

# Paralympic Sport – How Did I Get There, Who Helped Me, & What Did I Learn?

Shane Esau, M.Kin, Univ. of Calgary

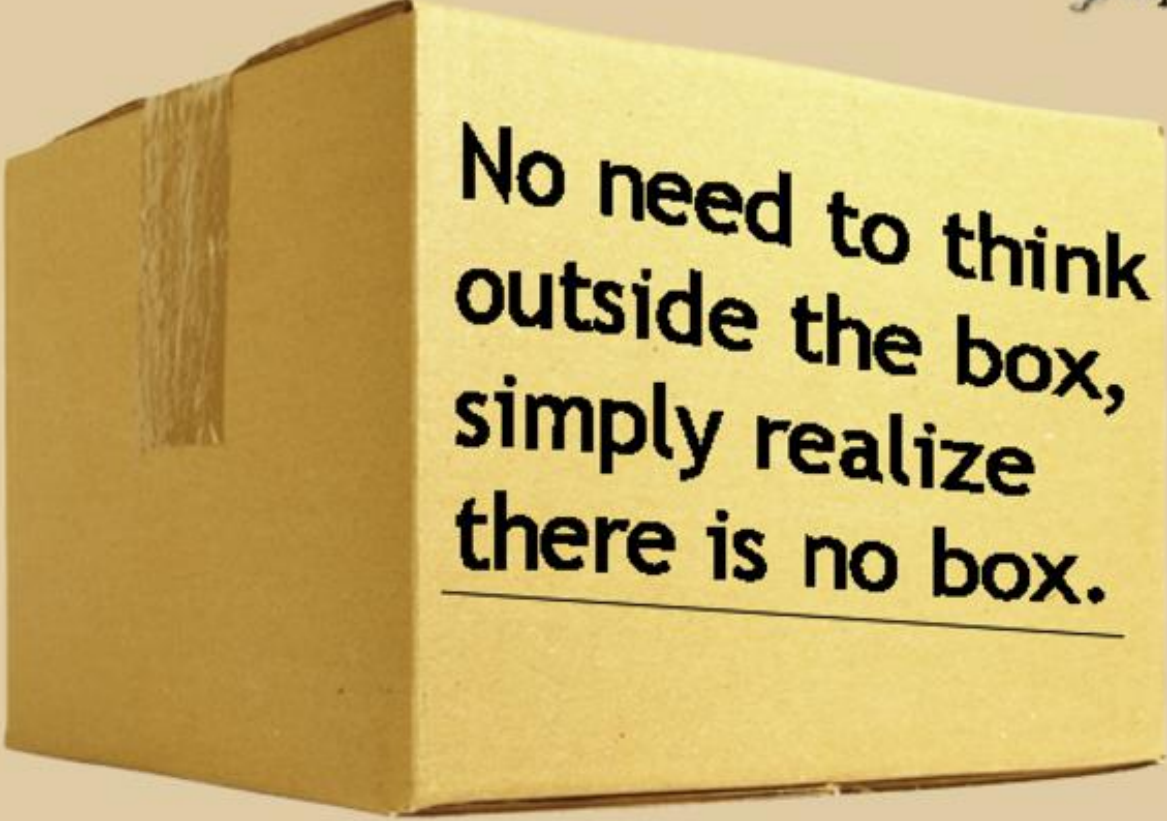
Alexander Sharpe

Mike Sametz

Morgan Bird

# What I have learned

*InspirationalQuotes.Club*



**No need to think  
outside the box,  
simply realize  
there is no box.**

# Alexander Sharpe



After a brief career in ball hockey and soccer, I took some swim lessons in Kingston, Ontario with Dr. Vicki Keith

Moved to Airdrie in 2013, then started training competitively in swimming.

It took almost 2 years to reach Provincial standard times,

After reaching Provincial times exciting opportunities started to come his way including:

- 2016 Paralympic trials last year in Toronto (best finish- 6th place in the 50 butterfly),
- Can Am's in Gatineau Quebec (4 gold medals),
- Alberta Spring Provincial Championships (5 bronze medals).
- Also selected to attend the Next Gen Tokyo 2020 development camps which will help me towards my goal of qualifying for the Tokyo 2020 Paralympics.

One interesting fact about myself is that I am a poor loser and I was banned by my family from playing board games for about 3 years. Me and Monopoly were not good together!

# Alexander Sharpe



# Alexander Sharpe



# Alexander Sharpe



# Mike Sametz

- 20 years old and from Calgary.
- Born with right hemiplegic Cerebral Palsy.
- Has been competing on the Para-cycling National Team for two and half years.
- Currently working on a combined degree in Business / Kinesiology at University of Calgary.
- Sport has been the most important extracurricular activity I participated in growing up.
- I did soccer, swimming, badminton, and skiing.
- I had also been involved with multisport programs for kids with CP.
- Being physically active was always encouraged by doctors to reduce the amount of time for physiotherapy and need for surgeries on my right side.
- Before cycling I was competitive in soccer and badminton out of the ones I played recreationally. I began cycling when I was 12 shortly after a multisport program had hosted a cycling in its rotation.
- began training at the Calgary Cycling Centre.
- 14 when I decided I wanted to compete and began racing in Alberta. In Para-cycling I am classified Men's C3 which the scale is C1-C5 for normal bicycles. I had not previously competed in a para cycling race until 2014 Para Road Nationals. I have raced with the National Team since in Road and Track Cycling.

