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MAGAZINE | WINTER 2021

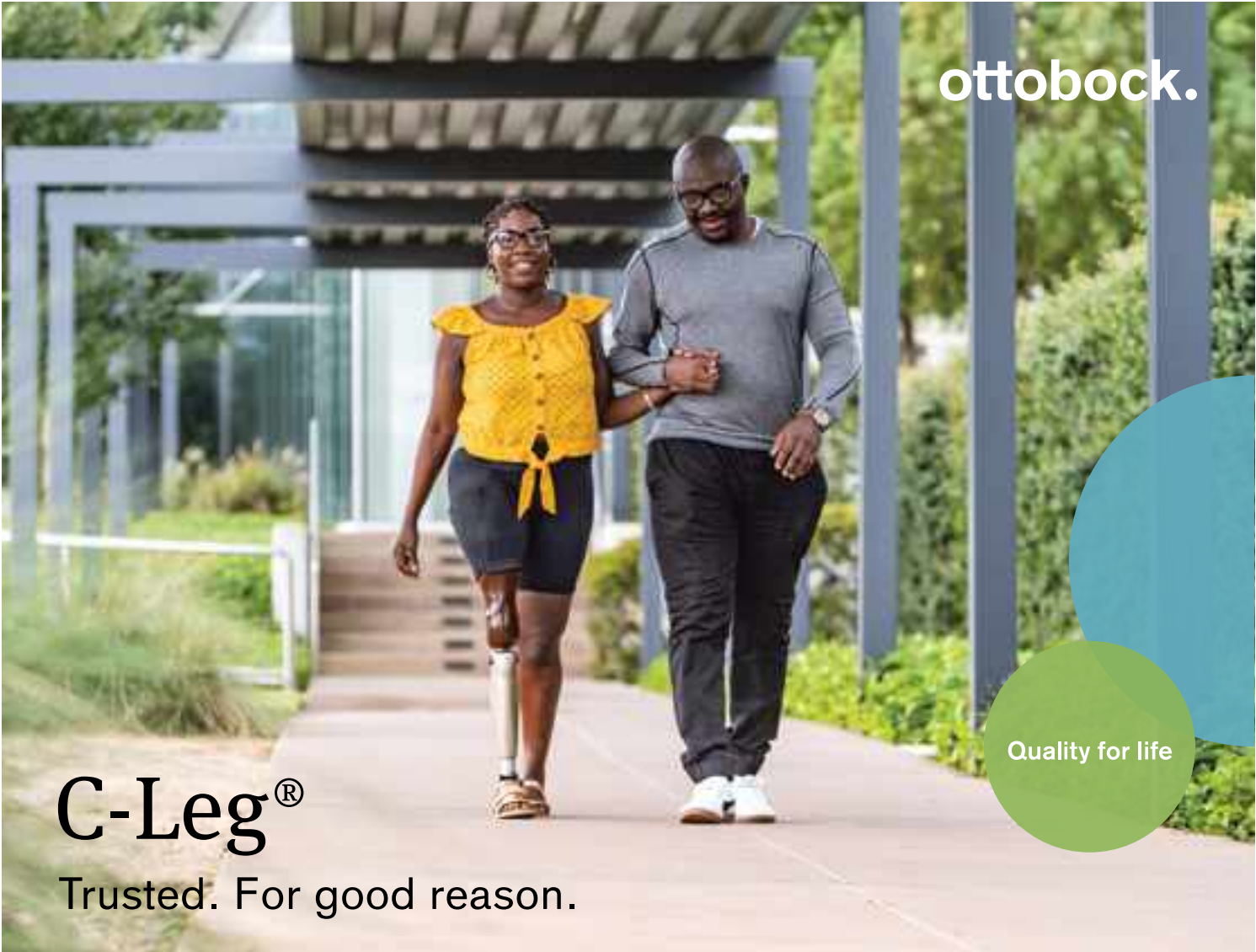
EXPLORE WINTER ON SKIS

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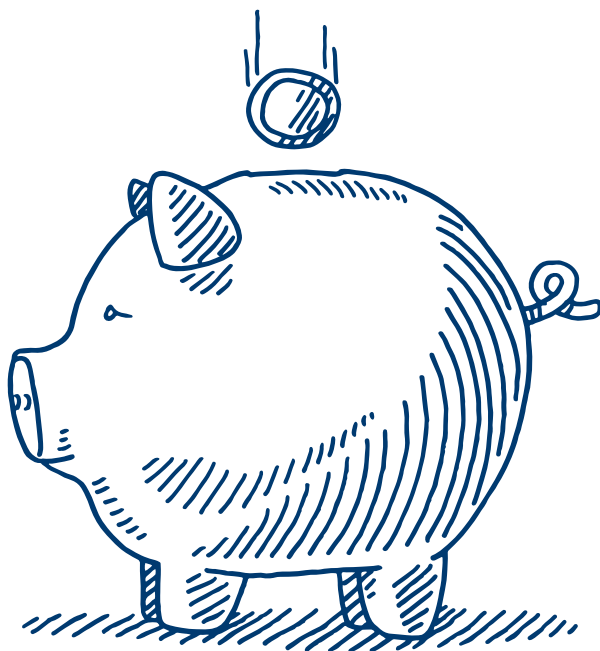
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Cover photo of Paralympic Gold Medalist Dan Cossen
Cover photo by Wheelchair Sports Federation



Although Move United is focused on adaptive sport and its impact on the disability community, and despite the pandemic, much was accomplished in 2021:

- \$2.7 million in grant support to 100 member organizations in 37 states
- The Inclusion Playbook reached 150,000 youth, changing disability perspectives
- Move United's membership grew by 30 organizations, network now within 50 miles of 74% of U.S. population
- Creation of Move United Sanctioned Competitions, more than 20 competitive events held across the nation
- An audience of 290,000 engaged in our virtual AdaptAtHome fitness programs during Covid-19
- Our new OnDemand digital platform delivers adaptive sports to anyone, anywhere
- The USA Wheelchair Football season launched with nine teams

We have been busy delivering new opportunities to our community, and one of the goals of this magazine is to introduce readers to new sports. Sports with new adaptive opportunities, some you haven't tried, and others that weren't on your radar.

To that end, check out the sport of wheelchair curling, on page 15. The sport will be played at the 2022 Paralympic Games in Beijing. Once you understand the lingo, you will discover that it is really fun to play.

How about cross country skiing? It has great fitness benefits that you can do without any intention of competing in it. Cross country skiing is a great way to get out there, be active, and enjoy the outdoors. Of course, if you want to compete in that sport you can. It too is a Paralympic sport that you will see at this year's winter games. Read more about it on page 6.

Another type of skiing is alpine skiing and Move United Warfighters Ambassador Kyle Moxley loves it. He is eligible to compete in China and we hope he will be one of the many Team USA athletes we will be cheering on. You can get to know him by checking out his story on page 12. And while we are highlighting skiers, we'd thought we would introduce you to Move United Elite Team Member Blake Eaton, a monoskier who also has Paralympic aspirations someday. Check him out page 18.

