

Rio 2016
7 - 18 September 2016

Paralympic
Games Pack



Forewords



Rio 2016 Paralympic games are about to start and we at Mencap would like to wish all the Paralympian's good luck – go Team GB!

We are delighted to have a small group of swimmers going to Rio including our very own Mencap Ambassador Jessica Jane Applegate. Mencap have campaigned for the inclusion of athlete's with a learning disability to be reintroduced into the Paralympic games and we are delighted to have GB Paralympian's completing this year.

This Mencap Paralympic Games Pack is packed full of information. You will find out about the history of the Paralympics, which athlete's to watch and when, training opportunities for staff, volunteers and the people you support and much more.

I hope you enjoy the Games as much as I will and I look forward to seeing all your attempts at creating your own Paralympic Torch which you can tweet to me **@JanTregelles**.

Janne Tregelles

Jan Tregelles



After a successful Rio Olympics we are hoping that the Paralympics will be just as successful and inspires people to enjoy the outside and all the benefits of being active can bring you.

I hope you find the information in this Paralympic Games pack useful and if you want further information about how we can support your group or service to be active please contact **Mencap Sport 0207 6965574** or email **sport@mencap.org.uk**

I hope you enjoy the Paralympics and cheer on all the athlete's with a learning disability who are part of Team GB.



Being active is so important to me, it keeps me fit, healthy and it makes me feel good about myself. I believe that everyone should be active and you can do this by yourself or with the support of your friends and family.

It was only after years of training each week that the International Paralympic Committee (IPC) let Learning Disability swimmers back into the games. This gave me the opportunity to become a Paralympic swimmer at the London 2012 Games.

Since then I have had the honour of representing Great Britain at 5 IPC major championships. The Rio 2016 Paralympic Games will be my 6th IPC event and my second Paralympics.

I hope you can watch me in my races, cheer me on or even send me good luck messages on twitter **@jessica_jane96** or on my facebook page, it would really help!

The times for Jessica's races are in this programme on **page 9!**



History of Paralympics

Former service personnel (14 men and 2 women) took to the lawns at Stoke Mandeville Hospital for an Archery contest. This was the first recorded competition between disabled athletes.

1948

1948 - 2016

More hospitals and participants took part in a summer sports festival which became known as the Stoke Mandeville Games.

1949

The games went international when a team of war veterans from Holland competed.

1952

By 1954 there were Australians, Finns, Egyptians and Israelis competing. The games continued to grow.

1954

Just one week after Rome XVII Olympic Games ended, 400 disabled athletes, assembled for the first overseas Stoke Mandeville Games for those with spinal cord injuries. Britain won 21 gold medals, 15 silver and 18 bronze. Rome would later become known as the first Paralympic Games.

1960



Athletes with a visual impairment and athletes who were amputees were included.

1976



FACT # 1

Paralympic is from the Greek preposition παρά ("beside" or "alongside") and refers to a competition held in parallel with the Olympic Games.



History of Paralympics

Athletes with cerebral palsy were included.

1980

A fifth category, called 'les autres' which covers athletes who do not fit into the other categories already outlined was included.

1984

The sixth impairment group was added for the first time, athletes with a learning disability.

1996

Not long after Sydney 2000 was over, learning disability was taken out of the games. A Spanish journalist, Carlos Ribagorda, was part of the Spanish Basketball team even though he had no impairment.

Athletes with learning disability were banned from participation in future Games until a more robust, accurate way could be found to verify an athlete's disability within a particular sport.



The IPC were satisfied of new testing methods ensuring athletes with learning disability could compete in three of the 20 sports at London - athletics, swimming and table tennis.

2000

2009

In the London 2012 Paralympic games 9 British athletes with learning disabilities competed. GB won 1 gold and 1 silver in swimming.

2012

In Rio 2016 Paralympic games 7 British athletes with learning disabilities will compete, 5 in swimming and 2 in athletics.

2016

FACT # 2

Table tennis was invented in England in 1880 as an after dinner game played by families as an alternative to lawn tennis.



Rio 2016 Paralympics

In Rio athletes with a learning disability can compete in 3 sports:
athletics, swimming and table tennis.

