

A woman with dark hair, wearing a red t-shirt and black leggings, is performing a pull-up on a horizontal bar in a gym. She is looking directly at the camera. The gym has various equipment visible in the background, including weight racks and rings. The lighting is dramatic, with a strong light source from the right creating a bright spot on her shirt and the bar.

move UNITED

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Cover photo of retired U.S. Air Force Captain Sarah Evans

Cover photo by Jason Hook



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At Move United, we are building a movement. Offering more than 70 adaptive sports to 120,000 youth and adults with disabilities, we're building a community where everyone's included. Where people can compete, or play, or move. Where adaptive athletes can push what they're capable of.

This movement includes 210 member organizations located in 45 states. We continue to grow our membership network across the country.

How are you part of the movement? If you are an athlete, you are likely connected to one or more of our member organizations. If not, check out the full list of local programs starting on page 20 and connect with one that is near you.

Currently, our membership network consists of nonprofit and government agencies that provide adaptive sports opportunities. Our team is working to create additional opportunities to build and foster community. Recently, we created Move United Member Huddles, allowing members with commonalities to gather on a regular basis. These groups are intended to share information and best practices and encourage community building and connection. There will be opportunities for social networking, mentorship, and education.

We launched with our new Professional Development Member Huddle. Move United recognizes the importance of nurturing the adaptive and inclusive sport and recreation professional pipeline. This Member Huddle is intended to serve as a professional development opportunity for new professionals in the adaptive and inclusive sport industry. If you are a professional who has been in the field for 0-5 years (full-time or part-time), you are welcome to join.

In 2023, there will be additional Member Huddles as well as additional membership opportunities, including for athletes and individuals. The bottom line is we want you in the game. No matter who you are. No more spectators. We don't want people on the sidelines or the bleachers. We want teammates, coaches who are mentors, champions of inclusion rallying for us and with us. You have the power to change the world for people who deserve to be included. So join the movement!

Let's take a look at this issue. On page 6, we have an article about adaptive CrossFit, which is a great activity to undertake during winter months. The other sport/activity highlighted in this issue is dance. You can read more about it starting on page 14. On page 12, check out the profile of Move United Warfighters Ambassador Orlando Perez, who in 2022 became the first athlete to represent Puerto Rico at the Winter Paralympic Games. A future Paralympic hopeful is snowboarder Rebecca Johnston and her profile can be found on page 18. Finally, don't forget to check out the array of adaptive sports opportunities available at Move United member organizations across the country, starting on page 24.

Regards,

Glenn Merry, Executive Director

Move United

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Photo by Jason Hook

***“You don’t have
to be an elite
athlete to do
CrossFit.”***

ADAPTIVE CROSSFIT:

Functional Fitness For Your Life

For anyone who hasn’t tried it, CrossFit can seem intimidating. But it shouldn’t be. In its essence, CrossFit is functional movement. “When people think of CrossFit, they think it is for really fast and fit people, but in reality it is for everyone. It is for the everyday person to better their life,” said Steph “The Hammer” Roach, an adaptive athlete with cerebral palsy who owns Staying Driven Fitness.

“It teaches you how to take what you learn in the gym or fitness environment and apply it to your everyday life. A deadlift is just picking things up off the floor. Helpful if you have to carry your groceries or pick yourself up from the floor. A shoulder to overhead movement could mimic taking a plate from the cabinet and bringing it down,” Roach said. “As adaptive athletes, we need to continue

to sharpen these skills. If you don’t use it, you lose it, is magnified if you have adaptive athletes.”

WHY?

There are many benefits CrossFit provides to individuals with disabilities, according to Roach. “It gives you confidence, builds strength and endurance, you gain more stamina, and helps you become more independent.”

Garrison Redd, a Team USA para powerlifter and the spinal cord injury coordinator at Mount Sinai who originally started the sport as a way to add endurance into his training, agrees. “It regulates blood pressure and improves range of motion. Wheelchair users benefit from increasing range of motion, particularly in the shoulder

Continued on page 8 >>

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area. Finally, you can also see a decrease in certain illnesses, including urinary tract infections and skin breakdown. At least that has been the case for me as someone with a spinal cord injury.”

IF YOU DON'T KNOW, NOW YOU KNOW

To get started, all you have to do is walk or roll into a gym. “You can make a choice for yourself. Every gym is different and has a different culture and community. But it is an extremely welcoming environment,” Roach said.

Unfortunately, there are gyms that may not have experience with adaptive CrossFit. “Not every place is going to know what to do with you. You have to be willing to do some of the work. You need to tell them what you need ... knowing yourself and being able to advocate for yourself is so important.”

As a coach, Roach would never put someone in a position where they would feel uncomfortable, unsafe, or embarrassed. “You learn from each other. So before you begin, come up with two or three attainable goals for yourself.”

Regarding equipment, you don't really need anything at the beginning. However, a good set of shoes may be helpful, according to John Edward Heath, a weightlifter and 2024 Team USA Paralympic hopeful who has competed in CrossFit. “Every gym has jump ropes and other equipment. It's only when you get serious that you might consider getting your own belt or other equipment.”

IF YOU HAVE TO SCALE IT, THEN SCALE IT

Retired U.S. Air Force Captain Sarah Evans started CrossFit as part of physical therapy after a left-leg amputation as a way to gain back some strength and a way to keep physically fit.

“It can be daunting or intimidating, but you can scale it,” Evans said. “The concept of scaling, (aka adaptation), is built into the sport. You don't have to be an elite athlete to do CrossFit.” It is functional fitness that translates to your daily life like climbing stairs or even just keeping up with your kids.”

Roach points out there will be certain activities where you might have some restrictions since CrossFit is considered



to be constantly varied functional movement done at high intensity. “The term high intensity can sometimes freak people out. Intensity is relative. What is high for me may not be high for you or vice versa. Once the workout starts, there are no labels. There's no ‘less than’ because of adaptation.”

WORK IT

Your goal should be focused on wanting to live a healthier lifestyle, according to Redd. “It's intense, but you get a workout. It is going to work you and wear you out,” he said. “You are going to be engaging and activating a lot of various muscles. CrossFit will strengthen your core, enhance stability, build cardio, and work on your upper body.”

Because it is highly varied functional fitness, workouts change. “You get a little bit of this and a little bit of that,” Evans said. “That’s why CrossFit has kept me interested. Other sports seem monotonous to me.” Evans has used CrossFit as a means for training to compete in the Invictus Games and to summit Mount Kilimanjaro.

Every single day is different. Every workout is different. You might work the same muscle group but in a different way. There is always purpose behind the programming. Workouts don’t just focus on one movement or one part of the body. You should feel fully balanced afterwards. Since it is a hybrid sport, you could do cardio activities, lift weights, and do gymnastics all in one workout.

PREVENTING INJURY

Heath likes to focus on progression

and on process. He encourages athletes to pace themselves and control breathing. Also, warm up before launching into a workout. “The warmup emphasizes doing the movement before you do the movement,” Heath said. “You have to do the movement correctly or you will hurt yourself. You are going to get injured if you don’t watch what you are doing.”

Redd also pushes the importance of starting out with a warmup. “That is the key is to preventing injury.” He also suggests to focus on dynamic stretching instead of static stretching. “Dynamic stretching involves movement, which stretches and preps the muscles.”

He also encourages athletes incorporate a cool down period after the workout, so muscles stretch out and to hydrate. “Everybody’s hydration looks different. You can overhydrate, especially with a disability.”



WHERE?