Many of Move United's 202 member organizations offer some type of winter sports programming. Winter's a great time to renew your interest in sports and try something new. At the back of this issue, you can find your nearest location and upcoming events or activities that are offered by them all across the country.

Regards,

Glenn Merry, Executive Director

Move United

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EXPLORING THE WINTER COUNTRYSIDE ON SKIS:

The Sport of Cross Country Skiing



Photos courtesy of Wheelchair Sports Federation

Sometimes winter gets a bad rap. For some individuals, the season can be cold and dreary. Not to mention it gets dark earlier. Move United Elite Team Alum Grace Miller, who represented Team USA at the 2018 Winter Paralympic Games in PyeongChang, South Korea, is from Alaska. “Alaska is so dark and skiing gives me a reason to be outside. Plus, it has snow like sixty percent of the time,” she said.

There are plenty of reasons and plenty of opportunities to be outside. If you are someone that likes being outdoors but may not like alpine skiing, you should give cross country a try.

“I like being in nature and I also enjoy the physical excursion,” Miller said. Six-time Paralympic Medalist and Warfighter Dan Crossen agrees. “I love being outside and in the woods, being around mountains,” Crossen said. “There is something about covering ground and moving. But there is also something about the tranquility and sense of quiet.”

For Move United Elite Team Member Lera Doederlein, who was invited to train at the Cross Cut Mountain Sports Center in Bozeman, Montana, which serves as the home base for the U.S. Paralympics Nordic Ski Team, cross country skiing provides the feeling of flying. “Gliding through the snow on a fast downhill and you catch some speed — it doesn’t matter what else is going on in the world, to me that is all the excitement that I would ever hope for.”



OVERVIEW

Recreationally, cross country skiing is a great activity to do solo or with others. There is typically an easier entry point for this sport than alpine skiing. For example, you can often enjoy this activity without needing to purchase lift tickets or pay other mountain resort fees.

Cross country skiing also varies from alpine skiing in another major way. Instead of relying on the grade of a mountain slope to propel you, cross country skiers rely on their own movement to traverse the landscape.

You can also partake in the activity in various settings, including natural terrain or groomed courses specifically designed for cross country skiing. Depending on the terrain, you also may utilize one of two techniques, including classic cross country skiing or skate skiing.

EQUIPMENT NEEDED

In addition to having the proper winter clothing, the basic equipment that one would need to go alpine skiing would also be needed to go cross country. The gear and equipment needs are modest. You can purchase your own equipment or find a Nordic Center or other program that offers or rents the items you must have.

“It doesn’t matter what else is going on in the world, to me that is all the excitement that I would ever hope for.”



BethAnn Chamberlain, the Paralympic Development Coach at the U.S. Biathlon Association, suggests three basic pieces of equipment, including skis, boots, and poles.

Skis: Cross country skis are usually lighter and narrower than those used in alpine skiing. But not all cross country skis are the same. Options also exist if you prefer to use the classic technique or skate technique. And others may be available if you want to go out in the backcountry.

Boots: Just like alpine skiing, you will need boots that affix to the skis.

Poles: Ski poles assist with balance and movement.

ADAPTATIONS

Cross country skiing can be enjoyed by almost anyone. Chamberlain suggests that various adaptations exist, depending on one’s disability.

Continued on page 8 >>

Those with lower-leg amputations can either cross country ski standing up or via a seated position. Skiers with an arm amputation or limited grip may choose to not use poles or just one ski pole, as opposed to two poles.

Another option is to ski from a seated position, using a sit-ski. A sit-ski is a chair that is equipped with a traditional pair of skis and has seat belts and other strapping to secure the skier to it.

“For those that are visually impaired, a guide is essential to help you navigate the terrain,” Chamberlain said. “The guide may also use a voice amplifier to allow the skier to follow the sound easier.”

FROM RECREATIONAL TO COMPETITION

Cross country skiing is a popular activity to get out and enjoy the outdoors while also getting some exercise. But some athletes decide to take their interest and passion in the sport to the next level. A few years ago, Miller came to a realization. “Yeah, I can compete (at the highest level), I just need to train harder.” In January 2017, she attended an athlete identification camp where she met Chamberlain and she hasn’t looked back since.

Crossen was also introduced to the sport at camp in November 2010. He went to the Paralympics in Sochi and 2014 and then represented Team USA again in South Korea four years later, where he earned one gold, four silver, and one bronze medal. He is training for the 2022 games in China. “Cross country is a humbling sport,” Crossen said. It takes a lot of commitment. It is a lot of time and effort.” When it comes to training, Crossen primarily focuses on three things: endurance, power, and dialing in the equipment.

“It is definitely an endurance sport,” Chamberlain said. “It is always a challenge. You almost have to be comfortable being uncomfortable.”

When it comes to training, Chamberlain suggests spending as much time out on the snow in the winter. In the summer, you can do dry land training or get out and handcycle or run. “Focus on long, slow distances and strength training.”

In a competition, tracks are set ahead of time. “Sometimes it makes sense to be in them and sometimes it doesn’t,” Chamberlain said. “You want to create the least amount of work for you.” So, learning when to utilize the tracks for your benefit comes with practice over time.

At the international competition level, there are three athlete categories: standing, sitting, and visual impairments. Some seated skiers will have full use of their core and some won’t have any use of their core. In the visual impairments category, some athletes may be



required to wear blackout goggles in order to even playing field.

“Although there is a team element to cross country skiing in competition, it is an individualized sport as well. “You get to compete against other people, but you are also competing against yourself to become a better athlete every day,” Doederlein said.

WHERE?

Something worth noting: cross country skiing is sometimes intertwined with Nordic skiing. The latter, however, encompasses the sport and activity of cross country skiing as well as biathlon, according to Chamberlain.

You can check out the U.S. Para Nordic website for a list of sites near you. Crossen suggests there are great places to enjoy cross country skiing in the United States. So get out there and give it a try.

Over 30 Move United member organizations offer Nordic skiing activities. To find one near you, visit moveunitedsport.org/locations and search by sport.



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WARFIGHTER KYLE MOXLEY AIMING FOR 2022 WINTER PARALYMPIC GAMES



Growing up, retired Army Specialist Kyle Moxley was not an athletic person. “I definitely was not a sports guy.” After graduating from high school, he didn’t know what he wanted to do and thought the military was a way



to figure that out. “I wanted to get out of where I was at that time and help me find my way in life.” So at 17 years old, he joined the U.S. Army Infantry.

He picked Hawaii and Germany as his preferred duty stations. “They sent me to Alaska instead,” where he spent five years before being reassigned to Fort Riley. Six months after arriving there, Moxley would be deployed to Iraq. In 2004, about seven months into that deployment and while on a routine patrol, a roadside bomb blew his vehicle completely off the road. “Shrapnel went through my arm pit and severed nerves and the artery.” He would need to be revived twice.

