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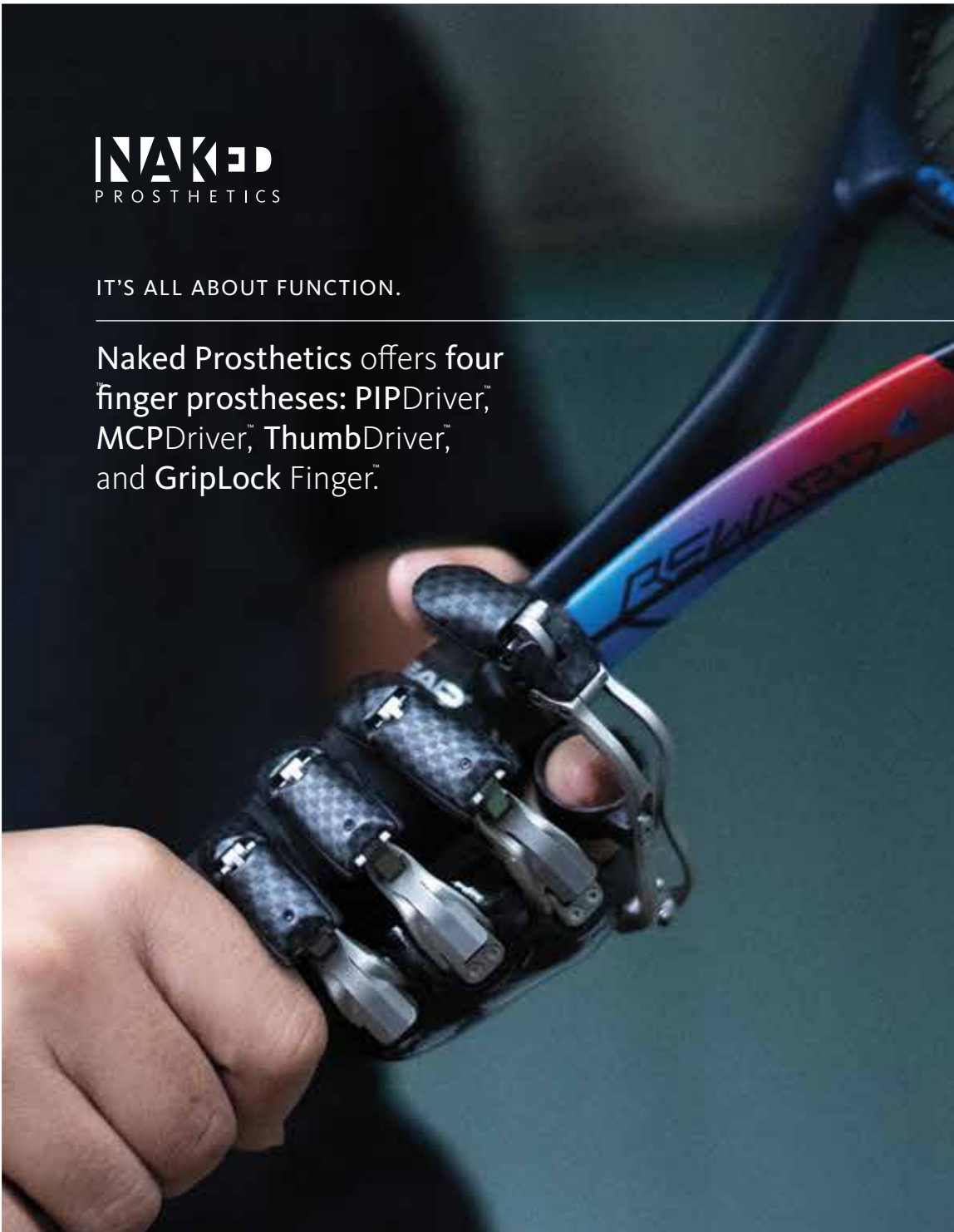
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Cover photo of Michael Kacer (right)

Cover photo by Wheelchair Sports Federation



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At Move United, our rallying cry is “Join the Movement.” Through adaptive sports, we are building a movement across the U.S., today in over 230 locations in 46 states. Sports have always been on the forefront of any movement. If you look at our country’s past, sports played a role in advancing equality when it comes to race and gender. There is great potential to do the same when it comes to disability.

But if you think about it, a movement has a beginning, a middle, as well as an ongoing arc towards the future. So we are embarking on a new endeavor to ensure there is a comprehensive overview of how this movement got started. Our organization has its roots that date back to 1956, so we’ve been around awhile. But to make sure we are able to paint the full picture, we are launching the History of Adaptive Sports Project. As a result, we are collecting interviews, photos, and video from across the country as part of this effort. So if you have something to contribute, email us at communications@moveunitedsport.org. We would love to hear from you.

Let’s take a look at what’s ahead in this issue. As the 2024 Summer Paralympics in Paris approaches, we highlight two sports that will be contested at the upcoming games. First is swimming, which you can read more about starting on page 6. The other sports feature in on para taekwondo. Check out the article to learn more about it on page 14. Both of these activities are highly competitive sports, but they are also lifelong activities that you can do to improve your physical, emotional, and mental health.

In addition to the sports articles, we also have profiles on two adaptive athletes. The first is Marine Corps Veteran Andrew Hairston, who is hoping to compete in para cycling at the Paris Paralympics for the Virgin Islands. His story is on page 12. And on page 18, you can read about Zion Redington, who is the youngest member of the U.S. Wheelchair Rugby Team and also hoping to compete in France this summer.

Don’t forget to check out the listing of Move United member organizations on page 20. We now have over 230 local programs in 46 states that are now part of the network. Find one that is close to you. In fact, starting on page 24 you can explore an array of upcoming adaptive sports programs and activities taking place across the country this spring and summer. So get out there and get involved!

Glenn Merry, Executive Director

Move United



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Photo by TFA Group

WATER AS AN EQUALIZER: THE POWER OF PARA SWIMMING

Swimming is a great sport for anyone, regardless of their physical disability. “I love how freeing the water is and the sense of freedom it provides,” said 3x Paralympian and 5x Paralympic medalist Mallory Weggemann.

The sport also provides a great way to get into shape. Swimming is great for balance, flexibility, increased circulation, pain control, and improving the respiratory system, not to mention the escape it can often provide. When you are in the water, you really can shut out the rest of the world. “It is just me, and my body as it is, in the water,” Weggemann said.

Furthermore, swimming is an essential life skill that can ensure one’s own safety while participating in other water sports or activities. For those reasons, swimming can benefit individuals with a wide range of ages and abilities.

And finally, although swimming is often considered an individualized sport, Weggemann also suggests there is a community aspect through being with teammates.

GETTING STARTED

Very little is required for someone interested in getting into adaptive swimming. “Starting out, you just need a good pair of goggles that won’t leak and a comfortable swimsuit,” said 2020 Paralympic Swimmer Zach Shattuck. “Maybe a cap to keep the hair out of your face — that is about it.”

Learning how to swim may involve various items, which often can already be found on the pool deck. For example, items like kickboards and noodles help with flotation and balance; dive sticks can help streamline the arms; and buoys can prevent legs from dragging. “Kickboards, paddles, fins, or other accessories are helpful,” Shattuck said. “Equipment-wise, there is not a lot to it.” That makes swimming pretty affordable, compared to some other adaptive sports.

While in the water, swimmers should work on balance and breathing first, followed by the various swimming strokes (arm and leg techniques). “Freestyle is considered the universal stroke,” Shattuck said. “It is technical, but doesn’t

require as much effort as butterfly or breast stroke. Freestyle is the first one I teach to new swimmers. Then you can go into other strokes. It is good to play around with all the different strokes to get experience and to get in touch with the water.”

Modifications to a swim stroke or kick can be made, depending on the athlete’s disability. For example, athletes with cerebral palsy who may not have the coordination to complete the kick can show the intent to kick or drag their legs.

