

RUNJUMPTHROW TAKES PART IN THE CANADIAN PARALYMPIC COMMITTEES' PARALYMPIC SCHOOL DAY

RICHMOND - On Friday, November 5th, 2010, the Canadian Paralympic Committee hosted a **Paralympic School Day** at James Gilmore Elementary in Richmond BC.

Paralympic School Day is a fun and educational day to create awareness for the Paralympic Movement, Paralympic Sports and the Paralympic Athletes. The program includes a day of fun, learning and physical activity that features:

- An appearance from a Paralympic Athlete, highlighted by a motivational speech, and time for questions and answers from the students and teachers.
- Activity sessions during which Paralympic Sport equipment will be available for students to try with their peers and the Paralympic Athlete guest.
- Informational/educational material made available pre and post visit for teachers and students

Elisabeth Walker-Young was the Paralympic athlete speaker on November 5th. The students of James Gilmore were treated to stories of her challenges and successes in sport, and how it feels to be a Paralympian. She even had an array of her Paralympic medals on hand for the kids to see and touch as they left the presentation.

The sport demos on site included the RunJumpThrow Program presented by BC Athletics, Sitting Volleyball presented by Volleyball Canada and Wheelchair Basketball presented by BC Wheelchair Sports. All three demos were in the gymnasium and over 275 children participated in each session.

Thank you to the Canadian Paralympic Committee for presenting the great day, and for allowing RJT to be a part of all the fun.

Photos taken by Andree Dion of CPC



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