**PHYSICAL LITERACY AND ADAPTED SPORT**

**FOR VISUALLY IMPAIRED CHILDREN**

ASRAB is pleased to present a series of seminars in Alberta, to introduce and support visually impaired children in sports and recreation. We will be hosting a session in Calgary, aimed at parents, teachers and caregivers:

* Thursday November 21, 7:00-9:00pm
* CNIB Building, Board Room (2nd floor); 15 Colonel Baker Place NE

Mike Lonergan, Program Director of BC Blind Sports for 13 years, will be the speaker at these sessions. Mike has an extensive background in both education (as an elementary and high school teacher) and sport. In sport, Mike has been a high performance coach for 20 years at both the university and national level, and significant experience in team and event management in both able bodied and disability sports. Mike has developed the Insight Program (for BC Blind Sports) which introduces adapted PE and physical activities to school aged youth in their community.

The session will be; with a focus on:

* Physical literacy and awareness - the need for introducing physical literacy skills early and often, why it is needed for blind and low vision persons, and the rewards in the ability to be healthy and to be involved with a peer group, and the future opportunities for competitive sport.
* Adaption for sport and recreation – for individuals to participate with their peers in community and school based physical activity programs. We will discuss and demonstrate simple and complex adaptations, and provide some insight as to other programs and resources available.
* Advocacy – how to advocate for your child or student, in order to secure appropriate sports and recreations programming.

Please confirm your attendance, or make any inquiries to Linda MacPhail, Executive Director, at [execdirector@asrab.ab.ca](mailto:execdirector@asrab.ab.ca) or 403 262-5332.