



Sochi 2014

Paralympic Winter Games

Media Handbook

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New Zealand Paralympic Games Team – Sochi 2014

Paralympics New Zealand is sending a team of three athletes and seven support staff from across two sports to the Sochi 2014 Paralympic Winter Games. The New Zealand Team has a target of bringing home two gold medals.

Below is a full list of the New Zealand Paralympic Team including a profile of each of the competing athletes:

Athletes

Alpine Skiing

Adam Hall
Corey Peters

Snowboard Cross

Carl Murphy.

Support Staff

Chef de Mission:

Ashley Light

Operations and Logistics:

Nic Cavanagh

Snowboard Cross Head Coach:

Adam Dooney

Alpine Ski Head Coach:

Scott Olson

Mental Skills and Lead Alpine Coach:

Pete Sanford

Physiotherapist:

Andrew Duff

Wax and Equipment Technician:

Maurus Capaul

ADAM HALL



Hometown: Dunedin
Northern Base: Winter Park, Colorado
Southern Base: Wanaka

Adam thrives on a constant diet of winter — his recipe for turning adversity into triumph. The Dunedin-born ski champion now lives back-to-back winters, racing on the World Cup circuit alongside the very best athletes and coaches in the world.

A member of the New Zealand Disabled Ski Team since 2005, Adam has twice previously represented New Zealand at the Paralympics, in Italy and Canada, taking the gold medal in standing slalom at the 2010 Vancouver Winter Paralympics. Since then he has continued to dominate in the world of Paralympic skiing.

Diagnosed at birth with spina bifida – a disability that typically leaves people in a wheelchair – Adam says he’s "lucky" because he is mobile and able to walk.

Adam began skiing at age six and switched to snowboarding at age nine. He admits to being a snowboarder at heart, but switched back to skiing in order to compete in the Paralympics in 2006.

Adam has twice been named Snow Sports NZ Adaptive Skier of the Year, and received the ultimate accolade of NZ Snow Sports Athlete of the Year in 2008, 2009 and 2012. In 2011, he was made a Member of the New Zealand Order of Merit (MNZOM) in the Queen's Birthday Honours, for services to sport. In 2013 Adam was named Senior Sportsman of the Year at the Central Otago Sports Awards.

Coach: Scott Olson

Started riding: Age 6

Achievements:

- 2010 Winter Paralympic Slalom Gold Medalist
- 2 x Gold Medals: Slalom, Super Combined – Panorama World Cup Finals 2012
- 2 x Gold Medals: Slalom, Super Giant Slalom - Winter Park World Cups 2012
- Bronze Medal Super Giant Slalom World Championships– La Molina 2013
- 5 x Gold Medals (Slalom, Super Giant Slalom and Super Combined) on the 2012/13 NORTAM circuit
- 2 x Gold Medals Slalom World Cups - Coronet Peak 2013
- Bronze Medal Super Giant Slalom World Cup - Mount Hutt 2013

COREY PETERS



Hometown: New Plymouth
Northern Base: Winter Park, Colorado
Southern Base: Wanaka

Corey made an amazing comeback to competitive sport in his first season ever on skis, taking gold in the men's adaptive sit-ski event at the Para-Snowboard Winter Games in 2011 and stunning Cardrona's ski instructors with his skills.

The former Taranaki age group and development squad rugby representative's life was turned upside down in September 2009 when he sustained a crushed spinal cord at a motocross event, leaving him paralysed.

Sport has played a big part in Corey's life. Before his accident the former New Plymouth Boys' High School pupil turned out for Tukapa's division one rugby side, was a Taranaki age group cricketer, a keen surfer and a motocross rider. He credits his ability to adapt quickly to sit skiing to time spent surfing. "It's all about balance."

Corey spent the 2012-2013 Northern Hemisphere season training in Winter Park before returning home to New Zealand and posting some impressive World Cup results on home ground. He won a silver medal in the IPC Slalom staged as part of the 2013 Audi quattro Winter Games NZ followed by a gold medal in the IPC Super-Combined World Cup and a bronze in the IPC World Cup Super-G. At the 2013 Snow Sports NZ Annual Awards Corey won the Breakthrough Season award.

