

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.

THO WE ARE

Move United uses the power of sport to push what's possible for people with disabilities, confronting ignorance, fueling conversation, and inciting action that leads us to a world where everyone's included. Move United is the national leader in community adaptive sports, empowering 120,000 youth and adults with disabilities each year to live to their fullest potential. Move United's 200 member organizations in 45 states are united by a single mission: ensuring everyone, regardless of ability, experiences the life-changing power of sport and is fully included in their community.

120,000 Served annually	70+ Sports
200+	30,000
Member	Volunteers &
organizations	youth served
66	18,000
Years in	Warfighters
operation	& 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 Nationals
- Connect to a Local Program



US Army Veteran Derick Hurt hiking in the rugged and remote Vermilion Cliffs National Monument in northern Arizona. *Photo by John Thompson.*





JHJ NIOL **MOVEMENT.**

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

ΔΙ ΔΒΔΜΔ

Lakeshore Foundation | lakeshore.org The Red Barn Adaptive Club | theredbard.org

ALASKA

Challenge Alaska | challengeak.org

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

ARIZONA

Ability360 Sports & Fitness Center | ability360 sports.org Arizona Adaptive Watersports | azadaptivewatersports.org Arizona Disabled Sports | arizonadisabledsports.com High Country Adaptive Sports | NAZadaptivesports.com Southern Arizona Adaptive Sports | soazadaptivesports.org

CALIFORNIA

Ability First Sports | abilityfirstsports.org

Achieve Tahoe | achievetahoe.org

Adaptive Sports and Recreation Association | adaptivesportsandrec.org

Angel City Sports | angelcitysports.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

SoCal Adaptive Sports | socaladaptivesports.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 | adaptive adventures.org

Adaptive Recreation Opportunities | fcgov.com/aro

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 | cdagi.org

DuMyon Martial Arts | dumyonmartialarts.org

Foresight Ski Guides Inc. | foresightskiguides.org

Golf 4 The Disabled | golf4thedisabled.org

Ignite Adaptive Sports | igniteadaptive sports.org

National Sports Center for the Disabled | nscd.org

Paradox Sports | paradox sports.org

Steamboat Adaptive Recreational Sports (STARS) | steamboatstars.com

Telluride Adaptive Sports Program | tellurideadaptivesports.org

Visually Impaired & Blind Skiers | coloradovibes.org

Gaylord Sports Association | gaylord.org/sports Leaps of Faith Adaptive Skiers | lofadaptiveskiers.org Summit Adaptive Sports | summitadaptive.org

DISTRICT OF COLUMBIA

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

Central Florida Dreamplex, LLC | cfldreamplex.com

Central Florida PVA | pvacf.org

Endless Possibilities | endlesspossibilitiespbc.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

AccesSurf, 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

II I INOIS

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

Dare2Tri Paratriathlon Club | dare2tri.org

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

Lincolnway Special Recreation Association | lwsra.org

Shirley Ryan AbilityLab | sralab.org

Synergy Adaptive Athletics | synergyaa.org North Side Archery Club | northsidearcheryclub.org

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

Adaptive Sports IOWA | adaptivesportsiowa.org

KANSAS

Wichita Adaptive Sports INC | wichitaadaptivesports.org

KENTUCKY

Adaptive Sport South Central Kentucky | bgky.org

LOUISIANA

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

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

Adaptive Outdoor Education Center | adaptive outdoored ucation center.org

Central Maine Adaptive Sports | centralmaineadaptivesports.org Maine Adaptive Sports & Recreation | maineadaptive.org

Bennett Institute Physically Challenged Sports of Kennedy Krieger kennedykrieger.org

Chesapeake Region Accessible Boating (CRAB) | crabsailing.org

Junior Tennis Champions Center | itcc.org

Maryland Therapeutic Riding, Inc. | HorsesThatHeal.org

Promise Landing Farm | promiselanding farm.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

Waypoint Adventures | waypointadventures.org

MICHIGAN

Adaptive Ski Association | skiccsa.org

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

Michigan Adaptive Sports | michiganadaptivesports.com

Michigan Sports Unlimited | misportsunlimited.net

Mount Brighton Adaptive Sports Program | mtbadaptivesports.org

Rehab Institute of Michigan | rimfoundation.org

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

MINNESOTA

Courage Kenny Rehabilitation Institute | allinahealth.org/adaptivesports

EA Therapeutic Health | exercisabilities.org PVA Minnesota Chapter | mnpva.org Twin Cities Adaptive Cycling | tcacycling.org

