

move UNITED

MAGAZINE | SPRING 2021

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COLLISIONS +
CAMARADERIE**

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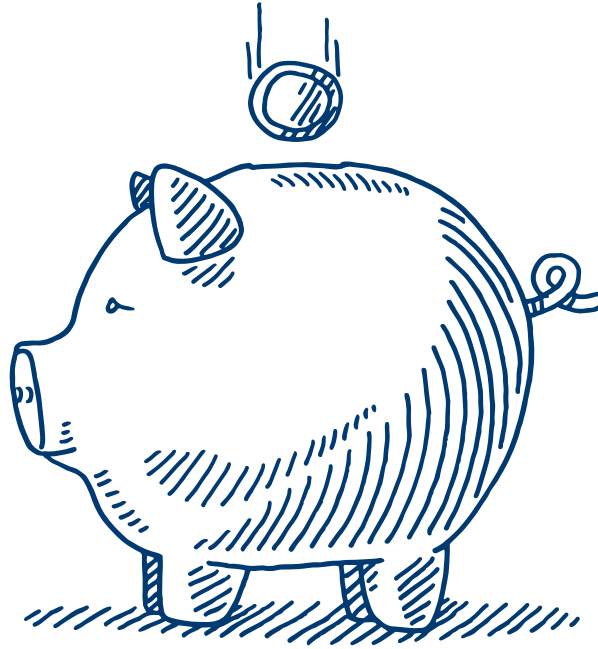
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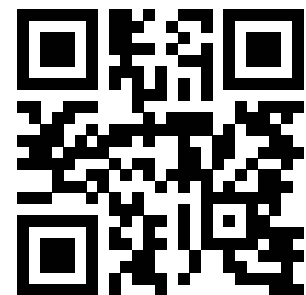
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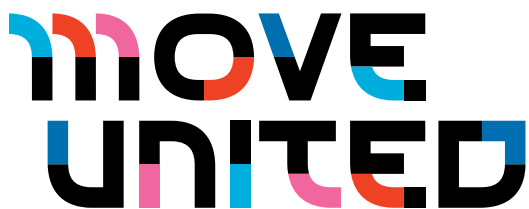


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Cover photo of Joe Delagrave

Cover photo by Loren Worthington



Move United champions the belief that sports have the power to change the world. A tool to push people further, sports also serve to bring people closer. Whether through youthful games, spirited competitions, or rabid fandom-American culture has a shared sports experience. Sports have gathered communities, rallied collective hope, and driven social change.

To be real-people are largely unfamiliar with people with disabilities. Adaptive sports creates an opportunity to be heard, to demonstrate what should be, to challenge expectation, to incite discussion.

Move United amplifies the voice of the athletes we serve, and I am excited by the launch of the “Redefining Disability” podcast. The podcast is a deeper exploration of the articles and interviews from Move United magazine. The conversations highlight the impact of adaptive sports on athlete lives, provide training tips from leading sports experts, and share news on the latest technology, equipment, and trends in the adaptive sports industry. Through weekly episodes, the community’s own voice expands the adaptive sports experience.

Redefining Disability debuted in February with interviews from Team USA Para Fencers Byron Branch and Ellen Geddes, Nordic Skier Lera Doderlein, Paralympic Medalist and Swimmer Sophia Herzog, Powerlifter Kelli Anne Stalkamp, Navy Veteran and Para Climber Jared Lenahan and Army Veteran Tony Drees. In the coming weeks, expect to hear from wheelchair rugby players Chuck Melton and Joe Delagrave and others featured in this issue.

The podcast is available on Spotify and wherever you get your podcasts. For a full list of available platforms (and links), visit moveunitedsport.org/podcast or use the QR code to the right.

Now, let’s take a peek at this issue. The Move United Education Conference will be virtual for 2021. Although we looked forward to gathering for this annual event in person, we will build on the success of last year’s program which was attended by over 1,800 people representing all 50 states, the District of Columbia, Puerto Rico, and other countries. At this year’s conference, we will reveal the Inclusive Playbook. You can read more about the conference and this new tool on page 38.

This summer, we anticipate the Tokyo Paralympics to take place as scheduled. Two sports that are part of the Summer Paralympic Games are wheelchair rugby and para-badminton. You can check out how-to articles on them on pages 6-8 and 16-17, respectively.

Hopefully, two U.S. athletes we will be rooting for this year are Warfighter Ambassador Terry Hayes and Track & Field Record Holder Desmond Jackson, who is a Move United Elite Team Alum. Read more about their stories on pages 12-13 and 18-19.

What is fantastic to see is more and more adaptive sports programs returning to their routine activities. At the back of the issue, you can find exciting updates and stories from the Move United member network and adaptive sports community

Regards,

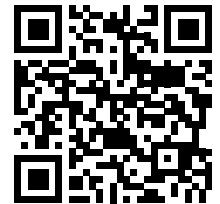
Glenn Merry, Executive Director

Move United

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WHEELCHAIR RUGBY = COLLISIONS + CAMARADERIE



GETTING INTO THE SPORT

Trying to describe the sport of wheelchair rugby may be difficult. You just have to see it. Better yet, you just have to play it.

“There really isn’t an able-bodied counterpart,” according to Katie Joly, program manager at the Gaylord Hospital Sports Association, a Move United member organization based in Connecticut. “It is a mixture of rugby, soccer, handball, and even a little bit of basketball in there.”

Something you should know right from the start. Wheelchair rugby is definitely a contact sport, which is what draws players to the game. James Gumbert, head coach for the USA Wheelchair Rugby Team, was a player before he got into coaching. “I knew from the moment I jumped into a competition chair and rolled out onto the court the very first time, that this was the sport for me. It was something I had been missing since I’d been injured,” Gumbert said.

“Some of the athletes who get into the sport have a daredevil mentality,” Gumbert said. “They’ve enjoyed

living on the edge. That feeling doesn’t go away after you get injured, it is still inside you. You still yearn for that adrenaline rush, that sense of freedom, and that sense of being alive again.”

As a contact sport, expect some collisions. Because it is a contact sport, please note that a physician clearance may be required to play. It is because of this though, that the sport is so appealing to those who play. Take Team USA Player Chuck Melton, for example. Reluctantly, Melton went to a practice in St. Louis but hasn’t looked back since. “I started pushing and took a couple hits, and fell in love with it right away,” he said. “It is like a demolition derby on a basketball court with a volleyball.”

The collisions may be a draw, but so is the camaraderie. “I got more out of the first few practices in talking with other players about how they adjusted with their disability than anything else,” Melton said. “I started to realize there were more things out there than feeling sorry for yourself.”

Joe Delagrave, who has played for Team USA for 13 seasons and has served as co-captain, agrees. “I love

“That feeling doesn’t go away after you get injured, it is still inside you. You still yearn for that adrenaline rush, that sense of freedom, and that sense of being alive again”

being part of a team, being a part of a group striving for something bigger than myself,” he said. “It’s a support group.”

WHAT YOU NEED TO KNOW

Wheelchair rugby is played on a basketball court with the regulation size of 94 feet x 47 feet. It is four on four, with four players per team on the court at one time. All players have a point classification assigned to them based on their disability, ranging from .5 for someone with lower amounts of function to 3.5 for someone who may have more function (in .5 increments) and each team cannot have more than 8 points on the court. “You try to put the best matchup and mix from the squad you have,” Gumbert said. The sport is co-ed, with female athletes getting an additional half point deduction on their classification.

The object of the game is to take the ball (a volleyball) and advance it from one end of the court to the other end. You have to bounce or pass the ball every 10 seconds. You might find some rules that are similar to basketball. For example, you have a 40-second clock and must score within that timeframe or it is a turnover. You have some common fouls that might apply in the game of hockey, where you may have to serve in the penalty box if you’ve committed one.

Two cones, 24 feet apart, make up the goal line. A team earns a point, or try, if you go over the baseline with any two wheels while having possession of the ball. Anyone can score, but some players may focus on offense or defense.

Games are 32 minutes in length (four 8-minute quarters), but typically lasts 1 ½ hour in total time after you factor in the stop and go clock, the 10-minute halftime, and time outs.

It is a fast action, up and down the court kind of game. “Strong athletes can push from one end to another in about 5.5 seconds,” Gumbert said. “That equates to up to 15-20 miles an hour, so when there is a collision, you see it and you hear it.” Each team can score 50-60 points per game.



EQUIPMENT NEEDED

Obviously, the main piece of equipment every player needs in order to play wheelchair rugby is a sport chair. Most local teams, like Gaylord, have program chairs that players can use at the beginning. It is important to get properly fitted into a chair. “Having the right chair that fits the player is critical to an individual player’s success,” Joly said. “The chair is part of your body. When you are moving, you want it to stay with you.”

Chairs do have straps and belts to secure players in, which could include a lap belt, foot belt, or chest strap to keep you in your chair.

After a year or two of playing the game, Joly recommends getting a customized chair, important if you want to progress in the sport. “Everything is customized to the player. The chairs are custom to different sizes, shapes, and heights. Players may prefer different push rims, camber, or center of gravity.”

Gumbert suggests you should mold into the chair. “The chair is built to both give and absorb impact,” he said. It is for this reason that it is a relatively safe sport. “The most

Continued on page 8 >>

common injury we have typically involves the hands,” he said. “Do people flip over? Yes.”

He also has another philosophy when it comes to the chair: “You should see the chair as a way to play the sport and not as something you are confined to.”

TAKING IT TO THE NEXT LEVEL

To compete in the sport, players should work on cardio and build endurance. “You stop and go, but you do that continuously for an hour and a half, so it is an aerobic sport,” Gumbert said. He suggests you can get in 12-15 miles on the court during practice or camp.

Once you’ve determined that wheelchair rugby is the sport for you, find a local club team to join. There are three divisions at the club level. Division 1 is the top competitive level, so there is a difference in play between each division. Of course, you can always try out for the national team, which is headquartered at the Lakeshore Foundation, a Move United member based in Birmingham, Alabama, (learn more at usawr.org).

FIND A PROGRAM

Delagrave went to his first wheelchair rugby practice in 2006 at the Courage Kenny Rehabilitation Institute, a Move United member organization in Minneapolis, Minnesota, and fell in love with the sport. “I was terrible at it, but realized that I can do a sport. I was breathing heavy and my lungs were getting full of air. I felt like an athlete again.”

“You should see the chair as a way to play the sport and not as something you are confined to.”

According to Delagrave, sports are a great way to figure out how to become more independent. “You can become very dependent on others and take that victim mentality and think woe is me, I can’t do this or can’t do that. But for many of us, we choose that victor card. We realize we can do this. It may be hard, but I’ll figure it out.”