Coaches: Jane Stevens, Ben Adams, Scott Olson

Started riding: August 2011

Achievements

- 10th place Giant Slalom World Championships – La Molina 2013
- Silver Medal Slalom World Cup – Coronet Peak 2013
- Gold Medal Super Combined World Cup - Mount Hutt 2013
- Bronze Medal Super G World Cup - Mount Hutt 2013
- Silver Medal Giant Slalom World Cup – Thredbo 2013
- Silver Medal Giant Slalom World Cup # 2 – Thredbo 2013
- 4th Place Slalom World Cup – Thredbo 2013

CARL MURPHY



Hometown: Lake Hawea
Northern Base: Frisco, Colorado
Southern Base: Wanaka

Adaptive snowboard cross athlete Carl Murphy was the first adaptive snowboarder to be named to the NZ Snowboard National Team. Carl has been a member of the team since 2009 and has been dominant on the international stage for several years.

Carl won a silver medal at the Paralympic Games test event in 2013 and gold and silver medals at the World Cup at Big White in Canada in 2013. The 2012 northern hemisphere season also saw a string of podium finishes including a silver at the Para-Snowboard World Championships. He also competed at the prestigious Winter X Games, where he finished in fourth place.

Carl won the Snow Sports NZ Overall Athlete of the Year Award for 2013 and was recognised as the Snow Sports NZ Adaptive Snow Sports Athlete of the Year 2013.

Ask Carl, a below the knee amputee, what happened to his leg and he'll tell you, "I lost my leg at a young age while surfing off the south coast of Australia when a tiger shark thought I looked like a tasty lunch package!"

"Ha, I wish it was that dramatic! I was actually born with only one and a half legs. However, this hasn't stopped me from getting up on a snowboard and competing at an international level."

Carl rides his board in the same setup as a two-legger (A.K.A. person with two legs) does but with the help of a custom designed carbon fibre prosthetic leg.

In his spare time, Carl is an architectural designer, husband and welcomed his first child in 2010.

Coach: Adam Dooney

Achievements

- Gold Medal SBX Head to head - WSF World Championships France 2012
- Silver Medal SBX Slingshot - WSF World Championships France 2012
- 4th Place SBX - X-Games Aspen 2012
- 2 x Gold Medals SBX IPCAS events – Netherlands 2012
- Silver Medal SBX - Paralympic Test Event Sochi 2013
- Gold Medal SBX - Big White World Cup 2013
- Silver Medal SBX - Big White World Cup # 2 2013

Chef de Mission Profile

Ashley Light Chef de Mission Sochi 2014 Paralympic Winter Games

Ashley Light is currently the High Performance Director at Snow Sports NZ and he has an extensive knowledge of the Para-Sport High Performance Programme.

He has previously been involved in the Paralympic Games environment providing support to the Gold Medal winning Wheel Blacks team at the Athens 2004 Paralympic Games. In his currently role at Snow Sports NZ Ashley attended the 2014 Olympic Winter Games in Sochi. In his role as Chef de Mission he will focus on developing a high performing environment to support the team in the goal of delivering world-class results, with a particular focus on two Gold medals.



Support Staff Profiles



Adam Dooney Snowboard Cross Head Coach

Adam has been coaching para-snowboarder Carl Murphy for five years. With Carl's discipline of snowboard cross featuring on the Paralympic schedule for the first time in 2014, this will be Adam's first opportunity to attend the Paralympic Games. After attending the test event in Sochi in 2013 Adam says he's looking forward to being amongst the Paralympic environment.

Over the past five years Adam and Carl have followed the World Cup circuit throughout the northern and southern hemispheres, with Carl's recent number one world ranking evidence of their hard work. As a coach, the Paralympic Games represent the ultimate challenge and Adam says he is excited and proud to be supporting Carl as he represents New Zealand at the Games. Together Adam and Carl have a goal to put into practice everything they have been working on for the past five years. Their ultimate goal is for Carl to win gold at the Paralympic Games.



Scott Olson
Head Coach
Alpine Ski

Scott first began teaching recreational adaptive ski lessons in his home country of the USA 22 years ago. His journey into competitive coaching began with the dream of starting an adaptive ski race team. With the help of the National Sports Center for the Disabled in Colorado, the team was established and Scott was appointed as a development coach.