As part of a limb salvage effort during his rehabilitation at Brooke Army Medical Center in San Antonio, the medical team used nerves out of his right leg to insert into his right artery. The procedure, which took about 10 hours was new at the time. “I was one of the first to get that done. But if it would save my arm I was willing to try it. I still have my arm today, so it seemed to work.”

Recovery was long and painful, with about a year of physical therapy. “I lost most of the feeling in my right

arm and lost use of my wrist and the majority of my hand. My leg and foot was compromised as well.” At that time, Moxley was focused on trying to stay in the Army and was going through that process. When that didn’t materialize, Moxley decided to move to Montana and work on getting a degree as part of his vocational rehabilitation, as part of the next step in his journey. He would study business, focusing on marketing and project management.

For five years, while completing his higher education, including a master’s degree, Moxley worked as a special education para professional. “My mentality is that I want to face my challenges and one of those was PTSD. It was something I could focus on other than my injury and myself. When you are focusing on others, you don’t have to deal with yourself.”

Moxley moved to Colorado seven years ago. He walked into the VA to check in and saw something on the wall that was advertising a ski event, which directed interested parties to see the facility’s recreational therapist. “I thought recreational therapy, hmm, I love recreation so let’s do some therapy.”

The advertisement was for the VA Winter Sports Clinic, which is a week-long event where you can learn how to ski and participate in other activities. Moxley went and loved it! “After I was injured, I was kind of confused. I didn’t know what to fall back on and I didn’t have anything to fall back on. I wanted to try and do everything in order to see what I could still do.” So he tried different sports. “Each new sport led me to know what my true abilities were. I was able to narrow down what I wanted to do.”

He started skiing in winter and kayaking in the summer through Team River Runner, a Move United member organization. “I settled on skiing because it freed my mind.

You have a minute and a half maximum and nothing is going on in your head except how to get down the hill.

Move United invited Moxley to attend the annual Ski Spectacular event in Breckenridge, Colorado. He would take up ski racing there. "I liked skiing, but I wanted to go faster. I wanted to learn more control."

"It (ski racing) is an adrenaline rush. It stops my mind from thinking while I am on the hill. I'm just skiing. I'm focusing on going from gate to gate, how the snow feels, and the temperature outside. I'm not worried about what happened in the past or all the bad things. All I see is sunshine and snow and that is what I focus on."

This is Moxley's sixth season racing. The first year was spent at race camps in Breckenridge, Aspen and other places. It is fifth year on the Paralympic circuit. He would also connect with the National Sports Center for the Disabled (NSCD), another Move United member organization. He was classified in alpine skiing and has been competing ever since. "It is a family there. The coaches are great here - we mainly have to focus on skiing and having fun."

Currently, Moxley is ranked sixth in the nation. "I'd love to step that up, but there is some great competition. Last year brought some challenges with training and travel has been limited due to the pandemic. "We did four races this year, instead of six to eight. We weren't



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able to go to some usual spots like California or Canada.” He was also breaking in new skis and boots, which has required some additional adjustments.

From a training perspective, Moxley is working on improving control. “I am concentrating on what my muscles are doing or how my feet are moving and how I work on that on the snow. My right side is very weak and unpredictable.”

He is already qualified for the Paralympics in Slalom and Super G, but the U.S. Team can only take so many athletes, so that may determine if Moxley has the opportunity to compete in Tokyo. “I’m always fighting for a spot on the team.” Last year, he did get a 3rd place in Park City at the Huntsman Cup.

The advice he gives, as well as follows: “Don’t quit. Never quit. Stay out of your own head — that is what I have to do a lot. Keep moving forward.”

As a Move United Warfighters Ambassador, this past year Moxley had the opportunity to get his alpine coaching license to teach ski racing. “I can’t wait to be able to give back after I’m done competing.”



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WHEELCHAIR CURLING:

A Sport of Finesse, Strategy, and Teamwork



There is a sport that mesmerizes players as well as spectators alike. Once you've seen it, or played it for the first time, you are hooked. Wheelchair curling looks like an easy or simple game. But it is not.

"It is a game of strategy," said Marc DePerno, team leader for USA Wheelchair Curling and an occupational therapist at the Charles T. Sitrin Health Care Center, a Move United member organization based in Utica, New York. "It is a fun game and you are always learning."

ABOUT THE SPORT

The objective of the game, like many games, is to score points. Two teams of four players each (with one alternate) square off on a sheet of ice, throwing or sliding a 42-pound granite stone (or rock) from one end to the other. "Some have equated it to shuffleboard on ice," DePerno said. Once you get a grasp of the terminology used in the

sport, you are already on your way to play the game.

A player on one team will throw his or her rocks down the sheet of ice towards the house, or target area. A device, called a delivery stick, is used to assist with this action. Then a player on the opposite team pushes theirs in the same direction and so on, alternating between the teams.

Only one team can score in each end. A team gets one point for each of its rocks that are closer to the button (or target) than the other team. In theory, a team could earn one point or up to eight points. There are eight ends to a game, so each player will end up throwing 16 times. A match typically lasts two hours.

STRATEGY AT PLAY

"It is a niche sport," said Paralympian Steve Emt. "You can't beat it (the sport). You can master other sports. But here,

SAMPLE GLOSSARY OF TERMS

Bonspiel: A curling tournament.

Button: The innermost circle of target area. The button is usually one foot in diameter.

Curl: The rotating movement of a stone caused by turning the handle.

Delivery: The act of throwing a rock.

End: A single round in the game. An end is complete when all sixteen rocks (eight per team) have been thrown.

Hit: A rock intended to collide with another rock.

House: The round scoring area, 12 feet in diameter, with concentric circles.

Rink: A curling team that consists of four players: the

skip, third (vice-skip), second, and lead. Also refers to the place where curling is played.

Rock: Stone.

Sheet: The 146-foot-long area of the ice on which the game is played.

Skip: The player who calls the ice and determines the strategy. Almost always plays the last two rocks for his team (but may throw in a different order in some games).

Takeout: A type of shot that removes another rock from play.

Tee: The center point of the house.

Weight: The amount of force applied to a rock to move it down the ice.

every shot is different.”

A number of factors impact how each game is played and how each stone is thrown or delivered. It might be the condition of the ice that impacts the speed of the rock. “There is math and physics involved,” Emt said.

Teams can either play offense and focus on scoring points or focus on eliminating their opponent’s points and play defense. There are primarily two shots used. A draw is a finesse shot intended to land in a specific place, according to DePerno. A takeout is a heater that is thrown fast and, as its name suggests, is intended to take one of your opponent’s stones out of play or contention.

The advantage goes to the team that throws last. “You want to be the last stone,” Emt said.

ADAPTIVE COMPONENT

Wheelchair curling is a sport that can be played by individuals with various disabilities. “It is not as physically demanding as other sports,” DePerno said. Teams are also mixed gender.

There are no specific modifications made to the wheelchair. No special tires or tread used. However, the use of wheelchair brakes is mandatory when on the ice. In terms of how the sport may differ from the able-bodied



version, Emt offers two primary differences. First, players deliver from the seated position. Second, your team doesn’t sweep (an act of using a brush to polish the ice to hopefully get better results). “Otherwise, it is the same club and the same sheet of ice. You can curl with anyone, able-bodied or not.”