A handful of Move United member organizations offer adaptive CrossFit. Check out those locations at moveunitedsport.org/locations. To locate a CrossFit gym near you, visit map.crossfit.com. Many other gyms or fitness facilities can provide similar benefits to you as well if you want to get healthy and stay active.

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ORLANDO PEREZ BECOMES FIRST PUERTO RICAN TO COMPETE IN WINTER PARALYMPICS

Orlando Perez was born and raised in Puerto Rico. His grandfather was in the military and his aspiration to serve came in part from hearing his grandfather's stories. His uncle also served in the U.S. Navy and he remembered visiting with the family at various duty stations in the United States. "I loved their pride in serving the country," Perez said.

When Perez was 19, he enlisted in the U.S. Army. "It was the best choice for me to get on the right path." After completing basic training and his advanced individual schooling, and just before being assigned to his first unit in Germany, Perez lost his grip and fell from a rappelling wall. The ruck sack hit his spinal cord.

As a result of that accident, he noticed a limp and would also stumble and fall. Doctors found a tumor on the spinal cord, ultimately ending his military career. He was medically retired a year later, in 1996. The medical team determined that Perez would need to have surgery.

The night before surgery he played soccer until 2 a.m. "I used to play soccer ... it was my main sport. My sister played the sport first and I would watch her play and learn from her watching the game," Perez said. "I knew I wouldn't walk again." Afterwards, he was able to walk with a cane. But the scar tissue kept growing, which led to paraplegia.

He moved from Fort Jackson to Augusta, Georgia, for rehabilitation. That year, the Paralympic Games was taking place in nearby Atlanta so his rec therapist mentioned it. He had never heard of it. But it wasn't until he was back in Puerto Rico and learning that the National Veterans Wheelchair Games (NVWG) were going to be there a few years later that really got Perez into adaptive sports. Leading up to that event, a number of clinics took place on various sports.



At the 1999 competition, Perez was encouraged to do track and field because he was skinny and fast. He won gold medals in the 100 and 200 in the novice division. There, he also went to watch a wheelchair basketball game. "I thought it was pretty cool." From that moment, he connected with the Puerto Rico wheelchair basketball team. He made the last spot out of the 12-member team going to the Pan Am Games in Mexico. "I played a total of five minutes the whole tournament," he said.

"I had speed, but I didn't know a lot about the game. I was coachable. I didn't need to be the scorer or the ball handler." He would travel to Florida to play with the Orlando team to get better and eventually became a starter as a guard.

Perez played 17 years for Puerto Rico, competing at four Para Pan Am Games and two America's Cups, winning some medals along the way. "I got to play against some greats like Steve Serio, Matt Scott, and others," he said.

In 2005, Perez received the Spirit of the Games Awards at the NVWG and was asked to go to the Department of Veterans Affairs Winter Sports Clinic the following year. "I

fell in love with skiing right away.”

At first, he would ski recreationally, going one week a year to have fun. But then he realized it was a sport he could compete in. “I started to go to ski camps, even though I didn’t have a monoski.” In 2015, he moved to Utah to train at the National Ability Center, a Move United member organization. When he retired from wheelchair basketball in 2017, Perez started to compete for points at the International Paralympic Committee level. That year, he raced in the Huntsman Cup and fell in love with it. Perez would attend Ski Spectacular and was able to learn quicker through opportunities like that. “I was learning from the best coaches.” Perez would also receive the Kirk Bauer Award from Move United, which covered some of his training and travel expenses.

It was around that time that Perez set a goal of being the first athlete to represent Puerto Rico at a Winter Paralympic Games. He hadn’t accumulated enough points yet and his skills weren’t at the top. “My wife is a physical trainer and she got me in the gym.”

Prior to the 2022 Winter Paralympic Games in Beijing, Perez became eligible to compete. But two weeks or so before the event, he was having problems registering. He was told he was missing a document and that he couldn’t go. “That hit me hard ... there were a lot of emotions.”

But a group of supporters rallied around him and launched

a campaign. His wife Marcy, coach Hillary Sapp, and even the Secretary of the VA were involved at some point. Ultimately, he received notification that he was back in. At that point, it became difficult to find a flight until they found a charter flight from Vancouver to China.

Their tickets arrived just a day before they were supposed to leave, leading to a pretty tight schedule. “It was a roller coaster experience. It didn’t hit me and coach Hillary until we actually were on the plane.” Carrying the flag for Puerto Rico at the opening ceremony was an emotional experience. “It was about pride and responsibility.” At that moment, he went from being nervous to being completely mellow.

“I realized I had done five years of training, putting my life and body on the line. I’ve had scars on my face, and a broken shoulder, just to get here, so it felt amazing when it came to the competition.”

“My goal wasn’t to medal. By being there, I had completed my goal.” After 22 years of being in competitive sport, he now hopes to help Puerto Rico have more Paralympic athletes in the future. “I don’t want to be the first and only, but the first of many.”

“It is not just about skiing; it is about life. You have to advocate for yourself. You have to take advantage of programs around you.”



The battle isn't over.

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EVERYBODY DANCE NOW

Three-time Paralympic medalist Amy Purdy's introduction to dance was competing in front of millions of people watching on television and in front of judges as part of the show, "Dancing with the Stars" (DWTS). Although when she was 11 years old, her mom did put her into clog dancing. "Maybe it gave me a little bit of rhythm," she said.

At the start of the show, Purdy wasn't sure if she could dance. "I can dance in the club with my friends, but can I ballroom dance with two prosthetic legs? Can my feet move the way I need them to? I have no idea," she remembered thinking. After all, she has always been willing to try new things.

Coming off the show, she fell in love with dance. "It was so meaningful. It shifted perspectives in a way that I couldn't have imagined."

"When you have a disability, you do feel limited. I didn't know how much I was limiting myself until I started dancing," Purdy said. "I can dance. I can look graceful. I can move my body in a fluid way. I'm not limited by these legs."

For Purdy, dancing was freeing and fun. Her DWTS partner, six-time show champion Derek Hough, would tell her that motion equals emotion, not the other way around. It is for that reason that dance can be empowering. "Movement is so amazing. It's as simple as turning on the music and letting it flow through you."

There's a lot of benefit to movement through dance according to Conner Lundius, the dance captain and choreographer for the Rollettes, an all-women wheelchair dance team based in Los Angeles. "You may not realize in the moment that you are working out. The next day you feel it." Physical benefits include understanding the importance of breathing and building cardio. "Some of our routines are several minutes long and you are moving nonstop, so you are getting a good workout," Lundius said.

In addition, the Rollettes dancers are always trying to challenge themselves. "We try to push ourselves to move in different ways."

Cheryl Angelelli, a three-time Paralympic swimmer and medalist who got into wheelchair ballroom dancing after retiring from the pool also suggests dance improves strength, balance, and core. "I'm using muscles I never used in swimming," she said.

She also loves the speed and beauty of the sport. "It is a different type of freedom. It feels like I am floating across the dance floor when I am dancing with my partner," Angelelli said. "As wheelchair users, it can sometimes be difficult to get from point A to point B. But the smoothness and speed in which we move across the dance floor is exhilarating."

Beyond the physical benefits, dance also contributes to one's mental and emotional health. Lundius states that dance provides a creative outlet and a form of expression. "I feel more connected to myself. Dance has helped me understand myself more, my injury, and the way I move through life more."

You can take what you learn from dance and incorporate it into your everyday life. "You are able to be more comfortable and confident with who you are. That can help with job interviews and other situations."

HITTING THE DANCE FLOOR

In basketball (or other sports), there are plays, moves, and strategy. "In dance, the choreography is our strategy," Lundius said. Unlike some sports though, the barrier to entry is low as little to no specialized equipment is needed.



