



# SWSA Spoke to Spoke

## Spring 2010 Newsletter

Saskatchewan Wheelchair Sports Association  
510 Cynthia Street  
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Kevin Kirkup – Saskatoon  
Jim Lawson - Regina  
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**SWSA Website:**

[www.swsa.ca](http://www.swsa.ca)



2010 National Basketball Championships  
May 21<sup>st</sup> – May 23<sup>rd</sup>, 2010  
Saskatoon, SK



The Championships were held at the Physical Activity Complex on the University of Saskatchewan Campus in Saskatoon. The event ran May 21<sup>st</sup> – May 23<sup>rd</sup>, bringing many talented and enthusiastic players/teams competing for the Championship title. Both the men and women Saskatchewan teams played at the Championships. The women finished 5<sup>th</sup> and the men finishing 6<sup>th</sup>. In the end, both the B.C men and B.C. women took home their respective titles. Congratulations to all.

### Women

Game 1 – Edmonton Inferno 63 vs. Saskatchewan 38  
Game 2 – Quebec 55 vs. Saskatchewan 23  
Game 3 – Saskatchewan 50 vs. Novatario 28

### Men

Game 1 – Saskatchewan 33 vs. Quebec 79  
Game 2 – Ontario 66 vs. Saskatchewan 39  
Game 3 – Alberta 62 vs. Saskatchewan 39



The Championships were a huge success and Thank You to everyone who volunteered to help make this event possible.

Thanks also go out to all the SPONSORS who made it possible to run this event!



# Adaptive Rowing

## Camp Dates – Summer 2010:

July 23 – 25

July 26 – 28

August 6 - 8

\*\*Please arrive 30 minutes prior to start of each session.\*\*

**Where:** Saskatchewan Rowing Association Boathouse  
Victoria Park @ Spadina Crescent West  
Saskatoon

**Who:** Anyone and everyone, beginner to experienced, all interested in Adaptive Rowing.

**Cost:** The three-day experience costs \$60.

**What to bring:** Cloths to get wet in, Water, Energy bars (if you require them), Gloves, extra straps (if needed)

\*Participants must have a current 2010 SWSA membership for insurance purposes

For registration and/or information, please contact:

Rasna Madhur (204) 218-4091 or by e-mail [sk.adaptiverowing@gmail.com](mailto:sk.adaptiverowing@gmail.com)

# WHEELCHAIR TENNIS

## OUTDOOR TENNIS

**WHEN:** July 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> (Sundays)  
**TIME:** 3:30 pm – 5:30 pm  
**WHERE:** Nutana Kiwanis Park - Porter Street and McEown Avenue (East of Market Mall)  
**COST:** No Charge but must be a SWSA Member to participate (Please contact the SWSA office at (306) 975-0824 or [swsa@shaw.ca](mailto:swsa@shaw.ca) for information on memberships)

## INDOOR TENNIS

**WHEN:** August 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, and 26<sup>th</sup> (Thursdays)  
**TIME:** 11:00 am – 1:00 pm  
**WHERE:** Tennis Dome - 1625 McKercher Drive, Saskatoon, SK  
**COST:** To Be Determined  
**WHAT TO BRING:** Chair Straps, Gloves, Water Bottle, Snacks (if needed), warm clothes (be prepared for cooler weather)

Tennis Racquets and ball will be provided by SWSA.

PLEASE REGISTER BEFORE AUGUST 1<sup>ST</sup>.

For more information contact:  
Samantha Yachiw @ (306) 975-0824 / [syachiw@gmail.com](mailto:syachiw@gmail.com)



Saskatchewan Wheelchair Sports Association and  
Bridging the Gap – Saskatoon  
Present:

## FAMILY FUN DAY!!

When: August 29<sup>th</sup>, 2010  
Where: Everybody's Playground  
(Located at Father Robinson School)  
Time: 11:00 am – 3:00 pm  
Cost: \$5

We will be having a BBQ and then be introducing Basketball, Tennis and Handcycling to the participants!

For more information regarding this event,  
contact:

SWSA @ [swsa@shaw.com](mailto:swsa@shaw.com) / (306) 975-0824



Carleton University, The Ravens' Nest  
 Ottawa, Ontario  
 May 14<sup>th</sup> – May 16<sup>th</sup>, 2010

CONGRATULATIONS TO THE SASKATCHEWAN TEAM FOR THEIR  
 SILVER MEDAL IN DIVISION II!