TIME TO BONSPIEL

Curling is a social activity but does have physical and mental benefits as well. For those who want to compete, curling tournaments, or bonspiels, are hosted by local curling clubs throughout the United States and around the globe.

Wheelchair curling is also a Paralympic sport and requires special attention for those who want to compete at the elite level. For Emt, he practices five days a week on the ice. But since it is also a mental sport, Emt works on his mental game and does practice meditation.

GET ON THE ICE

There are 200 curling clubs across the country, according to DePerno. Although it started out with a concentration in the northeast and upper Midwest, curling clubs can now be found from Florida to California. Many offer an adaptive program. If they don’t, then suggest one. To find a program near you, visit usa.curling.org/member-clubs.

There are approximately a dozen Move United member organization that offer the sport. You can find those locations at moveunitedsport.org/locations and search curling.

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ENJOY HIGH-QUALITY ADAPTIVE FITNESS CLASSES THROUGH NEW ONDEMAND FITNESS PROGRAM

Move United has launched a new digital fitness platform, Move United OnDemand (“OnDemand”), in partnership with The Hartford. OnDemand offers specialized adaptive sports fitness classes, making training available anytime, from anywhere for individuals with disabilities at all fitness and ability levels.

“This is a first of its kind inclusive fitness platform designed specifically for individuals with disabilities,” said Move United Executive Director Glenn Merry. “Move United’s OnDemand fitness platform meets the athletes where they are and challenges them, whether they work out seated, need audio cues or recurring instruction. We believe that sport makes us more, and OnDemand invites every person with a disability to engage in that process.”

Youth and adults with disabilities can log into OnDemand to work out with some of the country’s best adaptive fitness instructors who are experts in fitness, disability and adaptations, such as world champions and Team Hartford Athletes Keith Gabel and Megan Blunk.

“As a leading disability insurer, The Hartford has a long-held belief that sports are an important part of recovery following a disabling illness or injury,” said The Hartford’s Chief Marketing and Communications Officer Claire Burns. “We are on a mission to increase access to adaptive sports and are pleased to partner with Move United to offer a free, engaging, virtual fitness option in addition to our events and equipment donations.”

“Sports are an important part of recovery following a disabling illness or injury”



OnDemand can supplement an athlete’s in-person workouts or allow athletes who don’t have access to in-person adaptive fitness training to stay healthy and fit. Athletes can select workouts based on needed adaptations, class time, or fitness area of interest.

Users can take classes in Cardio, HIIT, Strength, Yoga, Dance, and Stretching and Recovery. More than 35 classes, ranging from 10 to 45 minutes in length, are now available with more content added regularly. The program is provided free of charge thanks to support from The Hartford. In addition, the first 500 registrants will receive a free fit kit that includes workout equipment.

In just the first month, over 500 classes had been accessed online. To learn more, visit www.moveunitedsport.org/ondemand.



MOVE UNITED ELITE TEAM ATHLETE BLAKE EATON HAS A NEED FOR SPEED

Blake Eaton has been on the slopes since he was 3 years old when he started out bi-skiing. Representatives from Courage Kenny, a Move United member organization in Duluth, Minnesota, had been encouraging his parents to have him come and try different sports they offered. When he was 8, they suggested he should give the monoski a try. “The rest is history,” Eaton said.

He didn’t pick it up right away. He would attend a three-day mono ski camp offered at Spirit Mountain, his home mountain in Duluth. “It took half a season or so to get me off the bunny slope,” he said.

In 2017, Eaton attended his first Ski Spectacular when he was 13 years old. “The first year was for fun and to see if I would like the race aspect.” He did. “I decided I could have a future in this and saw myself doing this down the line, so I picked up the training and racing.” Last year, he competed in the Huntsman Cup in Park City, Utah, and got classified there.” He would also compete in one GS (Giant Slalom) race at Nationals held in Winter Park. He’s also been training two or three nights a week with an able-bodied club and raced with them as well.

A senior in high school, Eaton is exploring attending Denver University next year, which would allow him to continue skiing in Colorado during the winter season.

Of course, if you are interested in ski racing, it is more than just a winter sport. Training takes place year round. In the winter, Eaton also plays sled hockey with the Minnesota Wild, a sport he started playing when he was 10 years old. “A buddy of mine wanted me to get into it.”



The team practices every Sunday and he makes a two-hour drive down and back to Minneapolis to do so, but it's worth it. "It's fun to be a part of a team-like atmosphere. I also like the physical contact and how fast it is." Hockey also helps with upper body strength and endurance.

In fact, it was pretty much all hockey until he transitioned into ski racing. Since both are winter sports, there are times he may have to miss a practice or two for skiing or vice versa.

In the spring, Eaton shifts his attention to track and field, which is also great cross training. He started wheelchair racing when he was in the seventh grade and then joined his high school's track team. He competes in the 100 meter, 200 meter, and 800 meter. They also have the mile and two-mile race. "I've done the mile once," he said. But he prefers short distance and sprints. "Like downhill skiing, I like to go out as hard as I can as fast as I can."

Unfortunately, there is not a lot of competition at the state level. "I may be by myself this year in my class. But there are more competitors in other events." Hopefully that will change.

Eaton considers the summer his off season. He likes spending time with his family and friends, biking, rowing, and other outdoor activities."

Then it's time again to focus on skiing. When it comes to

skiing, it is about the speed and the feeling of the wind. But for Eaton it's more than that. "It is also the feeling that I'm just as good if not better than anyone else on the hill," he said. "Also being able to do it independently ... it is freeing. It has helped me discover who I am and also let loose I guess."

During the pandemic, Eaton did miss a full season of track. But he was able to ski with the local race club. He also worked out from home and attended virtual biking classes with Courage Kenny, that for a time was offered almost daily.

But now he is focused on training and advancing his skills. Winter training on the hill typically happens two or three times a week. His coaches have also been very helpful beyond just tactics, strategy, and race preparation. "My coaches have given me reassurance that I can do it and that I can go where I want to go, if I put in the work and effort. In addition to Spirit Mountain, favorite places Eaton likes to ski is Winter Park and Keystone, both in Colorado. He would eventually like to be a member of Team USA and within the next year or so is looking to enter his first international competition.

Born with a disability similar to spina bifida, sports are what Eaton likes to do. And it has given him a lot. "Sports showed me that I can be like anyone else. I'm an athlete. It pushes me through my disability and to be anything I want to be."

A CHANGE FOR THE BETTER

The Ferrier Coupler allows you to change your prosthesis quickly and easily. Simply remove one pin, and your prosthesis is disconnected. EASY, QUICK and CONVENIENT!

- The Coupler allows for a complete disconnect immediately below the socket in seconds without the removal of clothes.
- The Coupler can be used where only the upper (above the Coupler) or lower (below the Coupler) portion of the limb needs to be changed.
- The Coupler provides ease in exchanging various limbs/specialty feet.
- The Coupler allows for a temporary replacement limb.
- Disconnect limb for comfort

YOU NEED A FERRIER COUPLER!