Other adaptations are permissible as well. Athletes may start from the water, the wall, or the blocks and can be given time to get into the appropriate starting position. In addition, the swimmer may need assistance from someone on the deck as well. Snorkels can assist those with mobility or breathing issues, or for those who have trouble turning their heads. Flotation wraps can also improve body position in the water.

For athletes with visual impairments, a personal assistant can serve as a “tapper” and notify the swimmer of a turn or the wall by using a pole with soft-tipped ends to tap the swimmer accordingly. It is also helpful to use rich verbal descriptions when communicating instructions and physically assist a visually-impaired swimmer to achieve correct technique.

ON YOUR MARK

If you are interested in swimming beyond just recreationally, Shattuck says to find a good coach. “Joining a team should be your primary goal, because it is tough to be competitive by yourself.” He also suggests you set small goals and know what you are willing to put in in order to be competitive. “If you want to do it well, you typically have to do it year-round.”

To compete at the highest level, Paralympic bronze medalist Jamal Hill suggests mastering the technique. “You need to focus on quality and quantity in terms of your time,” he said. Outside the water, or dryland work, includes time in the gym, working with resistance bands, and calisthenics. However, Hill spends about twice as much time in the pool. “There’s only one way to swim and that’s to be in the pool. Nothing ever beats being in the pool.”

Hill works on improving power by using weights, buckets, and parachutes in his training. “It’s all about resistance. You have to train with drag and try to reduce drag.” Paddles can

help with strengthening and strapping a parachute around your waist can build resistance.

Waggemann also recommends focusing on the stroke. “Always approach your craft with an element of curiosity. The minute you put yourself in autopilot, you become stagnant,” she said. She focuses on quality over quantity. “Consistency is the name of the game. Approach each workout with intentionality. It is about maximizing the efficiencies and building endurance.”

Recovery is also an important part of the process. “Take a rest day. Know your body. Know that you need to recharge and rebuild. Otherwise, you’re breaking yourself down. And don’t compare what you are doing with what other people are doing. Everybody is different,” Weggemann said.

After having focused on the physical element of sports training, you have to take care of your mental health as well.

Continued on page 8 >>





Photo by Jamal Hill



But realistically, in order to take the jump to the elite level of swimming, or any sport, you must live and breathe it. “People talk about priorities, plural,” Hill said. “There can only be one priority.”

FIND A PROGRAM

Regardless of whether you want to swim recreationally or competitively, it is a great sport to consider. “Give yourself the opportunity to try it,”

Waggemann says. “Through the sport, you can push yourself. You learn hard work, dedication, focus, time management, and things you inherently learn through the process.”

To get started, reach out to a local swim club or adaptive sports organization to find the right fit. Most aquatic facilities are accessible. Over 60 Move United member organizations offer adaptive swimming programs at some level. To check out that listing, visit: moveunitedsport.org/locations and search swimming. ■

“We put so much energy into our physical wellbeing but not always the other,” Waggemann said.

Besides getting in the water as much as you can, you should start going to local and regional swim meets. In fact, there are dozens of sanctioned competitions hosted by Move United, which includes swimming as one of the events. When you are ready, you will need to go through the classification process to get an idea of who you might be competing against and check your times against the other swimmers.



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ANDREW HAIRSTON EXPANDS SPORTS OPPORTUNITIES IN U.S. AND BEYOND

Although Andrew Hairston has a number of family members who have served in the military, including his father, he didn't initially consider going into the service. "I always knew it was an option, but I told myself I wasn't going to do it."

Instead, Hairston went off to college and studied criminal justice. When looking into different law enforcement agencies to work for, he found the Air Force Office of Special Investigations. So, he applied, but was told he didn't meet the criteria. He was exploring options with all the branches to see what the best path was. Hairston was a volunteer firefighter in Washington, D.C. at the time and looking into that option in the Air Force as well, but the process was slow, and his vision wasn't good enough to fly.

"The Marine Corps found me and hit me with 'the Few' and 'the Proud,' and all that," Hairston said. "It seemed like the best of all worlds." He also liked the humanitarian aid and disaster relief the Marines were doing.

After going through school, Hairston realized he didn't want to be a grunt, so he became a communications officer. After starting out at 29 Palms in the California desert, he would go to Camp Lejeune in North Carolina. Outside of deployments, he would spend his entire career there, about eight years in total.

In 2019, Hairston would be deployed to support an assignment in Africa. "Every Marine during my time joined because we wanted to go to the Middle East." He worked hard to support his communications shop so he could

“Sports saved my life and has done a lot for my mental and emotional health.”

deploy and leave them in good shape. “I ended up loving that deployment; it was pretty interesting. I got to do some cool things with my Marines.” They primarily handled the conflict that was going on in Libya and other parts of northern and western Africa at the time.

He was about four or five years into his service, had just been promoted to Captain, got back from deployment, and then things changed. Hairston and his wife were moving to a new house when a mattress had fallen out of the back of the truck. “I was loading it back up and someone ran into me while I was behind it.”

Hairston was unaware of the severity of the injuries at the time, as he was carrying on conversations and even facilitating his own rescue efforts immediately after the accident. His right leg was damaged but able to be repaired. However, he ended up having his left leg amputated above the knee. This was three years ago.

While at Walter Reed National Military Medical Center and still in his wheelchair, Hairston would be asked by Harvey Naranjo which sports he would be interested in trying. “My response was whatever sport is going to get me to the Paralympics.”

Sports were not new to Hairston. “Growing up, I played just about every sport except for soccer,” he said. Hairston even ran track at the collegiate level, at Bowie State University. And while in the Marines, he continued to play sports recreationally.

During rehabilitation, Hairston tried sled hockey and liked it. Soon though, Naranjo asked Hairston about handcycling and suggested he try a four-mile race in New York. “Harvey is like a brother to me,” Hairston said. “At the very least I saw it as a free trip to New York City for my wife and me. She is a big foodie.”

Just six months after his accident, in July 2021, he gave it a try and came in third place. “I didn’t think I would actually care for cycling. But the fire was lit underneath me.”

As a result, he was then invited to join the Achilles International Freedom Team for the NYC Marathon. “It was the best and worst race I’ve ever done. I hadn’t trained for 26 miles, but came in eighth.”

Being around other veterans who understood what he was going through was also important. “You miss the sense of connectedness and teamwork. I just wanted to continue to feel what it was like being part of a team.”

The following April, Hairston got an invite to participate in the Boston Marathon. By then, he had received his own handcycle and bettered his time from NYC by 30 minutes. “I kept getting encouraged by other competitors that if I stuck to it I could be good.”

There have been some rough times. “It has been a journey,” Hairston said. His first real cycling race was a USA Cycling event in Huntsville, Alabama. He came in 8th out of 9 competitors and started to doubt everything. Since then, Hairston has competed in other races and returned to the Huntsville race, which was internationally sanctioned. “Over 30 countries were represented. I didn’t place well.” But his times were noticed by his native Virgin Islands.

So in the fall of 2023, he was able to compete at the Parapan American Games in Chile and came in first in his classification. Currently ranked 12th in the world, he is hoping to get an invitational slot for the 2024 Paralympic Games in Paris, likely being the only athlete competing from the Virgin Islands.

In addition to being an athlete himself, Hairston also wants to help other individuals with disabilities participate in sports. He created a nonprofit organization called Salvage Life, part of the Move United member network, that works to bridge the gap between adaptive sports in the United States and the Virgin Islands. “There are really no opportunities there (in the Virgin Islands),” he said. His organization hosts an annual adaptive sports clinic on the island focusing on archery and cycling, with plans to expand to track and swimming at the next one. “They (the island residents) want to try all the sports.”

However, Salvage Life also started a program in the Camp Lejeune area to support disabled veterans as well. “It’s easy to make things happen when you actually have a passion for it and want to do it,” Hairston said of his organization.

