



Alumni Success

Wheeling to Victory

Adam Frost is passionate about wheelchair rugby and this passion has led to him to become the coach of the Canadian National Wheelchair Rugby Team - a full contact sport, combining elements of basketball, handball, and ice hockey.

Frost started as a player but discovered his true calling while volunteering as a coach with BC Wheelchair Sports. To prepare him for this leadership role, he chose Langara College's Recreation Leadership Program.

Since graduation, Frost has been working with the Canadian national team. In 2008, the team won the bronze medal at the 2008 Beijing Paralympic Games. They are currently training for the 2010 World Championships.

Adam Frost
Coach, Canadian National Wheelchair Rugby Team
Recreation Leadership 2006