Each disability in the Paralympics has a different classification. For those competing with a learning disability, the classification are as follows:



SWIMMING: S14 OR SB14



ATHLETICS: F20 OR T20



TABLE TENNIS: CLASS 11



Below is a map of Rio with the venues listed for these ceremonies and sports.



Opening and closing ceremony

Maracana

Address [AVENIDA MARACANÃ – MARACANÃ](#)



Athletics

Olympic Stadium
Engenhão

Address [RUA JOSÉ DOS REIS, 425 - ENGENHO DE DENTRO](#)



Swimming

Olympic
Aquatics Stadium

Address [AV. EMB. ABELARDO BUENO 3.401 - BARRA DA TIJUCA](#)



Table Tennis

Riocentro –
Pavilion 3

Address [AV. SALVADOR ALLENDE, 6.555 - BARRA DA TIJUCA](#)





The paralympics are underpinned by 4 values:
Courage - Determination - Inspiration - Equality

Courage

It encompasses the unique spirit of the Paralympic athlete who seeks to accomplish what the general public deems unexpected, but what the athlete knows as a truth.

Determination

The manifestation of the idea that Paralympic athletes push their physical ability to the absolute limit.

Equality

Paralympic Sport acts as an agent for change to break down social barriers of discrimination for persons with an impairment.

Inspiration

When intense and personal affection is begotten from the stories and accomplishments of Paralympic athletes, and the effect is applying this spirit to one's personal life.



Do you know someone that shows these Paralympic values? Tweet **@LDsportalliance** with comments and pictures using the following hashtags to let us know how:

#courage #determination #inspiration #equality

FACT # 3

The first official athletics competition for people with a disability - a wheelchair race between WWII veterans - was held in Stoke Mandeville, England in 1952.



GB athletes competing at Rio

These seven athletes with learning disabilities are representing Great Britain in swimming and athletics.



Jessica-Jane Applegate, Mencap Ambassador

Age 20, Hometown – Great Yarmouth

Jessica-Jane Applegate MBE impressed the Para-Swimming world with her gold medal performance at the London 2012 Paralympic Games and since then she has become world champion in the 200m Freestyle (2013) and 100m Backstroke (2015). Jessica's best event is the S14 200m Freestyle so watch out for her in this race where she will try to defend her gold medal from 2012.



Bethany Firth, Age 20, Hometown – Seaforde, County Down

Bethany Firth is a world record holder and Paralympic Champion. She won gold at London 2012 in the S14 100m Backstroke (representing Ireland) and recently set the new world record in the S14 200m Freestyle. It will be her second Paralympics.



Tom Hamer, Age 18, Hometown - Rawtenstall

Tom Hamer impressed the Para-Swimming world when he stormed to silver at the 2014 Commonwealth Games which was his international debut. He has since built on this performance to win medals at the European and World Championships. He holds British records in the 50m, 200m and 400m Freestyle and the 200m Individual Medley. This will be Tom's first Paralympic Games and he has a great chance of winning a medal in the Freestyle events.



Scott Quin, Age 26, Hometown - Edinburgh

Scott Quin has shown himself to be one of the strongest S14 swimmers, having won medals at the World and European Championships. This will be Scott's first Paralympic Games and he has a great chance of winning a medal in the S14 100m Breaststroke race.



Scroll down for
more athletes





GB athletes competing at Rio



Aaron Moores, Age 22, Hometown – Trowbridge



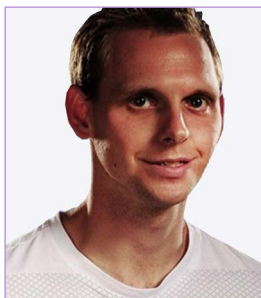
Aaron Moores, on his Paralympic debut at London 2012 won silver in the S14 100m backstroke and set a personal best in the S14 100m breaststroke. More recently, Aaron broke the S14 100m breaststroke world record twice at the 2016 British Para-Swimming International Meet to ensure a successful qualification campaign for Rio 2016.