“Sports saved my life and has done a lot for my mental and emotional health,” Hairston said. “Everyone talks about the physical aspects of injury or disability, but no one talks about the mental and emotional side. Sports has allowed me to be part of a team, to compete, to feel like myself, and not be limited by my disability.” ■



GET YOUR KICKS IN PARA TAEKWONDO

For individuals with a disability, martial arts can be a great activity to get into. This includes the sport of Taekwondo, which offers a recreational as well as a competitive component for participants.

In short, Taekwondo is a Korean martial art that is essentially kicking and punching, according to para head coach Brad Deminck. The art form and sport has multiple facets to it. Two are considered competitive adaptive sports at the international level: sparring and poemse (pronounced poom-say).

Poemse is a non-contact sport that emphasizes movement, which provides a great way to stay mentally sharp. “Poemse is a form or pattern of moves put into a sequence to display ability,” Deminck said. This discipline is a broader category, allowing more individuals with disabilities the opportunity to participate, including those with visual impairments, intellectual impairments, and short stature, as well as athletes that use wheelchairs.

Sparring, or what is known as kyorugi, is the contact version of the sport. At the elite level, it is an exciting sport to compete in as well as watch, particularly with the spin kicks that could easily end up on some highlight reel.

Michael Kacer, a retired veteran who served in the National Guard for over 11 years and is an above elbow amputee as the result of being injured in Afghanistan, has been a member of Team USA for sparring for a while now. “I love the adrenaline rush,” he said.

He states the sport is focused on kicking your opponent target area, which ranges from the waist to the shoulders. In para sport, kicks to the head are not permitted for safety reasons. “You are very padded,” Kacer said.

There are many benefits Taekwondo has for athletes. “It is a very cardio-driven sport,” Kacer says. “I can be on a treadmill forever, but going five minutes on mat can be exhausting.”

In addition, a lot of strategy is involved in the sport. “Taekwondo is a physical sport as well as a mental sport,” said Kacer. “You have to control your internal thought process and be focused. You are always having to evolve the way you fight and constantly be staying on your toes. It becomes a chess match on the mat.”

Kacer, who is currently ranked 16th in the world, also enjoys the camaraderie with his fellow athletes across the world. “It is really a great community,” he said.

Continued on page 16 >

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<< Continued from page 14

Deminck, who runs one of the largest Taekwondo programs in Michigan, wants adaptive athletes to break down the barriers of “you can’t.” Ninety-nine percent of what Taekwondo is about is mental training. In his school, athletes focus on the five tenants of Taekwondo: discipline, self-confidence, self-control, leadership skills, and the indomitable spirit that belongs in everyone for success.

GEAR UP

Very little equipment is required for Taekwondo. For poemse, just a uniform is needed. For sparring, you will need a helmet and lots of padding, including arm and leg pads. There are also pads for your hands and feet as well as a chest guard.

To get started, the first thing you need is to find a good, accredited coach. “No matter what martial art you are interested in, make sure they are credited,” Deminck said. At first, you will often have a coach or someone with you to assist in the instruction. A typical session includes a warmup, basic movement, some poemse, and the lesson of the day.

“Any fighting art or sport encompasses the entire body all at once,” Deminck said. Flexibility is very important, not to mention your footwork and kicking technique. So training involves a lot of repetition. “We work on it over and over again until the point that it’s clean,” he said.

GET INTO THE RING

Most individuals who take up Taekwondo do so for themselves. “Only 10%, on average, will go on to compete,” Deminck says. “People don’t come through the door because they want to be a Paralympian.”

But for those who do want to compete, Kacer suggests getting classified. “You get classified, and you get assigned a weight class,” he said.

At a typical competition, brackets are put together and athletes mostly compete in a single elimination style. When it’s time for your match, you put on your gear and put on your sensors and walk onto the mat, which is approximate a 15-foot ring. There is one round, which is five minutes. “Your goal is to score as many points as you can or prevent your opponent from doing so,” Kacer said.

Scoring takes place based on successfully landing a kick against an opponent. For example a kick to the body is awarded two points. A turning kick is worth three points and a spinning 360 is worth four points. Whoever has the most points at the end of the five minute period wins.

Points can also be awarded for penalties (called gam-jeoms), including kicking below the belt, falling, withdrawing from an opponent, or refusing to engage an opponent.

Each coach gets one challenge, or one call, they can protest. If they win it, they get one more. And competitors also each get one timeout.



Of course, there is an offensive and defensive strategy. Deminck likes his athletes to strike first. “Put them on the defensive. A distracted fighter is easier to hit. That way, you get to control the tempo of the match,” he states.

But he also wants his athletes to focus on the fundamentals. “The basics win matches, he said. “You can be as fancy as you want, but the athlete that is better at foundational basics will most likely win.”

FIND A PROGRAM

Taekwondo is a sport that you can do throughout your entire life. “I have athletes as young as six and as low as a yellow belt going to local or state competitions and my oldest competitor was in the upper eighties,” Deminck said.

Most importantly, however, Kacer wants everyone to enjoy the sport. “If you are not having fun, then you are not all in,” he said.

The sport is at a point of growth. “There is something for everyone,” Deminck said. “Taekwondo is probably one of the most inviting sports for people with disabilities. By far one of the most inclusive.”

Over a dozen Move United member organizations offer Para Taekwondo or another form of martial arts. You can find that listing at moveunitesport.org/locations. To find other schools and programs, visit USA Taekwondo at www.usatkd.org. ■

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SPORTS ARE ABOUT COMMUNITY FOR ZION REDINGTON

Zion Redington started playing wheelchair basketball at an early age while living in Tennessee. “My best friend got me hooked on the sport first, and now he is playing at the collegiate level at Auburn University.”

But it was his coach, two-time gold medalist wheelchair basketball player Emily Hoskins, that made his experience in adaptive sports better. “I had a great basketball coach.

She taught me everything I needed to know and how to be independent. She was an inspiration to me!”

Hoskins, along with Redington’s mother Heather, also got him involved in a lot of other sports, including swimming, track and field, archery, and others.

“What sports haven’t I tried? I have probably tried just about every sport,” Redington said. “I don’t do long distance, but have done swimming, shooting, archery, track and field (seated and standing). You name it, I have probably done it.” Through some of those sports, he has had an opportunity to compete across the country, including at the UCO Endeavor Games in Oklahoma.

Learning how to play any sport can be a tough challenge at first. “Basketball is rough. There was a lot of conditioning I had to do. I had to push up and down the court all the time. And you have to learn how to dribble, push, and shoot. But it is such a fun sport.”

The real benefit to playing wheelchair basketball, and other sports for Redington, was the community. “It was about the team, teamwork, and my teammates. I found a community of like-minded and people like me,” Redington said. “It is about

the friendships that you can build there. Before I had sports, I was a loner and not really doing a lot.”

A year after he started playing wheelchair basketball, Redington was introduced to the sport of wheelchair rugby. The introduction came during a basketball tournament held at the Lakeshore Foundation, a Move United member organization based in Alabama. “They saw that I was a quad amputee and thought I could play. They tossed me in a rugby chair when I was around 9 years old.”

At first, he wasn’t into all the hitting then. But when he was 13, he joined the Lakeshore team at the club level. “I got a taste for what it could be and had matured a bit, so I really started loving the sport. As you get older, you tend to like more things and like having a full contact sport.”

In fact, Redington is now a member of the U.S. Wheelchair Rugby Team and the team’s youngest member. His family also recently moved to Alabama, which allows him to be much closer to the Lakeshore Foundation. He is classified at the highest level, which is 3.5 points, based on function. The team can only have four players on the court at one time and cannot have any more than 8 points on the court either.

Wheelchair basketball and wheelchair rugby seasons overlap quite a bit, with basketball starting a month or two sooner and ends sooner. As a two-sport athlete, Redington continues to play both. “With this being a Paralympic year,

I have toned down basketball a bit. But plan to get back into it next year.”