Sochi will be Scott's second experience of the Winter Paralympic Games having coached Iceland for the Vancouver Games in 2010. Coaching New Zealand for the Sochi Games in 2014 he describes as a dream come true. Scott's goal in Sochi is to show the world what a small but proud nation can do.

Pete Sanford
Mental Skills and
Lead Alpine Coach



Pete has been involved in the Paralympic sport sector since 2010 when he supported the New Zealand team at the Paralympic Games in Vancouver. He feels honoured to be attending the Sochi Games and once again supporting New Zealand's best Paralympic Winter athletes.

As an assistant coach and mental skills trainer Pete's task is to offer world-class preparation to the New Zealand athletes with the goal of achieving medal winning performances. Pete sees the Paralympic Games as an opportunity to inspire New Zealanders and he is proud of the role he plays.



Andrew Duffy
Physiotherapist

Andrew feels privileged to have worked with members of the New Zealand adaptive snow sports team for the past seven years. He says “It all started with a young man from Outram and his insatiable quest for gold...” Andrew was a member of the New Zealand support team at the 2010 Paralympic Games in Vancouver where Adam Hall won his gold medal.

As Physiotherapist for the New Zealand Paralympic Team, Andrew’s role is to provide optimal support for these athletes and their coaches as they strive for success on a global stage. He says it is an honour to be in a position to work with world class New Zealand athletes and their coaches after the years of blood, sweat and tears they put in as part of a Paralympic campaign.

Maurus Capaul
Wax and Equipment Technician



Maurus began working with the New Zealand Winter Paralympic team in July 2013 and has supported them at every World Cup and competition since then.

As the team’s Wax and Equipment Technician Maurus plays a critical role in ensuring that the athletes’ equipment is in world class condition to give them the best chance of bringing home medals at the 2014 Winter Paralympic Games in Sochi, Russia.

Maurus says he feels privileged to have the opportunity to represent New Zealand at such a prestigious event.



Nic Cavanagh
Operations and Logistics

Nic will be attending the Winter Paralympic Games for the first time in Sochi but has been involved in the Paralympic sport sector for the past two years.

Nic looks after the operational and logistical planning for the New Zealand Winter Paralympic team and his goal is to ensure the entire team turns up to Sochi in peak condition ready to take on the rest of the world and win. Once the New Zealand team arrives in the Games village Nic aims to create a high performance environment that is relaxed, stress-free and conducive to personal best performances.

He has been inspired by the dedication, strength and commitment shown by the New Zealand athletes and feels honoured to have been involved with the team through their build-up to the Sochi 2014 Games.



Paralympics New Zealand Media Contacts

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For further information please visit:

The official website for the Sochi 2014 Paralympic Winter Games

<http://www.sochi2014.com/en/paralympic>

Paralympics New Zealand

<http://www.paralympics.org.nz/Sochi2014.htm>

The International Paralympic Committee

www.paralympic.org

Overview of the Paralympic Games

The Paralympic Games is the largest international event for disabled athletes and it is held in the same style as the Olympic Games.

The word “Paralympic” derives from the Greek preposition “para” (beside or alongside) and the word “Olympic”. Its meaning is that Paralympics are the parallel Games to the Olympics and illustrates how the two movements exist side-by-side.

The Paralympic Games are held on a four yearly cycle for both the summer and winter games. The Paralympic Games are held immediately following their respective Olympic Games, in the same host city and venues as the Olympic Games.

The next Winter Games will be held in Sochi, Russia from the 7 March through to 16 March 2014. The next Summer Games will be held in Rio de Janeiro, South America from 7 through to 18 September 2016.

History of the Paralympic Games

The Paralympic Games began in 1948 by Sir Ludwig Guttmann who wanted to start a sport that involved the veterans from World War II. On 29 July 1948, the Opening Ceremony of the London 1948 Olympic Games, the first organised competition for wheelchair athletes was founded. The event was called the Stoke Mandeville Games and included 16 injured service men and women who took part in the sport of Archery.

The Games were later renamed the International Stoke Mandeville Games in 1952 when Dutch ex-servicemen joined in the event. The first official Paralympic Games were in Rome in 1960 and featured eight sports.