**Friday, May 14, 2010 – Carleton University, The Ravens' Nest**

Time	Game #	THE ZELMAN COURT	Score	Game #	THE GEREIN COURT	Score
09:30	1	Ontario Thunder vs. Saskatchewan	62 - 22	2	Manitoba vs. Alberta Roughnecks	44 - 34
11:15	3	Team BC vs. Ontario Stingers	55 - 23	4	BC Development Vs. ON Lightning	40 - 47
13:00	5	Ontario Thunder vs. Québec Impact	64 - 31	-	Open Court	
14:45	6	Team BC vs. Saskatchewan	57 - 24	7	Team Manitoba vs. BC Development	42 - 39
16:30	8	Québec Impact vs. ON Stingers	40 - 34	9	Alberta Roughnecks vs. ON Lightning	45 - 51

**Saturday, May 15, 2010 – Carleton University, The Ravens' Nest**

Time	Game #	THE ZELMAN COURT	Score	Game #	THE GEREIN COURT	Score
09:30	10	Team BC vs. Québec Impact	53 - 31	11	Team Manitoba vs. ON Lightning	42 - 34
11:45	12	ON Thunder vs. ON Stingers	54 - 26	13	AB Roughnecks vs. BC Development	41 - 37
13:30	14	Québec Impact vs. Saskatchewan	56 - 29	-	Open Court	
15:15	15	Ontario Thunder vs. Team BC	47 - 48	16	1 <sup>st</sup> in B vs. 4 <sup>th</sup> in B Manitoba vs. BC Development	48 - 30
17:00	17	ON Stingers vs. Saskatchewan	36 - 42	18	2 <sup>nd</sup> in B vs. 3 <sup>rd</sup> in B Ontario Lightning vs. Alberta	50 - 46

**Sunday, May 16, 2010 Carleton University, The Ravens' Nest**

Time	Game #	THE ZELMAN COURT	Score	Game #	THE GEREIN COURT	Score
09:30	19	4 <sup>th</sup> in "A" vs. Winner #18 Saskatchewan vs. ON Lightning	47 - 43	20	5 <sup>th</sup> in "A" vs. Winner #16 ON Stingers vs. Team Manitoba	39 - 41
11:15	21	2 <sup>nd</sup> in "A" vs. 3 <sup>rd</sup> in "A" (Loser places 3 <sup>rd</sup> in Div. I) Ontario Thunder vs. Québec Impact	56 - 36	22	Loser #16 vs. Loser #18 (Winner places 5 <sup>th</sup> in Div II) BC Development vs. AB Roughnecks	46 - 38
13:00	23	Div. II Gold Medal (Winner #19 vs. Winner #20) Saskatchewan vs. Team Manitoba	39 - 40	24	Div II Bronze Medal (Loser #19 vs. Loser #20) Ontario Lightning vs. Ontario Stingers	25 - 38
14:45	25	Division I Gold Medal (1 <sup>st</sup> in "A" vs. Winner #21) Team BC vs. Ontario Thunder				47 - 46

**Congratulations go out to Miranda Biletski and Cory Harrower for making the Championships Division II ALL-STAR TEAM and also to Cory, once again for making #3 on the Leading Scorers and to Chris Pearson who was #7.**

**CONGRATULATIONS!!!**

Miranda Biletski has been selected for the Canadian Wheelchair Rugby Team and will be representing our country at the 2010 World Wheelchair Rugby Championships In Richmond/Vancouver, B.C. The event take place September 17<sup>th</sup> – 26<sup>th</sup>, 2010

To follow Miranda and the team in their quest for GOLD, please visit:

[www.2010wwrc.com](http://www.2010wwrc.com)





**2010 Prairie Mini Wheelchair Basketball Championships**  
 May 8<sup>th</sup> & 9<sup>th</sup>, 2010  
 Evan Hardy Collegiate  
 Saskatoon, SK

**May 8<sup>th</sup>, 2010**

TIME	TEAM 1	SCORE		TEAM 2	SCORE
10:00	Saskatoon NRG	21	vs.	Edmonton Mini Lights	35
11:30	Regina Paratroopers	21	vs.	Saskatoon NRG	24
2:00	FUN GAME!! Saskatoon Police & Firefighters vs. All Mini Athletes				
3:30	Edmonton Mini Lights	50	vs.	Regina Paratroopers	29