# Mike Sametz

## Medals/ attendance

2016 Rio Paralympics - 3<sup>rd</sup> place Men's C3 Time Trial, 4<sup>th</sup> place Men's C3 individual pursuit

2016 Para-cycling World Cup Belgium – 3<sup>rd</sup> place Men's C3 Time Trial

2015 Parapan am Games – 2<sup>nd</sup> place Men's C1-3 Individual pursuit

2015 Para-cycling World Cup Italy – 3<sup>rd</sup> place Men's C3 Time Trial

National Champion in Para category in Road Race and Time Trial – 2014 and 2015



# Mike Sametz



# Mike Sametz



# Mike Sametz

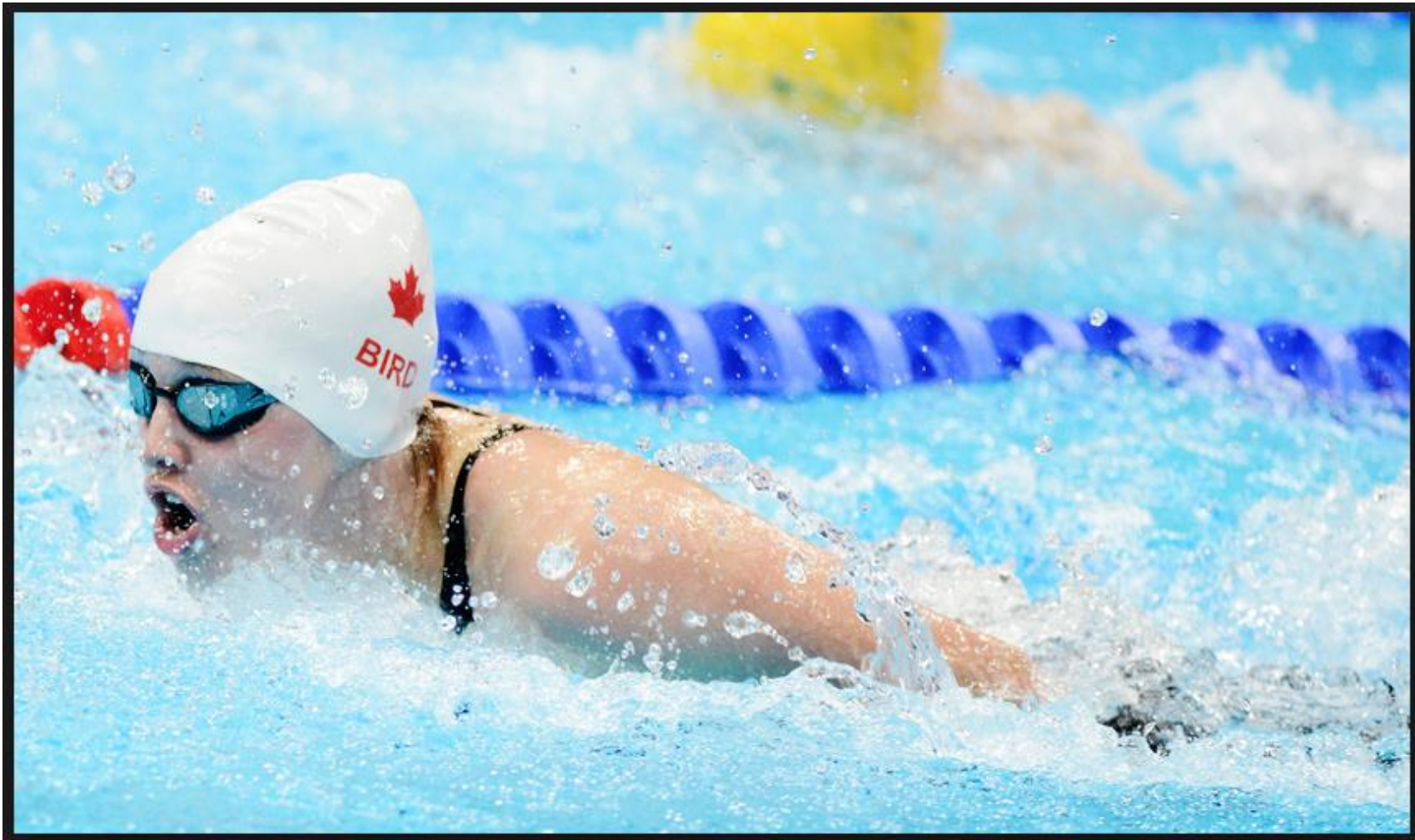


# Morgan Bird

- Involved in Swimming and Skiing from a young age
- Started swimming competitively in 2004
- Born with hemiplegic Cerebral Palsy.
- Has been competing on the Para-swimming National Team since 2009.
- Attended:
  - 2009 World Championships in Rio de Janeiro
  - 2011 Pan Pacific Championships in Edmonton
  - 2012 Paralympic Games in London (4th in 400 Free)
  - 2013 World Championships in Montreal (Silver in 50 Free & 4X100 Relay)
  - 2014 Pan Pacific Championships in Pasadena (2<sup>nd</sup> – 50 Free; 3<sup>rd</sup> – 100 Free)
  - 2014 Commonwealth Games in Scotland (4<sup>th</sup> in 100 Free)
  - 2015 World Championships in Scotland (5<sup>th</sup> in 50 Free)
  - 2015 Para Pan Am Games in Toronto (1<sup>st</sup> 50 Free & 400 Free; 2<sup>nd</sup> - 100 Free)
  - 2016 Paralympic Games in Rio de Janeiro (5<sup>th</sup> in 100 Free)
  - 2017 World Championships in Mexico City (hopefully)

Interesting fact: Cannot prepare for a race without Bon Jovi music!!!!

# Morgan Bird



# Morgan Bird



# Morgan Bird



# Shane Esau





# Contact info

- Shane Esau
- Email: [sesau@ucalgary.ca](mailto:sesau@ucalgary.ca)
- Phone: 403-461-4025
- Twitter: @parasport\_sci