There’s a place at the table for everyone in the sport, according to Gumbert. “Everyone should be able to experience the same rush and the joy that sports bring, whether you want to play professionally or just want to get out and have fun. There’s more to the sport than just winning gold medals and trophies. The sport really does change lives,” he said. But he is also quick to point out: “At the end of the day, sport is sport. There is a winner and loser. We’re not playing for hugs; we’re playing to win.”

Over two dozen Move United member organizations offer the sport. You can locate one by visiting moveunitedsport.org/chapters/location-map/ and searching for “wheelchair rugby.” You can also find other club teams at usqra.org/find-a-team.



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SPORTS MAKE TERRY HAYES MORE ALIVE

Terry Hayes served two years as a heavy equipment operator in the U.S. Army. Her father was an Army veteran who served in WWII, Korea, and Vietnam. “I was proud of him and proud to be an American. I wanted to do something for my country.”

She was very active and always on the go, including competitive race walking, marathons, cycling and playing competitive softball. But in 2011 she was diagnosed with a rare degenerative brain disease with no cure and no treatment. At that time, she was walking but needed assistance. “I was very unstable. People would see me and think I was intoxicated. This led me to not want to go out in public.”

For someone always moving, this was a major adjustment. After she became a paraplegic, “I was like now what do I do. I thought the door shut on me.” But Hayes realized she also couldn’t sit inside her house all day. “I can’t live like this ... it wasn’t me.”

So, Hayes began to research her options. She learned about a wheelchair sports camp for women in Colorado and decided to attend. There, she would try a variety of adaptive sports including rock wall climbing, handcycling, yoga, horseback riding, and others. For someone who used to do all kinds of sports before becoming a fulltime wheelchair user, this was a catalytic experience. “When I

came home from camp, I realized I had to get back into sports again. I had to get back into sports because it is so good for me physically and mentally.”

Searching wheelchair sports on the internet, she came across a video of Lauryn DeLuca representing the United States in parafencing at the Paralympic Games in Rio. “I watched it and was mesmerized by it. I thought it was so cool and something I wanted to do.” Through additional research and through social media, Hayes would eventually contact Ginny Boydston, the team manager for the USA Parafencing Team, who recommended Hayes find a local fencing club.

The closest one would end up being the Southwest Florida Fencing Academy, which is about 30 minutes away from where she lives. There, Hayes would connect with Charlie Johnson. “He said, ‘I’ve never taught anyone in a wheelchair before’ and I said, ‘I’ve never fenced before.’” They both agreed it would work out perfectly. It ended up being a great partnership and the two worked on it together. Johnson still coaches Hayes today. When Terry



began sabre, Dr. Brent Myers came on board as her sabre coach.

Eventually, Hayes would go out to the Olympic & Paralympic Training Center in Colorado Springs for a Parafencing Camp. There she met Mickey Zeljkovic, the fencing coach for the national parafencing team who also has been able to help her with specific training tips. “Off I went and haven’t slowed down since,” Hayes said.

Parafencing is considered a contact sport or combat sport, which is one of the reasons why Hayes enjoys it so much. “You are so close to the other person because your chairs are locked into a frame, so you are facing each other. Your opponent is right up in your face. It is kind of like a chess game as you have to figure out what are they going to do next. It is physical and mental and the combination of the two is very appealing to me.”

It is never too early or too late to start in the sport, according to Hayes, who started when she was 58. “You can start at a real young age and it goes up to 70 plus.” In fact, at age 62, Hayes is now the oldest female category “B” fencer in the world. “If I am lucky enough to get a spot for the Paralympics, and it is looking very good for that right now, I will be 63 when I have the opportunity to represent Team USA in Tokyo.” But in parafencing, there aren’t age categories. “I compete against 18-year-olds. But once we are on the strip, we are all equal.” Hayes, who fences all three styles (foil, saber, and epee), has been

able to compete around the world, including Brazil, South Korea, Canada, Poland, and many other countries. “I love experiencing the food and culture and meeting people.” She and her wife, Freda, love to travel early to be able to visit some places. “Without parafencing, I wouldn’t have experienced any of that.” Though she does point out that unlike the United States, which has the ADA, there are challenges traveling in other countries, which may not have those protections for individuals with disabilities.

Here in the U.S. though, Hayes still experiences some of the stigma that comes with having a disability. “People think because you are in a wheelchair you can’t hear so they will talk to me really loud and I have to tell them my hearing is fine. Or they don’t talk to me and instead talk to Freda.”

“I don’t mind people asking me questions at all. I’d rather you ask me questions than stare at me. Treat me like you treat anyone else.”

Her advice to others is, regardless of the type of disability you have, find a sport that you like. “Go have fun. It can really change your outlook on life.”

The prognosis is not good for her long-term health, according to Hayes. She is paralyzed from the chest down. “It creeps up your body,” she said. “But I am going to do as much as I can, as long as I can, the best I can, and will deal with whatever comes when it comes.”



The battle isn't over.

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JOIN THE MOVEMENT AND ATTEND THE MOVE UNITED EDUCATION CONFERENCE

How can we help change the narrative and be champions for athletes with disabilities in our communities? Together.

The Move United Education Conference will provide the tools and resources to help demystify disability and make inclusion a reality. This year's theme, "Join the Movement: Redefining the Reality of Adaptive vs. Inclusive Sport," brings us together to lead this evolving narrative so that we leave no one on the sidelines. This unique opportunity aims to enable sport providers with the education, awareness, and skills to serve individuals with disabilities in both recreational and competitive sport opportunities. The conference offers sessions that will cater to sport providers of all backgrounds – from those that have no experience working with athletes with disabilities to those that have an abundance of experience.

Due to the pandemic, the conference will be held virtually from May 10-14, 2021. Building off the success of the 2020

Move United Virtual Conference, which reached over 1,800 people from over 900 unique organizations, Move United will host 5 days of concurrent education sessions, including the following tracks:

- Advancements in Adaptive Sport
- Inclusive Sport Fundamentals
- Equity in Sport
- Transforming Education Programming
- Sport-Specific Considerations

Thanks to the generous support of the Bob Woodruff Foundation and additional commitment from Move United, registration fees for all webinar sessions will be waived. For more information on the Move United Education Conference, or to register, visit <https://www.moveunitedsport.org/2021educationconference>.

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PARA-BADMINTON CAN BE MORE THAN A BACKYARD SPORT

You may be familiar with the game of badminton. Many schools teach the sport in physical education class. It is also often played at family reunions, on beaches, and in backyards across the country. But for many, that is the extent of it. Not everyone knows that it is a highly competitive sport all over the globe. In fact, according to Team USA Para-Badminton Athlete Amy Burnett, it is the second most popular sport in the world. But it is for the reasons mentioned above that Burnett, who is currently the only wheelchair athlete representing the U.S. in international play, wanted to play. “It is a sport that is associated with a lot of fun.”

Steve Kearney, the director of Para-Badminton for USA Badminton, admits the sport is much larger in Europe and Asia, but is hoping the fact that the sport is making its Paralympic debut in Tokyo will change that in this country.

Para-Badminton is a flexible sport. It can be an individualized sport, where it is one-on-one on the court in singles play or athletes can play doubles or mixed doubles. Kearney also says it is a lifelong sport.

PLAYING BY THE RULES

There is a relatively easy point of entry to the sport. The basic equipment is a racket and a plastic shuttlecock, which can be purchased for little cost at most sporting goods stores. That’s pretty much it.

Competitively, para-badminton is played indoors typically on a 44 x 20 court with a net. A point is scored every time you serve. The first to score 21 points wins the game and the best two out of three wins the match. Matches typically don’t last a long time, according to Burnett. “Most matches are under 30 minutes.”

Kearney equates the sport to chess a bit. “You have to

analyze quickly and adjust accordingly,” he said. It is also a very physical sport. “You are moving all the time and constantly playing,” Kearney said.

Richard Alcaraz, who served in the U.S. Marines from 1990-1995, was introduced to para-badminton in 2016 at a sports camp for veterans at Lakeshore Foundation, a member of the Move United member network. Alcaraz, who represents Team USA in one of the standup classifications as a below-knee amputee, agrees that it is quite a workout. “Every time I train, I feel like I’m doing a 5k or 10k while on the court.” In addition to the foot movement, he mentions the importance of hand-eye coordination and wrist skills.

Of course, your object is keeping the shuttle in the court. There are different types of swings, including a drive shot and a smash.

“It is a very physical sport. You are moving all the time and constantly playing.”

In doubles (men’s, women’s, or mixed), it is important to get to know your partner. “You have to build trust,” Kearney said. “You learn who is going to hit and where, and you get to know where your partner is going to be on the court.” The benefit of playing doubles is that you have two people to cover the court. “When you play singles, you are



covering the whole court by yourself,” Alcaraz said.

One of the many benefits of sport is the sense of community, and in para-badminton that is no exception. “We are a close-knit group of people with different disabilities,” Burnett said. “But we forget that we like each other when we are on the court.”

ADAPTATIONS

The normal rules of badminton apply. There are six classifications, including two wheelchair categories, dwarfs, and three amputee categories (BKA, AKA, and above waist). Wheelchair players may be fixed to the chair with a strap around the thighs or waist, or both. But the player’s feet must be fixed to the footrest of the wheelchair. Burnett also points out a few other adaptations. “We play on half a court (in singles play) and the front service line (the first six feet from the net) is considered out of bounds.”

PARALYMPIC PURSUITS

The U.S. Para Badminton Team is looking to expand the number of players. Kearney says there are about 16 athletes that compete nationally and internationally currently.

If you are interested in competing in the sport, Kearney suggests a number of things you can do. First, you may want to upgrade your equipment. “As you get better, you will want a lighter racket strung at the highest level of tension.” There are different types of strings. And in competition, the shuttlecock is not made from plastic, but is made of feathers.

You may also want to get a coach to help you train. Burnett spends about six hours a day in the gym, between private

“It is a sport that is associated with a lot of fun.”

lessons, pushing drills, and weight training. “Quickness on court would help me a lot.”

And of course, you will want to enter competitions. “There are many opportunities to play in tournaments,” Kearney said. “Just about every weekend.” In addition, you will need to get classified early in the process as well.

WHERE TO PLAY

There are a handful of Move United member organizations that offer para-badminton programs. You can learn more by going to moveunitedsport.org and search “badminton.” You can also check out usabadminton.org and click on “where to play” to find a badminton club near you. USA Badminton offers demos and clinics throughout the year for beginners as well.

Alcaraz hopes people will shun the perceptions they may have about the sport. “I remember being asked if that was the game you play when you’re camping,” he said. “I was also asked if you have to wear white shorts and collared shirt.”

It’s time for you to redefine the sport. So, get on the court and get in the game.



