



## Ignite, charting new waters in mixed ability sports!

Ignite Artistic Swimming is happy to announce that we are certified with Mixed Ability Sport (MAS). The Mixed Ability Model represents an innovative approach to broader social inclusion challenging the stereotypes and status quo of grassroots sport. Ignite aims to create a fully inclusive and safe environment for everyone regardless of their age, gender, background or ability.

Through the certification, we are working with the MAS team to ensure our environment is accessible, inclusive and welcoming to represent our community better. MAS encourages social inclusion and participation by welcoming players of all abilities into a mainstream sports setting in their local community playing non-adapted sports. Only minor variations are introduced to meet the individual needs of participants and athletes.

Ignite's first Mixed Ability Sport certified coach is Grace Lockhart. Currently, she is the Specialty Program Lead for Ignite Artistic Swimming and oversees our Athletes with Unique Abilities (AUA) programming.

She has a Master's degree in Critical Disability Studies from York University and has been coaching athletes with disabilities for over 11 years.

Professionally she focuses on equity, diversity, and inclusion and has a passion for disability rights. In addition, Grace has a great interest in social justice and social policy, including exploring existing legal and social rationales for inclusion and their relation to systemic barriers and human rights. Finally, as the Specialty Program Lead with Ignite, she loves mentoring and training coaches and supporting their engagement in the disability field. Grace looks forward to bringing the Mixed Ability model to Ignite Artistic Swimming.

In recent years, we have been focusing on growing our AUA program and have created an amazing community at Ignite Artistic Swimming. We are now branching out to incorporate Mixed Ability Sport into our club. Our goals include diversifying our club and growing our program even more. We are very excited to focus on the mixed ability aspect of our sport and work with other clubs to grow our resources and community.