

Ian CHAN

3.0, Canadian National Wheelchair Rugby Team



Born:	Winnipeg, MB	Classification:	3.0
Residence:	Richmond, BC	Started playing in:	1995
Birth Date:	8-May-77	Team member since:	1997
Height:	1.8 m	Club:	BC Bandits
Weight:	73 kg	Coaches:	Adam Frost, Benoit Labrecque
Languages:	English	Occupation:	Full-time athlete
3-Word Self-Description:	"Can't / Won't Stop"	Hobbies:	Weight training, poker
		Nickname:	"Winks"

Profile and Background Information

MVP, MVP has become a popular saying to describe Ian, but don't believe for a second that this will go to his head. Ian is a pro, his dedication to the game cannot be faulted, he does what is required of him and then he takes it to the next level, raising the bar for himself, his teammates and for everyone around him. This kind of commitment, cool on court demeanor and natural talent have garnered him tremendous respect from the opposition but most importantly from his teammates. He has now become one of the leaders on this team and has led to the formation of one of the most dominating line-ups in the world (3.0, 3.0, 1.5, 0.5 line up) of which he's the uncontested and trusted leader.

His strengths are his commitment, speed, intelligence, leadership and ability to listen and apply new skills or strategies that he's taught and then discussing the pros and cons of said new skill or strategy. He's always being ribbed about the fact that he takes forever to get ready, meticulously putting his tape and his many belts in a trance like state, he's almost invariably the last player to be ready but this shows again his professionalism, always being prepared for anything.

Ian was introduced to wheelchair rugby by one of its pioneers, recreation therapist Duncan Campbell, who has brought the sport to hundreds of Canadian quadriplegics. Ian has been a member of the National Wheelchair Rugby Team since 1997.

Athletically inclined even before the motor vehicle accident that caused his injury, Ian found it natural to take up a fast-paced, aggressive, power sport like wheelchair rugby. His athleticism has allowed him to make dramatic technical improvements in his game over the past few seasons, and he absorbs coaching instructions and strategies extremely quickly.

Ian is a member of the powerful British Columbia provincial team, which has won 6 of the past 8 National Championships. Outside of rugby, Ian is proud of his completion of a marathon in 1997. He also enjoys working with computers and driving fast cars.



Competitive Highlights

2007	Oceania Zone Championships	Sydney, AUS	2 nd
2006	IWRF World Championships	Christchurch, NZL	3 rd
2006	Canada Cup	Burnaby, BC, CAN	3 rd , Best 3.0
2005	Capital City Clash	Montgomery, AL, USA	1 st , MVP
2005	Demolition Derby	Birmingham, AL, USA	1 st , MVP
2005	Coloplast International	Tampa, FL, USA	1 st , MVP
2004	Paralympic Games	Athens, GRE	2 nd
2004	Canadian National Championships	Saskatoon, SK, CAN	1 st , MVP
2004	USQRA Division 1 Nationals	Montgomery, AL, USA	3 rd , Best 3.0
2002	Best of the West	San Diego, CA, USA	3 rd , Best 3.0
2002	USQRA / Major League Rugby	Las Vegas, NV, USA	2 nd , Best 3.0
2002	IWRF World Championships	Gothenburg, SWE	1 st
2002	Vancouver Invitational	Burnaby, BC, CAN	1 st , MVP
2001	Great Northwest Invitational	Portland, OR, USA	1 st , MVP