"As a disabled, multi-sport athlete, the Ferrier Coupler has allowed me to compete on a more level playing field." – **Luis Alicea, Paralympic and World Champion Swimmer**

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Coupler
Inc.**
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Ask your prosthetist for more information.

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www.ferrier.coupler.com • Email: sales@coupler.com



Join 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

AmpSurf
Pismo Beach, CA
ampsurf.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

SoCal Adaptive Sports
Palm Springs, CA
socaladaptivesports.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

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
dumyonmartialarts.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

Paradox Sports
Eldorado Springs, CO
Paradoxsports.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
cfldreamplex.com

Endless Possibilities
Lakewood, FL
Endlesspossibilitiespbs.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

SportsAbility Alliance
Tallahassee, FL
sportsability.org

Warrior Sailing
Treasure Island, FL
warriorsailing.org

GEORGIA

Catalyst Sports
Atlanta, GA
catalystsports.org

BlazeSports America
Norcross, GA
blazesports.org

HAWAII

AccessSurf Hawaii
Honolulu, HI
accessurf.org

IDAHO

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

Synergy Adaptive Athletics
Carol Stream, IL
synergyyaa.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

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
samaritanactsnorleans.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

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

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

Maryland Therapeutic Riding
Crownsville, MD
HorsesThatHeal.org

Team River Runner
Rockville, MD
teamriverrunner.org

MASSACHUSETTS

AccesSportAmerica
Acton, MA
accessportamerica.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
misprtsunlimited.com/
misprtsunlimited.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

Exercisabilities
Rochester, MN
exercisabilities.org

PVA Minnesota Chapter
Minneapolis, MN
mnpva.org

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

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

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

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

Granite State Adaptive
Mirror Lake, NH
gsadaptive.org

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

Mount Washington Valley Adaptive Sports
Bartlett, NH
mwvas.org

New England Disabled Sports
Lincoln, NH
nedisabledpsports.org

New England Healing Sports Association
Newbury, NH
nehsa.org

Northeast Passage
Durham, NH
nepassage.org

Waterville Valley Adaptive Sports
Waterville Valley, NH
watervilleadaptive.com

NEW JERSEY

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

Navigators Adaptive Sports Club
Bayonne, NJ
navigatorsadaptivesports.com

NEW MEXICO

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

Ski Apache Adaptive Sports
Ruidoso, NM
skiaptheadaptivesports.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

Western New York Watersports
Grand Island, NY
wnyadaptivewatersports.org

NORTH CAROLINA

ACCESS of Wilmington
Wilmington, NC
accessilm.org

American Disability Darts Association
Denver, NC
addadarts.org

Bridge II Sports
Durham, NC
bridge2sports.org

ComMotion- Community In Motion
Raleigh, NC
Commoutionnc.org

NORTH DAKOTA

Dreams in Motion
Mandan, ND
facebook.com/dreamsinmotioninc

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/trainingsite/index.asp

OREGON

Adaptive Sports Northwest
Beaverton, OR
adaptivesportsnw.org

Adventures Without Limits
Forest Grove, OR
awloutdoors.org

Oregon Adaptive Sports
Bend, OR
oregonadaptivesports.org

PENNSYLVANIA

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

IM ABLE Foundation
Wyomissing, PA
imablefoundation.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/cbshs/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
lonestarp paralysis.org

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

One Chair at a Time
Amarillo, TX
onechairatime.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
greenmtadaptive.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

Lake of the Woods Watersports
Locust Grove, VA
adaptivewatersports.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

18TH ANNUAL GREAT LAKE MONO-SKI AND RACE CAMP DULUTH, MINNESOTA



This amazing three-day event, scheduled March 2-4 at Spirit Mountain in Duluth, is the largest mono-ski camp in the Midwest for youth and adults with disabilities. Skiers and instructors from the Midwest come together to advance the participant's mono-ski skills. The focus is for a skier to gain confidence to become an independent skier. Instructors from Breckenridge Outdoor Education Center, Adaptive Sports Center at Crested Butte, and Courage Kenny Ski and Snowboard provide skiers with group instruction based on ability.

Skiers work with instructors on personal ski development.

Skiers will be filmed by a professional videographer for a thorough movement analysis. Skiers and instructors will analyze the film and discuss their ski style and performance. *"I am amazed at how quickly my son gained knowledge and skill on the mono-ski. Your team did an outstanding job. We came for skiing but left with so much more; being around other people that we can relate to and making new friendships was priceless,"* said one of the participant's parents.

For more information or to register, contact Mark Hanna, Mark.hanna@allina.com or 218-726-4834 ext. 2.

TURNSTONE REINVIGORATES THE COMPETITIVE SEASON FORT WAYNE, INDIANA

As the adaptive sports' winter season approaches, athletes at Turnstone prepare to return to tournaments with enthusiasm. Power soccer, wheelchair basketball, wheelchair rugby and sled hockey athletes are excited to get back to competing. Several home tournaments, which will be hosted in Turnstone's home city, Fort Wayne, are on the schedule. Interested athletes may join team practices at any time during the season.

Basketball has two tournaments playing at home. The Junior Basketball Regional Qualifier Tournament for Nationals is on Jan. 29 and 30. Adult Division I, II & III basketball leagues compete on Feb. 5 and 6. We also hosted a wheelchair basketball, wheelchair rugby and

power soccer invitational earlier this fall. Alex, a Turnstone basketball player, says, "It means a lot to me to be able to play again after a long time off. I know this past year was a struggle for many of us, and I think one of the things I missed the most was the basketball court."

Other home tournaments also include power soccer for all ages on March 5 and 6 and sled hockey for all ages on Feb. 19 and 20. Sled hockey home tournaments will be held offsite of Turnstone's facility.

For more information about adaptive sports programs, or to register for these upcoming events, please visit <https://turnstone.org/sports>.

CHALLENGE ASPEN RACE CLINIC AT NASTAR NATIONALS SNOWMASS, COLORADO

Please join Challenge Aspen for an adaptive race clinic, April 4-9, in preparation for NASTAR Nationals, in beautiful Snowmass. The clinic will be led by certified coaches and adaptive professionals who will help individuals fine-tune skills for the 2022 NASTAR Nationals. We will focus on race techniques, proper waxing and equipment maintenance, video analysis,

and of course, a few social activities.

The clinic will be free to the first 12 2022 NASTAR-Qualified Adaptive Racers who apply. Discounted lodging, lift tickets, and entry fee will be available. Registration is open until March 31, 2022!

Visit www.challengeaspen.org or contact deb@challengeaspen.org for more information.



FORESIGHT SKI GUIDES BLIND SKIER PROGRAM VAIL AND BEAVER CREEK, COLORADO



Foresight Ski Guides' blind skier program has been shattering myths about blindness for 20 years, using mountain-based challenge recreation to teach blind and visually impaired individuals how to break through barriers and obstacles that may keep them from living their best lives.

