

Paul Van Steen Sports Achievement Award 2015

Robbie and Adam Laforest

The Bridlewood Community Association is very pleased to present the 2015 Paul Van Steen Award to Robbie and Adam Laforest. Robbie and Adam are special needs athletes afflicted with Fragile-X Syndrome who have not let that stand in the way of participating in a wide variety



of sporting activities. They have been involved in Special Olympics for twelve years and currently keep busy year round participating in swimming, soccer, basketball, track and field, golf, and bowling. In previous years they have also participated in cross-country skiing and curling.

Robbie represented the Ottawa region in cross country skiing at the 2010 Special Olympics Provincial Winter Games and won two gold medals.

In addition to sports through Special Olympics, they play hockey for the Capital City Condors. They kayak with the Rideau Canoe Club and have participated in the Canadian Kayak championships on two occasions. They also practice Tae Kwon Do with Adam achieving a third degree black belt and Robbie due to receive his red belt in the near future. In addition to their organized activities, they enjoy biking and downhill skiing.

Adam and Robbie volunteer for many Special Olympic charity events such as the annual Torch Run Police drive, Torch Run Motorcycle Run drive, the Marathon of Sport, and the Staples charity drive. Adam and Robbie also volunteer with the Sens Foundation and Adam can be found at many Ottawa Senator games selling 50/50 tickets.