



access to sport

CPISRA NEWS

Official Newsletter of the
Cerebral Palsy International Sports and Recreation Association

Goodbye to 2021 and Hello to 2022

I would like to start by wishing all our members a Happy festive holiday and a very prosperous 2022 when it comes. It is now almost a year since our online General Assembly and my first full year as President has been a very busy one. Despite still working under a degree of uncertainty due to the ongoing Covid 19 pandemic, 2021 proved to be a successful year for CPISRA, with the organisation able to carry out all planned activities during the year.



As I write this article, we have just concluded the first CPISRA conference on physical activity for health. This online event attracted almost 200 participants from around the world and provided a forum for knowledge exchange and enhanced interaction between researchers, healthcare professionals, sporting experts, individuals, and families to address the unique matters in the interdisciplinary area of adaptive physical activity and sport for individuals with cerebral palsy and acquired brain injury. This conference was unique and invaluable in linking those doing research with those who will apply the knowledge.

In August we held our first Family Recreational Camp on Exmoor in England and in September we held our second Adult Recreational Camp in the Lake District. I am really excited to set out below the plan for our future 2022 Recreational Camps.

September also saw a group of individuals with CP, including myself, attempted to Climb Ben Lomond in Scotland. Many of those taking part achieved their objectives and it was a great experience for all those who took part.

The merger talks with IWAS continue to be positive. I am optimistic that I will be able to provide a more detailed update in the new year. Last month, November, the boards of CPISRA and IWAS got together for a first informal meeting to get to introduce ourselves. We now plan, travel rules permitting, to have a face-to-face meeting in the spring of next year to push forward and start to realise benefits of this closer collaboration between CPISRA and IWAS. A big focus will be on developing a plan to motivate our member to take up the joint invitation to attend the 2022 IWAS World Games in Sochi. With Paris 2024 preceded by the WPA World Championships in 2023, Sochi will be a prime showcase opportunity for CP athletes to showcase events on the world stage and to further build the case for the expansion of the Paralympic Programme.



Paris 2024 Programme

The news last month that Frame Running and T33 track events will not be included in the Paris 2024 Paralympic Games has created a huge groundswell of protest. CPISTRA is fully committed to working with IPC, WPA and other stakeholders to drive change. It would be wrong here to set any expectation or timeframe on that process. The considerations and arguments are multifaceted and hugely complex.

As a board and organisation, we remain hugely saddened that the Paris 2024 programme is unable to accommodate these and other events.

Whilst the Paralympics remain the obvious pinnacle and goal for many, it is the enjoyment of what we each achieve in and through participation in sport that is so very important. The bigger the numbers, the greater the noise and audience. We support all of our members and para sports people, their coaches and families around the world in working through this disappointment and proving through commitment, results and numbers that the programme must be capable of adapting to provide that pinnacle of elite level competition.

How do we do that? By everyone taking and making the most of every opportunity to compete.

See you all in Sochi!

A handwritten signature in black ink, which appears to read 'Craig Carscadden'. The signature is fluid and cursive, with a long, sweeping underline.

Craig Carscadden, CPISTRA Chief Executive and President

CPIRSA VIRTUAL CONFERENCE -A GREAT SUCCESS



The first CPIRSA conference, hosted by Disability Sport Australia was held virtually from 8th to 10th December (GMT), the conference was originally planned to take place in Sydney in December 2020. Due to the ongoing Covid pandemic and the associated travel restrictions a decision was made to reschedule the event and bring it online. The conference was a great success and the decision to run the event virtually made it more accessible for participants from around the world. We had over 20 hours of streamed sessions with Q&A. The conference focused on physical activity and health for people with cerebral palsy and acquired brain injury. There were many wonderful and thought-provoking presentations of research and findings from a range of speakers from around the world. We heard from our guest speakers Professor Edward Hurvitz, Professor Gavin Williams and Professor Roslyn Boyd, along with the athlete and coaches panels.

A special mention to Georgia McKenzie who won the Harry Jan Kesier Award for her presentation intitled "Factors influencing physical activity participation for young adults with childhood onset physical disabilities: A systematic Review". Harry was a CPIRSA Trustee who sadly and suddenly passed away in September after a training run on his Frame Runner. He was a Paediatric Physiotherapist for 43 years and most of his career was spent working with people with Cerebral Palsy and other neurological conditions. He had retired in June 2021. We miss him greatly.

CPIRSA ONLINE LEARNING IS EXPANDING

We are pleased to announce that we have expanded online courses for our members and supporters. As well as our existing CP Awareness course, we are pleased to announce 2 new 'Introduction' courses - CP and Sport Coaching and Frame Running. Both of these courses will be available in early 2022. Currently our courses are available in English, French, Hindi, Portuguese and Spanish. You can access courses by following the link:

<https://cpisra.thinkific.com/> or via our website at: www.cpisra.org

If you have any questions about any of our resources or courses please contact Claire Buckle, one of our Development Managers, on claire.buckle@cpisra.org

UK CPIRSA RECREATION CAMPS 2022



We are pleased to announce the three CPIRSA Recreation Camps that will take place in the UK during 2022 and delighted that these camps will be delivered in partnership with CP Sport and CP Teens.

Set up in 2013 by para athlete, Ellie Simpson, CP Teens is a fantastic organisation focused on helping children and young people with CP feel less isolated and build friendship networks.

The 2022 camps include a Teen Camp for young people aged 13-17 with CP in April 2022, a Family Camp for families that has a child with CP aged between 6 and 12 years at August 2022, and our Adult Camp which will again take place in September.

To our members, if any of your individual members are interested in attending the UK camps, or you would like to explore running a camp in your own country, please contact us on info@cpisra.org

IWAS WORLD GAMES 2022



The IWAS World games is taking place in Sochi, Russia in October 2022. IWAS has opened the event up to all CPIRSA members and are currently asking for expressions of interest for participation. The games will include Archery, Athletics, CP Football, Para Badminton, ParaVolley (sitting), Swimming and Table Tennis. To register your interest please complete the online form Here <https://iwasf.com/iwas-games/iwas-world-games/iwas-world-games-2022/>

If you have any questions about the 2022 please contact IWAS at games@iwasf.com

WINTER PARALYMPICS 2022



We would like to wish the best of luck to all our members sending athletes to the 2022 Winter Paralympic Games in Beijing. Like the summer Paralympic Games it may not be what you were planning for pre COVID, but we are certain that you will have an amazing time. Congratulations to every athlete and their support staff - we will all be watching!

**FROM EVERYONE AT
CPIRSA, WE LOOK
FORWARD TO SEEING
YOU IN 2022!**

If any member has
information they'd like to
share via this newsletter,
please email
claire.buckle@cpisra.org