Photo by Stephanie Sevilla

PARALYMPIAN DESMOND JACKSON IS BLAZING A TRAIL

Desmond Jackson has been an amputee since he was 9 months old, so it is all he has ever known. By age 8, he started to participate in adaptive sports through different events his mother found and just kept going. “I enjoyed it and I did everything; basketball, baseball, soccer, and flag football. I played all these sports and even rode horses for a time when I was younger,” Jackson said. “To this day, I love all sports. It has always been a genuine relationship between me and sports.” However, his running actually started at 3 years old when he ran with John Register at the Wide World of Sports at Disney World as the finale for the Disabled Sports International Challenge. Thus, the journey begins.

At age 10, Jackson honed in on track and field when he competed at his first track meet and did pretty well. “It was an experience that was life-changing for me. I found out about the Paralympics and what the future could hold and the potential I might have.” It was then that he decided to focus on his skills and talent.

He wanted to run for his middle school’s track and field team. “They had never had an amputee run on any track team in North Carolina, so I was the first,” Jackson said. “I knew from an early age I wanted to be a trailblazer and open doors for other people with disabilities to play a sport, either competitively or for fun.”

It was challenging at times. “I learned quickly you have to be resilient and you have to face adversity head on. It was all worth it in the end. It was about remembering what motivated me and my family... my ‘why’ (why I wanted to play sports), which was for the love and passion of it all.”

But Jackson also knew it would help other people and not just him. “It was bigger than me really.”

At 14, Jackson began competing at the international level when he went to two meets in Puerto Rico and England. “It was a great experience to see athletes from other countries and it was a small taste of what the Paralympics would be like.” Two years later, he would be the youngest African-American athlete on the track and field team at the 2016 Paralympic Games in Rio.

In the 10 years or more that he has been training, Jackson has been able to try different techniques. “Most athletes train, so for me, being consistent is the most important thing right now. How many days are you training each week? Are you training properly?” He is in the gym a lot because he wants to put on some weight and get stronger. “I’m 21, so I’m trying to get my grown man’s body. I want to see that transformation from when I was 16 in Rio to 21 in Tokyo. I

want there to be a visible difference.” As a sprinter, Jackson is also focused on the various technical aspects of running, including block work.

Over the years, Jackson has held a number of youth records nationally, but Ezra Frech has broken a lot of those. Jackson currently holds the 100-meter record in the U.S. “Hopefully, I will lower those records and add the long jump to it.”

The long jump and the 100m is his bailiwick. “I’m a sprinter, but I’m definitely passionate about and very competitive when it comes to the long jump. Those two things I care about the most.” Jackson has dropped some events, including the 200m (due to rule changes), and other field events to focus on both of those competitions.

Unlike adaptive athletes in other sports, the pandemic has had minimal impact on Jackson’s training. “I’ve been able to transition from the track to the field. My coach and I made the best of it and I made some gains as a result. It also helped me stay injury-free and get stronger.” The grass, compared to a track, provided some resistance and had a different impact on his body.

Going into Tokyo, Jackson has high expectations. “I want not only to make a transformation, but to break my personal best. I’m aiming for a great outcome in track and also want to perform well in long jump,” he said. “Anything could happen, but I’ve put the work in and hope things will work out in my favor.”

On or off the track, Jackson tries to do his best. He wants to encourage everyone, regardless of physical abilities, to remain active; especially the disabled community. “You can do all the things you would want to do if you were an able-bodied person, it just may be a little different. My mother and I have a phrase where we redefine the word disability by promoting ability only.”

When it comes to the Paralympics, Jackson still feels many people still don’t know about this elite competition. “It is like speaking a foreign language to a lot of people. People don’t know what they don’t know. But I want to break barriers for amputees and for people with disabilities in sports.”

“We’re adaptive athletes, but we’re still athletes. The Paralympics has allowed us to be professional athletes. We are able to do amazing things with our bodies that most people wouldn’t think we could do. It’s pretty amazing.”

But Jackson is quick to point out that it truly takes a village. He acknowledges the great efforts his mother, Deborah, has made as well as coaches, trainers, and others that have gotten him to this point. “We can’t do this alone. We all need someone to help us at some point and its okay to ask for help.”

You can follow Jackson’s journey on Instagram at @desmondandrejackson or check out his website at desmond.jackson.com.



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Check out a Move United member organization near you.

ALABAMA

Lakeshore Foundation
Birmingham, AL
lakeshore.org

ALASKA

Challenge Alaska
Anchorage, AK
challengeak.org

ORCA Program – Southeast Alaska Independent Living Inc.
Juneau, AK
sailinc.org/orcarecreation-services

ARIZONA

Ability360 Sports & Fitness Center
Phoenix, AZ
ability360sports.org

Arizona Adaptive Watersports
Dewey, AZ
azadaptivewatersports.org

Arizona Disabled Sports
Mesa, AZ
arizonadisabledsports.com

Northern Arizona Adaptive Sports Association
Flagstaff, AZ
NAZadaptivesports.com

Southern Arizona Adaptive Sports
Tucson, AZ
soazadaptivesports.org

CALIFORNIA

Ability First Sports
Chico, CA
abilityfirstsports.org

Achieve Tahoe
Alpine Meadows, CA
achievetahoe.org

Adaptive Sports and Recreation Association
San Diego, CA
adaptivesportsandrec.org

Angel City Sports
Los Angeles, CA
angelcitysports.org

Bay Area Association of Disabled Sailors
San Francisco, CA
baads.org

Bay Area Outreach and Recreation Program
Berkeley, CA
borp.org

Central California Adaptive Sports Center
Shaver Lake, CA
centralcaladaptive.org

Disabled Sports Eastern Sierra
Mammoth Lakes, CA
disabledsportseasternsierra.org

DSUSA Los Angeles – The Unrecables
Los Angeles, CA
unrecables.com

DSUSA Orange County – The Achievers
Irvine, CA
theachievers.org

Far West Wheelchair Athletic Association
San Jose, CA
fwwaa.org

Operation Surf
San Luis Obispo, CA
operationsurf.org

Palms to Pines Parasports
Palm Springs, CA
palmstopinesparasports.org

Triumph Foundation
Valencia, CA
triumph-foundation.org

U.S. Driving for the Disabled
Arroyo Grande, CA
usdfd.org

U.S. Adaptive Recreation Center
Big Bear Lake, CA
usarc.org

COLORADO

5280 Challenge
Aurora, CO
5280challenge.org

Adaptive Action Sports
Copper Mountain, CO
adacs.org

Adaptive Adventures
Westminster, CO
adaptiveadventures.org

Adaptive Sports Association
Durango, CO
asadurango.org

Adaptive Sports Center of Crested Butte
Crested Butte, CO
adaptivesports.org

Breckenridge Outdoor Education Center (BOEC)
Breckenridge, CO
boec.org

Challenge Aspen
Snow Mass Village, CO
challengeaspen.org

Colorado Discover Ability
Grand Junction, CO
cdagj.org

DuMyon Martial Arts
Colorado Springs, CO
dumyomartialarts.org

Foresight Ski Guides Inc.
Vail, CO
foresightskiguides.org

Golf 4 the Disabled
Greenwood Village, CO
golf4thedisabled.org

Ignite Adaptive Sports
Boulder, CO
igniteadaptivesports.org

National Sports Center for the Disabled
Denver, CO
nscd.org

Steamboat Adaptive Recreational Sports (STARS)
Steamboat Springs, CO
steamboatstars.com

Telluride Adaptive Sports Program
Telluride, CO
tellurideadaptivesports.org

Visually Impaired & Blind Skiers
Colorado Springs, CO
coloradovibes.org

CONNECTICUT

Gaylord Sports Association
Wallingford, CT
gaylord.org/sports

Leaps of Faith Adaptive Skiers
Newtown, CT
lofadaptiveskiers.org

Oak Hill Adaptive Sports and Fitness
Hartford, CT
sportsandfitness.oakhillct.org

FLORIDA

Central Florida Chapter of Paralyzed Veterans of America
Sanford, FL
pvacf.org

Central Florida Dreamplex
Clermont, FL
cfdreamplex.com

Dixie Wheelchair Athletic Association
Hudson, FL
dixiegames.com

Florida Disabled Outdoors Association
Tallahassee, FL
fdoa.org

Hillsborough County Adaptive Sports
Tampa, FL
Hillsboroughcounty.org/en/residents/recreation-and-culture/sports-and-athletics/hc-adaptive-sports

Shifting Gears United
Tequesta FL
shiftinggearsunited.org

Wounded Warriors Abilities Ranch
Pinellas Park, FL
woundedwarriorsabilitiesranch.org

Warrior Sailing
Treasure Island, FL
warriorsailing.org

GEORGIA

Catalyst Sports
Atlanta, GA
catalystsports.org

BlazeSports America
Norcross, GA
blazesports.org

HAWAII

AccesSurf Hawaii
Honolulu, HI
accessurf.org

IDAHO

Adaptive Wilderness Sports of McCall (AWeSOMe!)
McCall, ID
awesomemccall.org

AquAbility
Boise, ID
aquability.org

Boise Adaptive Snowsport Education (BASE)
Boise, ID
baseidaho.org

Higher Ground Sun Valley
Ketchum, ID
highergroundusa.org

ILLINOIS

Chicago Park District-Special Recreation Department
Chicago, IL
chicagoparkdistrict.com/special-recreation-programs

Dare2Tri Paratriathlon Club
Chicago, IL
dare2tri.org

Great Lakes Adaptive Sports Association (GLASA)
Lake Forest, IL
glasa.org

North Side Archery Club
Chicago, IL
northsidearcheryclub.org

Shirley Ryan Ability Lab
Chicago, IL
sralab.org

INDIANA

Rehabilitation Hospital of Indiana Sports Program
Indianapolis, IN
rhirehab.com/our-programs/community-reintegration/adaptive-sports-program/clinics

Special Outdoor Leisure Opportunities (SOLO)
South Bend, IN
skisolomichiana.org

Turnstone Center
Fort Wayne, IN
turnstone.org

IOWA

Adaptive Sports IOWA
Ames, IO
adaptivesportsiowa.org

SportAbility of Iowa
Waterloo, IA
sportabilityofiowa.org

KANSAS

Challenge Foundation
Derby, KS
Challengegames.org

Wichita Adaptive Sports
Wichita, KS
wichitaadaptivesports.org

LOUISIANA

Louisiana GUMBO
Pineville, LA
sites.google.com/site/louisianagumboinc

S.M.C.L. Foundation & Associates Inc. Adaptive & Disability Sports Organization
New Orleans, LA
samaritanactsneworleans.org

MAINE

Adaptive Outdoor Education Center
Carrabassett Valley, ME
adaptiveoutdooreducationcenter.org

Central Maine Adaptive Sports
Auburn, ME
centralmaineadaptivesports.org

Maine Adaptive Sports & Recreation
Newry, ME
maineadaptive.org

MARYLAND

Baltimore Adaptive Recreation and Sports
Parkton, MD
barsinfo.org

Bay Area Volleyball Academy – BAVA Beach ParaVolleyball
Millersville, MD
bayvolleyball.com/beachparavolley

