

A full-page background image of a diver with a prosthetic left leg swimming underwater. The diver is wearing a black wetsuit, a red harness, and patterned shorts. They are holding a yellow ring in their right hand. The water is clear blue with sunlight filtering through from above.

**MOVE
UNITED**

2022

ADAPTIVE SPORTS CALENDAR

SPORTS MAKE US MORE

Sports make us more — more determined, more powerful, more ourselves. And they show the world what we can do, shifting the narrative from disabled to this abled. Whether you're looking to play or compete, get involved.

WHO WE ARE

Move United, formerly Disabled Sports USA and Adaptive Sports USA, has focused on one goal: to improve the lives of wounded warriors, youth and adults with disabilities by providing sports and recreation opportunities. Move United's mission is to provide national leadership and opportunities for individuals with disabilities to develop independence, confidence, and fitness through participation in community sports, recreation and educational programs.

100,000
Served annually

70+
Sports

200+
Member
organizations

30,000
Volunteers &
youth served

65
Years in
operation

16,000
Warfighters
& family



JOIN THE MOVEMENT

For more information, please visit moveunitedsport.org to:

- ✓ Attend an Event
- ✓ Volunteer
- ✓ Subscribe to our Magazine
- ✓ Join Move United Warfighters
- ✓ Participate in a Training
- ✓ Listen to our "Redefining Disability" Podcast
- ✓ Follow us on Social Media
- ✓ Check out USA Wheelchair Football League
- ✓ Sign up for our Newsletter
- ✓ Compete at Junior Nationals
- ✓ Connect to a Local Program

**ON
THE
COVER**

US Marine Ryan Garza drift diving along the wall just off the coast of Cozumel, Mexico with Move United member organization SUDS. Photo by John Thompson.



**MOVE
UNITED**

JOIN THE MOVEMENT.

Get involved with a Move United member organization in your area.

