

## Easter Seals Camp, Squamish BC

August 14<sup>th</sup>, 2015

The RunJumpThrowWheel program made an appearance in Squamish this past Friday at the BC Easter Seals camp, which provides overnight summer camping experiences for children and teens with physical and/or mental disabilities. The program was run on a drop-in basis, with a special focus on throwing and wheeling. Thanks to Athletics Canada, the kids were able to try out a specialized racing chair designed for speed on the track. Those adventurous enough to try it were fitted with a helmet and gloves and were taught the correct technique for achieving maximum speed, which involved a downwards punching motion on the wheels and a hard forward lean.



For the majority, this was a first-time encounter with the sport of track and field, and many of the participants surprised themselves with their own abilities. We look forward to seeing some of these young para-athletes and Special Olympic athletes become more involved in the sport!

For more information on the Easter Seals Camps, visit:

<http://www.eastersealscamps.ca/>