Getty Images



For example, most of the Rollettes dancers perform in their everyday chairs.

Keep in mind that smaller chairs tend to provide more freedom of movement. “The larger your chair is, the slower it takes to turn around.” She also suggests that the size of back rests can affect the range of motion. It is also important to have appropriate tires and tubes that can be inflated.

As with any sport, stretching is an important warmup activity, focusing any parts you are able to or plan to move, including arms, neck, back, shoulders, and legs if possible. Dance begins with some fundamental movements and as you progress you can focus on improving technique and precision. To better your performance, Lundius suggests having a mirror to see how you move or record yourself and learn from your own experience.

ADAPTATIONS

Dance is an activity that anyone can participate in. The Rollettes have welcomed able-bodied individuals and individuals who use powerchairs to dance with them. “You can adapt it to make it work from you,” Lundius said.

Purdy didn’t have any specialized prosthetics to dance. But Purdy and Hough were challenged and learned a great deal from each other. “It stretched him (Hough) creatively because there were moves that I couldn’t do,” Purdy said. “Our dances were created in the moment and adapted on the spot. We focused on highlighting what I was capable of doing.” Her feet were slippery and sometimes didn’t move the way they were supposed to on the dance floor. “When you are dedicated to figuring something out, you will.” So when it came time to compete in quickstep, she dusted off her running blades and used them.

Wheelchair dancers are able to have some adaptations on the dance floor as well, states Angelelli. Straps can be used to help keep feet or legs together or in place and a third wheel can be added to the chair to prevent it from tipping backwards. “Every disability is different,” she said.

COMPETITION

Wheelchair ballroom, which includes the international standards such as waltz, foxtrot, and other classics, has been popular in Europe and Asia since the 1960s. The sport is sanctioned by the International Paralympic Committee but isn’t currently contested at the Paralympic Games. But there is a push for it to be considered for the 2028 Paralympics in Los Angeles.

Angelelli, who is affiliated with the Rehabilitation Institute of Michigan, a Move United member organization, highlights there are various competition opportunities in the U.S. and around the world. Under World Para Dance, there are three divisions, including single (or solo dance), duo which is two individuals in wheelchairs dancing together, or combi, which is a wheelchair dancer and a standing partner. Angelelli competes in the latter category.

“The person in the wheelchair is an active participant. It is about taking the steps you would see and adapt it for the one who is seated.”

LET’S DANCE

Even if you don’t have any plans to enter a dance competition, learning how to dance will benefit you if you want to go to a wedding or a club with your friends,” Angelelli said. It is an inclusive activity that individuals with and without disabilities can enjoy together. “When you put on music, you can’t help smiling and feeling good.”

Dance is something you can also do through your whole life. Currently, more than a dozen Move United member organizations offer dance. You can find those programs by visiting moveunitedsport.org/locations. Angelelli, who travels the country visiting Fred Astaire studios and with her Dance Mobility nonprofit (dancemobility.org), can also be a resource or help you find an adaptive dance program near you.

Purdy suggests you give it a try. “Move out of your comfort zone ... that is what dance has done for me, she said. “It’s not always about dancing in front of people, it is also about dancing for yourself.” Just dance.



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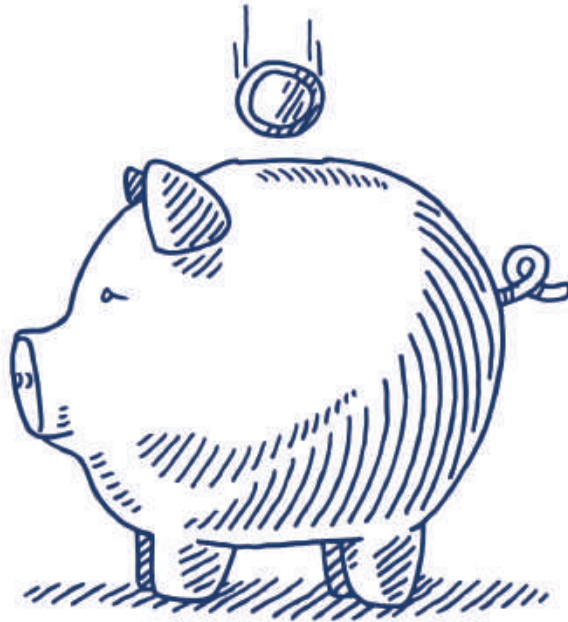
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REBECCA JOHNSTON PURSUES PARA SNOWBOARDING AT HIGHEST LEVEL



Rebecca Johnston grew up participating in just about every sport from taekwondo to soccer. “My parents made an effort to get me into sports as early as possible,” she said. When she was nine years old, her mom took her to a volleyball camp hosted by a nearby community college. “I fell in love with it right then and there.”

Starting in middle school, she would play on the school team and also joined the local club team where she played in a number of competitions. Her fall season was spent playing volleyball at school and club sport in the winter and spring.

When her family moved from California to Hood River, Oregon, it required a drive about an hour or more to Portland in order for Johnston to play competitively. “It definitely was a family commitment,” she said.

While playing in high school, Johnston made it a goal to play at the collegiate level. “I realized I’m pretty good at this ... this could take me somewhere,” she said. “I just really loved being an athlete. I loved being a part of the team and I didn’t want to lose that after high school.

“Being an athlete is so core to my identity as a person and

what I base my life around. Coming together to achieve a common goal is what is really cool about sport.”

After taking a number of campus tours, she chose to attend Whitman College because of the volleyball program, the academics, and the campus environment. “It was a perfect fit.”

Just a couple weeks into her freshmen year in college, at 18 years old, Johnston was diagnosed with a form of bone cancer. She participated in the pre-season training and her volleyball team just started the competitive season when she experienced pain in her knee and lower leg. “I was being seen by the physical therapists and athletic trainer. At that time, nobody was expecting cancer.” However, an orthopedic doctor identified a tumor in her femur.

She left school and headed back to Hood River and sought medical treatment in Portland. Johnston underwent limb salvage surgery, but the recovery response was delayed and she experienced a lot of pain. “My body didn’t take to it very well,” she said, and she used a cane as a mobility aid. Twelve months later she would have another surgery to remove scar tissue, which helped temporarily.



“Seeing others like you doing the things you ultimately want to do yourself is important. If you can picture others doing it, you can start picturing yourself doing it.”

In 2019, Johnston connected with the national sitting volleyball team, which allowed her to explore options, including amputation. “Being limited forced me to face the reality and to make a quality of life decision, which was amputation. In an outdoor environment. I couldn’t do the hikes I wanted to do or other activities. I was making an informed decision for my mental and physical health.”

It was a year after she made that decision when the amputation took place. She already had the support system from friends and teammates on the sitting volleyball team and was also hoping to try other sports. Johnston started exploring available grants through Move United and other organizations and was able to get a Moto Knee and Versa Foot from BioDapt. This allowed her to take up snowboarding.

“Snowboarding was a sport I had dabbled in. I’d go when I could in middle school and high school. I was decent at it, but not highly skilled. So I wanted to see if this can take me anywhere. She took her first lesson as an adaptive athlete at Mount Hood’s Timberline Lodge. “It was an interesting experience ... strapping myself to a snowboard with one leg and not being able to feel my other ankle or knee anymore.”

But it went fairly well. “I realized how much fun snowboarding was again. It brought me a joy I hadn’t felt in a long time.”