ALABAMA

Lakeshore Foundation | lakeshore.org

ALASKA

Challenge Alaska | challengeak.org

ORCA Program - Southeast Alaska Independent Living, Inc. | sailinc.org

ARIZONA

Ability360 Sports & Fitness Center | ability360sports.org

Arizona Adaptive Watersports | azadaptivewatersports.org

Arizona Disabled Sports | arizonadisabledsports.com

Northern Arizona Adaptive Sports Association | NAZadaptivesports.com

Southern Arizona Adaptive Sports | sozadaptivesports.org

CALIFORNIA

Ability First Sports | abilityfirstsports.org

Achieve Tahoe | achievetahoe.org

Adaptive Sports and Recreation Association | adaptivesportsandrec.org

AmpSurf | ampsurf.org

Angel City Sports | angelcitysports.org

Bay Area Association of Disabled Sailors | baads.org

Bay Area Outreach and Recreation Program | borp.org

Central California Adaptive Sports Center | centralcaladaptive.org

Disabled Sports Eastern Sierra | disabledsportseasternsierra.org

DSUSA Los Angeles - The Unrecables | unrecables.com

DSUSA Orange County - The Achievers | theachievers.org

Far West Wheelchair Athletic Association | fwaaa.org

Operation Surf | operationsurf.org

SoCal Adaptive Sports | socialadaptivesports.org

Triumph Foundation | triumph-foundation.org

United States Driving for the Disabled | usdfd.org

US Adaptive Recreation Center | usarc.org

COLORADO

Adaptive Action Sports | adacs.org

Adaptive Adventures | adaptiveadventures.org

Adaptive Sports Association | asadurango.org

Adaptive Sports Center of Crested Butte | adaptivesports.org

Breckenridge Outdoor Education Center (BOEC) | boec.org

Challenge Aspen | challengeaspen.org

Colorado Discover Ability | cdagj.org

DuMyon Martial Arts | dumyonmartialarts.org

Foresight Ski Guides Inc. | foresightskiguides.org

Golf 4 The Disabled | golf4thedisabled.org

Ignite Adaptive Sports | igniteadaptivesports.org

National Sports Center for the Disabled | nscsd.org

Paradox Sports | paradoxsports.org

Steamboat Adaptive Recreational Sports (STARS) | steamboatstars.com

Telluride Adaptive Sports Program | tellurideadaptivesports.org

Visually Impaired & Blind Skiers | coloradovibes.org

CONNECTICUT

Gaylord Sports Association | gaylord.org/sports

Leaps of Faith Adaptive Skiers | ofadaptiveskiers.org

Oak Hill Adaptive Sports And Fitness | sportsandfitness.oakhillct.org

DISTRICT OF COLUMBIA

Medstar NRH Adaptive Sports & Fitness Program | medstarnrh.org/sports

FLORIDA

Central Florida Dreamplex, LLC | cfdreamplex.com

Central Florida PVA | pvacf.org

Endless Possibilities | endlesspossibilitiespc.org

Hillsborough County Adaptive Sports | hillsboroughcounty.org/en/residents/recreation-and-culture/sports-and-athletics/hc-adaptive-sports

Shifting Gears United | hiftinggearsunited.org

SportsAbility Alliance | sportsability.org

Warrior Sailing | warriorsailing.org

GEORGIA

BlazeSports America | blazesports.org

Catalyst Sports | catalystsports.org

HAWAII

AccessSurf, Hawaii Inc. | accessurf.org

IDAHO

Adaptive Wilderness Sports Of McCall (AWeSoMe!) | awesomemccall.org

Boise Adaptive Snowsport Education (BASE) | baseidaho.org

Higher Ground Sun Valley, Inc. | highergroundusa.org

ILLINOIS

Chicago District Parks | chicagoparkdistrict.com/special-recreation-programs

Dare2Tri Paratriathlon Club | dare2tri.org

Great Lakes Adaptive Sports Association (GLASA) | glasa.org

Shirley Ryan AbilityLab | sralab.org

Synergy Adaptive Athletics | synergyaa.org

North Side Archery Club | northsidearcheryclub.org

INDIANA

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

Special Outdoor Leisure Opportunities (SOLO) | skisolomichiana.org

Turnstone Center for Disabled Children and Adults, Inc. | turnstone.org

IOWA

Adaptive Sports IOWA | adaptivesportsiowa.org

SportAbility of Iowa | sportsabilityofiowa.org

KANSAS

Wichita Adaptive Sports INC | wichitaadaptivesports.org

LOUISIANA

Louisiana GUMBO Inc. | sites.google.com/site/louisianagumboinc

S.M.C.L. Foundation & Associates Inc. Adaptive & Disability Sports Organization | samaritanactsnorleans.org

MAINE

Adaptive Outdoor Education Center | adaptiveoutdooreducationcenter.org

Central Maine Adaptive Sports | centralmaineadaptivesports.org

Maine Adaptive Sports & Recreation | maineadaptive.org

MARYLAND

Baltimore Adaptive Recreation and Sports | barsinfo.org

Bennett Institute Physically Challenged Sports of Kennedy Krieger | kennedykrieger.org

Chesapeake Region Accessible Boating (CRAB) | crabsailing.org

Maryland Therapeutic Riding, Inc. | HorsesThatHeal.org

Team River Runner, Inc. | teamriverrunner.org

MASSACHUSETTS

AccesSportAmerica | accessportamerica.org

Adaptive Sports New England | adaptivesportsne.org

Community Rowing | communityrowing.org

Spaulding Adaptive Sports Centers (Spaulding Rehabilitation Network) | sasc.spauldingrehab.org

MICHIGAN

Cannonsburg Challenged Ski Association | skiccsa.org

Mary Free Bed Adaptive Sports | maryfreebed.org/rehabilitation/sports-rehabilitation