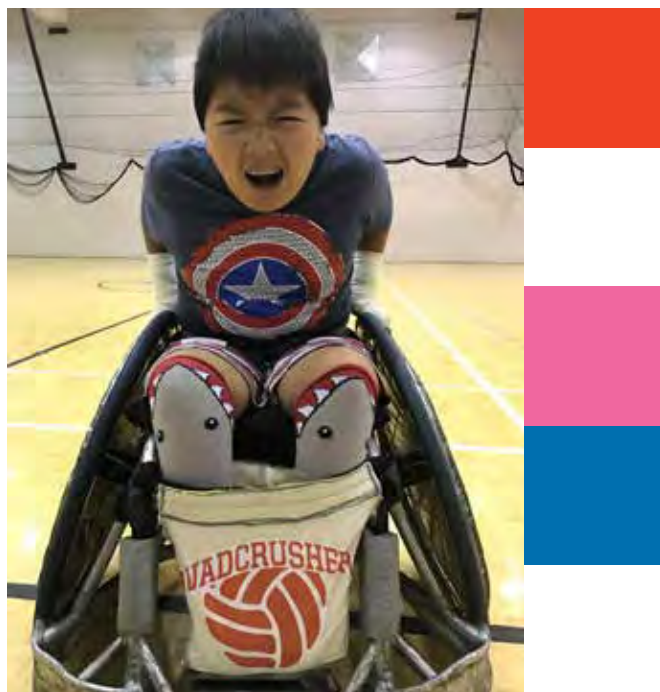
He traveled with the wheelchair rugby team to Santiago, Chile to play in the Parapan American Games last fall. “It was only my second time going out of country. It was my second stamp on my passport. It was also my first time medaling at an international tournament,” Redington said. “When we beat Canada to win gold, it was amazing to be on the podium and a moment I will never forget.”

Redington hopes to make the team roster for the 2024 Paralympic Games in Paris this summer. The 16 person roster is trimmed down to 12 that can travel for competition. “Having a goal to strive for keeps me in sport. My goal is to be on the team and my stretch goal would be to be a starter by August.”

As a younger athlete, he is also excited about 2028 and the fact that the United States will host the Paralympics in Los Angeles. “Imagine representing your country and being the home team.”

Being in high school now, Redington is also exploring his options in college. Next year, he will be a senior and hopes to know where he wants to go to college by fall. “A lot of colleges have more adaptive sports programs.” There are several currently on the table. “Auburn is where my best friend is. And Michigan has Chuck Aoki, who is a mentor for me and one of the top wheelchair rugby players in the world.” Right now, Redington is looking to be a business major or study finance.

Outside of sports and school, Redington is still a teenager. “As any regular teenager, I love video games. I also have a slight enjoyment of reading and love listening to music, either to calm me down or get me energized.” ■



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University of Alabama Adaptive Sports
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bamaadapted.com

US Wheelchair Rugby Association
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Uswra.org

ALASKA

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unrecables.com

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

Orange County Makapo Aquatics Project
Irvine, CA
Makapo.org

SoCal Adaptive Sports
Palm Springs, CA
socialadaptivesports.org

Stand Up and Play Foundation
Vista, CA
Standupandplayfoundation.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

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

City of Largo
Largo, FL
playlargo.com

COSTA Therapy Inc.
Indian Harbour Beach, FL
costasurf.org

Endless Possibilities
Lakeworth, 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

AccessSurf Hawaii
Honolulu, HI
accessurf.org

IDAHO

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

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

Higher Ground Sun Valley
Ketchum, ID
highergroundusa.org

Valley Adaptive Sports
Victor, ID
valleyadaptivesports.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

Northwest Special Recreation Association
Rolling Meadows, IL
Nwsra.org

Shirley Ryan Ability Lab
Chicago, IL
sralab.org

INDIANA

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

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

Turnstone Center
Fort Wayne, IN
turnstone.org

IOWA

Adaptive Sports IOWA
Ames, IO
adaptivesportsiowa.org

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
samaritanactsneworleans.org

MAINE

Adaptive Outdoor Education Center
Carrabassett Valley, ME
adaptiveoutdooreducationcenter.org

Central Maine Adaptive Sports
Auburn, ME
centralmaineadaptivesports.org

Maine Adaptive Sports & Recreation
Newry, ME
maineadaptive.org

MARYLAND

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

South Coast Wheelchair Tennis Foundation
Attleboro, MA
southcoastwheelchairtennis.org

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

Waypoint Adventure, Inc.
Lexington, MA
waypointadventure.org

Webster Waterski Collective
Webster, MA
websterwaterski.org

MICHIGAN

Adaptive Ski Association-West Michigan
Ada, MI
skiccsa.org

Kentwood Parks and Recreation
Kentwood, MI
kentwood.us/city_services/city_departments/parks_and_recreation/index.php

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

Michigan Sports Unlimited
Essexville, MI
misprtsunlimited.com

Mount Brighton Adaptive Sports Program
Brighton, MI
mtbadaptivesports.org

Rehabilitation Institute of Michigan Foundation
Detroit, MI
Rimfoundation.org

Therapeutic Riding Inc.
Ann Arbor, MI
therapeuticridinginc.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

University of Michigan Adaptive Sports & Fitness
Ann Arbor, MI
ssd.umich.edu/adaptive-sports

MINNESOTA

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

EA Therapeutic Health
Rochester, MN
exercisabilities.org

HOPE, Inc.
Moorhead, MN
hopeinc.org

Northland Adaptive Recreation
Duluth, MN
mdfoundation.org

PVA Minnesota Chapter
Minneapolis, MN
mnpva.org

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

MISSOURI

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

Gateway Disabled Ski Program
Eureka, MO
Gdspstl.org

Midwest Adaptive Sports
Dearborn, MO
midwestadaptivesports.org

The Whole Person
Kansas City, MO
thewholeperson.org

MONTANA

Ability Montana
Helena, MT
Abilitymt.org

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

NEBRASKA

Nebraska Adaptive Sports
Omaha, NE
nebraskaadaptivesports.org

NEVADA

City of Las Vegas Adaptive Recreation
Las Vegas, NV
lasvegasnevada.gov

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

DRIVEN Neurorecovery Center
Las Vegas, NV
drivenLV.org

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

All Season Adaptive Sports

Ruidoso, NM
skiapacheadaptivesports.com

NEW YORK

Able Athletics

Scarsdale, NY
ableathletics.org

Adaptive Sports Foundation

Windham, NY
adaptivesportsfoundation.org

American Amputee Soccer Association

Stony Brook, NY
Usampsoccer.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

Helen Hayes Hospital

West Haverstraw, NY
helenhayeshospital.org/hospital-services/adapted-sports-recreation/

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

Bridge II Sports

Durham, NC
bridge2sports.org

ComMotion- Community In Motion

Raleigh, NC
Commotionnc.org

GiftAbility

Chapel Hill, NC
Giftability.org

Greensboro Parks & Recreation

Greensboro, NC
greensboro-nc.gov/departments/parks-recreation/adaptive-inclusive-recreation

North Carolina Adapted Sports

Cary, NC
ncadaptedsports.org

Salvage Life

Jacksonville, NC
Salvagelifevi.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

Rec2Connect

Cleveland, OH
rec2connect.org

The Bridge Adaptive Sports & Recreation

Cincinnati, OH
Thebridgeadaptive.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

Oklahoma City Parks & Recreation

Oklahoma City, OK
okc.gov/departments/about-okc-parks

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
awlouddoors.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

Pennsylvania Center for Adapted Sports

Philadelphia, PA
centeronline.com

Three Rivers Adaptive Sports

Pittsburgh, PA
traspa.org

Two Top Mountain Adaptive Sports Foundation

Mercersburg, PA
twotopadaptive.org

SOUTH CAROLINA

Adaptive Expeditions

Charleston, SC
AdaptiveExpeditions.org

Clemson Adaptive Sports

Clemson, SC
clemson.edu/cbshs/departments/prtm/programs/clemson-adaptive-sport-recreation/index.html

