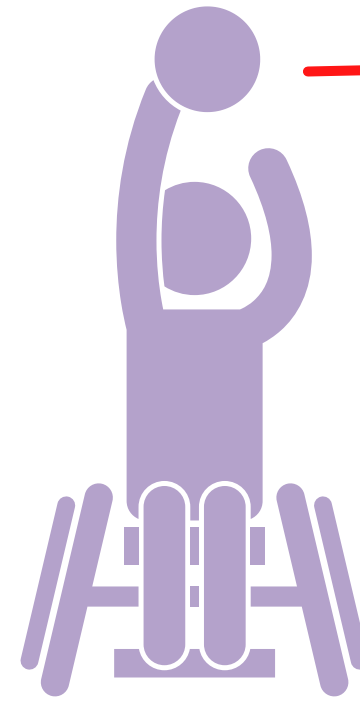
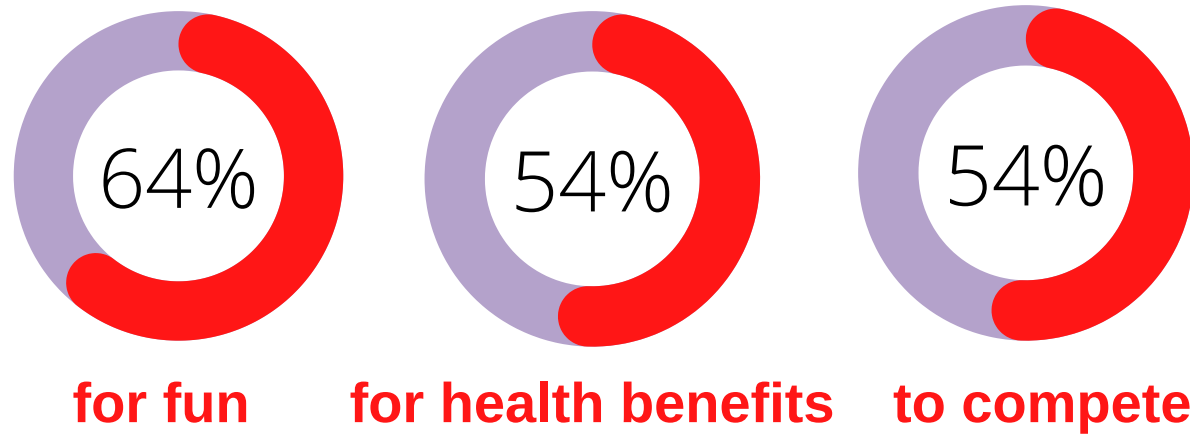


# ENGAGING, DEVELOPING & TRAINING PARA SPORT ATHLETES

Interviews were conducted with 213 Canadian and Australian Para athletes to better understand their pathway into and across Para sport. Here are some of the general findings...

## 1 Engaging

Why do athletes engage in Para sports?



### How can you engage?

The [Canadian Paralympic Committee](#) offers resources to help individuals learn about and get involved in Para sports

### What are some of the barriers that impact engagement?

1. LACK OF PARA SPORT PROGRAMS
2. COST OF PARA SPORT
3. DISABILITY-RELATED FACTORS

↪ e.g., impairment type & complexity

Adjusting policies and programs to allow for tailored resource distribution to Para sports can help reduce these barriers

## 2 Developing & Training

Developmental trajectories and training programs will look different for each athlete and will vary based on the athlete's impairment, past sport experiences and personal needs



Individual differences can impact **WHAT** resources an athlete needs and **WHEN** they need them

### It's all about practice!

Para athletes average over

**6,400 hrs\***

of training during their careers.

Over **50%** of that time is dedicated to sport-specific training

\*There is high variability between athletes

### Did you know?

Athletes who were born with an impairment normally reach developmental milestones earlier in their career, but athletes who acquire an impairment later in life often reach milestones at a faster pace!

Why is this the case?

**82%**

of Para athletes who acquired their impairment later in life had experience in non-Para sport

**70%**

had participated in a sport similar to their current Para sport



Athletes may transfer what they learned in non-Para sports to Para sports which may help them develop at a faster rate

### What's the takeaway?

A ONE-SIZE-FITS-ALL APPROACH TO ATHLETE DEVELOPMENT AND TRAINING DOES NOT WORK!

Communicate with athletes to learn how to adapt programs to their unique needs

### What's next?

Continue to address research gaps and build partnerships to determine how to best tailor development and training programs to athletes' needs and ensure athletes have access to the resources they require to succeed!