The Sochi 2014 Paralympic Winter Games will be the biggest to date, with nearly 600 athletes from 44 countries expected to compete for 72 sets of medals. The Games will offer five sports to athletes including alpine skiing, biathlon, cross country skiing, ice sledge hockey and wheelchair curling. Para-snowboard will make its debut at the Games and will form part of the alpine skiing programme.

The Sochi 2014 Paralympic Winter Games should be referred as Sochi 2014, Sochi 2014 Paralympics or Sochi 2014 Paralympic Winter Games.

About the International Paralympic Committee

The International Paralympic Committee (IPC) is the governing body of the Paralympic movement. Just as the International Olympic Committee (IOC) is the supreme authority of the Olympic Movement the IPC overlooks the Paralympic movement globally as well as the Paralympic Games.



About Paralympics New Zealand



Paralympics New Zealand is affiliated to the IPC as the National Paralympic Committee. Similarly to the New Zealand Olympic Committee being responsible for sending New Zealand's athletes to the Olympic Games, Paralympics New Zealand hold the responsibility of sending New Zealand's disabled athletes to international competitions, including the Paralympic Games

New Zealand's History at the Paralympic Winter Games

NEW ZEALAND MEDAL HISTORY - WINTER PARALYMPIC GAMES						
GAMES	LOCATION	G	S	B	TOTAL	NEW ZEALAND TEAM SIZE
2010	Vancouver, Canada	01	00	00	01	2
2006	Torino, Italy	00	00	00	00	2
2002	Salt Lake City, USA	04	00	02	06	2
1998	Nagano, Japan	04	01	01	06	5
1994	Lillehammer, Norway	03	00	03	06	7
1992	Albertville, France	02	00	00	02	7
1988	Innsbruck, Austria	00	01	00	01	3
1984	Innsbruck, Austria	01	03	01	05	3
1980	Geilo, Norway	00	00	00	00	3
1976	Ornskoldsvik, Sweden	<i>New Zealand did not attend</i>				

Adaptive Snow Sports Disciplines and Classification

Adaptive Snow Sports is about adapting the sport through equipment, sport rules and lessons and providing accessible support systems to allow people with a wide range of disabilities to take to the snow and experience the freedom of snow sports.

While Alpine Skiing was one of the foundation sports at the first Winter Paralympics in 1976 with slalom and giant slalom events being held, Para-Snowboarding will be on the programme for the first time in 2014.

▪ Para-Snowboarding

New Zealand Para-Snowboarder, **Carl Murphy** competes in the discipline of snowboard cross in the Lower Limb Impaired category (SB LL). Carl rides his board in the same setup as an able-bodied athlete but with the help of a custom designed carbon fibre prosthetic leg.

Snowboard cross courses are typically quite narrow and include features made of snow including cambered turns, gap jumps, berms, drops, and steep and flat sections designed to challenge the riders' ability to stay in control. At the Winter Paralympic Games the "slingshot" format will be used for racing. Competitors will race one at a time and will each have three timed runs. The combined time of each racer's two fastest runs will count as their overall time.

▪ Adaptive Skiing

Adam Hall competes in Slalom, Super G and Super-Combined in the Standing category. His classification is LW1. Adam uses able-bodied equipment that it is adapted to assist him by tying the front of the skis together with a cord. He uses two stand up outriggers to assist with balance.

Corey Peters competes in Slalom, Super-G, Super-combined, GS in the Sitting category using a sit-ski. His classification is LW12-1.

Sit-skis are mono skis with a seat. The seat is equipped with shock absorbers and a binding system that enables it to clip into skis. Outriggers, short crutches with skis attached at the bottom, are used in place of ski poles to assist in balance.

▪ Slalom

Slalom and Giant Slalom make up the "technical events" in Alpine Ski Racing. This category separates them from the "speed events" like Super-G and Downhill.

A course is constructed by laying out a series of gates. Gates are formed by alternating pairs of red and blue poles. In Slalom the gates are spaced much closer together than in Giant Slalom, Super-G or Downhill, thereby causing quicker and shorter turns.

- **Giant Slalom – technical event**

Giant slalom (GS) involves skiing between sets of poles (*gates*) spaced at a greater distance to each other than in slalom but less than in super-G.