Bennett Institute Physically Challenged Sports of Kennedy Krieger
Baltimore, MD
kennedykrieger.org

Chesapeake Region Accessible Boating (CRAB)
Annapolis, MD
crabsailing.org

Live Water Foundation
Annapolis, MD
livewater.org

Maryland Therapeutic Riding
Crownsville, MD
HorsesThatHeal.org

Team River Runner
Rockville, MD
teamriverrunner.org

MASSACHUSETTS

AccesSportAmerica
Acton, MA
accesssportamerica.org

Adaptive Sports New England
Austin, MA
adaptivesportsne.org

Community Rowing
Brighton, MA
Communityrowing.org

Spaulding Adaptive Sports Centers (Spaulding Rehabilitation Network)
East Sandwich, MA
sasc.spauldingrehab.org

MICHIGAN

Cannonsburg Challenged Ski Association
Ada, MI
skiccsa.org

Mary Free Bed Wheelchair and Adaptive Sports
Grand Rapids, MI
maryfreebed.com/rehabilitation/sports-rehabilitation/wheelchair-adaptive-sports/

Michigan Adaptive Sports
Detroit, MI
michiganadaptivesports.com

Michigan Sports Unlimited
Essexville, MI
misprrtsunlmted.com/
misprrtsunlimited.com

Rehabilitation Institute of Michigan Foundation
Detroit, MI
Rimfoundation.org

University of Michigan Adaptive & Inclusive Sports Experience (UMAISE)
Ann Arbor, MI
medicine.umich.edu/dept/pmr/patient-care/therapeutic-other-services/university-michigan-adaptive-inclusive-sports-experience-umaise

MINNESOTA

Courage Kenny Rehabilitation Institute
Golden Valley, MN
allinahealth.org/adaptivesports

U.S. Electric Wheelchair Hockey Association
New Hope, MN
powerhockey.com

Wayzata Community Sailing Center
Wayzata, MN
wayzatasailing.org/programs/outreach-adaptive/

MISSOURI

Disabled Athlete Sports Association (DASA)
St. Peters, MO
dasasports.org

Midwest Adaptive Sports
Dearborn, MO
midwestadaptivesports.org

MONTANA

DREAM Adaptive Recreation
Whitefish, MT
dreamadaptive.org

Eagle Mount Billings
Billings, MT
eaglemount.us

Eagle Mount Bozeman
Bozeman, MT
eaglemount.org

Eagle Mount Great Falls
Great Falls, MT
eaglemount.net

NEVADA

City of Reno
Reno, NV
reno.gov/government/departments/parks-recreation-community-services/adaptive-recreation

Nevada Paralyzed Veterans of America
Las Vegas, NV
nevadapva.org

NEW HAMPSHIRE

AbilityPLUS
Glen, NH
abilityplus.org

Adaptive Sports Partners of the North Country
Franconia, NH
adaptivesportspartners.org

Crotched Mountain Accessible Recreation and Sports
Greenfield, NH
cmars.org

Full Circle Farm Therapeutic Horsemanship
Newport, NH
fcftherapeutic.org

Granite State Adaptive
Mirror Lake, NH
gsadaptive.org

Lakes Region Disabled Sports at Gunstock
Gilford, NH
lradaptive.org

New England Disabled Sports
Lincoln, NH
nedisabledsports.org

New England Healing Sports Association
Newbury, NH
nehsa.org

Northeast Passage
Durham, NH
nepassage.org

Valley Adaptive Sports
Waterville Valley, NH
watervilleadaptive.com

NEW JERSEY

Children's Lightning Wheels
Mountainside, NJ
childrens-specialized.org/sports-connection

Tri-State Wheelchair Athletic Association
Mountainside, NJ
tswaa.com

NEW MEXICO

Adaptive Sports Program New Mexico
Santa Fe, NM
adaptivesportsprogram.org

Ski Apache Adaptive Sports
Ruidoso, NM
skiapacheadaptivesports.com

NEW YORK

Adaptive Sports Foundation
Windham, NY
adaptivesportsfoundation.org

Adaptive Sports Program – Helen Hayes Hospital
West Haverstraw, NY
helenhayeshospital.org/hospital-services/adapted-sports-recreation

Burke Rehabilitation Hospital Adaptive Sports Program
White Plains, NY
burke.org/community/adaptiveprograms

Capital Region Nordic Alliance
Albany, NY
capitalregionnordicalliance.org

Charles T. Sitrin Health Care Center
New Hartford, NY
sitrin.com/adaptivesports

GalloPNYC
Forest Hills, NY
gallopnyc.org

Greater Buffalo Adaptive Sports
Hamburg, NY
sledhockeyfoundation.org

Greek Peak Adaptive Snowsports
Endwell, NY
gpadaptive.org

Lounsbury Adaptive Ski Program
Ellicottville, NY
lounsburyadaptive.org

Move Along Inc.
Oswego, NY
movealonginc.org

Rochester Accessible Adventures
Rochester, NY
rochesteraccessibleadventures.org

Rochester Community Inclusive Rowing
Rochester, NY
rochestercommunityinclusiverowing.org

STRIDE
Wes Sand Lake, NY
stride.org

NORTH CAROLINA

ACCESS of Wilmington
Wilmington, NC
accessilm.org

Bridge II Sports
Durham, NC
bridge2sports.org

ComMotion- Community In Motion
Raleigh, NC
Commotionnc.org

NORTH DAKOTA

Prairie Grit Adaptive Sports
Minot, ND
prairiegritsports.com

OHIO

Adaptive Sports Connection
Powell, OH
adaptivesportsconnection.org

Adaptive Sports Program of Ohio
Wooster, OH
adaptivesportsohio.org

Three Trackers of Ohio
Middleburg Heights, OH
3trackers.org

Youth Challenge
Westlake, OH
youthchallengesports.com

OKLAHOMA

Oklahoma Adaptive Sports Association
Oklahoma City, OK
okasa.org

The Center for Individuals with Physical Challenges
Tulsa, OK
tulsacenter.org

University of Central Oklahoma Center of Adaptive Sports
Edmond, OK
uco.edu/wellness/sr/training/site/index.asp

OREGON

Adaptive Sports Northwest
Beaverton, OR
adaptivesportsnw.org

Adventures Without Limits
Forest Grove, OR
awloudoors.org

Oregon Adaptive Sports
Bend, OR
oregonadaptivesports.org

PENNSYLVANIA

Blue Ridge Adaptive Snow Sports (BRASS)
Fairfield, PA
brasski.org

On the Edge Children's Foundation
Gettysburg, PA
ontheedgecf.org

Pennsylvania Center for Adapted Sports
Philadelphia, PA
centeronline.com

Three Rivers Adaptive Sports
Pittsburgh, PA
traspa.org

Two Top Mountain Adaptive Sports Foundation
Mercersburg, PA
twotopadaptive.org

SOUTH CAROLINA

Adaptive Expeditions
Charleston, SC
AdaptiveExpeditions.org

Clemson Adaptive Sports
Clemson, SC
clemson.edu/cbs/shs/departments/prtm/programs/clemson-adaptive-sport-recreation/index.html

Coastal Adaptive Sports
Myrtle Beach, SC
coastaladaptivesports.org

Roger C. Peace Rehabilitation Hospital
Greenville, SC
facebook.com/events/roger-c-peace-rehab-center-greenville-memorial/roger-c-peace-adaptive-sports/763384843997012

TENNESSEE

Sports, Arts & Recreation of Chattanooga (SPARC)
Chattanooga, TN
sparctn.org

TEXAS

Kinetic Kids
San Antonio, TX
kinetickidstx.org

Lone Star Paralysis Foundation
Austin, TX
lonestarparalysis.org

Morgan's Wonderland Sports
San Antonio, TX
morganswonderlandsports.com/straps

One Chair at a Time
Amarillo, TX
onechairatatime.org

Operation Comfort
San Antonio, TX
operationcomfort.org

RISE Adaptive Sports
Irving, TX
riseadaptivesports.org

Service Members Undertaking Disabled Sports (SUDS)
San Antonio, TX
sudsusa.org

Southwest Wheelchair Athletic Association
Fort Worth, TX
Swaasports.org

Turning Point
Terrell, TX
turningPOINTnation.org

UTAH

Common Ground Outdoor Adventures
Logan, UT
cgadventures.org

National Ability Center
Park City, UT
discovernac.org

Ogden Valley Adaptive Sports
Huntsville, UT
ogdenvalleyadaptivesports.org

Salt Lake County
Midvale, UT
slco.org/adaptive

Wasatch Adaptive Sports
Snowbird, UT
wasatchadaptivesports.org

VERMONT

Adaptive Sports at Mount Snow
West Dover, VT
adaptiveatsnow.org

Bart J. Ruggiere Adaptive Sports Center
Manchester Center, VT
bartadaptive.org

Central Vermont Pioneers
Montpelier, VT
centralvermontpioneers.org

EDD Adaptive Sports
Williston, VT
eddfund.org

Green Mountain Adaptive Sports
Hyde Park, VT
greenmtnadaptive.org

Northeast Disabled Athletic Association
Burlington, VT
disabledathletics.org

Vermont Adaptive Ski & Sports Association
Killington, VT
vermontadaptive.org

VIRGINIA

Adventure Amputee Camp
Falls Church, VA
adventureamputeecamp.org

Patriots For Disabled Divers
Occoquan, VA
patriotsfordisabledivers.org

Sportable
Richmond, VA
sportable.org

Therapeutic Adventures
Charlottesville, VA
TAonline.org

Wintergreen Adaptive Sports
Charlottesville, VA
Wintergreenadaptivesports.org

WASHINGTON

Footloose Sailing Association
Mercer Island, WA
footloosedisabledsailing.org

Outdoors for All Foundation
Seattle, WA
outdoorsforall.org

ParaSport Spokane
Spokane, WA
parasportspokane.org

Seattle Adaptive Sports
Seattle, WA
seattleadaptivesports.org

WASHINGTON, D.C.