Coastal Adaptive Sports

Myrtle Beach, SC
coastaladaptivesports.org

Roger C. Peace Rehabilitation Hospital

Greenville, SC
facebook.com/events/roger-c-peace-rehab-center-greenville-memorial/roger-c-peace-adaptive-sports/763384843997012

TENNESSEE

Sports, Arts & Recreation of Chattanooga (SPARC)

Chattanooga, TN
sparctn.org

TEXAS

Kinetic Kids

San Antonio, TX
kinetickidstx.org

Lone Star Paralysis Foundation

Austin, TX
lonestarp paralysis.org

Morgan's Wonderland Sports

San Antonio, TX
morganswonderlandsports.com/straps

One Chair at a Time

Amarillo, TX
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

Texas Paralyzed Veterans of America

Crosby, TX
texaspva.org

Texas Regional Para Sport
Wimberley, TX
Texasregionalsport.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

EDD Adaptive Sports
Williston, VT
eddfund.org

Green Mountain Adaptive Sports
Hyde Park, VT
greenmtnadaptive.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

Warrior Soar
Shelburne, VT
Warriorsoar.org

VIRGINIA

Adventure Amputee Camp
Falls Church, VA
adventureamputeecamp.org

Lake of the Woods Watersports
Locust Grove, VA
adaptivewatersports.org

Patriots For Disabled Divers
Occoquan, VA
patriotsfordisabledivers.org

Piedmont Area Tennis Association
Charlottesville, VA
Patatennis.org

Pursuit Adaptive Sports and Recreation
Alexandria, VA
Pursuitadaptivesports.org

Sportable
Richmond, VA
sportable.org

Therapeutic Adventures
Charlottesville, VA
TAonline.org

Wintergreen Adaptive Sports
Charlottesville, VA
Wintergreenadaptivesports.org

WASHINGTON

Footloose Sailing Association
Mercer Island, WA
footloosedisabledsailing.org

Outdoors for All Foundation
Seattle, WA
outdoorsforall.org

ParaSport Spokane
Spokane, WA
parasportspokane.org

Seattle Adaptive Sports
Seattle, WA
seattleadaptivesports.org

WASHINGTON, D.C.

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

WEST VIRGINIA

Challenged Athletes of West Virginia
Snowshoe, WV
cawvsports.org

WISCONSIN

Dairyland Sports
Madison, WI
dairylandsports.org

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
couleeregionsledhockey.com

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

WYOMING

Teton Adaptive Sports
Teton Village, WY
tetonadaptivesports.com





TAKE PART IN A SPORTS CAMP FOR YOUTH WITH DISABILITIES ASHLEY, OHIO

Adaptive Sports Ohio will host its annual Dream Camp this year on July 12-14 in Ashley, Ohio for youth with disabilities aged 7-18. This unique, fully accessible camp provides youth the opportunity to independently attend overnight camp alongside their peers and participate in inclusive activities designed specifically to accommodate their abilities.

Cost is \$200 fee per camper (limited number of scholarships are available). Personal care attendants must also register. To learn more, visit: <https://adaptivesportsohio.leagueapps.com/camps> or email Info@AdaptiveSportsOhio.org.

TURNSTONE ENDEAVOR GAMES SCHEDULED JUNE 21-23 FORT WAYNE, INDIANA

Turnstone is excited to bring athletes from all over the country to Fort Wayne, Indiana for the 2024 Endeavor Games on June 21-23. Over 10 different sports will be featured including archery, air rifle, boccia, swimming, track and field, and more. The Endeavor Games are the perfect opportunity to try a new adaptive sport or compete against athletes from all over the nation. Both novice and competitive-level athletes are welcome. This is also a great opportunity for veterans with disabilities. Last year, a dozen veterans participated in the Games.

Athletes are encouraged to visit turnstone.org/sports-endeavor-games for more information. Registration to participate will open on April 8. Volunteer opportunities will be available during this event. Those interested in volunteering should stay tuned for the link to sign up.

The Endeavor Games exists to create equitable access to sports competitions for individuals with physical disabilities. The Turnstone Endeavor Games take place in partnership with the University of Central Oklahoma (UCO) Games.

For over two decades, the UCO Endeavor Games has been the nation's largest multi-sport, multi-disability event. Additionally, since its first year in 2000, the games have provided training clinics for aspiring athletes.



FIRST ANNUAL KC ULTIMATE GAMES ON JUNE 13-16 KANSAS CITY, KANSAS

Unleash your spirit, conquer the challenge. This summer, Kansas City will be having its first-ever KC Ultimate Games. Created for children and adults with disabilities, the KC Ultimate Games gives them an opportunity to compete against individuals with similar disabilities.

The inaugural games will be held at Basehor-Linwood High School, located at 2108 155th Street in Basehor, KS, on June 13-16, 2024. Athletes will be competing in the following sports: boccia, cycling, and para powerlifting.

The KC Ultimate Games will be hosted by The Whole Person (TWP), a non-profit whose mission is to provide a fully accessible community where opportunities are not limited by disability.

By introducing this annual competition to Kansas City, TWP aims to create an impactful community for people with disabilities. KC Ultimate Games is just the beginning. For more information, visit thewholeperson.org.

DARE2TRI OFFERS PARATRIATHLON TRAINING CAMPS MULTIPLE LOCATIONS



Dare2tri offers paratriathlon experiences through a series of specialized summer camps catering to youth, adults, and injured service members with physical disabilities or visual impairments. Each camp, conveniently located within driving distance of Chicago, provides adaptive equipment, handlers, and guides upon request.

Injured Military Camp, May 30 - June 2 (Hammond, IN): A paratriathlon training camp open exclusively to injured service members. Camp concludes with Leon's Triathlon, a race that pays special tribute to active and retired military.

Train2Race Camp, June 21 - 23 (Pleasant Prairie, WI): Train2Race is a training camp geared towards experienced paratriathletes. Camp concludes with the Pleasant Prairie Triathlon, the site of the 2017 and 2018 Paratriathlon National Championships.

Kids Tri Camp, July 23 - 24 (Chicago, IL): Held on Chicago's 63rd Street Beach, Kids Tri Camp is a fun, confidence-building camp for youth ages 6 and up.

Learn2Tri Camp, August 2 - 4 (Pleasant Prairie, WI): Learn2Tri is a beginner-level camp for individuals who have never completed a triathlon or athletes who have completed up to two triathlons. Camp concludes with the Tri It Triathlon.

Scholarships are available for those in need of financial assistance. To learn more or register, please visit dare2tri.org.

JOIN TASP FOR A WOMEN OUTDOORS' MOAB ADVENTURE MOAB, UTAH



Come get down and dirty in the desert for a fun filled ladies' camp! Telluride Adaptive Sports Program (TASP) is excited to offer our Women Outdoors' Moab Adventure for another consecutive season! TASP's Women Outdoors Initiative is focused on providing new and impactful opportunities for civilian and veteran women with disabilities to join together in the outdoors year-round! This spring/summer's women's only trip is hosted May 20-23 in beautiful Moab, Utah, camping at the accessible Horsethief Campground!

Our focus will be mountain biking & off-road handcycling, with another surprise activity tailored to you! Intermediate or above biking preferred. Moab is the real deal! This camp is intentionally structured to a small group size to enhance your personalized experience and group camaraderie. 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. Please contact Nicole Luppino at n.luppino@tellurideadaptivesports.org if you're interested or learn more at www.tellurideadaptivesports.org.

ASA'S SUMMER SAMPLER PROMISES EXHILARATING EXPERIENCES DURANGO, COLORADO

Adaptive Sports Association's weeklong summer sampler program on June 23-28 promises an exhilarating and inclusive experience for individuals with disabilities. This unique scholarship offers individuals living with physical disabilities the opportunity to explore a variety of adaptive outdoor recreation options in the scenic and thrilling city of Durango, CO.