Johnston posted a photo on social media of her experience, which caught the attention of Paralympic gold medalist and snowboarder Noah Elliott, who ended up commenting on the post. The two were able to connect and Elliott offered to help if he could. “He told me we need more women in para snowboarding.” She decided snowboarding was going to be the future for her, sport wise. “I found a sport that would allow me to further enjoy where I live. But it also allows me to visit different mountains, states, and countries.” Johnston also enjoys meeting new people on the slopes or the chair lift. “Sports bring so many different people together and it can bring you so much joy.”

This winter, Johnston plans to attend various camps and training opportunities, including Ski Spectacular. She will also get classified and compete in her first international race with the ultimate goal of competing at the 2026 Winter Paralympic Games.

“I’m going to train hard and have fun too. I need some ambition, grit, and discipline. I aspire to develop as a person not only in sports but in life and those attributes are very important.”

Social media was a useful tool for her as part of her recovery. “Seeing others like you doing the things you ultimately want to do yourself is important. If you can picture others doing it, you can start picturing yourself doing it.” She encourages others to use resources and connect with similar athletes. “Ask questions and don’t be afraid to get nitty gritty.”

Eventually Johnston would like to go into the healthcare field. “I would love to continue to work with adaptive athletes. As an adaptive athlete myself, I will have a lot to bring to the table. But for now, she has been presented with an opportunity to pursue snowboarding at the highest level so that will be her priority for the next four years.

Join a Move United member organization near you.

ALABAMA

Lakeshore Foundation
Birmingham, AL
lakeshore.org

The Red Barn Adaptive Club
Birmingham, AL
Theredbarn.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

High Country Adaptive Sports
Flagstaff, AZ
NAZadaptivesports.com

Southern Arizona Adaptive Sports
Tucson, AZ
soazadaptivesports.org

CALIFORNIA

Ability First Sports
Chico, CA
abilityfirstsports.org

Achieve Tahoe
Alpine Meadows, CA
achievetahoe.org

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

Angel City Sports
Los Angeles, CA
angelcitysports.org

Bay Area 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

SoCal Adaptive Sports
Palm Springs, CA
socialadaptivesports.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 Recreation Opportunities
Fort Collins, CO
Fcgov.com/aro

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

Summit Adaptive Sports
New Hartford, CT
summitadaptive.org

FLORIDA

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

Central Florida Dreamplex
Clermont, FL
cfdreamplex.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

Wounded Warriors Abilities Ranch
Pinellas Park, FL
Woundedwarriorsabilitiesranch.org

GEORGIA

Catalyst Sports
Atlanta, GA
catalystsports.org

BlazeSports America
Norcross, GA
blazesports.org

HAWAII

AccesSurf Hawaii
Honolulu, HI
accessurf.org

IDAHO

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

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

Lincolnway Special Recreation Association
New Lenox, IL
lwsra.org

North Side Archery Club
Chicago, IL
northsidearcheryclub.org

Shirley Ryan Ability Lab
Chicago, IL
sralab.org

Synergy Adaptive Athletics
Carol Stream, IL
synergysaa.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

KANSAS

Challenge Foundation
Derby, KS
Challengegames.org

Wichita Adaptive Sports
Wichita, KS
wichitaadaptivesports.org

KENTUCKY

Adaptive Sport South Central Kentucky
Bowling Green, KY
Bgky.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
adaptiveoutdoorededucationcenter.org

Central Maine Adaptive Sports
Auburn, ME
centralmaineadaptivesports.org

Maine Adaptive Sports & Recreation
Newry, ME
maineadaptive.org

MARYLAND

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

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

Junior Tennis Champions Center
College, Park, MD
Jtcc.org

Live Water Foundation
Annapolis, MD
Livewater.org

Maryland Therapeutic Riding
Crownsville, MD
HorsesThatHeal.org

Promise Landing Farm
Upper Marlboro, MD
Promiselandingfarm.org

Team River Runner
Rockville, MD
teamriverrunner.org

MASSACHUSETTS

AccessPortAmerica
Acton, MA
accessportamerica.org

Bionic Project
Cambridge, MA
Bionic5K.com

Boston Athletic Association
Boston, MA
Baa.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

Waypoint Adventure, Inc.
Lexington, MA
waypointadventure.org

MICHIGAN

Adaptive Ski Association-West Michigan
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

Mount Brighton Adaptive Sports Program
Brighton, MI
mtbadaptivesports.org

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

EA Therapeutic Health
Rochester, MN
exercisabilities.org

PVA Minnesota Chapter
Minneapolis, MN
mnpva.org

Twin Cities Adaptive Cycling
Minneapolis, MN
tcacycling.org

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

MISSOURI

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

Gateway Disabled Ski Program
Eureka, MO
Gdspstl.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

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

NEW MEXICO

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

Adaptive Sports at Ski Apache
Ruidoso, NM
skiapacheadaptivesports.com

NEW YORK

Adaptive Sports Foundation
Windham, NY
adaptivesportsfoundation.org

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

Capital Region Nordic Alliance
Albany, NY
capitalregionnordicalliance.org

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
Commotionnc.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

Envision Blind Sports
Mercer, PA
envisionblindsports.org

IM ABLE Foundation
Wyomissing, PA
imablefoundation.org

On the Edge Children's Foundation
Gettysburg, PA
onthededgecf.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

SOUTH DAKOTA

Helping With Horsepower
Mitchell, SD
Helpingwithhorsepower.com

TENNESSEE

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

TEXAS

Kinetic Kids
San Antonio, TX
kinetickidstx.org

Lone Star Paralysis Foundation
Austin, TX
lonestarparalysis.org

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

One Chair at a Time
Amarillo, TX
onechairatatime.org

Operation Comfort
San Antonio, TX
operationcomfort.org

RISE Adaptive Sports
Irving, TX
riseadaptivesports.org

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

Southwest Wheelchair Athletic Association
Fort Worth, TX
Swaasports.org

Turning Point
Terrell, TX
turningPOINTnation.org

UTAH

Common Ground Outdoor Adventures
Logan, UT
cgadventures.org

National Ability Center
Park City, UT
discovernac.org

Ogden Valley Adaptive Sports
Huntsville, UT
ogdenvalleyadaptivesports.org

Salt Lake County
Midvale, UT
slco.org/adaptive

Wasatch Adaptive Sports
Snowbird, UT
wasatchadaptivesports.org

VERMONT

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

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

Central Vermont Pioneers
Montpelier, VT
centralvermontpioneers.org

EDD Adaptive Sports
Williston, VT
eddfund.org

Green Mountain Adaptive Sports
Hyde Park, VT
greenmntadaptive.org

Kelly Brush Foundation
Burlington, VT
kbf.org

Northeast Disabled Athletic Association
Burlington, VT
disabledathletics.org

Partners in Adventure
Essex, VT
Partnersinadventure.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
patriotsfordisableddivers.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
footloosedisablesailing.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.
medstarhr.org/sports