Michigan Adaptive Sports | michiganadaptivesports.com

Michigan Sports Unlimited | misportsunlimited.net

Rehab Institute of Michigan | rimfoundation.org

Un. of Michigan Adaptive Sports | medicine.umich.edu/dept/pmr/patient-care/therapeutic-other-services/university-michigan-adaptive-inclusive-sports-experience-umaise

MINNESOTA

Courage Kenny Rehabilitation Institute | allinahealth.org/adaptivesports

Exercisabilities | exercisabilities.org

PVA Minnesota Chapter | mpvva.org

US Electric Wheelchair Hockey Association | powerhockey.com

MISSOURI

Disabled Athlete Sports Association (DASA) | dasasports.org

Midwest Adaptive Sports | midwestadaptivesports.org

MONTANA

DREAM Adaptive Recreation | dreamadaptive.org

Eagle Mount Billings | eaglemount.us

Eagle Mount Bozeman | eaglemount.org

Eagle Mount Great Falls | eaglemount.net

NEVADA

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

Nevada PVA Chapter | nevadapva.org

NEW HAMPSHIRE

Crotched Mountain Accessible Recreation and Sports | cmars.org

Adaptive Sports Partners of the North Country | adaptivesportspartners.org

Granite State Adaptive | gsadaptive.org

Lakes Region Disabled Sports at Gunstock, Inc. | lradaptive.org

Mount Washington Valley Adaptive Sports | mwvas.org

New England Disabled Sports | nedisabledpsports.org

New England Healing Sports Association | nehsa.org

Northeast Passage | nepassage.org

Waterville Valley Adaptive Sports | watervilleadaptive.com

NEW JERSEY

Children's Lightning Wheels | childrens-specialized.org/sports-connection

Navigators Adaptive Sports Club | navigatorsadaptivesports.com

NEW MEXICO

Adaptive Sports Program New Mexico | adaptivesportsprogram.org

Ski Apache Adaptive Sports | skiapacheadaptivesports.com

NEW YORK

Adaptive Sports Foundation | adaptivesportsfoundation.org

Adaptive Sports Program - Helen Hayes Hospital | helenhayeshospital.org/hospital-services/adapted-sports-recreation

Burke Rehabilitation Hospital Adaptive Sports Program | burke.org/community/adaptiveprograms

Capital Region Nordic Alliance | capitalregionnordicalliance.org

Charles T. Sitrin Health Care Center, Inc. | sitrin.com/adaptivesports

GallopNYC - Giving Alternative Learners UpLifting Opportunities, Inc. | gallopnyc.org

Greater Buffalo Adaptive Sports | sledhockeyfoundation.org

Greek Peak Adaptive Snowsports | gpadaptive.org

Lounsbury Adaptive Ski Program | lounsburyadaptive.org

Move Along, Inc. | movealonginc.org

Rochester Accessible Adventures | rochesteraccessibleadventures.org

Rochester Community Inclusive Rowing | rochestercommunityinclusiverowing.org

STRIDE Adaptive Sports | stride.org

Western New York Adaptive Water Sports | wnyadaptivewatersports.org

NORTH CAROLINA

ACCESS of Wilmington | accessilm.org

American Disability Darts Association | addadarts.org

Bridge II Sports | bridge2sports.org

ComMotion - Community in Motion | commotionnc.org

NORTH DAKOTA

Dreams In Motion, Inc. | dreamsinmotioninc.com

Prairie Grit Adaptive Sports | prairiegritsports.com

OHIO

Adaptive Sports Connection | adaptivesportsconnection.org

Adaptive Sports Program of Ohio | adaptivesportsohio.org

Three Trackers of Ohio | 3trackers.org

Youth Challenge | youthchallengesports.com

OKLAHOMA

Oklahoma Adaptive Sports Association | okasa.org

The Center for Individuals with Physical Challenges | tulsacenter.org

University of Central Oklahoma Center of Adaptive Sports | uco.edu/wellness/sr/trainingsite/index.asp