Raft the Animas River with our expert raft guides to navigate Class 3 rapids and experience adrenaline inducing fun while fostering camaraderie. Go fish on the beautiful Lake Nighthorse while exploring the beauty of pristine shores and waters. Experience the community of Durango by cycling on the Animas River Trail and challenge your sense of adventure by mountain biking at Durango Mesa Park. Explore underwater adventure with scuba diving in downtown Durango.

The Adaptive Sports Association's commitment to inclusivity extends beyond the activities, creating an environment where individuals of varying abilities come together and share experiences. This annual



program includes 4 days of adaptive sports experiences, transportation to Durango, all equipment, 5 nights of lodging, and most meals.

This program opens doors to thrilling adventures and creates lifelong connection to recreation pursuits by exploring possibilities.

Contact us at program@asadurango.com or 970-259-0374 to learn more! Deadline to apply is April 20.

ASC OFFERS NEW ACCESS FOR ALL INITIATIVE CRESTED BUTTE, COLORADO

Advocating for equal access to outdoor recreation activities for people with disabilities is core to the Crested Butte Adaptive Sports Center's mission. Since our inception in 1987, we have accomplished this by offering adaptive adventures at a reduced cost. We recognize that the cost of enjoying the great outdoors is commonly a barrier to participation, so we are thrilled about our New Access for All Initiative, which reduces the Adaptive Sports Center's existing subsidized full-day rate to only \$95.

At the ASC, participants have access to state-of-the-art equipment in a world-class setting and expert instructors

of downhill and Nordic skiing, mountain biking, paddle boarding, rock climbing, camping, hiking, and more. All activities take place in the gorgeous Elk Mountains around Crested Butte, Colorado.

Our hope is that the reduced rate will help break down financial barriers to participation. Our goal is to make it as easy as possible for people with disabilities to gain access to exceptional outdoor recreation. Learn more about our services, the Access for All Initiative, and more at adaptivesports.org.

BRECKENRIDGE OUTDOOR EDUCATION CENTER'S ADAPTIVE CYCLING DAYS BRECKENRIDGE, COLORADO

As a leading organization in outdoor sports and adaptive adventures on a national level, the Breckenridge Outdoor Education Center (BOEC) provides distinctive opportunities to explore the breathtaking landscapes of the western United States through a range of programs. Join us for an enjoyable outdoor experience featuring activities such as rafting, rock climbing, hiking, cycling, canoeing, camping, an accessible high ropes course, and more!

This summer, BOEC is excited to offer adaptive cycling days suitable for all abilities. Participants will have the chance to ride along the scenic bike trails of the high mountain region of Colorado, starting at the Keystone Adaptive Center in Keystone, Colorado. While these cycling days are open to anyone, there will be a particular focus on individuals who have undergone a spinal cord injury.



Tentative program dates for open enrollment are July 13, July 27, August 10, August 24, September 7, and September 20-22 (multi-day program).

For more information on adaptive cycling and other group and individual enrollment programs throughout the summer, please visit boec.org, email Claire@boec.org, or call 970-453-6422.

NSCD ADAPTIVE BIKING PROGRAM BEGINS DENVER & GRAND COUNTY, COLORADO



The NSCD adaptive biking program begins April 2024. Try our mountain bike or hand cycling programs! Join us on the trail as we seek adventure on a wide variety of cross country and paved trails! Our adaptive biking program is for people of all ages and all abilities.

Mountain Biking: With a brand-new fleet of fat tire and off-road recumbent mountain bikes, the NSCD offers opportunities for anyone — whether you're a beginner or an experienced biker. The NSCD has a variety of leg and arm powered adaptive cycling options for off-road adventures. Mountain biking presents unique athletic and mental challenges and demands a wide range of technical and judgment skills that can only be learned on the trail. If you have a spine injury, balance, or coordination challenges, this is a great way to get outdoors and hike on a bike!

Hand Cycling: Explore a variety of paved trails and get away from it all while powering entirely by your own strength. Our brand-new fleet of hand and leg powered bikes and trikes provide freedom on the trails and help you discover your full potential. Great for anyone with coordination or balance challenges, paralysis, or spinal diagnosis. For more information, visit nscd.org.

GO ROCK CLIMBING WITH PARADOX SPORTS CAÑON CITY, COLORADO

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, the adaptive climbing initiative training program, and national trips, which include rock and ice climbing programs across the United States.

One of Paradox Sports' climbing programs is the Shelf Road climbing weekend near Cañon City, CO. Shelf Road is one of the most popular sport climbing crags in CO and offers an array of climbing on limestone cliffs. Paradox Sports is the industry leader in adaptive climbing and offers participants specialized equipment, instruction, and the opportunity to build community. Paradox offers climbing programs for everyone, from beginner to experienced climbers. The Shelf Road program features two days of top-rope climbing for individuals of all ability and mobility levels. One participant from last year's trip articulated, "Having the space to be



myself and support others, while testing my limits and exploring body 2.0 is always something I grow from. Being able to do that in a safe and supportive group is just a bonus!"

This year's trip will be held from April 26-28. For more information, check out paradoxsports.org/trips/shelf/.

ALL SEASON ADAPTIVE SPORTS EXPANDS RECREATIONAL OFFERINGS RUIDOSO, NEW MEXICO

Nestled in the scenic beauty of Ruidoso, New Mexico, All Season Adaptive Sports (ASAS) has been a pioneer in providing exhilarating outdoor experiences for individuals with disabilities since 1976. Originally established as a winter program, ASAS has now expanded its offerings to cater to adventurers throughout the year.

Expanding Beyond Winter: A Year-Round Adventure

Building on their successful winter program, ASAS recognized the need to extend their offerings beyond the snowy months. They have embraced the challenge by introducing adaptive mountain biking, fishing, hiking, and disc golf to their repertoire. This expansion ensures that individuals with disabilities can enjoy the beauty of Ruidoso's natural surroundings all year long.

Adaptive Mountain Biking: Conquering New Trails

ASAS has partnered with local biking enthusiasts and experts to develop adaptive mountain biking programs tailored to various disabilities. Specially designed adaptive bikes, equipped with modifications such as hand pedals and stability features, enable individuals to navigate rugged

terrain with confidence. ASAS provides professional instructors who guide participants, ensuring a safe and thrilling experience for all.

Fishing: Reeling in the Joy

For those seeking a serene and reflective experience, ASAS offers adaptive fishing programs. Accessible fishing areas, adaptive equipment, and knowledgeable guides make this activity accessible to individuals with varying levels of mobility. Whether it's casting a line in the pristine rivers or serene lakes, participants can enjoy the tranquility of nature while reeling in the joy of a successful catch.

Hiking: Embracing Ruidoso's Trails

Ruidoso boasts numerous picturesque trails, and ASAS has made it their mission to ensure that these natural wonders are accessible to all. Their adaptive hiking programs cater to individuals with disabilities, providing specialized equipment like off-road wheelchairs and guided assistance.

Learn more at <https://www.skiapacheadaptivesports.com>.

ADAPTIVE OUTDOOR EDUCATION CENTER CARRABASSETT VALLEY & BRUNSWICK, MAINE

As the snow begins to melt and we look forward to warmer days ahead, our Horizon is filled with outdoor recreation and education programs! Check out some highlight happenings below:

June - September: Horizons Sailing in Portland, ME. Enjoy learning how to sail in beautiful Casco Bay.

May 17 - 19: Horizons Outdoor Climbing in Acadia National Park. Working with Acadia Mountain guides to experience amazing sea cliff climbing and the beautiful outdoors!

June 1: Family Fun Day in Brunswick, ME. This is a day of outdoor exploration and education at the AOEC Brunswick Campus. Rock climbing, sensory walks, archery, and more!

June 22 - 23: Water Sports Camp in Carrabassett Valley, ME. This camp includes waterskiing with Petersen Water Skiing and paddling activities.