Sabrina Fortune, Age 19, Hometown – Chester



Sabrina has developed into one of the world's leading F20 shot putters. Performing with experience well above her years, the 19-year-old has finished fourth at her last two major championships which coupled as her first two major senior competitions.



Steve Morris, Age 27, Hometown – Cardiff



Stephen holds the current British record over both 800m (1:56.06) and 1500m (3:56.24) in the T20 class. A Paralympian back in London 2012, Steve has also competed at the 2013 world championships as well as the European championships earlier this year in Grosseto, a competition in which he finished just outside the podium places in the 800m field.

FACT # 4

Trischa Zorn (USA Swimmer) is the most decorated Paralympian of all time. She won 55 medals (41 Gold, 9 Silver, and 5 Bronze) over 7 games from Arnham 1980 to Athens in 2004.



What to watch

★ Opening and closing ceremony 🏅 Medal event ● Event

🕒 SEPTEMBER 7	7	8	9	10	11	12	13	14	15	16	17	18
🎆 Ceremony	★											★
Sports people with learning disabilities will compete in												
🏃 Athletics		🏅	🏅	🏅	🏅	🏅	🏅	🏅	🏅	🏅	🏅	🏅
🏊 Swimming		🏅	🏅	🏅	🏅	🏅	🏅	🏅	🏅	🏅	🏅	
🏓 Table Tennis		●	●	●	🏅	🏅	🏅	●	●	🏅	🏅	
Other paralympic sports												
🏹 Archery				●	🏅	🏅	🏅	🏅	🏅	🏅	🏅	
🏏 Boccia				●	●	🏅	●	●	●	🏅		
🚣 Canoe Sprint								●	🏅			
🚴 Cycling Road								🏅	🏅	🏅	🏅	
🚴 Cycling Track		🏅	🏅	🏅	🏅							
🐎 Equestrian					●	●	🏅	🏅	🏅	🏅		
⚽ Football 5-a-side			●		●		●		●		🏅	
⚽ Football 7-a-side		●		●		●		●		🏅		
⚽ Goalball		●	●	●	●	●	●	●	●	🏅		
🪤 Judo		🏅	🏅	🏅								
🏋️ Powerlifting		🏅	🏅	🏅	🏅	🏅	🏅	🏅				
🚣 Rowing			●	●	🏅							
🚤 Sailing						●	●	●	●	●	🏅	
🏹 Shooting		🏅	🏅	🏅	🏅	🏅	🏅	🏅				
🏐 Sitting Volleyball			●	●	●	●	●	●	●	●	🏅	🏅
🏊 Triathlon				🏅	🏅							
🏀 Wheelchair Basketball		●	●	●	●	●	●	●	●	🏅	🏅	
🥋 Wheelchair Fencing						🏅	🏅	🏅	🏅	🏅		
🏉 Wheelchair Rugby								●	●	●	●	🏅
🏸 Wheelchair Tennis			●	●	●	●	🏅	🏅	🏅	🏅		



What to watch



Jessica-Jane Applegate's race times

Channel 4

Heats from 1.30pm

Finals from 9pm **on each day** (timings may change slightly)

Thursday 8th September - [S14 100m backstroke](#)

Sunday 11th September - [S14 200m Freestyle](#)

Wednesday 14th September - [S14 100m Breaststroke](#)

Saturday 17th September - [S14 200m Individual Medley](#)



FACT # 5

Between 1960-2014,
over 2000 athletes have had
the honour of representing
Great Britain at a
Paralympic Games.



Meet the mascots



My name is Vinicius.

I am the Olympic Games mascot, a mixture of all the Brazilian animals. I was born out of the explosion of joy that happened when they announced that Rio would host the Olympic Games.



My name is Tom. I am

the Paralympic Games mascot, a magical creature, a fusion of all the plants in the Brazilian forests. I was born out of the explosion of happiness when we found out that the Paralympic Games were coming to Rio.



How to make your own Paralympic torch

Mencap Sport all made their own Paralympic torches.
We challenge you to make your own.



Things you will need:

A3 paper

Cello tape

Scissors, Glue

Things to use as decoration.
We used glitter, coloured pens, coloured paper, feathers, tissue paper, but you can use anything you have handy.