OREGON

Adaptive Sports Northwest | adaptivesportsnw.org

Adventures Without Limits | awloutdoors.org

Oregon Adaptive Sports | oregonadaptivesports.org

PENNSYLVANIA

Blue Ridge Adaptive Snow Sports (BRASS) | brasski.org

IM ABLE Foundation | imablefoundation.org

On The Edge Children's Foundation | ontheadgecf.org

Pennsylvania Center for Adapted Sports | centeronline.com

Three Rivers Adaptive Sports | traspva.org

Two Top Mountain Adaptive Sports Foundation Inc. | twotopadaptive.org

SOUTH CAROLINA

Clemson Adaptive Sports | clemson.edu/cbshs/departments/prtm/programs/clemson-adaptive-sport-recreation/index.html

Adaptive Expeditions | AdaptiveExpeditions.org

Coastal Adaptive Sports | coastaladaptivesports.org

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

Three Rivers Adaptive Sports | traspva.org

Two Top Mountain Adaptive Sports Foundation Inc. | twotopadaptive.org

TENNESSEE

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

TEXAS

Southwest Wheelchair Athletic Association | swaasports.org

Kinetic Kids, Inc. | kinetickidstx.org

Lone Star Paralysis Foundation | lonestarpalsyis.org

Morgan's Wonderland Sports - STRAPS | morganswonderlandssports.com/straps

One Chair At A Time | onechairatime.org

Operation Comfort | operationcomfort.org

RISE Adventures, Inc. DBA RISE Adaptive Sports | riseadaptivesports.org

Service Members Undertaking Disabled Sports (SUDS) | sudsusa.org

Turning Point - Paraplegics On Independent Nature Trips | turningPOINTnation.org

UTAH

Common Ground Outdoor Adventures | cgadventures.org

National Abilities Center | discovernac.org

Ogden Valley Adaptive Sports | ogdenvalleyadaptivesports.org

Salt Lake County | slco.org/adaptive

Wasatch Adaptive Sports | wasatchadaptivesports.org

VERMONT

Adaptive Sports at Mount Snow | adaptiveatsnow.org

Bart J. Ruggiere Adaptive Sports Ctr, Inc. | bartadaptive.org

Central Vermont Pioneers Inc. | centralvermontpioneers.org

EDD Adaptive Sports | eddfund.org

Green Mountain Adaptive Sports | greenmtnadaptive.org

Lake of the Woods Watersports | adaptivewatersports.org

Northeast Disabled Athletic Association | disabledathletics.org

Patriots for Disabled Divers | patriotsfordisabledivers.org

Vermont Adaptive Ski & Sports Association | vermontadaptive.org

VIRGINIA

Adventure Amputee Camp Inc | adventureamputeecamp.org

Sportable | sportable.org

Therapeutic Adventures, Inc. | TAnline.org

Wintergreen Adaptive Sports | wintergreenadaptivesports.org

WASHINGTON

Footloose Sailing Association | footloosedisablesailing.org

Outdoors for All Foundation | outdoorsforall.org

ParaSport Spokane | parasportspokane.org

Seattle Adaptive Sports | seattleadaptivesports.org

WEST VIRGINIA

Challenged Athletes of West Virginia | cawvsports.org

WISCONSIN

Dairyland Sports | dairylandssports.org

Southeastern Wisconsin Adaptive Ski Program | sewasp.org

Sports, Therapeutic and Adaptive Recreation (STAR) Association | coulteeeregionsledhockey.com

Wisconsin Adaptive Sports Association (WASA) | wasa.org

WYOMING

Teton Adaptive Sports | tetonadaptivesports.com



JANUARY

SUN

MON

TUE

WED

THU

FRI

SAT

						1 New Years Day
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 Martin Luther King, Jr. Day	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

ABOUT THE IMAGE

Ready for a good run on Bear Mountain with USARC. Photo by Andy Templeton.



DYK: A new digital platform, Move United OnDemand, delivers adaptive fitness classes available anytime and from anywhere for individuals at all fitness and ability levels.