WEST VIRGINIA

Challenged Athletes of West Virginia
Snowshoe, WV
cawvsports.org

WISCONSIN

Dairyland Sports
Madison, WI
dairylandsports.org

Paralyzed Veterans of America – WI Chapter
Milwaukee, WI
wisconsinpva.org

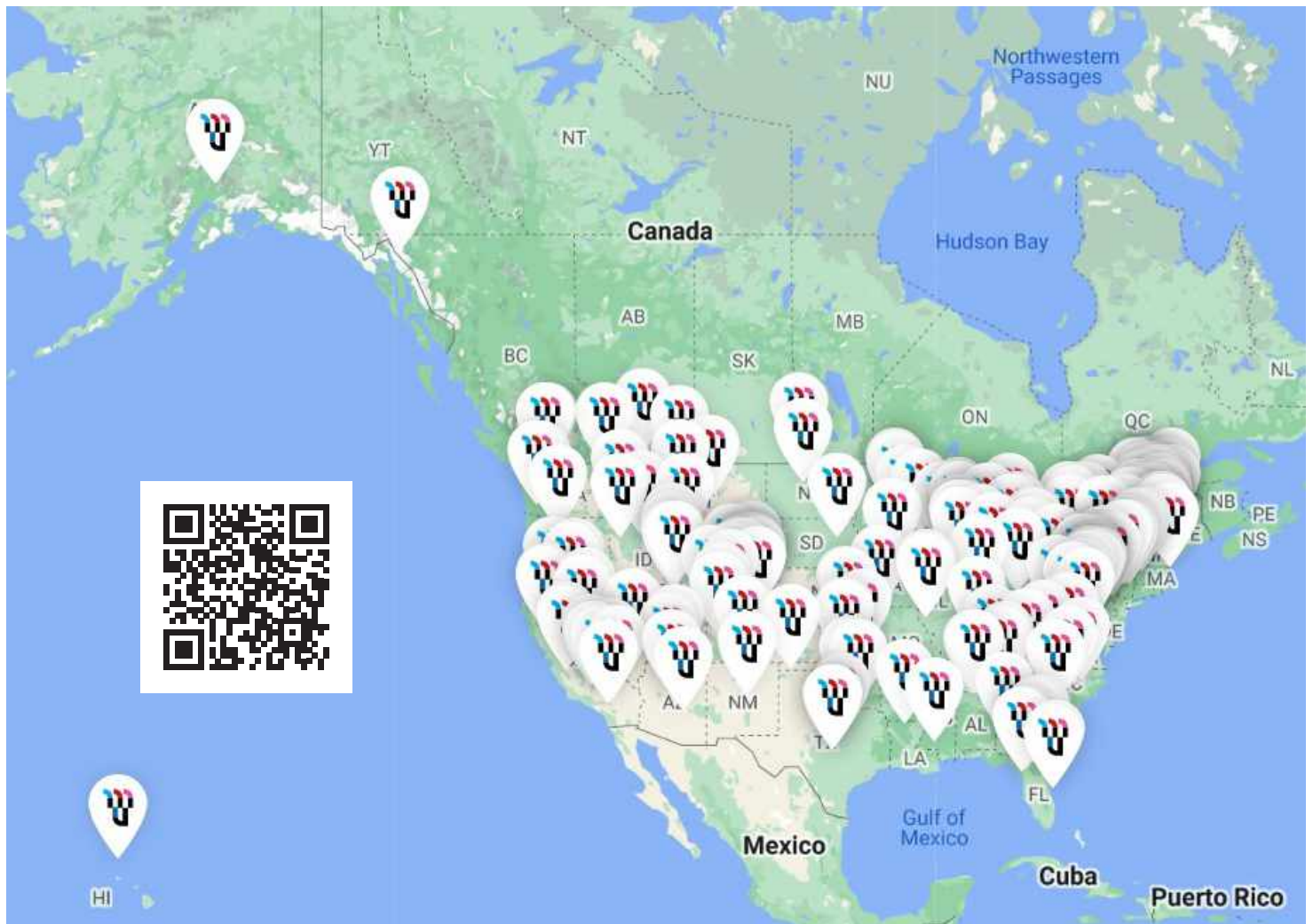
Southeastern Wisconsin Adaptive Ski Program
Cedarburg, WI
sewasp.org

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

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

WYOMING

Teton Adaptive Sports
Teton Village, WY
tetonadaptivesports.com



Move United has 207 member organizations located in 45 states. Reach out and connect with a local program near you.

GLASA SLEDS ARE COMING LAKE FOREST, ILLINOIS

For the 13th year, Great Lakes Adaptive Sports Association (GLASA) will partner with Lake Forest College, located in northern Illinois to conduct the annual Sleds Are Coming event on Feb. 5 at the Alumni Memorial Fieldhouse on campus. The GLASA Falcons sled hockey program includes both a youth/recreation team and a tournament team. In coordination with Lake Forest College's athletic department, GLASA sled hockey athletes scrimmage while supported by an audience of the Lake Forest College men's and women's hockey teams, the student body, alumni, as well as the greater hockey community. This campus-wide joint venture brings exposure to GLASA and showcases the organization's sled hockey program.

Each year the JJ O'Connor Award is presented at the game to a person or organization who demonstrates good

character, leadership and sportsmanship while also serving as an ambassador in the community, persevering regardless of obstacles, and supporting the sport of sled hockey. JJ O'Connor is the former chair of USA Hockey's Disabled Section and has helped grow all levels and disciplines of disabled hockey. He currently serves as GLASA's power soccer team captain. More information on this inclusive event can be found at GLASA.org.

The Great Lakes Adaptive Sports Association is a 501c3 nonprofit organization and proudly serves as a chapter of Move United. GLASA provides a continuum of developmental to elite level adaptive sports primarily serving Northern Illinois and Southern Wisconsin



as well as virtual programming to athletes in 30 states. The GLASA motto is to "Let No One Sit on the Sidelines." GLASA believes that quality of life should never be limited by a physical or visual disability.

More information about GLASA can be found at GLASA.org or by contacting Cindy Housner, GLASA Founder and Executive Director at chousner@glasa.org or 847-283-0908.

COMPETITIVE TOURNAMENTS AND RECREATIONAL OPPORTUNITIES AT TURNSTONE FORT WAYNE, INDIANA

During the winter months, there are plenty of sports and recreational opportunities to get involved with at Turnstone. With the competitive sport season in full swing, athletes have several upcoming tournaments they are looking forward to.

Wheelchair Basketball

- Prep/Varsity Regional Qualifier: Jan. 21-22 at the Plassman Athletic Center
- DI, DII, and DIII competition: Feb. 4-5 Plassman Athletic Center

Sled Hockey

- Tournament at SportOne Parkview IceHouse: Feb. 18-19

Power Soccer

- Invitational at Turnstone's Plassman Athletic Center: March 4-5

Our indoor rowing program is also a great recreational opportunity for those interested in non-competitive activities. During the indoor season, participants train using indoor rowing ergs. They work through rotating circuits of stretching, free weights/resistance bands, rowing, and walking/running. This program starts at the beginning of 2023 and meets throughout the winter before it transitions to outdoor rowing in spring.

Interested athletes may join team practices or recreational programs at any time during the season. For more information, please visit <https://turnstone.org/sports> or call 260-483-2100.



WASA PARTNERS WITH THE ADMIRALS HOCKEY TEAM MILWAUKEE, WISCONSIN

Wisconsin Adaptive Sports Association (WASA), partners with the Milwaukee Admirals hockey team to raise community awareness and participation in sled hockey for individuals with disabilities. Dr. Michael Uihlein is the founder and manager of the WASA Admirals Sled Hockey team. In addition to being an Emergency Medicine physician at Medical College of Wisconsin, Dr. Uihlein serves as a team physician for the 10th season with the U.S. National Sled Hockey Team, which won gold for the 4th consecutive time in the Beijing Paralympics in 2022.

"I have been working with athletes with disabilities for many years and I was immediately attracted to WASA and its programs. WASA has established itself as a powerhouse in the Milwaukee community for providing adaptive sports and utilizing its resources for the betterment of those with physical disability," Dr. Uihlein said.

Sled hockey, a sit-down version of ice hockey for players whose disability prevents them from playing the stand-up version of the sport, is one of 10 WASA programs. WASA will be furthering its commitment to bring sled hockey to



Milwaukee by partnering with Milwaukee Public Schools for a Winter Paralympics program in January 2023 in addition to participating in community outreach programs in Waukesha County.

