

Name: Carey (mom), Robert (dad) and Evan (son) Keith

Local: Vernon

Sport(s): Active Start

When did the family start with Special Olympics and how did everyone get involved?

One year ago, Shawn Fevens came to Vernon and held a meeting. We heard that they were trying to set up the program and we thought it was interesting so we decided to give it a go.

What is the family's most memorable Special Olympics experience?

There isn't really one particular one. We just really enjoy watching the kids laugh and play with each other. We enjoy watching them develop new skills such as kicking and throwing and reaching new milestones.

What is the family's favourite part of being in Active Start?

Our favourite part is the circle time with stretching and songs. I think that is the most routine part of the program and the kids can anticipate it and look forward to that. Evan really enjoys running during the program.

As the program has only run for one year we really hope this program continues. It's been extremely beneficial for all those who are involved. We definitely think it's worthwhile to get it going in more communities.

What would family like people to know about all of you?

We're a very active family. We love to ski and we're looking forward to teaching both our kids how to ski. Robert used to be a National team member. We got them their first pairs of skis this year so that is really exciting!

What sport(s) does the family aim to participate in?

Alpine skiing! Actually, anything would be great. We would like to see Evan become a very strong swimmer (we spend a lot of time down at the lake) and participate as much as he has time for.

What role/positions do you hold?

Carey: Active Start co-head coach, Program Co-coordinator

Robert: Active Start co-head coach