- **Super Giant Slalom or Super-G**

Is regarded as a "speed" event, in contrast to the technical events giant slalom and slalom. Super-giant slalom has few turns and the gates are spaced widely apart.

- **Super-combined**

Super-combined comprises one speed and one technical event - a single run of slalom and a super G run. The winner is the skier with the fastest aggregate time.

Para-Alpine Skiing Classification

The classification system is designed to ensure fair competition between alpine skiers with different types of disabilities. The classifications are grouped into three general disability types: standing, visually impaired and sitting. A factoring system was created for para-alpine skiing to allow the three classification groupings to fairly compete against each other in the same race despite different functional skiing levels and medical factors.

Key Events for the New Zealand Team

New Zealand Team Welcome and Flag Raising – 5 March 2014 (6 March NZ Time)

This function will welcome the team, supporters and friends will be welcomed to the Sochi 2014 Paralympic Winter Games. This is a chance for the team to get together socially with family and friends and other team members prior to the Opening Ceremony.

The flag raising ceremony welcomes all countries into the Paralympic Village.

Opening Ceremony – 7 March 2014 (8 March NZ Time)

The opening ceremony is a celebration showcasing the best of the host nation and a parade of all the competing nations.

Closing Ceremony – 16 March 2014 (17 March NZ Time)

The closing ceremony will celebrate the achievements of athletes at the Sochi 2014 Paralympic Winter Games and the official handover from one Host City to the next.

Team Arrival Back in New Zealand – 25 and 26 March 2014 (NZ Time)

Carl Murphy will arrive at the Auckland International Airport on 25 March 2014. He will be followed by Adam Hall and Corey Peters on 26 March 2014. All athletes who reside outside of Auckland will come through Auckland before continuing on their respective domestic flights. Final flights details will be confirmed closer to the athlete return.

Venues for the New Zealand team at Sochi 2014 Paralympic Winter Games

The following information details the venue the New Zealand Team will be competing at during the Sochi 2014 Winter Paralympic Games

Alpine Skiing:

Mountain Paralympic Village

Venue Facts	
Village Location	Sochi, Aibga Ridge
Sports Served	Alpine Skiing Biathlon Cross-Country Skiing
Elevation	1100 metres
Area	32 hectares
Planned Resident Population	500
Housing Type	Hotels (44%) Apartments (56%)
Construction Timeline	April 2013
Key Village Dates	Pre-Opening – 28 February 2014 Opening – 1 March 2014 Closing – 19 March 2014
Maximum Distance to Transport Mall	900 metres
Distance From	
Coastal Paralympic Village	58,49 km
Olympic Park	55 km
Main Media Centre	58,49 km
Gorki Media Centre	12,28 km
Sochi Airport	55,44 km
City of Sochi	86,22 km
“Laura” Cross –Country Skiing & Biathlon Centre	25km
“Rosa Khutor” Alpine Centre	3,74 km

Sochi 2014 Paralympic Winter Games Event Schedule

	Event	NZ Date	NZ Time	Sochi Time	Sochi Date	Athlete
Opening Ceremony		8/3/2014	5:00	20:00	4/3/2014	All
Alpine Skiing	Super G	9/03/2014	19:20	10:20	9/03/2014	Adam Hall
		9/03/2014	20:15	11:15	9/03/2014	Corey Peters
Alpine Skiing	Super Combined Giant Slalom	11/03/2014	19:50	10:50	11/03/2014	Adam Hall
		11/3/14	20:30	11:30	11/3/2014	Corey Peters
	Super Combined Slalom	12/03/2014	1:30	16:30	11/03/2014	Adam Hall
		12/3/2014	2:05	17:05	11/3/2014	Corey Peters
Alpine Skiing	Slalom Run 1	14/03/2014	1:15	16:15	13/03/2014	Adam Hall
			1:55	16:55	13/03/2014	Corey Peters
	Slalom Run 2	14/03/2014	4:10	19:10	13/03/2014	Adam Hall
			4:35	19:35	13/03/2014	Corey Peters
Snowboard	Snowboard Cross	14/03/2014	19:00	10:00	14/03/2014	Carl Murphy
Alpine Skiing	Giant Slalom Run 1	15/3/2014	19:45	10:45	15/3/2014	Corey Peters
	Giant Slalom Run 2	15/3/2014	22:55	13:55	15/3/2014	Corey Peters
Closing Ceremony		17/03/2014	5:00	20:00	16/03/2014	All



Athlete Interviews

We will endeavour to have athletes available for phone interviews following all events. Details will be provided in daily releases distributed at the conclusion of racing for New Zealand athletes.

