by local athletes and in partnership with BC Hockey and SportAbility

This program is made possible through financial contributions from the Canadian Paralympic Committee and Sport Canada. The program was designed and planned Sian Blyth, ‘You Can Event Management’.

"VASS is thrilled about this opportunity to host to this weekend’s ‘Try winter sport’ camp’ said Sian Blyth, the weekend’s event manager.

“We are excited about the prospect of not only introducing the participants to these sports, but also to the magnificent outdoor playground of Grouse Mountain, that provides the ideal environment for us to offer persons with a disability the chance to enjoy the winter adapted sports on offer,”

Media are invited to join the activities and interview participants at the following times:

**Grouse Mountain:**

<b>Saturday 10<sup>th</sup> March</b>	10 – 12pm	Ski and snowboard lessons
	1.30 – 3pm	Sledge hockey ‘come try session’
<b>Sunday 11<sup>th</sup> March</b>	10 – 12pm	Ski and snowboard lessons

Media unable to attend in person should contact Sian Blyth (604 202 7364) to request telephone interviews and photographs.

**About VASS**

VASS provides snow sports programs for disabled persons, which take place at Grouse, Seymour and Cypress Mountains. They welcome students of all ages and disabilities and utilize adaptive equipment and specialized teaching techniques to maximize independence on the snow! To meet the needs of its members, VASS offers programs from beginner - advanced, including snowboarding, sit-ski, stand-up skiing and advanced adaptive ski racing.

**About Sian Blyth, You Can Event Management**

'YOU CAN!' is short for 'you can do it', based on the philosophy of 'Be the best you can be'.

'YOU CAN!' was established in January 2011 to create exceptional personal, team and diversity awareness development experiences through the use of customized sporting and recreational activities for people of all abilities.

**About the Canadian Paralympic Committee**

The Canadian Paralympic Committee is responsible for creating an optimal environment for high-performance Canadian Paralympic athletes to compete and win in the Paralympic and Parapan American Games, and by promoting their success, inspire all Canadians with a disability to get involved in sport.

**Media Contacts**

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