US Electric Wheelchair Hockey Association | powerhockey.com

Disabled Athlete Sports Association (DASA) | dasasports.org Gateway Disabled Ski Program | gdspstl.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/parksrecreation-community-services/adaptive-recreation

Nevada PVA Chapter | nevadapva.org

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. | Iradaptive.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/sportsconnection

Navigators Adaptive Sports Club | navigatorsadaptivesports.com

NEW MEXICO

Adaptive Sports at Ski Apache | skiapacheadaptivesports.com Adaptive Sports Program New Mexico | adaptivesportsprogram.org

Adaptive Sports Foundation | adaptive sports foundation.org

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

Capital Region Nordic Alliance | capital region nordical liance.org

GallopNYC-Giving Alternative Learners UpLifting Opportunities, Inc.

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 | commotionne org

NORTH DAKOTA

Dreams In Motion, Inc. | dreamsinmotioninc.com Prairie Grit Adaptive Sports | prairiegritsports.com

Adaptive Sports Connection | adaptivesportsconnection.org

Adaptive Sports Program of Ohio | adaptive sportsohio.org Three Trackers of Ohio | 3trackers.org

Youth Challenge | youthchallengesports.com

wellness/sr/trainingsite/index.asp

ΟΚΙ ΔΗΟΜΑ

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/

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

Envision Blind Sports | envisionblindsports.org

IM ABLE Foundation | imablefoundation.org

On The Edge Children's Foundation | ontheedgecf.org Pennsylvania Center for Adapted Sports | centeronline com

Three Rivers Adaptive Sports | traspa.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 | Adaptive Expeditions.org

Coastal Adaptive Sports | coastaladaptivesports.org

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

SOUTH DAKOTA

Helping with Horsepower | helpingwithhorsepower.com

TENNESSEE

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

Southwest Wheelchair Athletic Association | swaasports.org

Kinetic Kids, Inc. kinetickidstx.org

morganswonderlandsports.com/straps

One Chair At A Time | onechairatatime.org

Operation Comfort | operationcomfort.org

Service Members Undertaking Disabled Sports (SUDS) | sudsusa.org Turning Point-Paraplegics On Independent Nature Trips

turningPOINTnation.org

Common Ground Outdoor Adventures | cgadventures.org

Ogden Valley Adaptive Sports | ogdenvalleyadaptivesports.org

Salt Lake County | slco.org/adaptive

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

EDD Adaptive Sports | eddfund.org

Kelly Brush Foundation | kbf.org

Northeast Disabled Athletic Association | disabledathletics.org

Patriots for Disabled Divers | patriotsfordisabledivers.org

Adventure Amputee Camp Inc | adventureamputeecamp.org

Vermont Adaptive Ski & Sports Association | vermontadaptive org

Sportable | sportable.org

WASHINGTON Footloose Sailing Association | footloosedisabledsailing.org

Outdoors for All Foundation | outdoorsforall.org

Seattle Adaptive Sports | seattleadaptivesports.org

Challenged Athletes of West Virginia | cawvsports.org

WISCONSIN

couleeregionsledhockey.com

Paralyzed Veterans of America-WI Chapter | wisconsingva.org

Sports, Therapeutic and Adaptive Recreation (STAR) Association

Lone Star Paralysis Foundation | lonestarparalysis.org

Morgan's Wonderland Sports-STRAPS

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

UTAH

National Abilities Center | discovernac.org

Wasatch Adaptive Sports | wasatchadaptivesports.org

VERMONT Adaptive Sports at Mount Snow | adaptiveatsnow.org

Central Vermont Pioneers Inc. | centralvermontpioneers.org

Green Mountain Adaptive Sports | greenmtnadaptive.org

Partners in Adventures | partnersinadventures.org

Lake of the Woods Watersports | adaptivewatersports.org

Therapeutic Adventures, Inc. | TAonline.org Wintergreen Adaptive Sports | wintergreenadaptivesports.org

ParaSport Spokane | parasportspokane.org

WEST VIRGINA

Dairyland Sports | dairylandsports.org

Southeastern Wisconsin Adaptive Ski Program | sewasp.org

Wisconsin Adaptive Sports Association (WASA) | wasa.org

WYOMING

Teton Adaptive Sports | tetonadaptivesports.com



YARUNAL

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
New Year's Day	9	10	11	12	13	14
15	Martin Luther King, Jr. Day	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				







DYK: Check out the digital platform, Move United OnDemand, which makes adaptive fitness classes available anytime and from anywhere for individuals at all fitness and ability levels.