Imagery

Getty Images are the preferred supplier of imagery for the New Zealand Paralympic team at Sochi 2014 Paralympic Games. Images can be found at www.gettyimages.co.nz

Terminology Guide

ATHLETE BASED TERMS		
Use	Instead of	Description
Disabled athlete or Athlete with a disability	Cripple, handicap, invalid, impaired etc	These nouns all have negative connotations in the English language and should not be used.
Able-bodied athlete	An athlete without a disability	As per International Paralympic Committee (IPC) style guidelines.
Paralympian	Para-Olympian Para-Athlete Olympian	An athlete who has competed at the Paralympic Games.
Para-Athlete Para-Swimmer Paralympic hopeful	Paralympian (if have not competed at Paralympic Games)	A classifiable disabled athlete who competes in a Para-Sport and has not been to a Paralympic Games.
Paralympian	Former-Paralympian Ex-Paralympian	Paralympian is a title for life, it is not removed after retirement.

SPORT BASED TERMS		
Use	Instead of	Description
Para-Sport e.g. Para-Swimming, Para-Cycling	Para Sport, para swim, disabled swimming etc	A sport that is contested at the Paralympic Games. A Para-Sport is any sport with a robust and IPC approved classification system.
Sochi 2014 Paralympic Winter Games	Paralympic Winter Games Sochi	Option 1 - Formal full name of Paralympic Winter or Summer Games in the correct format.
Sochi 2014 Paralympics	Paralympic Winter Games	Option 2 & 3 - Informal name and format for Paralympic Winter or Summer Games.
Sochi 2014	2014 Sochi	Not to be used in mass or formal communications.
Rio 2016 Paralympic Games	Paralympic Games Rio	
Rio 2016 Paralympics	Paralympics Rio	
Rio 2016	2016 Rio	
Paralympic Games Paralympics	Para-Games Para-Olympics Paraplegic Olympics Olympics	Option 1 - Non year specific games term Option 2 - Informal abbreviation for Paralympic Games – Not to be used in formal communications.
Paralympics New Zealand PNZ	New Zealand Paralympics Para NZ Para-Olympics NZ	The only acceptable abbreviation for Paralympics New Zealand is PNZ. Not to be used in headings, to start sentences and only after a full version of the term.

Disabled athletes are to be referred to as athletes first and foremost. Therefore the ideal term is 'an athlete', 'a Para-athlete' or 'a Paralympian' (if they have competed at a Paralympic Games).

Information on impairment is of secondary importance to an athlete's achievements. If you want to include it, try to make sure it is a passing reference rather than the focus of the item/article.

DISABILITY BASED TERMS		
Use	Instead of	Description
Disability or specific impairment eg has an intellectual impairment, has cerebral palsy, has a spinal injury, is an amputee, has tetraplegia, paraplegia	Suffers from cerebral palsy, handicap, etc	Disability is a statement of fact. 'Suffering' portrays the individual as being in a weak, frail or tragic position. Most athletes would say that they do not 'suffer from' their impairment.
An athlete who has a spinal cord injury or a athlete with paraplegia	A spinal injury athlete or a paraplegic	A person might have a disability or impairment but it does not define them as a person.
Wheelchair user	Is wheelchair bound	Terms like 'bound' or 'confined' should be avoided as they infer entrapment. Instead a wheelchair is an aid or tool, which a person uses.
Amputation or amputee	Stumps	Someone with an amputation' or 'amputee' are both correct terms. However, bear in mind that sometimes people have a similar impairment but not from amputation, it may be present from birth.

For further details and information can be found at
http://www.paralympics.org.nz/_pdf/ParaSport%20Terminology%20guide%20FINAL.pdf

Thank you to all the Sponsors of Paralympics New Zealand for assisting in getting the New Zealand Team to Sochi.

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