Medstar NRH Adaptive Sports & Fitness Program
Washington, D.C.
medstarnrh.org/sports

WEST VIRGINIA

Challenged Athletes of West Virginia
Snowshoe, WV
cawvsports.org

WISCONSIN

Dairyland Sports
Madison, WI
dairylandsports.org

Southeastern Wisconsin Adaptive Ski Program
Cedarburg, WI
sewasp.org

Sports, Therapeutic and Adaptive Recreation (STAR) Association
La Crosse, WI
couleeregionsledhockey.com

Wisconsin Adaptive Sports Association (WASA)
Brookfield, WI
wasa.org

WYOMING

Teton Adaptive Sports
Teton Village, WY
tetonadaptivesports.com

DISCOVER ABILITIES VIRTUAL EXPO

Courage Kenny Rehabilitation Institute's Adaptive Sports & Recreation department is excited to host the 3rd Annual Discover Abilities Expo as a virtual event on April 24 from 9 a.m. to 4 p.m. The Expo will allow participants to explore all the Midwest has to offer in the world of adaptive sports and recreation. You'll explore resources, programs, and opportunities to stay physically, mentally and socially active from home and within your community. There will be virtual presentations, demonstrations, fitness classes, and various other activities offered throughout the day! Plus, each attendee will receive a 2021 Adaptive Sports and Recreation Resource Guide.

Come join us for a day full of exploration and fun and #DiscoverYourSport! Visit allinahealth.org/DiscoverYourSport.



PARATRIATHLON TRAINING CAMPS CHICAGO, ILLINOIS



Dare2tri hosts several paratriathlon training camps for youth, adults, and injured service members who have a physical disability or visual

impairment. All camps are held within driving distance of Chicago, where Dare2tri is based. Adaptive equipment, handlers and guides are available upon request.

Multisport Clinic, April 10 (Highland Park, Ill.): A one-day training clinic centered around swimming, biking, running, strength training, yoga and more.

Injured Military Camp, June 3-6 (Hammond, Ind.): A paratriathlon training camp open exclusively to injured service members. Camp concludes with Leon's Triathlon, a

race that pays special tribute to active and retired military.

Train2Race Camp, June 24-28 (Pleasant Prairie, Wis.): Train2Race is a training camp geared towards experienced paratriathletes. Camp concludes with the Pleasant Prairie Triathlon, the site of the 2017 and 2018 Paratriathlon National Championships.

Kids Tri Camp, July 13-24 (Chicago): Held on Chicago's 63rd Street Beach, Kids Tri Camp is a fun, confidence-building camp for youth ages 6 and up.

Learn2Tri Camp, August 5-8 (Pleasant Prairie, Wis.): Learn2Tri is a beginner-level camp for individuals who have never completed a triathlon or athletes who have completed up to two triathlons. Camp concludes with the Tri It Triathlon.

Scholarships are available for those in need of financial assistance.

To learn more or register, please visit dare2tri.org.

GREAT LAKES GAMES AND ADAPTIVE TRACK & FIELD USA ADULT OPEN

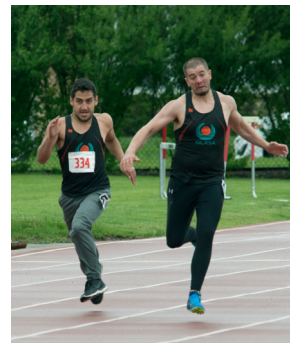
2020 was a challenging year for so many reasons. Our thanks go out to the many first responders, medical staff and essential workers who have been giving their all throughout the COVID-19 pandemic. Rest assured that Move United's strong network of staff, meet directors, officials, volunteers and supporters are all moving forward to support the 2021 Move United Competition Series.

However, in so many ways we wait. We wait for ever-changing COVID-19 guidelines. We wait for the distribution of the vaccine. There is one key component we do not wait for and that is the commitment we as your meet directors and support team have for you — the athletes.

This spring, the Great Lakes Games and Adaptive Track & Field USA Adult Open team is looking to offer the best competition experience, along with socials, clinics and educational sessions while keeping everyone safe. More info to come soon!

Kudos to all the athletes who see the light at the end of the tunnel and continue to stay motivated and train through this pandemic. Hang in there a bit longer!

GreatLakesGames.org.





UCO ENDEAVOR GAMES SCHEDULED EDMOND, OKLAHOMA

The 2021 Turnstone Endeavor Games in Fort Wayne, Indiana, will take place in late June, and will feature sports competitions for eight sports, including archery, air rifle shooting, bocchia, goalball, sitting volleyball, swimming, track and field and wheelchair basketball. The event will also offer six sport clinics, and classification for swimming and track and field.

Registration for the 5th annual Turnstone Endeavor Games will open Spring 2021 at endeavorgames.com/fortwayne. For questions about the Turnstone Endeavor Games, contact Jaime Garzon at jaime@turnstone.org or 260-483-2100 ext. 351.

The 2021 UCO Endeavor Games in Edmond, Oklahoma will be June 10-13, and will feature sports competitions for eleven sports, including archery, air rifle shooting, cycling, goalball, powerlifting, sitting volleyball, swimming, table tennis, track and field, wheelchair basketball and wheelchair softball. The event will also offer eight sport clinics, and classification for swimming, track and field, and cycling. Virtual participation options will be available.

Registration for the 22nd annual UCO Endeavor Games opened March 31 at endeavorgames.com/edmond. For questions about the UCO Endeavor Games, contact Cassidhe Walker at cwalker68@uco.edu or 405-974-3411.

BIG CHEESE CLASSIC MIDWEST WHEELCHAIR LACROSSE CHAMPIONSHIP MILWAUKEE, WISCONSIN

Wisconsin Adaptive Sports Association (WASA) is excited to host the Annual Big Cheese Classic Wheelchair Lacrosse tournament along with the National Paralyzed Veterans of America (PVA). One of the nation's leading wheelchair lacrosse teams, the Milwaukee Eagles, is host to the Big Cheese in 2021 at the Ozaukee Ice Center June 26-27. The Eagles are the only Midwest wheelchair lacrosse team to consecutively host the tournament five years standing. WASA is hopeful that the Big Cheese will be well attended and a huge success despite current circumstances and season barriers. Teams across the country, from California to New York will meet in Wisconsin. Their hope? To be crowned the "Big Cheese."

The Big Cheese Classic is more than just a venue for elite wheelchair athletes. Also hosted are veteran clinics, referee trainings, and able-bodied pick-up tournaments to help spread the word about wheelchair lacrosse. Come June, this



tournament will be bringing a breath of fresh air for 2021. We will celebrate health, wellness and the amazing power sports has on all of us.

Visit wasa.org.

COLORADO ADVENTURES WITH CHALLENGE ASPEN SNOWMASS VILLAGE, COLORADO

Join Challenge Aspen this spring, summer, or fall, for a fun Colorado adventure! Challenge Aspen will customize the perfect experience for your family and/or any individual with a disability. Located in beautiful Snowmass Village, Colorado, in the heart of the Rocky Mountains, we can offer unlimited outdoor adventures for families to learn together and develop stronger bonds through a variety of unique, custom designed experiences. Our professional guides, adaptive-trained interns, and volunteers are here to make your adventure unique and fun.

These adventures can include anything from white water rafting to horseback riding, cycling, stand up paddle boarding, archery, hot springs, hiking and any other fun activity Colorado has to offer.

Challenge Aspen will create your custom adventure with any CDC/health department guidelines recommended at the time of your adventure.

Check out our website at challengeaspen.org or send us an email, deb@challengeaspen.org.



TEEN ATHLETE RECOMMENDS DOWNHILL SKIING GRAND JUNCTION, COLORADO

Ask Codi Mendenhall what she likes the most about snow skiing, and she'll give a typical downhill answer.

"I like to go fast—it makes me feel happy," she said.

Codi, 14, is an adaptive skier who lives in Grand Junction, Colorado. As a result of complications during birth, she has cerebral palsy and communicates using an assisted speech device. She has many interests, and she enjoys other athletic and outdoor recreation activities with her friends. She also maintains her own YouTube page, "Codi's Life."

Codi highly recommends downhill adaptive skiing. For anyone apprehensive about the sport, Codi had some advice.

"The instructors are carefully trained," she said. "I make a sound to let them know if I have any concerns, but they make the sport fun. Anyone can do it."

Codi said she is looking forward to trying adaptive snowboarding this season at nearby Powderhorn Mountain Resort. She takes lessons through Colorado Discover Ability.

Codi and her mom recently gave a TEDx Talks, in which they reminded their audience that "disability is not a tragedy." Codi proves that sentiment every time she skis down the mountain.



Visit Colorado Discover Ability at cdagi.org.

BOEC's HEROIC MILITARY PROGRAM FOR VETERANS BRECKENRIDGE, COLORADO

As a national leader in outdoor sport and adaptive adventure, the Breckenridge Outdoor Education Center (BOEC) provides unique opportunities to explore the amazing sights and sounds of the Western United States through its Heroic Military Program. This summer series of weekend mountain retreats and classic Western river trips are designed specifically for men and women who served our country in the line of duty and now faced with the challenge of accepting and living life with a disability. And perhaps one of the more unique aspects of this program is that many of the offerings welcome family members to participate as they are deeply affected by the tragedy as well, and are a critical part of the healing process. A river trip is the ideal setting to reintegrate, acquire new knowledge and skills, build new bonds, have fun together and escape from everyday routines and life's distractions. One may also rediscover their strength and solidity as we travel down the beautiful canyons of the Colorado River.

"I didn't originally want to come to this program, but my wife and recreational therapist encouraged me to, and I'm so glad I did. I made new friends and got to experience new things I hadn't even thought of trying again since my diagnosis." — Heroic Military Program Participant



This summer's trip dates are TBD as we work closely with public health officials and industry leaders to provide safe and healthy access to our outdoor programs, but we are currently planning trips for July, August and September.

Visit boec.org or email Claire@boec.org for up-to-date details.

DUMYRON CELEBRATES PARA-TAEKWONDO COLORADO SPRINGS, COLORADO

Nothing says celebrate like the word "Josimnida" — something that is shouted regularly at DuMyon.

DuMyon Martial Arts is a nonprofit organization whose mission is to support and supply services for individuals with disabilities through creating opportunities and supporting growth.

Allison, one of the participants in DuMyon's Para-Taekwondo's program, is testing for her black belt soon. She will be competing virtually in a Para-Forms competition in England or Asia during the next few months. These competitions will help prepare her for her test.

Allison is excited for her upcoming competitions and testing, and participating in these will do more than

just help Allison meet her goals.

Until now, Par-Forms has not been considered a sport in the Paralympics. Having more and more participants, especially from the United States, will help show enough interest in the discipline to add Para-Forms into the next Paralympics as a demonstration sport. DuMyon is doing its part to represent the United States.

As Allison practices diligently for her black belt test, she realizes her impact on the martial arts and disability community and she has no hesitation in stepping up to the plate — something that has been entrenched during her many years at DuMyon. JOSIMNIDA!

Visit dumyonmartialarts.org.



