



Winter Adapted Games aka WAG



First-Years Wanted!!!

**Be a part of WAG ... one of the best events of the year.
Read on and find out more about this fantastic event and how YOU could
become involved.**

The Winter Adapted Games (WAG) is an all-day winter event organized by students in the School of Kinesiology and Health Studies and students in the School of and Rehabilitation Therapy. This student-organized event has been running for nineteen years as an annual event held in late January. Children and youth from the Kingston community who have an identified disability are invited to the Queen's campus for a fun-filled day of non-competitive games and activities.

Since its beginnings, WAG has benefited both Queen's students and these young members of the Kingston community. In keeping with the goal of a more accepting society, Queen's is proud to say that WAG is an inclusive event for children and youth who might otherwise miss out on opportunities for physical activity. WAG emphasizes the importance of social interaction and physical activity in an environment that promotes success and emphasizes the *ability* to participate. Each year, the host Queen's students are increasingly encouraged by the shining abilities demonstrated by WAG participants. In fact, many student volunteers are out-run and out-played by their participant buddies in activities ranging from sledge hockey to adapted basketball. Though WAG occurs just once a year, we hope that its impact is felt throughout the year. For some children, the WAG experience provides the motivation and confidence to pursue physical activity elsewhere throughout the year.



Queen's students can be involved with WAG as a member of the organizing committee or as team leaders, event facilitators and buddies on the day of the event.

Organizing Committee: Early in the fall, students are able to make a significant commitment to WAG by volunteering for the annually revolving organizing committee. The student committee is dedicated to putting their talents, creativity, and organizational skills to best use for the benefit of the Kingston community. Responsibilities range from awareness and fundraising efforts to recruiting volunteers and designing inclusive activities.

If this aspect of WAG appeals to you ... watch for the call for committee members in **late September**.

Team Leaders, Buddies and Event Facilitators: The second opportunity for involvement is to serve as a buddy, event facilitator, or team leader on the day of WAG. Upwards of 100 student volunteers are recruited each year.



University students are paired – or *buddied* - with a local child or adolescent with a disability to participate in a fun- filled day of inclusive games and activities. All volunteers will attend a mandatory informative training session that focuses on abilities versus disabilities, encouraging independence, and understanding the principles of empowerment, inclusion and dignity and respect. Overall, the experience of being a WAG volunteer is phenomenal in that it offers students a unique and rewarding opportunity to interact one-on-one with energetic youth. Information about applying for these volunteer positions is usually available in **November**.



Every year, a new theme is created that rouses the imagination of volunteers and participants. Themes from years past have ranged from “WAG Goes to Hollywood” to “WAG Walks the Plank”. The 2009 theme was “WAG Swings through the Jungle”. Though not mandatory, imaginative costumes are often worn by volunteers and participants, adding another dimension to the WAG excitement. Hand-crafted decorations and lots of creativity transform the Athletic and Recreation Centre into an atmosphere that stimulates fun and excitement for all who enter it! The decorations, which are often created in art classes by students from Kingston-area schools, are whole-heartedly accepted by participants as take-home mementos at the day’s end.



The impact that WAG has on Queen’s students and Kingston-area youth really has to be seen and heard to be completely understood. WAG leads to smiles and laughter that resonates with participants and their student buddies alike. Students, parents, and participants can’t help but feel saddened each time WAG comes to a close. But for many people, the countdown to next year’s WAG begins immediately after closing ceremonies!



WAG is a perfect example of engaging Queen’s students through the broader learning environment. To a person, they vow that being involved with WAG was one of the best experiences they had at university.

WAG 2013 will be held on Saturday January 26, 2013.