For more information, visit wasa.org.

MOUNTAIN | AROUND THE COUNTRY

SKI & SNOWBOARD OPPORTUNITIES WITH WASATCH ADAPTIVE SPORTS SNOWBIRD, UTAH



Join Wasatch Adaptive Sports from Dec. 12–April 8 for winter programming! Enjoy the snow from the slopes at our adaptive programs offered every day or explore the snow by foot at snowshoeing programs at local trail systems in the Wasatch on Tuesdays and Saturdays. Ski/snowboard gear and private instruction provided for participants new to the slopes through advanced riders.

Learn more at wasatchadaptivesports.org/participate. Sign up by calling or texting 801-834-0476 or programs@wasatchadaptivesports.org. Follow along on WAS's Instagram or Facebook @wasatchadaptivesports to find out more about program offerings and events.

WOMEN OUTDOORS' SKI AND RACE CAMP TELLURIDE, COLORADO

Telluride Adaptive Sports Program (TASP) is excited to offer our winter Women Outdoors' Ski and Ride Camp for another season! TASP's Women Outdoors initiative is focused on providing new and impactful opportunities for civilian and veteran women living with disability to join together in the outdoors year 'round! TASP seeks to encourage and support more women to engage in unique outdoor pursuits! The camp will be March 6-10 (including travel days) in beautiful Telluride. Come join a shred-ready group of ladies out on the slopes for 3-days of fun-filled sliding on snow! This camp is intentionally structured to a small group



size to enhance your personalized experience and group camaraderie.

Registration selections will place a high priority on women with physical disabilities. All levels of skiing and riding experience are welcome! We are able to provide gear for those who need it and have limited scholarships available to help decrease barriers of women being able to attend this camp.

Contact Nicole Luppino, n.luppino@tellurideadaptivesports.org if you're interested or learn more at tellurideadaptivesports.org.

PLENTY OF ADAPTIVE RECREATION OPPORTUNITIES AVAILABLE FORT COLLINS, COLORADO

Adaptive Recreation Opportunities (ARO) provides quality and equal opportunities of recreation and leisure to Fort Collins community members with disabilities. Upcoming Winter/Spring programs include the following:

Adaptive Climbing: Indoor rock climbing with use of adaptive equipment to support various abilities. Jan. 23-Feb. 27, 5:30 to 7 p.m. at Whetstone Climbing Gym for 8 and up.

Wheelchair Rugby: A fast paced, full contact wheelchair sport designed for people with physical disabilities. Extra sport chairs available. Held on Tuesdays Feb. 7 - May 2 from 6 p.m. to 8 p.m. at Northside Aztlan Community Center for ages 14 and up.

Adaptive Boccia: A Paralympic sport adapted for athletes who have physical disabilities. Played on a smooth surface, with modified equipment. Boccia tests coordination, concentration and ability to strategize. Held on Mondays Feb. 13 - April 10 from 10:30 a.m. to noon at Foothills Activity Center for ages 14 and up.

Adaptive Martial Arts Clinic: This one-day clinic is for individuals with physical disabilities will be facilitated by Rustin Hughes with B-Bold. Rustin is a veteran, Para Jiu Jitsu champion, and coach. B-Bold classes develop strength, range of motion, endurance, flexibility, confidence, independence, cognitive functioning, and social skills. Note: Every class is no-contact, meaning you will be working on skills and exercising, not getting into an actual match.



April 8, 8:45 a.m. to 10 a.m. at Trials MMA, 2649 East Mulberry St. for ages 8 and up.

Adaptive Fencing Clinic: Learn the basic techniques of the challenging and competitive sport of Paralympic fencing. This one-day clinic will be led by Patricia Dykes, a United States Army veteran, Paralympic fencing athlete and coach, who has competed all over the world. Note: Modified instruction and equipment for varying ability levels available. April 1, 9 a.m. to noon at Northside Aztlan Community Center for ages 8 and up.

For more information, email bmcdowell@fcgov.com or call 970-416-2024.

LEARN TO SKI WITH ADAPTIVE SPORTS ASSOCIATION DURANGO, COLORADO

Adaptive Sports Association (ASA) hosts Learn to Ski Scholarships with the objective of increasing support for out-of-state, first-time skiers, and snowboarders. ASA believes this will enhance the lives of an increasing number of people with disabilities by offering a new area of self-fulfillment.

Through the use of state-of-the-art adaptive sports equipment, ASA is able to offer its services to individuals with every type of disability. Quality instruction and safety are primary concerns of ASA. Our instructors are nationally certified through Professional Ski Instructors of America (PSIA) and the American Association of Snowboard Instructors (AASI). ASA is also a member of Move United.

Established in 1999, the **New Dimensions Program** has hosted more than 100 individuals. This program is open to individuals from all over the country with physical disabilities. Preference is given to first-time adaptive skiers/snowboarders, however this is not a requirement. The New Dimensions Program will be held the following weeks:

Session #1: Jan. 9 – Jan. 14

Session #2 Jan. 16 – Jan. 21

Scholarships include 4 days of one-on-one adaptive snowsport instruction, lift tickets, all necessary equipment, 5 nights of lodging, transportation to Durango, and most meals.

For more information, visit asadurango.com.



WINTER SKI AND SNOWBOARD ADVENTURES WITH BOEC BRECKENRIDGE, COLORADO

As a national leader in adaptive outdoor sport and adventure, the Breckenridge Outdoor Education Center (BOEC) provides unique opportunities to explore the amazing ski slopes of Summit County, Colorado, which is right smack in the heart of the heart of the Colorado Rockies!

BOEC offers daily PSIA-certified, one-on-one, customized downhill skiing and riding experiences for people of all abilities at the world-renowned Breckenridge, Keystone, & Copper Ski Resorts along with cross country and snowshoeing instruction and overnight programs.

This winter BOEC will offer its annual Mono Ski Skill Development Camp Jan. 29 – Feb. 3. This camp includes 4 days of skiing and is for beginner to advanced ability levels. For more information about this event and others call or email our ski office.

To reserve an individual lesson for this season you can start the process by filling out our online application and waivers



boec.org/winter. Once you have completed the application you can call our ski office to book your lessons.

For more information, visit boec.org, email skiconfirmation@boec.org, or call 970-453-5633.

ICE CLIMBING IN NEW HAMPSHIRE

RUMNEY, NEW HAMPSHIRE

Paradox Sports is dedicated to transforming lives and communities through adaptive climbing opportunities that defy convention. This mission is achieved through three distinct program types: Local Programs, which focus on community and skills building; Adaptive Climbing Initiative (ACI), which focuses on training; and National Trips, which include rock and ice climbing programs across the United States.

Paradox Sports is the industry leader in adaptive climbing and offers participants specialized equipment, instruction and the opportunity to build community. Paradox Sports offer climbing programs for everyone; from beginner to experienced climbers.

One of Paradox Sports' long-standing ice climbing programs is the Northeast Adaptive Ice Climbing weekend in the White Mountains of New Hampshire, which offers some of the best ice climbing in the lower 48. It features two full days of top-rope ice climbing for individuals of all ages, ability, mobility levels and types. One participant from last year's trip said, "I feel this experience has made it



possible for me to expand my group of people and develop new friendships."

This year's trip will be held from Feb. 10-12.

For more information, check out paradoxsports.org/trips/northeast/.