The Vail, Colorado, nonprofit 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 a mountain. We often hear a visually

impaired participant (VIP) say if they can ski down a hill, they can accomplish anything in life. Vianca M. describes how she feels about skiing with Foresight. "Skiing downhill makes you feel like you are flying!"

Foresight's program not only teaches its VIPs self-determination and confidence, but it also provides affordable access to sports experiences that are often missing in their lives.

Visit foresightskiguides.org for more information.

STAY OVERNIGHT AT NATIONAL ABILITY CENTER'S FAMILY CAMP PARK CITY, UTAH

Nestled amidst miles of winter trails, open space and the National Ability Center Ranch, stay with family, friends or travel buddies in our onsite lodge. It's all just 40-minutes from Salt Lake International Airport.

The dormitory-style lodge offers a restful base for a range of adaptive programs, from alpine skiing and snowboarding to Nordic, fat biking and indoor climbing. While you can sign up for any of our programs individually, if you prefer that we do the planning for you, join us for our Holiday Camp!

Holiday Overnight Family Camp, Dec. 28-31

Stay in the National Ability Center's onsite lodge in Park City and explore a variety of winter-themed activities, crafts and games.

In addition, the National Ability Center offers supported internships for young adults ages 16-22 with disabilities. Coach interns assist in all aspects of programs and administration at the National Ability Center, learn job skills and build tools to advocate for themselves in their education, work-life and beyond. Summer application deadline is March 1.

Learn more and sign up at discovernac.org or call (435) 649-3991.



HIGHER GROUND OFFERING WINTER PROGRAMMING SUN VALLEY, IDAHO; MAMMOTH, CALIFORNIA; AND NEW YORK STATE

For over 20 years, Higher Ground has been the sole concessionaire of adaptive snowsports at Sun Valley Resort. We provide lessons for locals and out of town guests as well as equipment usage.

Sun Valley Adaptive and Local Programs:

Full Day and Half Day lessons offered daily (Thanksgiving-April)

Jan-March: Local Ski Team for individuals with Intellectual Disabilities (Weekly)

Jan-March: Local Cross Country Team for individuals with Intellectual Disabilities (Weekly)

Jan. 7-10: Paralympic Youth Camp

Feb. 21-27: Veteran Snowsports Camp with the Salt Lake City V.A.

California Alpine Skiing/Snowboard Week-long Therapeutic Veterans Programs:

Jan. 23-29 Mammoth

Feb. 20-26 Mammoth

Sun Valley Alpine Skiing/Snowboard Week-long Therapeutic Veteran Programs:

Dec. 12-18

Jan. 2-8

Jan. 30-Feb. 5

March 6-2

New York Week-long Therapeutic Veteran Programs:

Feb. 20-26 in Montana

Jan. 26-Feb. 1: Weeklong Ice Climbing Program and Adaptive Ice Climbing Course (AICC) with Paradox Sports in the Adirondack Mountains

Feb./March 2022: Weeklong Advanced Climbing CRU Winter Expedition.

April 2022: Weeklong Horsemanship Program

Check out all our programs and find more info at highergroundusa.org.

GET OUT ON THE MOUNTAIN WITH NEDS WHITE MOUNTAIN, NEW HAMPSHIRE

New England Disabled Sports (NEDS) has many opportunities for you to get out and enjoy the beautiful White Mountains of New Hampshire. Winter is upon us and the skiing/riding season will begin on Saturday, Dec. 11. NEDS will operate 7 days a week through March 31, closed on Christmas Eve and Christmas day. Our knowledgeable staff and volunteers will provide you with the equipment, instruction and support to actively participate in alpine skiing, snowboarding, Nordic skiing, and snowshoeing. We have a variety of equipment to meet all our participants needs.

We are pleased to announce that the TetraSki is now a part of our inventory. We are one of the handful of organizations that can offer this opportunity. The TetraSki is the world's only independent alpine ski for complex disabilities offering joystick or sip-n-puff technology.

Call to make reservations at 603-745-9333. NEDS offers



sliding scale scholarships available on a need basis; please contact danar@nedisabledsports.org to apply. As always, there is no charge for veterans with a disability to participate. Advanced reservations are required!

For additional information, visit nedisabledsports.org or email info@nedisabledsports.org.

TEAM RIVER RUNNER OFFERING VIRTUAL PROGRAMS ONLINE

Throughout the winter months, Team River Runner will share weekly videos every Wednesday. All videos (either live or pre-recorded) will be accessible via the TRRUSA Facebook page. The content will be a mixture of exercise and paddle-focused videos. They'll be short and easy to follow to help you stay active this winter! We'll continue this through the spring until it's warm enough to paddle outdoors again.

Join Team River Runner this winter on Facebook to break a sweat and learn more about paddling! And don't worry if you miss one of our live sessions. You'll have access to all videos to view anytime. See you there!

Visit our page, [Facebook.com/TRRUSA](https://www.facebook.com/TRRUSA).



SNOWSHOEING, SKIING, AND SNOWBOARDING AT MOUNT SUNAPEE NEWBURY, NEW HAMPSHIRE

New England Healing Sports Association (NEHSA) is gearing up for our 50th winter season at beautiful Mount Sunapee. NEHSA provides outdoor recreation opportunities for individuals of all ages with a wide range of varying disabilities. NEHSA is very excited to expand our winter programming opportunities to now include snowshoeing thanks to the generous support from The Hartford through the Ability Equipped Program and Move United.

Whether you are new to winter sports or have been on the slopes for years, we have trained instructors to help you have a safe and fun day in the snow. Lessons are available seven days a week beginning Dec. 26, continuing until the snow runs out. Sign up ASAP for a wonderful day out on the snow!

For more information and to get involved, contact us at info@nehsa.org or 603-763-9158.

VARIOUS WINTER PROGRAMS SLATED AT VERMONT ADAPTIVE PICO MOUNTAIN, KILLINGTON, SUGARBUSH, & BOLTON VALLEY, VT

Winter Programming at Vermont Adaptive Ski and Sports begins Dec. 26 at multiple Vermont locations; skiing, snowboarding, snowshoeing, cross country skiing, rock climbing, veterans retreats and more.

We are ready for winter sports at Vermont Adaptive! Join us at Pico Mountain/Killington Resort, Sugarbush Resort, and Bolton Valley Ski Area for some downhill adventures. Or join us indoors for rock climbing. We offer daily, year-round programming throughout Vermont including Veterans Retreats, wellness camps and more. Visit vermontadaptive.org for reservation and more information.

Free Women Veterans Retreat with Vermont Adaptive Ski and Sports

Women veterans are invited to join us for a special retreat weekend at Sugarbush Resort March 10-13 filled with skiing, snowboarding, snowshoeing, plus yoga, indoor rock climbing and more. Space is very limited so register early. Lodging, meals, activities included. *Some sessions may be led by a male program coordinator or trained volunteer. Reservations are required.