**May 9<sup>th</sup>, 2010**

9:30	Edmonton Mini Lights	43	vs.	Saskatoon NRG	37
11:30	Edmonton Mini Lights	50	vs.	Regina Paratroopers	32
1:00	Regina Paratroopers	36	vs.	Saskatoon NRG	32

**Thanks to all who came out to support the basketball teams and Congratulations to all the athletes for a great and successful weekend!!**



**N.R.G. (Saskatoon)**  
 Jared Sajtos, Chad Layton, Kalan Muir , Brad Trevisan, Chantelle Sherr, Christine Sherr, Carly Erber, John Sajtos, Liam Clancy, Joelle Buckle

**Paratroopers (Regina)**  
 Evan Fenrch, Tahera , Skylar Derin, Shelby Harrower, Bryson Bolianatz, Reid Richard, Tanner Bolianatz, Dustin Hunt, Adam Bryant



# WHEELCHAIR CURLING

## Learn the Basics of Curling From Your Wheelchair

**Where:** Sutherland Curling Club  
141 Jessop Avenue, Saskatoon, Sask.

**When:** Fridays  
Oct. 15<sup>th</sup>, 29<sup>th</sup>  
Nov. 5<sup>th</sup>, 12<sup>th</sup>, 26<sup>th</sup>  
Dec. 10<sup>th</sup>, 17<sup>th</sup>  
Jan. 7<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>  
Feb. 11<sup>th</sup>, 18<sup>th</sup>  
Mar. 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>

**Cost:** To Be Determined. Must be an SWSA member to participate. If not a member, please contact the SWSA office at (306)975-0824.

**What to Bring:** Warm, layered clothing, Gloves, Chair Straps and a "Give It A Try" attitude

**Sign-up:** Please pre-register before attending the sessions by contacting SWSA

**Contact:** SWSA  
306-975-0824 or [swsa@shaw.ca](mailto:swsa@shaw.ca)

Please indicate your name, address, phone number and whether you use a manual or powered chair, or whether you may need to borrow a manual wheelchair for the "on-ice" activity.

Proudly Sponsored By:



# POWER SOCCER

**WHEN:** July 7 → 3:00 pm – 4:30 pm  
July 14 → 3:00 pm – 4:30 pm  
August 4 → 3:00 pm – 4:30 pm

**WHERE:** Parkridge Centre  
110 Gropper Crescent,  
Saskatoon

**WHAT TO BRING:** YOURSELF!!!

**COST:** No charge to participate. Must be an SWSA member to participate. If you need a Membership, please contact the SWSA office

**CONTACT:** SWSA  
306-975-0824 or [swsa@shaw.ca](mailto:swsa@shaw.ca)

## CONGRATULATIONS ROB SAJTOS!!



SWSA would like to recognize and congratulate an individual who has been a model athlete and a mentor to all. Rob demonstrates hardwork, patience, and knowledge of the game. Rob found a balance between working as a Branch manager at RBC in Saskatoon, be a great and loving husband and father and compete as a long time provincial wheelchair basketball team member.

Rob has competed in wheelchair basketball at the provincial level for over 20 years. For his determination, hardwork and unlimited showcase of sportsmanship, Rob was awarded the 2010 Ambassador Award at the 2010 Wheelchair Basketball Nationals.

Rob is also accomplished in the academic field. He has completed his Bachelor of Commerce, Canadian Securities Course & A Personal Planning Course.

Congratulation Rob on all your accomplishments!

## SASKATOON SPORTS HALL OF FAME INDUCTEE ALLAN SEMENUK



Congratulations AI on your induction into the Saskatoon Sports Hall of Fame.

AI has had many accomplishments with Wheelchair Rugby. He played at the local and provincial level for 18 years. He was also been a member of the Canadian team from 1991 to 2005. AI helped Canada win a Silver medal at the 1996 Paralympics in Atlanta and 2004 Paralympics in Athens. The team also placed 4<sup>th</sup> at the 2000 Paralympics in Sydney. He was also part of the powerhouse Saskatchewan team who won gold from 1987 until 1993.

# THANK YOU URO MEDICAL!!!

SWSA would like extend a special Thank You to URO MEDICAL SUPPLIES for their generous donation to SWSA to assist athletes attending National Championships.