July 25 - 28: Wheel Together Retreat in Carrabassett Valley, ME. This retreat is geared toward adults living with spinal cord injuries.

August 9 - 11: Amputee Soccer Camp in Carrabassett Valley, ME.



August 13 - 16: Horizons Summer Camp in Brunswick, ME. This day-camp is geared toward school-aged youth with autism.

Interested in learning more and getting involved? Check out our calendar of programs at www.adaptiveoutdoorededucationcenter.org/calendar.

KAYAK THE SCHUYLKILL PHILADELPHIA, PENNSYLVANIA

The Pennsylvania Center for Adapted Sports (PCAS) is thrilled to announce the much-anticipated return of our kayak program. The program runs from May through October and is located at our Philadelphia Adaptive Rowing Program's (PAR) boathouse located at 1233 Martin Luther King Jr., Drive in Philadelphia. We invite members to explore the waters of the Schuylkill River as well as other venues in our region. For those interested in the natural world, we're designing special paddling events to observe the local birds and wildlife.

But what is our adaptive kayaking program? It's a paddling experience tailored for individuals with physical impairments, ensuring access to the thrill of being on the water. With modified equipment and specialized training, kayaking can be accessible to many.

Our mission is simple: to make kayaking an experience for as many possible to enjoy. With the Schuylkill River



as our backdrop and a team passionate about the sport, we're excited about the adventures ahead. Whether you're a returning participant or new to the fold, we invite you to join us. Together, we'll paddle, explore, and create lasting memories on the water.

For information and to register, contact Judy Morrison at judy.morrison@centeronline.com.

GO SKIING INDOORS WITH ADAPTIVE SPORTS FOUNDATION EAST RUTHERFORD, NEW JERSEY

The Adaptive Sports Foundation (ASF) will be wrapping up its 40th year of operations this summer. Famous for its adaptive ski and snowboard lessons at Windham Mountain Club over the winter, the ASF is bringing adaptive ski and snowboard lessons into the summer months. Thanks to its partnership with Big SNOW American Dream, North America's only year-round indoor ski resort in East Rutherford, N.J., the ASF will teach adaptive ski and snowboard lessons all summer long.

Back in beautiful Windham, N.Y., where the ASF is located, the organization hosts a variety of different outdoor programs when the snow melts. The ASF's Warriors in Motion® (WIM) program brings wounded U.S. servicemen

and women to its lodge during the spring and summer months to spend three days participating in an outdoor activity, such as mountain biking, kayaking, hiking, and golf. Lodging and meals are all included for our nation's heroes.

The ASF also hosts adaptive skateboard camps throughout the summer, where professional skateboard coaches introduce the sport to people with cognitive and physical disabilities, teaching participants the basics and even some cool tricks.

For more information about the ASF or to donate, visit adaptivesportsfoundation.org.

CRAB ADDS NEW ADAPTIVE BOATING PROGRAMS IN 2024 ANNAPOLIS, MARYLAND



Chesapeake Region Accessible Boating (CRAB), a national leader in adaptive sailing, is proud to announce the addition of two new programs for 2024: adaptive radio control sailing and adaptive fishing.

The initiation of radio control sailing at the Annapolis Adaptive Boating Center will be a wonderful addition for guests who do not want to get on a boat but want to enjoy the water. Youth with game controller experience will be especially elated with the sailboat racing from the dock.

The purchase of a Gemini power catamaran last year allowed CRAB to respond to a request by the Paralyzed Veterans of America Board of Directors who asked to go fishing! The customized Gemini will be able to accommodate 5 guests in wheelchairs, plus family members or friends for fishing or crabbing.

In September 2024, the USNA Sailing Team will rejoin the Recovering Warrior Sailing Regatta series for the first time since 2019. Recovering warriors will have the opportunity to compete with and against fellow disabled warriors sailing with the Midshipmen on USNA Colgate 26's.

For more information, contact www.crabsailing.org.

PROMISE LANDING FARM'S ADAPTIVE MARYLAND DAY UPPER MARLBORO, MARYLAND

Promise Landing Farm, a PATH International Premier Accredited Center and inclusive equestrian community, will host the second annual Adaptive Maryland Day, a regional festival and resource fair, on May 5 from 1-4 p.m., at its farm in Upper Marlboro, Maryland.

Presented in partnership with the Arc of Prince George's County, this half-day inclusive festival is an opportunity

for attendees to meet a horse, experience hands-on adaptive sports and recreational activities, gather invaluable resource information, and more. Enjoy food trucks, entertainment, giveaways and door prizes. Adaptive Maryland Day welcomes all ages and all disabilities.

Visit www.promiselandingfarm.org/events/amd24 for more information.

PARTICIPATE IN THE 20TH ANNUAL GOT THE NERVE EVENT MT. GREтна, PENNSYLVANIA



IM ABLE Foundation's 20th Annual Got the Nerve? Triathlon is a Move United sanctioned competition and an Official USAT sanctioned and paratriathlon friendly race. Participants include beginners and veteran triathletes, adaptive athletes, and families, young and old. The 2024

Got the Nerve? Triathlon (GTN) will be a one-day event held in Mt. Gretna, PA (just outside of Harrisburg, PA) on Saturday, May 18.

The first 12 adaptive athletes who register and compete in the race will have their registration fees sponsored and receive a free racing jersey. IM ABLE provides volunteers, instruction, and motivation to new adaptive triathletes, and we own a range of adaptive equipment for you to use to enable your participation, depending on availability.

GTN? features a super sprint, sprint & Olympic-distance triathlon (swim, bike, run), duathlon (run, bike, run), and aquabike (swim, bike). IM ABLE's mission is to include people living with physical, cognitive and/or behavioral challenges in the benefits of being physically active by providing grants for adaptive equipment and programming opportunities inclusive of people of all abilities. FAQ's and registration can be found at <https://imablefoundation.org/got-the-nerve/>.

MEDSTAR ADAPTIVE SPORTS EXPO TAKES PLACE APRIL 28 WASHINGTON, D.C.

MedStar National Rehabilitation Hospital Adaptive Sports & Fitness Program is excited to welcome all to this year's Adaptive Sports Expo on April 28! Come get excited about this summer's Paralympic Games and learn about the incredible adaptive sports programs available to individuals with physical disabilities in the Washington, D.C. area.

The event will showcase and provide education on a variety of adaptive sports, including wheelchair basketball,

wheelchair rugby, wheelchair tennis, boccia, sled hockey, adaptive cycling, adaptive rowing, adaptive fitness, and yoga. Attendees are encouraged to get hands on with equipment and meet with staff and athletes who will demo each unique sport!

Potential youth adaptive sports campers are invited to participate in an exclusive, action-packed sneak peek of camps that will be occurring this summer in partnership with HSC Kids in Action, including two weeks of Youth Adaptive Sports Camp and Teen Wheels in Motion Camp.



The Adaptive Sports Expo is held in partnership with The Maryland-National Capitol Park & Planning Commission, Department of Parks and Recreation at the Southern Regional Technology & Recreation Center (7007 Bock Road, Fort Washington, MD 20744) on Sunday, April 28 from noon - 4 p.m. For more information, contact Rita.E.Penniman@medstar.net or check online at www.medstarhealth.org/services/adaptive-sports-fitness-program.

TEST YOUR ABILITY AT THE TRI-STATE WHEELCHAIR & AMBULATORY GAMES CLARK, NEW JERSEY



The 53rd Annual Tri-State Wheelchair & Ambulatory Games will be sponsored by the Navigators Adaptive Sports Club this May 24 - 26. This is an exciting multi-day athletic event serving individuals of all ages with physical, intellectual,

and visual disabilities, including disabled veterans. More than 100 athletes will compete in this thrilling Move United-sanctioned competition with events in track and field, powerlifting, and archery. The Tri-State Games are a qualifying event for athletes who have their sights set on national competition. Equally, Tri-States are welcoming of novice athletes who are new to adaptive sports or interested in competing locally for fun. This event is the largest of its kind serving the Northeast region and has been rooted in inclusion, promoting athletic excellence, and enhancing the quality of life of disabled individuals in our community for over fifty years.