Free Weekly Veterans Programs at Vermont Adaptive Ski and Sports

Join other veterans on a weekly basis at our partner resorts to ski, snowboard, ice climb and more, or participate in one of our special Veterans Weekend Retreats. Programs are specifically designed to support those military servicemen and women to experience a new sport or excel in an existing one while creating a safe social community of friendship, trust and camaraderie.

For regular programs, visit vermontadaptive.org for reservations and information. For veterans' programs, contact Ret. SSG. Misha Pemble-Belkin at veterans@vermontadaptive.org.



COMPETE IN THE BIG PEACH SLAM JAM WHEELCHAIR BASKETBALL TOURNAMENT ATLANTA, GEORGIA

One of our most popular events is the annual BlazeSports Big Peach Slam Jam Wheelchair Basketball Tournament, presented by the Atlanta Hawks Jan. 29-30. This invitational hosts more than 20 of the best teams from 13 states across the Varsity and Prep

divisions. Sanctioned by the NWBA, the Big Peach Slam Jam is the largest tournament of its kind in the Southeast and is a weekend filled with exciting competition.

For more information, visit blazesports.org.



GO CYCLING AT THE 2022 HAMMERFEST WITH LAKESHORE FOUNDATION BIRMINGHAM, ALABAMA

Calling all cycling enthusiasts! You do not want to miss one of the best race and ride events of 2022! Hammerfest will be held in Birmingham on March 12-13. USA CRITS D1 professional cycling teams from all over the United States will be racing through the streets of Birmingham, but this two-day event is not just for the pros. Amateurs, juniors and handcyclists will be tackling the same course and putting their skills to the test. Hammerfest has teamed up with Lakeshore Foundation, an international leader combining expertise in physical

activity, advocacy, and research for people with physical disabilities to live a healthy lifestyle. The event includes a handcycling race, fun rides, food trucks, prizes and more. The Hammer Ride event offers two free rides for cyclists with the option of a 30-mile or 60-mile ride. Riders are encouraged to fundraise with 100% of rider-raised dollars going to support Lakeshore Foundation.

For more information on Hammerfest, visit birminghamhammerfest.com and to learn about Lakeshore Foundation, visit lakeshore.org.



Photo courtesy of Bruno Event Team

PARTICIPATE IN THE LIFETIME MIAMI MARATHON WEEKEND MIAMI, FLORIDA

The Lifetime Miami Marathon partners with Shifting Gears United (SGU) to oversee the safety and inclusion of athletes with disabilities who register to compete in the full marathon and half, which will take place on Feb. 6.

Disability race divisions include handcycles, racing wheelchairs, and open divisions supporting visual impaired and amputee runners.

The Lifetime Miami Marathon course is a fast and flat one that starts on Biscayne Boulevard next to the American Airlines Arena (home of the Miami Heat). The course takes runners eastbound on the MacArthur Causeway, past cruise ships docked at the Port of Miami, to South Beach. From

there, competitors travel northbound along the famous Ocean Drive, through the City of Miami Beach, and then westbound along the Venetian Causeway and back to the mainland and the City of Miami. Here, the Lifetime Miami Half Marathon finishes, and the full marathon continues southbound through the financial district, Brickell, into Coconut Grove, out the Rickenbacker Causeway towards Key Biscayne, and then back through Brickell and downtown Miami to complete the 42.195 kilometers (26.219 mi) at Bayfront Park for a topnotch finish line party.

For more information, contact Jacqui Kapinowski, jacqui@shiftinggearsunited.org or visit the SGU website: shiftinggearsunited.org.

SPARC HOSTING 40TH ADAPTIVE SKIING EVENT BEECH MOUNTAIN, NORTH CAROLINA

SPARC will host the 40th Adaptive Skiing event, the oldest series of instructional adaptive snow ski clinics in the USA at Beech Mountain. The event will take place Jan. 18-21.

The clinic is made possible by co-sponsors Beech Mountain Resort (Costin family), Patricia Neal Rehabilitation Center IRC Program of Knoxville, Ft. Sanders Foundation, Atrium Health ASAP of Charlotte, and many others. The sponsors of this event donate to bring together the instructors, equipment, and resources

necessary to teach skiing/snowboarding to individuals with disabilities. Over \$90,000 of adaptive equipment brought to the event provides many snow ski/board opportunities for participants.

The instructional team for the event includes PSIA Adaptive certified instructors with over 80 years of combined experience from all over the U.S. experienced in monoski, biski, win ski, 2, 3, & 4 tracking, slider, visually impaired and snowboard instruction.

This event will serve participants from the southeastern U.S., including individuals with ages ranging from age 5 to 70+ and a wide variety of abilities. The event will also serve military veterans and active military from our region.

Email sparc@sparcctn.org for more information.



SNOWSPORTS LESSONS FOR ALL TRUCKEE AND OLYMPIC VALLEY, CALIFORNIA

This winter, conquer the mountains with Achieve Tahoe's adaptive ski and snowboard school! Achieve Tahoe got its start serving veterans in 1967, providing us with 50 years of experience to share with our participants. Offering adaptive lessons at the world-class California resorts of Palisades Tahoe, Northstar, and Sugar Bowl, we welcome people of all ages and all disabilities. Our trained instructors will adapt each experience to your ability, to help you achieve your goals and improve your health, confidence, and independence.

Our snowsports school is equipped to meet your unique needs with well-trained and PSIA certified instructors. With our slope-side location at Palisades Tahoe and Northstar, we can cut down on transition times and turn our full focus to getting outside and experiencing the joy of sliding on snow.

Achieve Tahoe is also proud to be one of the few adaptive programs in the world with a TetraSki. The TetraSki is a seat mounted on two skis controlled by a joystick and/or a sip and puff control mechanism similar to most electric wheelchairs; it is the most stable bi-ski. With the TetraSki added to our wide variety of state-of-the-art adaptive

equipment, Achieve Tahoe can offer pathways towards independent skiing for all our participants, especially those with complex mobility impairments.

To sign up for a lesson or learn more, visit AchieveTahoe.org, call 530-581-4161 ext. 6, or email info@AchieveTahoe.org.



DISABLED SPORTS EASTERN SIERRA OFFERS SPECIAL EVENTS FOR THE 2021-22 WINTER SEASON

MAMMOTH LAKES, CALIFORNIA

Around 200 individuals volunteer with DSES annually. One volunteer, Nikki, became an instructor in early 2021 after being a participant and is now a PSIA certified alpine instructor. She says, "Adaptive athletes adapting to teach non-adaptive skiing ... pretty awesome."

We have a team of highly trained staff and volunteer instructors excited to get people skiing, riding, and having fun outside. Adaptive athletes of all ages and abilities can discover the freedom and thrill of outdoor sports adventures through personalized private lessons or winter camps in a variety of snow sports. Special dates for the 2022 winter season include:

- Jan. 23-28 – Operation Mountain Freedom –military sports camp
- Feb. 11-13 –Nordic Ski Camp
- March 4-7 -Alpine Ski and Race Camp -Nikki includes this camp as the first time she felt major skiing improvement!
- March 15-20 –Biathlon Camp –military sports camp

- April 1-3 –Mono Ski Madness

Our sensational scenery and famous California sunshine makes the Eastern Sierra an irresistible place to recreate.