## Proud to Share their Success with Customers

URO Medical Supplies is proud to support various SWSA sport clubs & events. One of the most recent SWSA events URO helped sponsor was the 2010 Wheelchair Basketball Nationals in Saskatoon. URO Medical Supplies also provided clothing and game apparel for the Saskatchewan Wheelchair Rugby Team.

URO Medical Supplies is also pleased to share directly back to their individual clients through these programs. They have influenced various manufacturers to offer support in their Reward program and as a result, they have made it possible to issue GIFT CARDS to clients based on support. Although SWSA doesn't directly endorse products or suppliers, we do ask our members to consider our sponsors when at all possible. URO would like the opportunity to earn your business and they can show you how this REWARD PROGRAM works!

Visit [www.uromed.ca](http://www.uromed.ca) or call 306-651-3330 for more information!

### LEARN TO PLAY BASKETBALL

**WHEN:** July 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> (Thursdays)  
**TIME:** 7:00 pm – 9:00 pm  
**WHERE:** YWCA  
510 25<sup>th</sup> Street East, Saskatoon

### 3 on 3 Wheelchair Basketball Tournament

**WHEN:** August 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 29<sup>th</sup> (Thursdays)  
**TIME:** 7:00 pm – 9:00 pm  
**WHERE:** YWCA  
510 25<sup>th</sup> Street East, Saskatoon  
**WHAT TO BRING:** Unrestrictive clothing, Chair Straps, Water bottle, Snacks (if needed)

**REGISTERING TEAMS:**  
Please register your team of 3 and state what category you would like to compete in by July 22<sup>nd</sup>.

**COST:** \$30 for Learn to Play and 3 on 3 Basketball Tournament  
Or  
\$40 for the 3 on 3 Basketball Tournament  
SWSA will provide the chairs!!

**CONTACT:**  
Stewart McKeown or Samantha Yachiw at (306)975-0824 / [syachiw@gmail.ca](mailto:syachiw@gmail.ca)  
\*\* Must be a SWSA member to participate. If you have not become a member, please contact that SWSA office at (306)975-

### Drop-In Wheelchair Basketball Camp



**When:** July 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> & August 12<sup>th</sup> and 19<sup>th</sup>.

**Where:** Wascana Rehabilitation Centre

**Who:** Absolutely *everybody* is welcome regardless of ability.

**Cost:** \$0

**What to bring:** Unrestrictive clothing fit for exercise, both upper and lower body ideally.

**RSVP-** Gregg Johnstone @ 584-5680 or

## 2010 ParaCanoe Program

**WHEN:** YOUTH PROGRAMS May 1 – Oct. 31, 2010  
 ADULT PROGRAMS May 1 – Sept. 30, 2010

**WHERE:** Wascana Racing Canoe Club  
 3000 Wascana Drive, Regina

**WHAT TO BRING:**  
 Clothing to get wet, water bottle, chair straps, and snack.

**COSTS:** There are a variety of programs. Please contact SWSA for more information.

**CONTACT:** For more information about the program, please contact SWSA at (306)975-0824 or [swsa@shaw.ca](mailto:swsa@shaw.ca)



Do you have information you would like to share with others in an upcoming newsletter or on our website?

Be sure to contact the office if you have something you would like in the newsletter.

# CYCLONES ROAD & TRACK CLUB

## 2010 Dogwood Track and Field Meet Results:

### Becky Richter

3<sup>rd</sup> in the 100 Meter Dash T51/52  
 1<sup>st</sup> in the 200 Meter Dash T51/52  
 3<sup>rd</sup> in the 400 Meter Dash T51/T52

### Keira Frie

1<sup>st</sup> in the 100 Meter Dash T54  
 1<sup>st</sup> in the 200 Meter Dash T54  
 1<sup>st</sup> in the 400 Meter Dash T54  
 1<sup>st</sup> in the 800 Meter Dash T54  
 1<sup>st</sup> in the 1500 Meter Run T54

### Julian Nahachewsky

2<sup>nd</sup> in the 100 Meter Dash T53  
 1<sup>st</sup> in the 200 Meter Dash T53  
 2<sup>nd</sup> in the 400 Meter Dash T53  
 1<sup>st</sup> in the 800 Meter Dash T53

### Alexandre Dupont

1<sup>st</sup> in the 100 Meter Dash T54  
 1<sup>st</sup> in the 200 Meter Dash T54  
 1<sup>st</sup> in the 400 Meter Dash T54  
 1<sup>st</sup> in the 800 Meter Dash T54  
 1<sup>st</sup> in the 1500 Meter Dash T54