ADAPTIVE RECREATION AT COMMON GROUND OUTDOOR ADVENTURES LOGAN, UTAH

Common Ground Outdoor Adventures (CGOA) is excited to provide various activities and programs for all ages and abilities this summer. We look forward to providing individual skills programs (ISPs) with individualized instruction and support on activities such as cycling, hiking, canoeing, rafting, crafts, virtual exercise programs, activities for groups and family units, youth specific opportunities, and adventurous trips to beautiful destinations such as San Rafael Swell and Goblin Valley, Utah, as well as camping in Teton Canyon, Wyoming. Additional programs to note are a water sports camp for

military veterans and personnel and a new collaboration with Utah State University, to provide the Arts Access program. Arts Access is an incredible opportunity that allows for individuals to learn from artists from around the country and participate in a wide range of art projects in a variety of mediums. CGOA is grateful for the opportunity to serve our community through these uncertain times and to provide recreation in all forms.

For more information visit cgadventures.org, call 435-713-0288 or email info@cgadventures.org.

HIGHER GROUND PROGRAMS IDAHO, CALIFORNIA, NEW YORK

Higher Ground is gearing up for a full spring and summer including opportunities to kayak, rock climb, fish and cycle — to just name a few! These programs are offered at our 3 locations, listed below. Read more to see what activities we are offering.

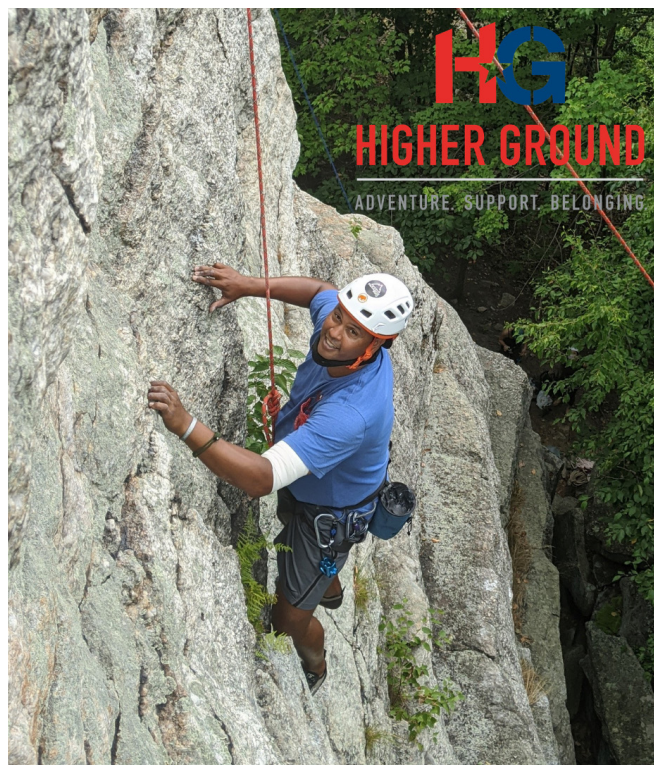
HGSV CHAPTER

- Veterans Programs – All week long
- May 2-8: Watersports Female Couples, Fay Island, California
- May 24-30: Ranch Rodeo Mixed Singles, Bellevue, Idaho
- June 6-12: Mtn Biking or Golf Male Couples, Sun Valley, Idaho
- July: Watersports Family Camp, Stanley, Idaho
- August 9-15: Rafting Male Singles, Main Salmon, Idaho
- Adaptive Programs – Day/Weekend programs
- June-August 2021: Fishing, Adaptive Mountain Biking, Disc Golf, Hiking, Golf and Camping.

*Please visit highergroundusa.org or 208-726-9298.

HGNY CHAPTER – VETERANS PROGRAMS

- April-May: Archery, Hiking, Horsemanship, Indoor Climbing and Kayaking (day programs)
- June-August: Archery, Climbing, Cycling, Fishing, Hiking, Horsemanship, Paddlesports and Sailing (Day programs)
- May: Horsemanship Program, Texas (week-long)
- June: Kayaking Program, Western New York (week-long)



- August: Rock Climbing Program, Adirondack Mountains, New York (week-long)

HigherGroundUSA.org/NY/ or 716-388-6220

HGLA CHAPTER – VETERAN WEEK-LONG PROGRAMS

- April 25-May 1: Ocean Sports, Laguna Beach
- May (TBD) – Equine, Caliente, California
- July (TBD) – Scuba, Caliente, California

*Please visit <https://highergroundusa.org/LA/> or 213-700-7232

FORESIGHT LOOKING TO EXPAND PROGRAMMING VAIL, COLORADO

Vail, Colorado's blind skier program has been shattering myths about blindness for 20 years and now it's setting its "sight" on a new summer challenge recreation program for blind individuals.

Foresight Ski Guides provides free guided skiing and snowboarding for blind adults and youth so they can experience the sense of freedom that comes with carving down the side of mountain.

Vianca M. describes how she feels about skiing with Foresight. "Skiing downhill makes you feel like you are flying!"

The Foresight team knew that feeling shouldn't be limited to the winter months so decided to add a summer program to give the nonprofit's VIPs (Visually Impaired Participants) another opportunity for transformative experiences in the mountains.

Foresight has been raising funds to launch the 2021 summer challenge recreation program with trained volunteers and the proven principles of the guide system. The new summer program may include opportunities for blind individuals to kayak, hike, paddleboard, rock climb and fly-fish in the Rocky Mountains.

Visit foresightskiguides.org for more information.

NSCD OFFERING ADVENTUROUS CAMPS AND MORE DENVER METRO AREA, COLORADO

For 51 years, the National Sports Center for the Disabled has led the way in redefining adaptive outdoor experiences. Our exhilarating adaptive outdoor experiences help participants make the very most of their passion, their talents and their aspirations. They discover a renewed sense of confidence, reignite the pure joy of play and find motivation to try new things, meet new people and believe in their own abilities.

This summer join the NSCD for our adventurous camps in the beautiful Rocky Mountains to experience a wide variety of outdoor recreation including horseback riding, white water rafting and hiking. We offer both multi-day and overnight camps that utilize specific approaches to meet the needs of all individuals.

Want to make a splash? Learn or improve your paddling skills in a fun and safe environment! Through our paddling clubs, Lake Day Fun programs, river rafting and sailing we offer water sport activities in both the Denver Metro area and Winter Park.

Come hang out with our furry friends and participate in our therapeutic horseback riding program! Through our riding programs we teach riding skills to riders with all disabilities. The primary goal of our riding programs is to learn riding and horsemanship skills. However, as the



movement of the horse is inherently therapeutic, riders frequently enjoy secondary benefits such as postural control, balance, strength and speech.

Our programs are life-changing and life-saving. Participants not only discover the power of their own abilities, they transfer that confidence to live fuller, healthier and more independent lives. At the National Sports Center for the Disabled, everybody is able and anything is possible.

Make your reservation at nscd.org.

WASATCH ADAPTIVE SPORTS CYCLING & MOUNTAIN BIKE PROGRAMS

SALT LAKE CITY, UTAH

Join Wasatch Adaptive Sports this spring and summer at Adaptive Cycling and Mountain Biking Programs! Cycle on paved pathways around the Wasatch Front or go off-road at WAS's newly adopted, adaptive-friendly trails at Little Valley in Corner Canyon. Programs start in May with private instruction and bikes provided.

Sign up by contacting 801-834-0476 or programs@wasatchadaptivesports.org. Learn more by visiting wasatchadaptivesports.org.



A BRIGHT HORIZON IN 2021

VARIOUS LOCATIONS, MAINE

The days are getting longer which means summertime is quickly approaching! Here at the Adaptive Outdoor Education Center, we are planning to keep you and your family busy through our Horizons Water Sports Camps, Fly-Fishing, Outdoor Rock Climbing, and Sailing Programs!

Horizons Water Sports are day-long camps and include waterskiing, kayaking and canoeing, paddle-boarding, pontoon boat rides, and sailing. Camps take place at Camp CaPella in Dedham, Maine.

Horizons Fly-Fishing is a collaborative program with Confluence Collective. We will offer two, 6-week sessions where participants will learn about entomology, fly tying, casting, and more! The program will conclude with a three-day retreat to popular fly-fishing rivers in Rangeley, Maine.

Horizons Outdoor Rock Climbing Program will head to some iconic crags in Maine, including Otter Cliffs in Acadia National Park, Clifton Crag near Bangor, and Barrett Cove Cliff in Camden Hills State Park.



The Horizons sailing program is one of our longest standing programs and loved by many! The program explores beautiful Casco Bay in Portland and also Phillips Lake in Dedham, Maine.

Our Horizons programs are open to all abilities and ages!

To learn more about the AOEC and our programs, please visit adaptiveoutdooreducationcenter.org.

BURKE REHABILITATION HOSPITAL ADAPTIVE GOLF PROGRAM SCARSDALE, NEW YORK

The pandemic has brought unprecedented challenges to sports program provision for all active people living in the community. This will not deter Burke Rehabilitation Hospital's Adaptive Sports Program from hosting outdoor clinics beginning in May.

Our first event will be Thursday, May 6, 2021. The First Swing Golf Clinic is held with the Eastern Amputee Golf Association. Local golf and therapy professionals attend in the morning to learn the basics of adaptive golf. In the afternoon, participants arrive to receive one to one instruction based on their ability level and knowledge of the game. The clinic is held in partnership with the Saxon Woods Golf Course in Scarsdale, New York.

Pre-Registration is required. Email: DL_AdaptiveSports@

Burke.org or call 914-597-2497.

Stay tuned for our hiking, cycling and water-skiing events.

To insure the safety of instructors and participants, Recreational Therapy Staff and Sports Medicine Fellows established safety guidelines for all in person programming. These include reducing the number of participants, social distancing and infection control procedures including temperature taking, COVID-19 attestation form, hand/equipment sanitizing, masks for participants with the addition of face shields and gloves for staff. We look forward to providing successful, safe clinics.



CHESAPEAKE REGION ACCESSIBLE BOATING (CRAB) CHESAPEAKE BAY, MARYLAND

There is nothing more exciting than learning how to sail on a new sailboat on the beautiful Chesapeake Bay with CRAB. CRAB is a nationally recognized, award-winning adaptive sailing organization celebrating its 30th Anniversary this year. Sailing programs are operated under strict distancing and disinfecting protocols by highly trained volunteers. In 2020, CRAB was one of the very few outdoor recreational programs operating in the region for

people with disabilities. The range of sailing programs includes Family Sails, Group Sails (nonprofits), Clinics, and Regattas. Sailing with family, friends, and service dogs is easy and a favorite shared activity for all. There is no charge for CRAB's sailing programs. See you soon!

To learn more about sailing with CRAB, please visit crabsailing.org and view the calendar and the videos of our guests enjoying sailing on the Bay.