Reservations with DSES are required and more information is available at DisabledSportsEasternSierra.org or 760-934-0791.



Photo by Nikki Lee

SKIING AND SNOWBOARDING LESSONS AT BEAR MOUNTAIN

BIG BEAR, CALIFORNIA

The United States Adaptive Recreation Center (USARC) is committed to teaching people with disabilities outdoor therapeutic recreation. The winter program runs between December and March and offers skiing and snowboarding lessons at Bear Mountain. Full day and half day lessons are available. Lessons include lift tickets, equipment and instruction. Prices are \$150 for full day and \$100 half day. If you'd like more information or to make a reservation, call 909-584-0269.

Volunteers are needed to help these programs be successful. Volunteers enhance the lives of children and children-at-heart living with physical or intellectual disabilities who come to the USARC to challenge themselves through outdoor recreation, and leave having transformed those challenges into achievement and self-discovery.

USARC's favorite winter FUNdraiser will be March 12. The Ski-A-Thon is a day on the slopes of Bear Mountain while raising essential funds for the USARC. Participants receive a lift ticket, line cutting privileges, goodie bag, event t-shirt,

and lunch voucher. For more information, call 909-584-0269.

For more information on programs, visit usarc.org or email mail@usarc.org.



COMPETITION BUILDS CHARACTER

Take Part in a Move United Sanctioned Competition

In 2022, opportunities abound to compete in over 20 single and/or multi-sport events throughout the United States at one of the Move United Sanctioned Competitions. These annual events, which serves over 1,800 athletes with a physical, visual, and/or intellectual impairment, offers competition in Paralympic-style sports primarily in summer sports. The competitions offered through Move United and the Move United member network, serve as qualifiers and/or training opportunities for national competitions including the Move United Junior Nationals, the Adaptive Track and Field USA Adult Nationals, U.S. Paralympics National Championships/Trials, NGB National Championships, the National Veteran Wheelchair Games, the Valor Games, and the Warrior Games.



Athlete opportunities range from beginners to elite level athletes competing or aspiring to compete on the world stage. Young athletes through adults, grassroots to competitive, we welcome you as we embark on the 2022 season.

Below are the confirmed event dates for 2022 Move United Sanctioned Competitions. For the full 2022 calendar of Sanctioned Events, please visit: <https://www.moveunitedsport.org/events/sanctioned-competitions/> for the most up to date information. Please note that dates are subject to change or cancellation due to COVID-19 safety concerns.



EVENT	LOCATION	2022 DATE(S)
GUMBO North	Shreveport, LA	3/11/2022
Texas Regional Games	San Antonio, TX	4/7-4/10/22
Russ Harvey Memorial Archery Tournament	Tampa, FL	4/9/22
Desert Challenge Games	Mesa, AZ	5/18-5/22/22
Challenge Games	Derby, KS	6/4/22
UCO Endeavor Games	Edmond, OK	6/9-6/12/22
2022 Move United Junior Nationals presented by The Hartford	Metro Denver, CO	7/16-7/23/22
Chicago Para-Archery Championship	Chicago, IL	8/26-8/28/22

The culmination leads to the signature summer event, Move United Junior Nationals. Junior Nationals, scheduled to take place July 16-23 in Colorado, is the largest, long-standing annual multi-sport event in the United States for youth with a physical, visual, and/or intellectual impairment who are classifiable under the International Paralympic Committee's classification system. It is a weeklong national sport championship event open to athletes through the age of 22. Sports on the program include archery, paratriathlon, powerlifting, shooting, swimming, tennis and track and field. To learn more about the Move United Sanctioned Competitions, visit [moveunitedsport.org](https://www.moveunitedsport.org).

IT'S ALL ABOUT FUNCTION

We are the visionaries of high-quality prosthetic devices specifically for finger & partial-hand loss. Our solutions are engineered with strength & environmental resistance in mind. We have engineered three custom devices for the partial loss of the finger, and our new GripLock Finger for amputations proximal to the MCP. Designing and manufacturing products isn't all we do; we get people back to work and back to doing the things they love. Learn more at npdevices.com.



READY FOR EVERYDAY LIFE

The Taleo Side Flex was designed for active users who navigate varied indoor and outdoor environments and place a high value on secure, effortless walking and socket comfort. Thanks to innovative technology, it offers more freedom of movement in everyday life and ensures secure, full-surface ground contact with its Terrain Adaption Unit—even on uneven surfaces and slopes. You decide where you go. It's more than a foot. It's your foundation. Visit ottobockus.com to learn more.



FREEDOM TO SAVE FOR THE FUTURE

Many Americans with disabilities think old rules still apply — that they can't save for the future if they are receiving disability benefits. However, ABLEnow savings accounts remove these limitations, offering financial peace-of-mind for eligible individuals and their families. Save for today's needs or invest for tomorrow in a simple, affordable and tax-advantaged account that won't impact certain disability benefits. Learn more and open an account at ABLEnow.com.



CHANGE YOUR PROSTHESIS QUICKLY AND EASILY

The Ferrier Coupler allows you to disconnect your prosthesis quickly and easily by simply removing one pin. Ferrier Coupler combinations fit virtually any lower limb prosthesis. Features include:

- Complete disconnect immediately below the socket in seconds without the removal of clothes.
- Can be used where only the upper (above the Coupler) or lower (below the Coupler) portion of the limb needs to be changed.
- Allows for a temporary replacement limb.
- Provides ease in exchanging various limbs.

For more information, visit ferrier.coupler.com.



THE FREEDOM SHOCKWAVE

The Freedom ShockWave™ utilizes the industry-leading classic Freedom foot design with its proprietary EnduraCore® hybrid composite technology and incorporates a Spherical Shock Unit (SSU). The SSU provides both vertical shock absorption and axial rotation giving K3/K4 patients a shockingly natural and comfortable experience during both every day and high impact activities. Learn more at proteorusa.com/.



FREEDOM SHOCKWAVE™

Spherical Shock Unit (SSU)

- Ultimate vertical shock absorption
 - Eases stress on the residual limb for a more natural gait
- Axial rotation of +/-15 degrees
 - Reduces socket pressure
 - Allows quick pivoting in a seamless motion

EnduraCore® Technology

- Unique layup of carbon fiber and fiberglass
- Ideal durability, flexibility, and strength
- High energy return, less fatigue, and more natural motion improves gait

Full-length Heel and Keel

- Exceptional ground compliance maximizes energy return
- Eliminates dead spots
- Effortless rollover



L5987 + L5984

Split Keel and Heel

- Increases inversion/eversion and works in harmony with the SSU
- Improves stability, comfort, and confidence on varied terrains



Bolt-free Design

- Eliminates dead spots and weak structural areas
- More reliable and lighter foot



Sandal Toe

Available in sizes 23-28cm



NOW AVAILABLE