ADAPTIVE OUTDOOR EDUCATION CENTER

CARRABASSETT VALLEY AND BRUNSWICK, MAINE

It's that time of year when the days get a bit shorter and the temperatures get a whole lot colder. What better way to stay warm than with some outdoor fun! Our Horizon is filled with many exciting programs all across the great state of Maine.

The **Horizons Ski Program** will run Sugarloaf Mountain, Saddleback Mountain, New Hermon Mountain, Camden Snow Bowl, and BigRock.

The **Horizons Nordic Ski Program** will run in Carrabassett Valley and Brunswick. In partnership with Capital Region Nordic Alliance, we also plan to offer biathlon.

The **Horizons Climbing Program** will continue through the winter at Carrabassett Valley, Portland, and Orono.

Looking for a location to host a retreat, clinic, or awesome vacation? Our AOEC Carrabassett Valley

location offers fully accessible, low-cost lodging options just one mile from the Sugarloaf Access Road! We're always happy to work with folks to plan an unforgettable getaway in the Western Mountains of Maine!

Looking for a workshop, event, or program space? Our AOEC Brunswick location also serves as a beautiful, accessible event space! This includes the Horizons Event Center with seating for up to 125 people!

Check out all our happenings and more at adaptiveoutdoorededucationcenter.org. Contact us at 207-237-2676 or infoAOEC@gmail.com with any questions!



GET OUT ON THE SNOW WITH NEW ENGLAND DISABLED SPORTS WHITE MOUNTAINS, NEW HAMPSHIRE

Located in the beautiful White Mountains of New Hampshire, New England Disabled Sports (NEDS) has many winter sports opportunities for you to enjoy. Our knowledgeable staff and volunteers will provide you with the proper equipment, instruction, and support to actively participate in alpine skiing, snowboarding, Nordic skiing, and snowshoeing. Depending on your level of disability, we offer a variety of adapted equipment for each sport.

NEDS is the owner of a TetraSki, which is the world's only independent alpine ski for complex disabilities offering joystick or sip-n-puff technology. This ski focuses on technology that accelerates equality in functionality, performance, and independence for student athletes.

Lessons begin Dec. 10 and run through March 31.

Scholarships are available on a need basis. Contact jasonl@nedisabledsports.org to apply. As always, there is never a charge for veterans with a disability to participate.

Visit nedisabledsports.org for a full listing of events and regular programming. Please call to make reservations at 603-745-9333 or 603-278-3398.



8TH ANNUAL WINTER CAMP FOR DISABLED VETERANS MERCERSBURG, PENNSYLVANIA

Two Top has provided sporting opportunities for disabled veterans for 15 years at Whitetail Resort in Mercersburg. During the winter months, from mid-December to mid-March, Two Top is open daily for skiing and snowboarding. Our only requirement is that you reach out to us via email or phone to make a reservation.

This winter we will host our 8th Annual Winter Camp for Disabled Veterans. The camp date choices are Jan. 22-24 or Jan. 26-28. Disabled Veterans can register for one or both camps and may bring one adult companion. While attending the camp, lessons, lift tickets, equipment, lodging, and meals will be provided.

Register by Jan. 8 at twotopadaptive.org. Registration is limited.

For more information or to make a reservation, contact Bill Dietrich at 717-507-7668, bill@twotopadaptive.org or Stacey Schmader at 717-331-6895, stacey@twotopadaptive.org.



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

New England Healing Sports Association (NEHSA) is gearing up for another fantastic season at Mount Sunapee in Newbury. NEHSA provides outdoor recreation opportunities for individuals of all ages with a wide range of varying disabilities. This winter, NEHSA offers skiing, snowboarding, and snowshoeing beginning Dec. 27, 7 days a week until the snow runs out. 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 on

the mountain. Sign up ASAP for a wonderful day out on the snow!

As always, NEHSA is actively recruiting both on and off snow volunteers to help with all our winter programs. Volunteer schedules are extremely flexible!

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

DREAM BIG 5K: RUN, WALK, ROLL 7TH ANNUAL RACE ESSEX, VERMONT

Looking for a race to add to your spring training plan? Join the Dream Big 5K: Run, Walk, Roll and support Move United member EDD Adaptive Sports. The #DreamBigVT is open to runners, walkers and rollers with and without disabilities. It is an opportunity for athletes with disabilities to run in a supportive setting. The hybrid race has both in-person and virtual divisions.

Move United members are invited to join the virtual #DreamBigVT and race on your favorite local 5K trail.

Complete your virtual race from anywhere in the world between April 30–May 14. The top 3 finishers in each division will get special recognition.

Registration opens on Dec. 15. Sign up at: <https://runsignup.com/dreambig5krunwalkroll>. Find more EDD Adaptive Sports programs at www.eddfund.org.

SNOW SPORTS, ROCK CLIMBING AND MORE AT VERMONT ADAPTIVE SKI AND SPORTS PICO, KILLINGTON, SUGARBUSH, AND BOLTON VALLEY, VERMONT

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 some 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.

14th Annual U. S. Association of Blind Athletes Winter Festival

Vermont Adaptive Ski and Sports will host more than 20 athletes from across the country who are blind or visually impaired at Pico Mountain Resort, Feb. 3-6. Athletes will learn to and participate in alpine skiing, snowboarding and Nordic skiing plus snowshoeing. The event continues to be the largest annual gathering of skiers in the U.S. who are blind and visually impaired. In some cases, this will be a participant's first time skiing without sight. Saturday and Sunday will be filled with alpine skiing at Pico Mountain Resort with the option to participate in Nordic skiing. Saturday will also see participants given the opportunity to try air rifle with an auditory rifle system, the same system used for Paralympic biathlon competitions. No matter the lesson, Vermont Adaptive's team of highly-trained instructors will work with attendees to improve their skills. For more details and to register, email Tom Alcorn at south@vermontadaptive.org.

Free Veterans Retreat to Honor Women

Women veterans are invited to join us for a special retreat weekend at Sugarbush Resort March 9-12 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

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. All veterans participate free of charge. For more info, contact Ret. SSG. Misha Pemble-Belkin at veterans@vermontadaptive.org.

ADAPTIVE TEAM TO TRAIN AND COMPETE IN SPARTAN RACE WEST SAND LAKE, NEW YORK

STRIDE Adaptive Sports is recruiting athletes for an inaugural training program culminating in competition for a 2023 5K Spartan Race. Training for the event will include an endurance and strength conditioning schedule with increasing difficulty, unique to each individual athlete's performance. The goal of this inclusive program will be to bring adaptability and accessibility to the Spartan Race, making it suitable for any aspiring racer to complete the course of 20 obstacles in a 5K race.

Last year, STRIDE athlete Brock

Hathaway, who has cerebral palsy quadriplegia, embarked on the journey to train and compete in the Spartan race of his own accord. This year, Hathaway will be leading the team to success as he returns to the Spartan-sphere as STRIDE Adaptive Sports' Team Captain. Hathaway will bring his past experience to mentor the team from the first day of training through the end of race day. Guiding him and the other athletes with varying disabilities including Down Syndrome and TBI, will be a dedicated team sports' fitness coach, who works as a local athletic director.

Training for this event will take place at STRIDE's SHARE Community Center in West Sand Lake, which features all kinds of weight training machinery including an Alter-G Anti-gravity Treadmill, which Hathaway used in 2022 to prepare for the walking/running portion of his event. The race will be held at Bethel Woods Center in Bethel, New York, June 17.

For more information, visit stride.org or email program director Carly Ronan at cronan@stride.org.

