

Para-Athletics Friendly Clubs

Club	Current Para Athletes	Capacity	Contact
Ottawa Lions	Yes (multiple across different classifications)	Yes (wheelchair specific training time)	Richard Johnston - rjohnston@ottawalions.com
Niagara Olympic Cub/Brock Penguins	Yes (T20/wheelchair)	Yes (wheelchair)	Sharon Stewart - sharon.noc@outlook.com Karen Natho - knatho@cogeco.ca
London Legion	Yes	Yes (ambulatory and wheelchair - incl. seated throws)	Katty Abran - kattyasmiles34@gmail.com
National Capital Track and Field Club	Yes (wheelchair, seated throws, ambulatory)	Yes (only ambulatory, no capacity for additional wheelchair or throws)	Reba Timbrell - reba@nationalcapitaltfc.com
Athletics Niagara	Yes (ambulatory)	Yes (ambulatory running, ambulatory throws, wheelchair)	Sue Bartol - suebartol@hotmail.com
I Be Fast			
Cruisers Sports			