



Just What Are the Winter Paralympic Sports?

WONDERING JUST WHAT EVENTS CONSTITUTE THE WINTER PARALYMPIC GAMES? READ ON:

Alpine Skiing

There are four events in Alpine Skiing: Downhill, Super Giant Slalom, Giant Slalom and Slalom. All Alpine skiing is open to men and women in three categories: blind and partially sighted skiers; standing skiers; and sitting skiers. Standing and sitting skiers can include athletes with leg and arm paralysis, athletes who are amputees, athletes with cerebral palsy, athletes with joint restrictions and athletes with other disabilities such as polio and spina bifida, etc.

Biathlon

Biathlon combines cross-country skiing and shooting and has been a Paralympic Games sport since the 1992 Winter Paralympics in Tignes, France.

Biathlon is open to both men and women in three categories: standing skiers; sitting skiers and skiers who are blind or partially sighted. Generally, to participate in official IPC biathlon events, a competitor must have a permanent disability that precludes them from skiing with able-bodied competitors. Standing and sitting competitors



Photo: Christian Landry

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Profile

Greg Mannino

A Long Serving Champion



can include athletes with cerebral palsy, athletes who are amputees, athletes with lower limb paralysis, athletes with joint restrictions, athletes with shortened limbs, etc.

Cross-Country Skiing

Cross-country skiing was on the first Paralympic Games event program in Ornskoldsvic, Sweden in 1976. Athletes with an intellectual disability started competing in cross-country skiing at the 1998 Paralympic Games in Nagano, Japan and today, cross-country skiing is the only winter Paralympic sport to include events for such athletes. Athletes compete in the following events: Men's 5km, 10km, 15km, 20km, and 4x5km (depending on the class) 3x2.5km relay; Women's 2.5km, 5km, 10km and 15km, 3x2.5km relay.

Generally, to compete in cross-

Born in 1962 in Downey, California, Greg Mannino is beginning to find that his competitors are young enough to be his children – but he still shows them a thing or two on the slopes. The 5'9" Mannino is an alpine skier and five-time Paralympian who has managed to collect 10 Paralympic medals over the course of his career, including double-golds in each of the past three Games. An above-knee amputee who lost his leg following an electrical injury, Mannino skis on one ski with two outriggers. His downhill times are usually only a second and a half behind the best men on the U.S. Ski Team.

At the Nagano Winter Olympics, Mannino won both the Downhill and Super G, and was third in the Giant Slalom. "They started screaming as soon as I crossed the finish line," he said. "I didn't even have to look at the board. I knew I'd won."

Although Mannino didn't win a medal at the Salt Lake City Paralympics – placing fourth in the Downhill event – he won't waste time worrying about it. He'll simply begin training for his next competition, continue his running, bicycling, snowshoeing, water skiing, hang gliding, paragliding, and golf. Mannino is also a well known speaker who regularly visits hospitals and rehabilitation groups through his work as a product representative for Endolite, a major prosthetics manufacturer.

"You cannot create experience. You must undergo it."

ALBERT CAMUS

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AWAKEN THE **MIND** FREE THE **BODY** INSPIRE THE **SPIRIT**



Photo: Christian Landry

country skiing at the Paralympic Games or other IPC sanctioned cross-country events, an athlete must have a permanent disability that precludes them from skiing with able-bodied competitors. Cross-country skiers compete in four separate categories: standing skiers; sitting skiers; blind or

Jason Lalla Paralympic Bronze Medalist

Meet Jason Lalla, a Paralympic skier used to life on the podium! Named Disabled Male Alpine Skier of the year for 2001, Lalla was ranked fourth overall in the World Cup standings, first in the National standings last season and was named Athlete of the Month, March 2001 by the United States Olympic Committee. Born in Bradford, New Hampshire, he later moved to Vail, Colorado, one of the great skiing meccas of the United States, where he currently lives and trains.

No mere physical injury is enough to slow Lalla down. A confident competitor, he excels in a number of sports and expects nothing less than top performances: "I grew up playing hockey, lacrosse and soccer before I was injured in a motorcycle accident. Since I began ski racing, I've won a gold medal in the Nagano, Japan Paralympics in the Giant Slalom competition and then won the World Championships in Giant Slalom, as well as three national titles in 2000."



This year's Paralympic Games in Salt Lake City gave Lalla the opportunity to add another success story to his list of achievements, as he won a bronze medal for the U.S. Alpine team in the LW2 Downhill event and a silver medal in the Giant Slalom.

*Never let what you can't do interfere
with what you can do.*

JOHN WOODEN



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partially sighted skiers; and skiers with an intellectual disability. Standing and sitting skiers may include athletes with cerebral palsy, athletes who are amputees, athletes with limb paralysis, athletes with joint restrictions, athletes with shortened limbs, athletes with progressive disabilities including muscular dystrophy and muscular sclerosis, etc.

Sledge Hockey

Sledge hockey is the Paralympic version of ice hockey and, since its debut in Lillehammer, Norway in 1994, has become one of the biggest attractions for spectators at the Winter Paralympic Games. It is fast-paced, highly physical and played by athletes with lower limb disabilities. Seated on a sledge (sled) equipped with skate blades, players grip miniature hockey sticks in both hands. One end of the stick has picks which players use to propel themselves forward. The other end is used to shoot and pass the puck. With a quick flip of the wrist, the players are able to propel themselves using the picks and then play the puck using the blade-end of the sticks. Players use the blade end of both sticks in combination to facilitate stick handling and ambidextrous shooting. The construction of the sledge allows the puck to pass underneath the skate blades. A team is comprised of 12 players, with no more than six competitors on the ice at any one time.

Sledge hockey is open to athletes with a lower limb disability who meet the minimum disability requirements for the sport. The athlete's disability must be permanent (either progressive or non-progressive). Athletes with progressive physical disabilities are given a temporary classification and must be classified at each competition. Competitors can include athletes with cerebral palsy, lower limb paralysis, joint restrictions, shortened limbs and amputations.



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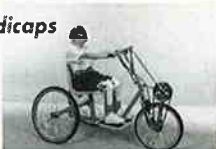
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