ORIENTEERING NATIONAL CHAMPIONSHIP HOSED BY CRNA PHILADELPHIA, PENNSYLVANIA

Capital Region Nordic Alliance Inc. (CRNA), is selected to host Orienteering USA's 2021 National Championship in Trail Orienteering (TrailO) at the famous Navy Yard in Philadelphia, Pennsylvania, May 15-16, 2021. TrailO is a version of orienteering where both those with disabilities and the able bodied compete equitably staying on trails to answer questions of Orienteering control locations. Accuracy is very important in selecting the right control (or none from a number of orienteering controls that are at a station). Able-bodied foot orienteering has athletes running over challenging terrain to locate controls in an unfamiliar environment using a compass and map. TrailO is similar-just made for those with disabilities.

TrailO has two forms: PreO and TempO. PreO consists

of a number of stations that are answered in a set time period. Competitors have an hour + to answer 15-20 stations with controls going from just 1 control to 6 controls. TempO consists of timed stations (approx. 7) with always 6 controls at each with 5 questions at each station-total time is 150 seconds. There is a timed penalty in both sports for missed answers. Problem solving, decision making, for both formats make TrailO a great community sport. That can be done anywhere.

Visit capitregionnoddicalliance.org.



MAINE ADAPTIVE'S VIRTUAL MARATHON CHALLENGES

How will you achieve “26 active miles” each month? Maine Adaptive virtual activities and Marathon Challenges provide a community of support to reach individual goals. Together apart.

Since the COVID-19 pandemic began we have adapted, shifting our focus to offering virtual opportunities to support our community members in their goals to stay active and connected to each other. Our virtual Marathon Challenges have encouraged individual registrants of all ages to take part in scavenger hunts, workouts, yoga classes, learning ASL and more! Our virtual Tai Chi program has been a great opportunity for beginners to learn movements and techniques that enhance relaxation, improve balance, increase strength, and boost overall physical and mental health. With these virtual programs the opportunity to participate from any city, any state, and any country is greater than before! We have enjoyed seeing our community expand and to welcome many individuals who have limited access to our in-person programs, including a number of regulars from our Veterans No Boundaries adaptive sports camps and others who hail from far places - we even have someone from Italy joining our Tai Chi classes!



Marathon participant, Dodi Wait, checking in at one of Maine Adaptive's program venues, Roberts Farm Preserve in Norway, ME.

Our virtual instructional sessions and Marathon Challenges will continue as we #return to play. If you are interested in learning more, no matter where you live - be sure to follow us on social media @MaineAdaptive, visit maineadaptive.org or email events@maineadaptive.org for more information!

FOSTERING STRONG PARTNERSHIPS TO OFFER SKILLED WHEELCHAIR TENNIS CLINICS COLLEGE PARK, MARYLAND

MedStar NRH Adaptive Sports & Fitness offers coaching, training, equipment and travel assistance in a variety of adaptive sport and fitness opportunities. Our adaptive sport and fitness programs are provided free of cost to the Virginia, Maryland, and the Washington, D.C. community. We have established a prospering community partnership with JTCC, a world-class tennis club dedicated to providing tennis opportunities to all ages and abilities. Our partnership will offer recreation and competitive wheelchair tennis opportunities to both youth and adult players.

Our head coach, Brenda Gilmore, is a formerly nationally ranked wheelchair tennis competitor and a USPTR and USPTA certified coach. Her experience, training, and love for the sport contributes to the success of our clinics. This year's goal is to increase the number of clinics offered and provide more competitive opportunities. We have two 15-week clinics scheduled with hopes of a yearly tournament in between. 2021 clinics will run from March 14 through June 20 and then reconvene from Sept. 12 through Dec. 19. Come out and serve it up with us.



For more information, visit medstarnrh.org/our-services/adaptive-sports-fitness/services/tennis/.

KAYAKING AND PADDLEBOARDING ON LAKE SUNAPEE NEWBURY, NEW HAMPSHIRE

New England Healing Sports Association (NEHSA) is looking forward to resuming our summer programming this year! NEHSA will be planning safe kayaking and paddleboarding opportunities beginning mid-June and will continue until mid-September! NEHSA serves individuals of all ages and a wide variety of disabilities and diagnoses by providing watersport opportunities at the Sunapee Beach in Newbury, New Hampshire, and by partnering with several area VA's for group paddles on surrounding lakes and rivers in New Hampshire and Massachusetts. Volunteer training will take place in June.



For more information or to sign up, please contact us at info@nehsa.org, 603-763-9158, or nehsa.org.

ADAPTIVE MOUNTAIN BIKING PROGRAM VARIOUS LOCATIONS, NEW HAMPSHIRE

New England Disabled Sports (NEDS) Adaptive Mountain Bike Program begins in June. Whether you are a beginner or seasoned athlete, enjoy the thrilling sport of cross-country and downhill mountain biking near Loon Mountain or Bretton Woods.

Veterans are invited to join us for our annual White Mountain Warfighter event in June. This event includes a 3-night stay with 4 days of activities in the scenic White Mountains. Participants will have an opportunity to engage in golf, cycling, paddling, rock climbing, archery and more!

No previous experience or equipment is necessary!
Interested in signing up to participate? Call the NEDS



office at 603-745-9333 or visit NEDisabledSports.org to learn more! Scholarships available.

STRIDE HOSTS FLOOR HOCKEY PROGRAM WEST SAND LAKE, NEW YORK

STRIDE SHARE Center in West Sand Lake, New York, has a lot to offer for space and fitness equipment that rivals most private small gyms. The 5,000-square-foot building was built to accommodate group fitness classes, teams or highly specialized individual physical fitness workouts in the gym area of the building. Capital Region Special Olympics recently contracted the space for their floor hockey training club and fitness programs. Small group practices will be held Tuesday evenings and weekends.

Floor hockey is a family of indoor hockey games, usually in the style of ice hockey, that are played on flat floor surfaces, such as the SHARE Center gym floor. As in other hockey games, players on each team attempt to shoot a ball or puck into a goal using sticks, usually with a curved end.

The new fitness program will be a combination of virtual videos created in the SHARE Center, and options for Special Olympic athletes in training to get a workout while being recorded for their team use at home.

Visit stride.org.

TEAM RIVER RUNNER & PATAPSCO STATE PARK'S COLLABORATIVE ADAPTIVE PADDLING PROGRAM PATAPSCO VALLEY STATE PARK, MARYLAND

When four great organizations combine their passion for adaptive paddling, great things happen! In the fall of 2020 on a beautiful riverbank of Patapsco Valley State Park in Maryland there is the perfect venue for paddling programs for participants needing adaptive gear and instruction. Leadership of Patapsco Valley State Park, Friends of Patapsco Valley State Park (FPVSP), Baltimore Canoe and Kayak Club, and Team River Runner members of the Walter Reed and Washington, D.C. VA Chapters combined to help new paddler athletes out of their wheelchairs and into kayaks. Team River Runner brought boats and the latest adaptive gear available on the market. Baltimore Canoe and Kayak brought guides and safety boaters; and the members of FPVSP organized the parking and needed facilities. This initial event was a huge success!

In May of 2021, these four program teams will again team to host more adaptive paddling opportunities at the same river site. The volunteer boaters of the Baltimore Canoe and Kayak Club quickly learned how to use and adjust the adaptive gear and instructional techniques the staff of Team River Runner brought to the event. Volunteers of FPVSP have the venue needs covered! We are ready to go



once safe again from COVID-19 concerns.

It is our hope additional parks will want to combine resources so more adaptive paddling programs can grow wherever there are paddling venues in their parks!

VERMONT ADAPTIVE'S INCLUSIVE MOUNTAIN BIKING TRAILS VARIOUS LOCATIONS, VERMONT

Vermont Adaptive Ski and Sports is excited to continue its important work with multiple organizations and groups to build inclusive and to adapt existing mountain bike trails among Vermont networks. In addition, Vermont Adaptive launched winter fat biking in 2021 and has other trail network partners lined up for Summer 2021 advocacy.

Vermont Adaptive is collaborating with Stowe Trail Partnerships, the Killington Mountain Bike Club, Slate Valley Trails, the Burlington Bike Park Coalition, and Millstone Trails Association to assess existing trail networks and determine what modifications and new builds could be done to ensure trails are inclusive and user-friendly for over-sized adaptive mountain bikes. The team brought this program to these organizations so they could try the bikes first-hand, feel and learn about the differences of an adaptive mountain bike, ultimately giving trail builders and their organizations new knowledge on how to build better trail networks for adaptive athletes, beginner riders and those new to the sport.



Vermont Adaptive's adaptive mountain biking program began in 2017, one of the first in the East, and has grown ever since. Multiple trail locations, outings and events are planned for all level mountain bikers each year. The traveling mountain bike program includes three mountain bike fleets, multiple vehicles, trailers, and haulers to bring adaptive mountain biking to communities across the state.

To learn more about and participate in Vermont Adaptive's adaptive mountain bike and other programs, visit www.vermontadaptive.org.

THE 11TH ANNUAL VERMONT ADAPTIVE CHARITY CHALLENGE VIRTUAL

The 11th annual Vermont Adaptive Charity Challenge will be all virtual again this year due to the pandemic. But that means that anyone from anywhere in the world can participate!

Now through June 20, people are encouraged to register for the virtual event, choose an activity or sport, set a personal goal and then ride a road or mountain bike, walk, run, roll, join virtual exercises classes, swim, do yoga classes, horseback ride or any other active event while still social distancing.

Weekly contests and prizes, plus fundraising incentives are in place to help motivate and incentivize participants to be active for an important cause. Through participant fundraising and dedicated sponsors, the event has grown to be the largest fundraising event to support Vermont Adaptive Ski and Sports' annual operating budget, participant scholarships, lessons, expensive adaptive equipment, and more. The goal for 2021 is to again raise \$300,000.

To culminate the virtual event, Vermont Adaptive will host a virtual happy hour on Saturday, June 19 (time still TBD) with local musicians, raffles, adaptive athlete interviews, interactive activities, and lots of prizes.

To register, learn more and support Vermont Adaptive, visit <https://charityride.vermontadaptive.org>.

BLAZESPORTS PEACHTREE PARAGAMES ATLANTA, GEORGIA

Introducing the first annual Peachtree Paragames hosted by BlazeSports America! The Peachtree Paragames is a multi-sport event that provides a continuum of competition for the developmental to the elite paralympic athlete and will be held at venues throughout the Atlanta area. The sports offered will include: archery, track and field, and swimming. These competitions are open to youth, adults and veterans with physical disabilities. The first day of the Peachtree Paragames, June 11, kicks off with archery for athletes of all levels. The following day, June 12, begins with track and field as well as a National Classification

that will be offered for swimming. The final day of the event, June 13, will feature the swim meet. We also plan to host an adaptive sports clinic for those that are new to adaptive sports and want to learn more about adaptive sport programs.

For more information or to register for the Peachtree Paragames please visit blazesports.org.



GET MOVING WITH A COMMUNITY OF NEW FRIENDS! VIRTUAL

There's a fun way to have fun, get moving, and connect with a new community of friends ... regardless your age, ability, or location. ComMotion – Community in Motion offers you a great opportunity to engage virtually with others, through the power of dancing and movement.

