



Introducing Rocky Mountain Adaptive Sports Centre

The Rocky Mountain Adaptive Sports Centre (RMASC), is a newly formed Not for profit Society, with the **primary aim to provide all individuals with disabilities the chance to access all sporting and recreational activities in the Canadian Rockies**. Based in Canmore, Alberta, RMASC will be making strides to enable children and adults with any physical, intellectual or cognitive impairment to participate in all the fantastic sports and adventure activities that are available in the stunningly beautiful Bow Valley, including Canmore, Banff, Lake Louise and its surrounding areas.

The Idea of RMASC has been a dream of mine for some time, and came about from the setting up of some Adaptive ski lessons at Sunshine Village, for the benefit of a couple of local children from Banff and Canmore. These lessons progressed into the development of the 10 week Therapeutic ski and snowboard program which now boasts over 25 participants, and has the **results of enriching the lives of Children with disabilities and their families** from the bow valley and Calgary. There are also products to enable individuals with disabilities from across the province, nationally and internationally to come and experience snow sports at Sunshine Village. Though this being a substantial growth in it self, the RMASC dream is to promote and grow these opportunities, but not to stop at snow sports. By seeing the benefits of an activity like skiing on individuals with different disabilities, we aim to make all sport and recreation in the area available to everyone regardless of their physical and intellectual ability. Not just for the social aspects of **equality** and **inclusion**, but also for the personal benefits due to participation in sport and recreation of **increasing independence, self esteem, strength, coordination, mobility, health, and the general well being of these individuals**.

RMASC has enjoyed a successful first winter season of operations, with fantastic results with many Adaptive guests from many places in Alberta and across Canada and the globe, but with Sunshine Village (our partner ski area) enjoying fantastic spring skiing all the way until late May, there is still a chance to come

and enjoy some last turns before the focus switches to warmer weather and summer fun.

With this in mind, Rocky Mountain Adaptive Sports Centre is offering some exciting opportunities to come and enjoy sport and recreational activities in the Bow Valley for this summer. So if you and your family would like to find out about or have a go at any or all of the following Hiking, Biking, Fishing, Frisbee Golf, Rafting, and more, all with the backdrop of the beautiful Canadian Rockies behind you, then do not hesitate to contact us for details.

If like many of our avid skiers your thoughts are already thinking about the winter of 2010/2011 then you may want to start planning for November and beyond. For any of you that have benefited from the fantastic CADS programs at Rabbit Hill or COP and fancy taking your skills into the Big Mountain Setting, then RMASC can help you get there. We offer lessons, Multi weekend programs, equipment rental, volunteer support/guides, reduced price lift tickets, and more.

Do you fancy trying something else apart from skiing or snowboarding? Then come and have a go at/learn Nordic Skiing or snowshoeing at the Canmore Nordic Centre and take advantage of its world-class facilities. We plan to keep the opportunities growing!

So as you can tell, if your wanting to participate in any of these activities, volunteer, or support RMASC in achieving its aims, there are exciting times and opportunities ahead. If you would like to find out more or get involved and out in the mountains, then do not hesitate to contact us by email at info@rmasc.ca, by looking at our website www.rmasc.ca or by telephone at 403 675 9000.

Thank you and I look forward to seeing you in the mountains soon,

Kind Regards,

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“It’s not the mountains that we conquer, but ourselves.” Sir Edmond Hillary