



ATHLETICS ONTARIO PRESENTS: 2023 Becoming Para Ready Symposium

TENTATIVE SCHEDULE

SATURDAY, APRIL 15TH 2023	
10:00 am	Fannie Smith – Manager, Para Development, Athletics Canada <i>“Becoming Para Ready”</i>
10:45 am	Roundtable Discussion <i>“Challenges and Opportunities for Para Athletics Program Growth in Ontario”</i>
12:00pm	Lunch (provided)
1:00pm	Craig Blackman/Faye Blackwood – Track Technical Session <i>“Visually Impaired Running & Guides”</i>
1:30pm	Lisa Myers – Track Technical Session <i>“Wheelchair Racing”</i>
3:30pm	<i>Break</i>
4:00pm	Issac Seabrook – Strength & Conditioning <i>“Working with Para Athletes in the Gym Setting – Experiences and Learnings”</i>
SUNDAY, APRIL 16TH 2023	
10:00am	Cruisers Sports, Ontario Blind Sports, Ontario CP Sports Association, & ON Para Network <i>“DSO Pathway/Supports in Ontario”</i>
11:00am	Marissa Papaconstantinou (PLY, Amputee Sprinter); Renee Foessel (PLY, Ambulatory Para Thrower); Nandini Sharma (National Team Wheelchair Racer); Tiffany Gaudette (Provincial Team Seated Thrower); George Quarcoo (National Team Visually Impaired Runner) & France John (Guide) <i>“High Performance Athlete/Coach Q&A Panel”</i>
12:00pm	Lunch (provided)
12:45pm	Ken Hall – Field Technical Session <i>“Seated and Ambulatory Throws”</i>
2:30pm	Q&A Panel/Wrap Up