SOUTH | AROUND THE COUNTRY

RVA ADAPTIVE SPORTS FESTIVAL SCHEDULED FOR APRIL RICHMOND, VIRGINIA



Sportable, Central Virginia's premier adaptive sports club, will host the RVA Adaptive Sports Festival April 15, 10 a.m.-2 p.m. in Richmond. The free event boasts the largest exposition in the region of sports and recreational opportunities for people of all ages with physical disabilities.

The accessible and inclusive experience day will provide the opportunity for individuals of all ages to try sports equipment adapted for individuals with limited mobility, physical disabilities, and visual impairments. Over 50 vendors will be in attendance showcasing community resources for the disability community in Virginia.

The event is open to the public and community members are encouraged to cheer on some of the top wheelchair sports teams in the region, including the Sportable Possums wheelchair rugby team, Sportable Rim Riders adult wheelchair basketball team, and Sportable Hive power soccer team, when they host exhibition games on three courts throughout the day.

For more information about attending the event as a participant, visit [Sportable.org](https://sportable.org) or contact Shelley Sowers, Marketing & Events Director, at shelley@sportable.org.

TRY MULTIPLE SPORTS AT FREE SPORTSABILITY EXPO TALLAHASSEE, FLORIDA

Join SportsAbility Alliance for three fun-filled days of activities, including everything from golf, art, martial arts, scuba, waterskiing, boat rides, tennis, archery, biking, horseback riding, rock climbing, and more at the FREE SportsAbility Expo! The event will be held in Tallahassee on March 23-25. Everyone is welcome! Adults and children of all abilities are encouraged to experience hands-on recreation activities for no cost thanks to our friends and sponsors in the community.

Families will learn about the value of active leisure and experience opportunities to engage in recreation TOGETHER around the Tallahassee area.

SportsAbility aims to provide experiences and enable everyone to participate in as many or few activities as they please. Activity providers have adaptations available to make the games playable for everyone.

Participants can discover the latest in equipment, trends, and resources. SportsAbility provides an opportunity for people to network with people with disabilities, resource providers, and community organizations.

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



WEST | AROUND THE COUNTRY



ATTEND THE 10TH ANNUAL WHEELCHAIR SPORTS FESTIVAL SANTA CLARITA, CALIFORNIA

Triumph Foundation invites the community to the 10th Annual Wheelchair Sports Festival scheduled for April 29 and April 30 in Santa Clarita. The event is free and open to all abilities. This is a full day filled with challenge, wheelchair sports, information, community resources and great friends!

- Activities include:
- Wheelchair Hockey
 - Basketball
 - Quad Rugby (a.k.a Murderball)
 - Racquetball
 - Baseball
 - Handcycling
 - Tennis
 - Scuba
 - Wheelchair Skating
 - Dance
 - Yoga
 - Art Workshop
 - Wheelchair Obstacle Course



Plus, a Resource Fair featuring informational booths and exhibitors will be open throughout the festival.

To learn more please visit: <https://triumph-foundation.org/wsf>

ARIZONA DISABLED SPORTS OFFERS VARIETY OF WINTER ACTIVITIES FLAGSTAFF AND MESA, ARIZONA



Arizona Disabled Sports is excited to offer SkiAble event in Flagstaff! Hit the slopes with us Feb. 5-7. In collaboration with High Country Adaptive Sports, AzDS will offer three days of unforgettable skiing in the mountains of Arizona. Your day will include adaptive ski lessons for beginner, intermediate, and advanced skiers with a physical disability or visual impairment. Enjoy the thrill and freedom of downhill sport with us at Snowbowl!

Closer to Mesa, we will host several programs. Archery, track & field, swimming, air rifle, and goalball are all planned to start in January and February. Discounts are available for multiple sport participation, and all programs are free for veterans!

Check our website arizonadisabledsports.com or Facebook page for more information.

JOIN ACHIEVE TAHOE FOR THE ABILITY CHALLENGE TAHOE, CALIFORNIA

Join Achieve Tahoe this March for our 2023 Ability Challenge! Each year, the Achieve Tahoe community rallies together for our adaptive programs that support children and adults with disabilities. Participants help raise awareness of the impact adaptive sports make on people's lives. What's more, everyone involved comes together on March 23 for an all-day celebration based out of our flagship Program Center at Alpine Meadows Palisades Tahoe! Costumes are encouraged, and everyone participates in a mountain-wide scavenger hunt that spreads adaptive cheer to the greater Palisades Tahoe community.

To learn more about the Ability Challenge or to sign up for a snowsports lesson this winter, visit AchieveTahoe.org, call 530-581-4161 ext. 6, or email info@achievetahoe.org.



DEVELOPMENTAL BOCCIA LOS ANGELES AND COACHELLA VALLEY, CALIFORNIA

Boccia has roots in ancient Greece and Egypt and is thought to be one of the first games played by people. The sport has been part of the Paralympics since 1984. Boccia was originally presented as a game for athletes with cerebral palsy, but is now open to athletes with a variety of abilities. Boccia tests athletes' coordination, accuracy, concentration and ability to strategize.

USA Boccia, SoCal Adaptive Sports, Desert Recreation District (DRD)-Adaptive, Triumph Foundation and College of the Desert (Palm Desert) are partnering to offer the first West Coast Boccia Tournament the weekend of Jan. 28-29. Prior to that, there will be a local referee training clinic and classification on Jan. 27 and boccia introduction clinics on Jan. 25-26.

SoCal Adaptive Sports partners with DRD-Adaptive to offer boccia every Wednesday and includes athletes with a variety of disabilities such as visual impairment, cerebral palsy, intellectual disability, autism spectrum and other cognitive disabilities showing how everyBODY can play in a collaborative environment.

It is open to every individual who has a disability: youth, military veteran, adult. Every family member, program administrator, special ed or PE teacher, therapeutic recreationalist, physical therapist and so many more!

Register: usaboccia.org. For further information contact Mike Rosenkrantz, mike@socaladaptivesports.org or 760-469-9207.

SKIING, SNOWBOARDING AND MORE AT USARC BEAR MOUNTAIN, 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 please 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. For more information, please visit our website at usarc.org or email mail@usarc.org.

USARC's favorite winter FUNdraiser will be held March 11! 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 reservations for skiing and snowboarding lessons and information on programs, call 909-584-0269.

ADAPTIVE SPORTS CALENDAR AVAILABLE

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. As the largest adaptive sports organization in the country, Move United serves over 120,000 youth, wounded warriors and adults annually through more than 200 Move United member organizations in 45 states and the District of Columbia.

Over 70 different adaptive sports are offered across the country, including alpine and Nordic skiing, snowboarding, sled hockey, wheelchair basketball, golf, cycling, swimming, scuba, track & field, archery, climbing, hiking, and more. To highlight the various adaptive sports available, Move United has produced a new version of its award-winning Adaptive Sports Calendar for 2023, which features various athletes and adaptive sports, a listing of Move United members across the country, and other resources and information. Images were selected through a nationwide photo contest with nearly 100 submissions. You can download a free copy at moveunitedsport.org/2023-sports-calendar. Or you can purchase a print version there as well.



MARKETPLACE

ARCHERY FOR ALL ABILITIES

Archery is a sport that is open to everyone; it is inclusive of all ages, genders and abilities. Archery can be practiced standing, sitting or braced for stability, and archery equipment and accessories can be easily adapted to fit each archer's individual needs. Athletes with physical or cognitive impairments can participate in archery alongside athletes without any disability. Whether the goal is to get out and socialize, be active, or to make a U.S. Paralympic or World Championship Team, archery is a sport that lends itself to any ability. Try archery, learn more or attend one of our great events! Visit usarchery.org/participate/adaptive-archery.



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