FEBRUARY

SUN

MON

TUE

WED

THU

FRI

SAT

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21 <small>Presidents' Day</small>	22	23	24	25	26
27	28					


ABOUT THE IMAGE

Declan Farmer, a member of Team USA's gold-medal winning sled hockey, team competes at the 2018 Winter Paralympic Games in PyeongChang, South Korea. The team is looking to defend its title next month in China. *Photo by Wheelchair Sports Federation.*



FYI: The Move United network is comprised of over 200 member organizations in 43 states and the District of Columbia. Join the movement and get involved in a local program near you.





JOIN THE
MOVEMENT

MOVE
UNITED

MARCH

SUN

MON

TUE

WED

THU

FRI

SAT

		1	2	3	4	5
					2022 Paralympic Winter Games Beijing, China	2022 Paralympic Winter Games Beijing, China
6 2022 Paralympic Winter Games Beijing, China	7 2022 Paralympic Winter Games Beijing, China	8 2022 Paralympic Winter Games Beijing, China	9 2022 Paralympic Winter Games Beijing, China	10 2022 Paralympic Winter Games Beijing, China	11 2022 Paralympic Winter Games Beijing, China	12 2022 Paralympic Winter Games Beijing, China
13 2022 Paralympic Winter Games Beijing, China	14	15	16	17	18	19
20 Spring Begins	21	22	23	24	25	26
27	28	29	30	31		

ABOUT THE IMAGE

Get in the game... or in the pool! Move United Sanctioned Competitions begin this month. Photo by Reed Hoffmann.



DYK: 82% of the Paralympians that represented Team USA at the 2018 Winter Paralympic Games in PyeongChang, South Korea had a connection to Move United or a Move United member organization.





APRIL

SUN

MON

TUE

WED

THU

FRI

SAT



					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

**ABOUT
THE
IMAGE**

USA Patriots Player Josh Wege getting ready to unload on a softball and score some runs during an exhibition game in Bismarck ND. *Photo by Combat Vet Photography (Jeff Hackett).*



FYI: In 2021, 1100 unique athletes participated in 16 events held across the country as part of the Move United Competition Series. Competition builds character, so sign up for an event near you.





MAY

SUN

MON

TUE

WED

THU

FRI

SAT

1	2	3	4	5	6	7
8 Mother's Day	9 Move United Education Conference Colorado Springs, CO	10 Move United Education Conference Colorado Springs, CO	11 Move United Education Conference Colorado Springs, CO	12	13	14
15	16	17	18	19	20	21 Armed Forces Day
22	23	24	25	26	27	28
29	30 Memorial Day	31				

ABOUT THE IMAGE

Lucy Heald demonstrates good forehand form at the SPARC Youth Wheelchair Tennis Clinic at the Manker Patten Tennis Club in Chattanooga, Tennessee. *Photo by Keith Arimura.*



OVER 950 INDIVIDUALS attended the virtual Move United Education Conference in 2021.





JUNE

SUN

MON

TUE

WED

THU

FRI

SAT

			1	2	3	4
5	6	7	8	9	10	11
12	13	14 <small>Flag Day</small>	15	16	17	18
19 <small>Father's Day</small>	20	21 <small>Summer Begins</small>	22	23	24	25
26	27	28	29	30		

ABOUT THE IMAGE

Bonnie conquering her crux on the sea cliffs of Acadia National Park! Bonnie is participating with the Adaptive Outdoor Education Center's Horizons Climbing Program. *Photo by Kayla Lee.*



FOLLOW MOVE UNITED ON SOCIAL MEDIA:

Facebook: @MoveUnitedSports

Twitter: @moveunitedsport

Instagram: @moveunitedsport





**MOVE
UNITED**

58

JULY

SUN

MON

TUE

WED

THU

FRI

SAT

					1	2
3	4 <small>Independence Day</small>	5	6	7	8	9
10	11	12	13	14	15	16 <small>Move United Junior Nationals, Metro Denver, Colorado</small>
17 <small>Move United Junior Nationals, Metro Denver, Colorado</small>	18 <small>Move United Junior Nationals, Metro Denver, Colorado</small>	19 <small>Move United Junior Nationals, Metro Denver, Colorado</small>	20 <small>Move United Junior Nationals, Metro Denver, Colorado</small>	21 <small>Move United Junior Nationals, Metro Denver, Colorado</small>	22 <small>Move United Junior Nationals, Metro Denver, Colorado</small>	23
24	25	26	27	28	29	30 / 31 <small>SUN</small>

**ABOUT
THE
IMAGE**

Paralympian Hannah Dederick competes as part of ParaSport Spokane at the 2021 Move United Junior Nationals in Denver.
Photo by Reed Hoffmann



100,000 ATHLETES participate in adaptive sports annually through the Move United member network across the United States, through 70 different sports.





AUGUST

SUN

MON

TUE

WED

THU

FRI

SAT

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

ABOUT THE IMAGE

Adaptive sports lets you be free! Veteran Frances Osorio Rivera kiteboarding at Matheson Hammock Park in Miami. Photo by Fidel Lopez.



FYI: Last year, Move United's Inclusive Playbook reached 150,000 youth, changing disability perspectives.





SEPTEMBER

SUN

MON

TUE

WED

THU

FRI

SAT

				1	2	3
4	5 <small>Labor Day</small>	6	7	8	9	10
11 <small>Patriot Day</small>	12	13	14	15	16	17
18	19	20	21	22 <small>Fall Begins</small>	23	24
25	26	27	28	29	30	

ABOUT THE IMAGE

Warfighter Bart Salgado (72) prepares to hand the ball off to L.A. Rams teammate and Warfighter Jhoonar Barrera (44) during a USA Wheelchair Football League tournament in Phoenix. *Photo by Tim Brown.*



FYI: We are ready for some football. Last year, the USA Wheelchair Football League expanded to nine teams and hosted two tournaments.





New Haven Parks
Outdoor Adventure

OCTOBER

SUN

MON

TUE

WED

THU

FRI

SAT

						1
2	3	4	5	6	7	8
9	10 <small>Columbus Day</small>	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

ABOUT THE IMAGE

Veteran Michael Lemuel enjoying Gaylord Sports Association's Kayak Outing with New Haven Parks & Recreation at Lighthouse Point in New Haven, CT. *Photo by Katie Joly.*



JOIN the nearly 40,000 individuals who subscribe to Move United magazine, the nation's leading adaptive sports publication. Sign up for a free subscription!





NOVEMBER

SUN

MON

TUE

WED

THU

FRI

SAT

		1	2	3	4	5
6	7	8	9	10	11 <small>Veterans Day</small>	12
13	14	15	16	17	18	19
20	21	22	23	24 <small>Thanksgiving</small>	25	26
27	28	29	30			

ABOUT THE IMAGE

Veteran Jason Jones enjoys a day of mountain biking at Killington Resort with Vermont Adaptive Ski and Sports' Veteran Ventures program.
Photo by Chandler Burgess.



SINCE 2003, more than 16,000 of the most severely injured active duty military service members, veterans, and their families have been served by the Move United Warfighters program.





DECEMBER

SUN

MON

TUE

WED

THU

FRI

SAT

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21 <small>Winter Begins</small>	22	23	24
25 <small>Christmas</small>	26	27	28	29	30	31 <small>New Year's Eve</small>

ABOUT THE IMAGE

Army Veteran Cameron Kerr snowboarding in Breckenridge, Colorado. Photo by Reed Hoffmann.



DYK: Several hundred individuals make a trek to Breck (Breckenridge, CO) each year for the annual Ski Spectacular event, one of the largest winter adaptive sports festivals in the country.



SPORTS MAKE US MORE



**MOVE
UNITED**

MOVEUNITEDSPORT.ORG

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