FEBRUARY

SUN MON TUE WED THU FRI SAT Presidents' Day







FYI: The Move United network is comprised of over 200 member organizations in 45 states and the District of Columbia. Join the movement and get involved in a local program near you.





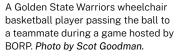
MARCH

50N	MON	IUE	VV ⊏ D	IHU	FKI	SAI
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Spring Begins	21	22	23	24	25
26	27	28	29	30	31	



CHIN

MON





DYK: Each week, tune into the award winning podcast "Redefining Disability" to hear how sports have made it possible for our nation's adaptive athletes, training tips from the best coaches and program leaders, and news on the latest technology, equipment, and trends in the industry.



CDI

CAT



APRIL

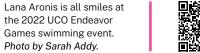
WED

THU

						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 sun



SUN



MON

TUE



FYI: In 2022, 1,384 unique athletes participated in 24 events held across the country as part of the Move United Competition Series. Competition builds character, so sign up for an event near you.



SAT

FRI



MAY

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	19	10	11	12	13
14 Mother's Day	15	16 Nove United Education Conference, Lou	17	18	19	20 Armed Forces Day
21	22	23	24	25	26	27
28	29 Memorial Day	30	31			



Keerat Sharma learns to ride

a horse at Achieve Tahoe's

Equestrian Program.

Photo by Tom Zikas.









JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
44	10	10	4.4	45	10	47
11	12	13	14	15	16	17
			Flag Day			
18	19	20	21	22	23	24
Father's Day			Summer Begins			
25	26	27	28	29	30	







FOLLOW MOVE UNITED ON SOCIAL MEDIA:

Facebook: @MoveUnitedSports Twitter: @moveunitedsport Instagram: @moveunitedsport Tiktok: @move_united_sport LinkedIn: MoveUnited





JULY

WED

TUII

N MON	N IUE	VV E D	INU	FKI	SAI
3	4	5	6	7	8
10	11	12	13	14	Move United Nationals, Hoover, AL
17	18	19	20	21	22
24	25	26	27	28	29
31		ADA Anniversary			
	3 10 17 24	3 4 Independence Day 10 11 17 18 24 25	3 4 5 Independence Day 10 11 12 17 18 19 24 25 26 ADA Anniversary	3 4 5 6 Independence Day 10 11 12 13 17 18 19 20 24 25 26 27	3 4 5 6 7



MILS

MON

THE







SAT

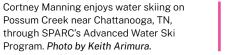
EDI



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		





Possum Creek near Chattanooga, TN,

through SPARC's Advanced Water Ski

Program. Photo by Keith Arimura.







SEPTEMBER

WED

THU

FRI

SAT

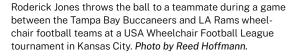
					1	2
3	4	5	6	7	8	9
10	Labor Day 11 Patriot Day	12	13	14	15	16
17	18	19	20	21	22	23 Fall Begins
24	25	26	27	28	29	30



SUN

MON

TUE





FYI: We are ready for some football. Last year, the USA Wheelchair Football League, with nine teams across the country, hosted three tournaments.

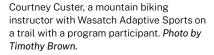




OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9 Columbus Day	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				







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!





DOVEWRER

WED

THU

FRI

SAT

5 8 9 11 6 10 Veterans Day 12 13 14 15 16 18 17 22 19 20 21 23 24 25 Thanksgiving 26 27 28 29 30



SUN

MON

TUE







DECEMBER

WED

THU

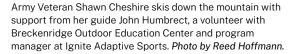
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	Winter Begins	29	30 / 31
	Christmas					SUN New Year's Eve



SUN

MON

TUE





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.



SAT

FRI

SPORTS MAKE US MORE



























MOVEUNITEDSPORT.ORG