“But, what if ‘I have two left feet?’” No worries, this is not about being a great dancer! The goal is to have fun, relax, and enjoy the benefits of movement. Dance improves strength and flexibility while also reducing pain and stress.

You don't even need shoes to have fun! In your living room, kitchen, or garden, you can join us by a Zoom session or

video class series. There is no right or wrong, just a time to be happy and feel comfortable, exploring the rhythms of cha cha, cumbia, samba, and more. A virtual journey around the world through the power of music!

ComMotion has taught hundreds of free and low-cost classes in person and online for more than 12,000 students of all ages and abilities, including veterans, cancer survivors, seniors, and kids. Classes are available in both English and Spanish.

To learn more and to sign up for classes, visit ComMotionNC.org.

31ST ANNUAL SPORTSABILITY VIRTUAL AND VARIOUS LOCATIONS, FLORIDA

Join Florida Disabled Outdoors Association for the 31st Annual SportsAbility! The year the event will be able to be accessed from anywhere! April 2021, people of all abilities will be able to experience a variety of recreation and active leisure programs. The program will include:

- Virtual Fitness — Enjoy programs you can do from your home.
- Virtual Trade Show — Interact with recreation equipment, program and service providers virtually.
- Education Sessions — Learn about adaptive inclusive recreation options.
- Virtual Reality SportsAbility Park — Create your own

avatar and hang out with new friends in this cool environment!

- In-person Events — You can register for various adaptive recreation programs throughout Florida.

Families will learn about opportunities to engage in recreation. SportsAbility aims to provide experiences and enable everyone to participate. Activity providers have adaptations available to make the games playable for everyone. Opportunities include scuba, sit water-waterskiing, accessible boating, tennis, fishing, biking, and more!

For information and registration, visit sportsability.org. You can also contact us at info@fdoa.org or 850-201-2944.

KINETIC KIDS PREPPING FOR COMPETITION SAN ANTONIO, TEXAS

As Kinetic Kids progresses our return to play guidelines, we are committed to providing a 2021 competition season for our San Antonio Xtreme division. This is for athletes with physical disabilities only who are dedicated to a training schedule and participating in regional and national competitions in their respective sport(s) and event(s). Para sports in this division include wheelchair basketball, track and field, tennis, archery, and swim. Starting in March, athletes will have the opportunity to register for track and field, swimming, and/or archery. These programs will start in the spring and run through the end of summer, with the end goal being Junior Nationals! We will also plan to provide a summer tennis program for ambulatory and wheelchair athletes.



For more information on the SA Xtreme division, please contact Jenna Malsbury at jenna@kinetickidstx.org or at 561-797-7041.

For more information on Kinetic Kids, visit Kinetic Kids Home, kinetickidstx.org.

8 WEEKS TO A BETTER TEAM BIRMINGHAM, ALABAMA

Any coach will tell you it takes several special ingredients to make a winning team. Those ingredients are not all about player talent, it takes many ingredients in the pot to create a successful team. This year, Lakeshore Foundation staff and coaches pushed their creativity beyond the norm to develop meaningful, engaging programs that followed COVID-19 safety guidelines. Lakeshore Recreation and Athletics Specialist, Rob Welty, created 8 Weeks to a Better Athlete, a program designed to help an athlete learn more about key components to becoming the best athlete possible. The program was a success and Welty is now leading the follow-up program, 8 Weeks to a Better Team. “We wanted to have a program that builds off the first program, but to center it on healthy cooking while learning about one another and focusing more on topics related to team dynamics, rather than focusing on the individual athlete,” Welty said.

8 Weeks to a Better Team is held once a week for eight consecutive weeks. Lakeshore’s adult and youth wheelchair basketball teams attend virtually and are led through an interactive cooking class by their teammate and accomplished chef, Joon Reid. “I looked back on my more than 21-year career in the culinary business and worked



with our registered dietician to come up with healthy recipes,” said Reid. “I was able to identify which foods were better to eat, in order to maintain the caloric intake necessary for an athlete, while also working with the foods I love. My goal is to teach the other athletes about foods they should eat and the foods they should avoid,” added Reid.

But the class isn’t all about food. After cooking a healthy meal together, teams discuss topics like team goal-setting, mindfulness, conflict resolution, communication, and mentorship. Welty’s favorite part of the program has been, “seeing everyone smile, laugh, share stories, and have a good time while learning about many aspects of how to become a better person on and off the court.”

Visit lakeshore.org.

RIVER CITY SLAM WHEELCHAIR TENNIS TOURNNEY RICHMOND, VIRGINIA

Sportable is proud to host the first annual River City Slam wheelchair tennis tournament in historic Richmond, Virginia June 11-13, 2021 at Collegiate School. Event registration is available now for \$60 per player at Sportable.org. All proceeds will directly benefit Sportable’s mission to make sports accessible and inclusive in Virginia.

The USTA sanctioned event is open to all levels, including first-time players, in divisions A, B, C, and D. Collegiate School will host all matches on hard courts at the state-of-the-art Williams Bolletieri Tennis Center on its Robins Campus and thorough COVID-19 safety, socially distant, and robust sanitization protocols will be in place. Cash prizes will be awarded, courtesy of generous community support.

River City Slam is produced by Sportable, the premier adaptive sports club in Central Virginia and one of the top Paralympic Sports Clubs in the country since 2005. Wheelchair tennis is one of more than 20 competitive and recreational sports programs offered by Sportable, a non-profit committed to creating opportunities and



transforming lives through sport.

For more information about the River City Slam Wheelchair Tennis Tournament, including registration and sponsorship opportunities, contact Tournament Director Forrest Lodge at forrest@sportable.org or 804-340-2991.

ENJOY THE GREAT OUTDOORS IN AND AROUND LAKE TAHOE THIS SUMMER! ALPINE MEADOWS, CALIFORNIA

Achieve Tahoe will provide our busiest and most comprehensive schedule of COVID-safe summer activities ever in 2021.

Join us for waterskiing, kayaking, paddle boarding, sailing, hiking, climbing, equestrian and archery in the beautiful mountain settings of North Lake Tahoe.

Half- and all-day programs are available for youth and adults of any ability, as well as multi-sport and/or multi-day camps for small groups by arrangement.

We are also continuing our popular virtual classes open to all.

Visit achievetahoe.org for more information and to sign up.



SCENERY AND SUNSHINE COMBINE FOR ADAPTIVE OUTDOOR SPORTS IN THE EASTERN SIERRA MAMMOTH LAKES, CALIFORNIA

Disabled Sports Eastern Sierra (DSES) invites adaptive athletes of all ages and abilities to discover the freedom and thrill of outdoor sports adventures in the majestic Eastern Sierra.

Athletes can enjoy a variety of snow sports through May, sometimes even skiing into July! Summer activities with DSES begin in June and include road biking, hiking, mountain biking, rock climbing, and paddling.

Disabled Sports Eastern Sierra mountain bike and cycling programs explore roads and trails surrounded by stunning peaks, quiet forests, and broad vistas. Join us for an incredible high-alpine riding experience. When you visit you will be treated to a diverse fleet of adaptive road and mountain bikes and a certified instructor eager to help you achieve your goals.

DSES offers camps, personalized private lessons, a vast

array of adaptive equipment you can experiment with at Mammoth Mountain and on the trails, roads, and lakes in the surrounding area.

Don't miss out on opportunities to participate in the mountain spring and summer activities. Reservations are required. Please visit disabledsportseasternsierra.org or call 760-934-0791 for more information.



PALMS TO PINES RIVERSIDE, CALIFORNIA

Palms to Pines Parasports began operations in October 2020 to serve people with a variety of disabilities throughout Riverside County, California. Thanks to a partnership with the Desert Recreation District (DRD-Coachella Valley) and other organizations, we have programs operating six days/week. On Mondays from

3 p.m.-4:30 p.m. stand-up basketball; Tuesdays from 2:30-4:30 p.m. archery; Wednesdays from 3-4:30 p.m. wheelchair basketball; 7-8 p.m. online support group; Thursdays from 3:30-4:30 p.m. tennis, including wheelchair, and from 4:30-5:30 p.m. pickleball; Fridays from 11:30 a.m. to 12:30 p.m. and 1:15-2:15 p.m. bocchia; Fridays from 3-4 p.m. online meditation; Saturdays alternating between cycling and yoga; online meditation from 1-2 p.m.

Please contact Mike Rosenkrantz at pppmiker@palmstopinesparasports.org for more information.

NEW INCLUSIVE PLAYBOOK TO INSPIRE INCLUSION IN SCHOOLS AND COMMUNITIES

Move United uses the power of sport to push what's possible for people with disabilities, fueling conversation, and inciting action that leads us to a world where everyone's included. Now a new product, the Inclusive Playbook, was created to educate youth on Disability Awareness and adaptive sport. This first of its kind workbook ensures all youth have an equal opportunity to participate in sports and recreation in their schools and communities.

The Inclusive Playbook is geared toward elementary school students and will help bridge the gap between individuals with and without disabilities at a young age through conversations, dialogue and activities. The Playbook is designed for school aged children in grades 3-6, and includes an Inclusive Playmat to engage school-aged children in grades K-2. To help support the implementation of this material into schools and communities, Move United also created a corresponding instructional guide with lesson plans, activity worksheets, and additional supplemental tools and resources also geared for youth. In addition to instructional support for educators, students will also be able to experience the power of adaptive sport through Move United's virtual reality videos and goggles.

In order to work toward a world where every person, regardless of ability, is included, resources such as the Inclusive Playbook are needed to be accessible to all that want to engage in this important conversation to change the narrative around disability. That is why the Playbook and all corresponding materials are entirely free for teachers, students, parents and school communities.

The Inclusive Playbook not only fuels conversation, it brings people together as part of this movement – reviewed by over 50+ adaptive sports professionals and educators across the United States, the Inclusive Playbook was beta tested with children across various age groups to make sure it lives up to its name.

In addition to the creation of the Inclusive Playbook, Move United announced a call to action for organizations to become Inclusion Champions – groups across the youth, sports and education landscapes who support this educational tool and champion the values of inclusion, equity, diversity and access across all communities. Organizations that have already signed on include USA Cheer, USA Boxing, USA Football, USA Archery, USTA, Girls on the Run, National Council of Youth Sports, TrueSport, National Alliance for Youth Sports, the National Youth Sports Strategy Champion and PSIA-AASI.

The official launch of the Inclusive Playbook will take place at the 2021 Move United Education Conference, held virtually from May 10th-14th.

For more information about the Inclusive Playbook or to become an Inclusive Playbook Champion, please email Krista Rappoccio, Senior Education Manager at krappoccio@moveunitedsport.org.



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