### Braden Close

3<sup>rd</sup> in the 100 Meter Dash T54  
 3<sup>rd</sup> in the 200 Meter Dash T54  
 3<sup>rd</sup> in the 400 Meter Dash T54  
 3<sup>rd</sup> in the 800 Meter Dash T54

## Stoke England Track Meet 2010 Results:

### Keira Frie

100 m T54 – 00:17.34 3<sup>rd</sup> A Final  
 200m T54 – 00:32.95 4<sup>th</sup> B Final  
 400m T54 – 01:04.38 3<sup>rd</sup> A Final  
 800m T54 – 02:11.12 4<sup>th</sup> A Final  
 1500m T54 – 04:00.73 4<sup>th</sup> A Final

### Alexandre Dupont

100m T54 – 00:15.11 1<sup>st</sup> B Final  
 200m T54 – 00:26.61 1<sup>st</sup> A Final  
 400m T54 – 00:50.57 4<sup>th</sup> A Final  
 800m T54 – 01:39.60 2<sup>nd</sup> A Final  
 1500m T54 – 03:09.75 3<sup>rd</sup> A Final (PB)

### Julian Nahachewsky

100m T54 – 00:17.15 3<sup>rd</sup> C Final (PB)  
 200m T54 – 00:31.44 2<sup>nd</sup> C Final  
 400m T54 – 01:03.15 1<sup>st</sup> C Final

### Kyle Shaw

800m T54 – 01:43.77 4<sup>th</sup> A Final  
 1500m T54 – 03:17.59 5<sup>th</sup> A Final

## Arbon Switzerland Meeting Results – Straight Finals (June 26<sup>th</sup> & 27<sup>th</sup>):

### Keira Frie

100m T54 – 00:17.48 4<sup>th</sup> (PB)  
 200m T54 – 00:31.74 4<sup>th</sup>  
 400m T54 – 01:01.34 8<sup>th</sup>

### Alexandre Dupont

200m T54 – 00:26.61 7<sup>th</sup>  
 400m T54 – 00:49.04 7<sup>th</sup>  
 800m T54 – 01:37.97 8<sup>th</sup>

### Julian Nahachewsky

100m T53 – 00:17.20 6<sup>th</sup>  
 200m T53 – 00:32.02 13<sup>th</sup>  
 400m T53 – 01:01.50 12<sup>th</sup>

### Kyle Shaw

800m T54 – 01:38.67 11<sup>th</sup> (PB)  
 1500m T54 – 03:09.02 19<sup>th</sup>  
 5000m T54 – 10:26.73 13<sup>th</sup>

## Arbon Switzerland Swiss Nationals Results – Straight Finals (June 26<sup>th</sup>, & 27<sup>th</sup>):

### Keira Frie

100m T54 – 00:17.68 5<sup>th</sup>  
 200m T54 – 00:31.53 8<sup>th</sup> (PB)  
 400m T54 – 01:01.61 17<sup>th</sup>  
 800m T54 – 02:00.63 13<sup>th</sup>

### Alexandre Dupont

100m T54 – 00:15.04 19<sup>th</sup> (PB)  
 200m T54 – 00:26.43 21<sup>st</sup>  
 400m T54 – 00:48.47 13<sup>th</sup> (PB)  
 800m T54 – 01:37.00 14<sup>th</sup> (PB)  
 4 X 400m T54 – 3:09.69 1<sup>st</sup>  
**CANADIAN RECORD!**

### Julian Nahachewsky

100m T53 – 00:17.35 33<sup>rd</sup>  
 200m T53 – 00:30.95 34<sup>th</sup>  
 400m T53 – 00:59.72 51<sup>st</sup> (PB)  
 800m T53 – 02:03.27 48<sup>th</sup> (PB)

### Kyle Shaw

800m T54 – 01:38.87 24<sup>th</sup>  
 1500m T54 – 03:03.29 19<sup>th</sup> (PB)  
 5000m T54 – 10:14.70 13<sup>th</sup> (PB)

**Congratulations to the Cyclones athletes on your success at the Meets this season.  
 Many Personal Bests (PB) were achieved.  
 Keep up the good work!!**



## Cyclones Road & Track Club

Tannis Stang, Becky Richter,  
 Keira Frie, Braden Close,  
 Alexandre Dupont, and  
 Julian Nahachewsky