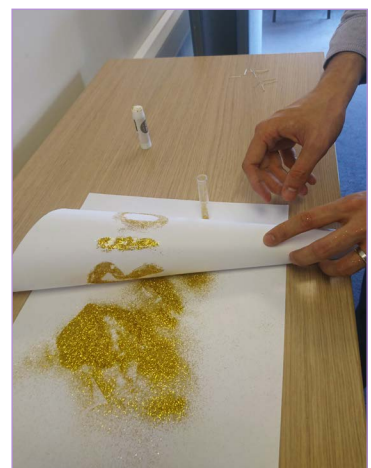
Step 1

Roll the A3 paper into a cone with one end thinner than the other.



Step 2

Use the tape to make sure your Paralympic torch stays in shape.



Step 3

Decorate!

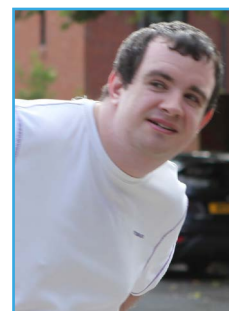
Step 4

Let us know how you get on by sending us the pictures to sport@mencap.org.uk or Tweet [@LDsportalliance](https://twitter.com/LDsportalliance) with comments and pictures.



The power of Sport: Case Studies

Hi I'm Adam from Mencap Liverpool. I used to be really anxious about social interactions and trying new things. Since taking part in the Round the World Challenge project I have tried a range of activities such as cycling, boxing, going to the gym and running. I now have more confidence and really enjoy taking part in physical activity. I recently joined Mencap Liverpool's running group and I am looking to become a run leader so I can lead the group.



Hi I'm Alan from Long Eaton services. I used to do a lot of exercise but got out of the habit, so before the Round the World Challenge I was not doing much exercise. I used to walk to the shops and went walking to see my family but I have started doing longer walks. I've also been swimming, skating, bowling, jogging and visited the gym. My favourite part of doing physical activity is mixing with other people.



Hi I'm Lisa from Long Eaton services. Before the Round the World Challenge I just did walking but I have done all sorts of physical activity as part of the challenge. I have been swimming, on long walks around my local canal, roller-skating in the park, bowling and going to the gym. I have really enjoyed exercising because it has been a good chance to get out of the flat. It has also made a difference because I've been able to meet new people.



Hi I'm Sean from Long Eaton services. I do lots of physical activity such as football, snooker and walking. I recently joined a gym and have taken part in lots of activities that my service organises. I enjoy exercising with new people and I know keeping fit is good, it makes such a difference to my life.



Round the World Challenge

The Round the World Challenge encourages people with a learning disability to take part in a range of sports and physical activities. People track the number of hours of activity taken part in and the more they do the further they travel round the World. If you would like to find out more about the round the world challenge please visit our website www.mencap.org.uk/sport or contact **Mencap Sport** via email sport@mencap.org.uk.





Training opportunities



Sainsbury's Inclusive Community Training

This workshop is aimed at those who support disabled people. The workshop will empower those individuals to deliver fun physical activity sessions. This training can happen in your local group or in a local community facility. Please watch this clip for a short overview of this initiative:

<https://www.youtube.com/watch?v=XY-yvLQiNak>



Running Leadership in Fitness

If you are interested in becoming a running leader and want to start your own running group we have helped set up several beginner running groups partner groups and services. Some of these groups have trained for events such as Race for Life and Parallel Run and continue to run each week.

Activator courses

Activator courses are usually 3 hours long and tend to be practical sessions. The aim of the course is to equip the staff or volunteer with knowledge to deliver a fun session in their own group.

There are activator courses in the below sports:

- Badminton
- Basketball
- Dance
- Football
- Golf
- Handball
- Multi skills
- Rugby
- Table tennis
- Tennis
- Volleyball

FACT # 6

Mike Kenny is the most decorated British Paralympian. He has won 16 gold medals and 2 Silver in Swimming over 4 Paralympics.

If you are interested in the activators or are interested in the Running Leadership in Fitness course please contact **Mencap Sport** on **0207 6965574** or email **sport@mencap.org.uk**