



# BESPOKE PLUS

*"If your work speaks for itself, don't interrupt."*

## New Outlet Store

**51 Caldari Road, Unit 6-7B, Concord, Ontario L4K 4G3**  
**Telephone (416) 661-4499 Toll Free (866) 827-4548**  
**Facsimile (416) 661-8903 Toll Free (877) 731-7745**

We are settling in to the new premises in the GTA and hope to have all the boxes unpacked by the end of August ~~September~~ October if all goes well. It is a challenging exercise when you take on such a move, but we are enjoying the additional space and layout.

We had a bit of a hiccup with the toll free phone and fax numbers which were not ported as requested, but cancelled along with the rest of the landlines in Ottawa. When identified, Bell was quick to accommodate by tracking the numbers down and attaching them to our new landlines ... within a week. We look forward to serving you from the GTA! [www.49Bespoke.com](http://www.49Bespoke.com)

## Reply by August 17<sup>th</sup>

Many Paralympians had the opportunity to be a part of the Paralympic Torch Relay in Canada leading up to the 2010 Paralympic Winter Games and now the Rick Hansen Canada Relay offers another such opportunity!

The Rick Hansen 25<sup>th</sup> Anniversary Relay is a 12,000 kilometre cross-Canada tour held over a nine month period, commencing in Newfoundland on August 24, 2011 and concluding in Vancouver, BC on May 22, 2012. There are a number of spots exclusive to Paralympians in the Atlantic Region, Quebec, and Ontario. Spots in Manitoba, Saskatchewan, Alberta, and BC will be available in the fall. The application deadline for the first grouping is August 17<sup>th</sup>; contact [jfish@rickhansen.com](mailto:jfish@rickhansen.com).

The Man in Motion fund has provided millions of dollars to help support wheelchair sport and wheelchair basketball; **Canada is a lot better off for it!**

## Auction Lady

At the recent U25 World Championships someone purchased the 26" (590) Spinergy wheels and thought they may be the wrong size. We are not sure who this person is and want to ensure that if she really required 25" (559) wheels we can accommodate.

This is a common occurrence with wheels that are 25" and have a bicycle industry stamp on them that says 26" which is bigger than the 559 marking. It is always good to note that the wheelchair industry uses 22" (489 and 501 metric sizing), 24" (540 metric), 25" (559 metric) 26" (590 metric) for the most part, but we also see 26" (571 metric) and 27" (700 metric) as well.

## Good v/s Bad Coach

I have had the good fortune to work with a lot of coaches as a player at every level across sports and act as a coach for many teams from girls' fast ball, hockey at different levels, pee wee through senior basketball, and every level of wheelchair basketball. In profoundly different ways, each coach has had an impact on me and I can honestly say there are good coaches and bad coaches. An athletes experience is completely tied to the type of coach he or she ends up with.

A good coach loves the sport and will share that with the athletes they work with, energizing and inspiring them to take the risks they need in order to reach their goals and their teams' goals. Good coaches motivate and enthuse, build trust, work as hard with the 12th man as they do with the super stars. In team sports they teach that there is no "I" in team and that T.E.A.M. stands for Together Everyone Achieves More. A good coach is always thinking about the whole person and that the sport they are involved in teaches valuable life lessons. Players, coaches, managers, and everyone else the good coach is involved

with will become better at what they do, they will have more confidence, and they will be better citizens.

A bad coach may be in the sport for other reasons than the love of the game and will spend most of his or her time with those perceived to be the ones that will help achieve the goals he or she has set. Their ability to care for those individuals rest with "what have you done for me lately"! A bad coach usually has a demanding, controlling, and manipulative approach that tears teams apart breeding self-doubt, jealousy, selfishness, and mistrust. He or she will scratch the dreams from the athletes mind and replace it with a fear of failure. Bad coaches are usually thinking outcome rather than process and know that they are in it for what they can get out of it.

Good coaches can communicate with everyone and appreciate that they all have characteristics that make them unique and valuable people. Bad coaches pick and choose who they communicate with and avoid those that they perceive have no value or threaten their game plan. Good coaches know who they are and what they can offer while bad coaches are trying to be somebody they are not while offering selectively. Good coaches have nothing to prove while bad coaches have everything to prove.

A good coach and good person passed away recently and I did not take the time to tell him this; Michel Racine, Bulldogs de Quebec will be missed!



## Let's Play

Mike Prescott and his team have done a tremendous job on a program that is well laid out on their web site [www.letsplaybc.ca](http://www.letsplaybc.ca).

The site reads: *The Let's Play program in BC is helping kids with physical disabilities become physically active early in life ... and helping them stay that way.*



*This site provides the basic tools for delivering inclusive*

*physical activity programs for kids with physical disabilities and mobility impairments by focusing on 3 key areas: Understanding the Principles, Planning for Inclusion, and Delivering Programs. An emphasis is placed on the basic knowledge, skills, and abilities kids need to develop physical literacy.*

## C5 Growth Policy








There is a one-time growth kit available on the Catalyst 5.

It is available to original purchaser end users within a five year period from the invoice date.

The customer will be responsible for shipping and handling charges and the growth kit will include a standard back and seat upholstery with lifting strap (if not omitted on original order), a new width sized composite footplate (if necessary), with heel loops and pegs, new sized cross braces, slider links (if changing width), and/or seat rails (if changing depth), front or rear frames as required.

The exclusions are tension adjustable back upholstery, angle adjustable footplates, and the policy only applies to the C5 and not the 5VX, 5TI, 5TTL, CAT4, CAT4C, or 4TTL.

## Bits and Bytes

-  Ottawa Trip August 17-21;
-  Great Lakes Conference Meeting August 21;
-  St. Catharine's trip August 22;
-  REE Sept. 13 at the Armories in Vancouver, BC;
-  Rehacare Sept 21-24 in Dusseldorf, Germany;
-  SHHC Innovation Show Nov 14-15, Toronto, ON;
-  SHHC Innovation Show Nov 29, Calgary, AB.

**BESPOKE PLUS** helps to market and promote **RGK Wheelchairs**, **VARILITE®** Seating and Positioning Systems, **KENDA**, and **Ki Mobility** products, along with Spinergy, Glance, Frog Legs, Schwalbe, Sun, MBL, Natural Fit, Blax, and other great products.

**Please give us a call or contact the editor, Reg McClellan, if you have something that you think we should expound on.**