Be part of an empowering experience where passion and sportsmanship converge. Save the date for an unforgettable celebration of ability, strength, and unity. For more information, please visit our event page at <https://navigatorsadaptivesports.com/events>.

ADAPTIVE KAYAKING WITH NORTHEAST DISABLED ATHLETIC ASSOCIATION VERMONT AND UPSTATE NEW YORK

NDAA's mission is to empower people with disabilities to participate in recreational and competitive athletics, including sailing, sit-skiing, sled hockey, handcycling, power soccer, and kayaking. We believe that no disability is too limiting for the kayaking experience! Northeast Disabled Athletic Association (NDAA) offers adaptive kayaking throughout Vermont and upstate New York for people with disabilities to enjoy the independence of paddling under their own power, together with their family and friends.

Led on-site by a physical therapist, trained volunteers assist with safe, adaptive equipment — including stabilizing outriggers, high-back seats, a variety of transfer techniques, and adaptive paddles for people with significant upper-body limitations. We love to see people leave their assistive devices on the shore!



Our kayaking program runs weekly from June - October. Participants must pre-register and are screened to assess each person's individual needs, so they can be prepared to hit the water seamlessly on the day of their outing.

Visit NDAA's website [disabledathletics.org](https://ndaadaptivekayaking.wixsite.com/website), <https://ndaadaptivekayaking.wixsite.com/website>, or contact Cathy at kayak@disabledathletics.org for more information.

NEDS OFFERS THRILLING SUMMER SPORTS WHITE MOUNTAINS, NEW HAMPSHIRE



Experience the thrill of summer sports with New England Disabled Sports (NEDS). NEDS welcomes individuals of all abilities, making it the perfect opportunity to explore new sports or indulge in your favorites.

Starting in May, NEDS offers a range of inclusive activities, including golf, kayaking, paddleboarding, cycling, mountain biking, and pickleball. Continuing the tradition, veterans with disabilities can participate without any cost, thanks to the generosity of donors and grant funds.

In June, NEDS is organizing a special Veteran Retreat, providing a unique experience against the stunning backdrop of the White Mountains of New Hampshire. This retreat is a chance for veterans to connect, unwind, and enjoy the healing power of outdoor activities.

Don't miss the chance to schedule your summer fun with NEDS. Whether you're a seasoned athlete or a beginner, there's something for everyone. Secure your spot and get ready for a summer filled with joy, friendship, and the beauty of the great outdoors. Summer sports have never been this inclusive and exhilarating! Give us a call at (603) 745-9333 for more information.

VERMONT ADAPTIVE OFFERS MORE ADVENTURES THIS SUMMER THROUGHOUT VERMONT

Vermont Adaptive offers a whole host of summer adventure programs for all abilities during the spring, summer, and fall months. From adaptive mountain biking on dirt roads and trails or downhill at ski resorts to kayaking, canoeing and more on Vermont's waterways, cycling through the hills of Vermont, or hiking or rock climbing in the mountains, trained guides and instructors take participants into the Green Mountains for all types of adventures.

Mountain Biking

Vermont Adaptive was one of the first organizations to offer a MTB in the East, launching its program in 2017. Today, Vermont Adaptive owns a fleet of more than 40 mountain bikes including (30) two-wheeled mountain bikes, and more than (10) 3- and 4- wheeled adaptive mountain bikes. Vermont Adaptive is also the only adaptive program in New England to offer multiple Bowhead bikes for participant use. Programs are offered throughout the state on a daily basis, from the Northeast Kingdom, Catamount Outdoor Family Center and Blueberry Lake/Mad River Valley to Killington Resort, Castleton & Lamoille Valley Rail Trails, multiple VMBA Days in locations like Stratton Mountain, Burke

Mountain, Bolton Valley and other VMBA trail networks. Advance reservations are required for all programs and scholarships are available. The organization offers and provides programs to anyone with a disability, regardless of ability to pay. Visit www.vermontadaptive.org for more details.

Veteran Ventures Programs

Vermont Adaptive continues to offer a variety of summer programs specifically designed for injured service members, veterans with disabilities, and their families. Since the organization's inception in 1987, Vermont Adaptive has worked with veterans with disabilities and evolved its programs to match the changes in the needs and interests of men and women who have been injured in the line of duty. Veterans participate free of charge and are encouraged to join weekly outings in Burlington, Vermont or for one of the many retreats offered, including one at Killington Resort during Veteran's Day. For more details, contact veteran program coordinator SSG (Ret.) Misha Pemble-Belkin at veterans@vermontadaptive.org.

MAKING WAVES WITH TEAM RIVER RUNNER MULTIPLE LOCATIONS

Team River Runner (TRR) is set to make waves with a series of exhilarating events, catering to paddlers of all skill levels. Kicking off in April, the TRR National San Marcos Women's Wellness Clinic, led by Debbie Dean (debbie.dean@teamriverrunner.org), invites women to immerse themselves in the therapeutic world of paddling from April 17-22.

Continuing the momentum, the TRR National Wellness Clinic, under the guidance of Deborah Reyes (deborah.reyes@teamriverrunner.org), spans from April 21-27. This week-long event promises participants a holistic wellness journey through the art of paddling.

April 27 takes a sporty turn with the TRR PNW Region Kayak Football Tournament, organized by Michael Lanning (michael.lanning@teamriverrunner.org). Paddle your way to victory in this unique kayak football competition.

Looking ahead, May brings the TRR National ACA Instructor Enhancement Clinic from May 17-19, providing paddlers with an opportunity to refine their skills under the guidance of Deborah Reyes (deborah.reyes@teamriverrunner.org).

June introduces the TRR Intermediate/Advance Adaptive Paddling clinic in Maryland from June 18-23, led by Celiann Gonzalez (celiann.gonzalez@teamriverrunner.org). Challenge yourself and elevate your paddling expertise.



July heats up with the TRR National KAOS/OGLP Clinic in Pennsylvania from July 21-29, spearheaded by Jen Eaton (jennifer.eaton@teamriverrunner.org). Connect with fellow paddlers and embrace the thrill of kayaking.

As summer progresses into August, the excitement continues with the TRR National Kayak Football Tournament in Steamboat, CO, from August 1-5. Contact Michael Plourde (michael.plourde@teamriverrunner.org) to be part of the action.

Simultaneously, the TRR Affinity Clinic unfolds in Lower Salmon, ID, from August 4-9, guided by Dayne Law (dayne@teamriverrunner.org).

Dive into the adventure, embrace the camaraderie, and paddle your way to unforgettable experiences with TRR.

GET OUT ON THE WATER WITH WARRIORS SOAR LAKE CHAMPLAIN, VERMONT

Spring is here and summer is on the way. Come join the team at WARRIORS SOAR and get out on the water with our fishing and sailing programs on beautiful Lake Champlain in Vermont.

WARRIORS SOAR events are open to members of Move United Warfighters. Our organization is focused on providing outdoor activities to help wounded military veterans heal from physical and mental injuries they sustained while serving our country.

We can host fellow wounded veterans on both sailing events and fishing events on beautiful Lake Champlain in Vermont. Come spend a day with us; lunch is included, and we open our activities to both wounded veterans and their family members.



Our fishing program is managed by a former Army helicopter pilot, wounded veteran, and excellent fisherman. Our sailing program utilizes our own sailboat, and we have several captains willing and able to host a fun day on the water.

For more information on dates and to sign up for fishing or sailing please go to our website at www.warriorssoar.org.

SHIFTING GEARS UNITED ANNOUNCES TWO NEW PROGRAMS NORTH PALM BEACH, FLORIDA

We are adding adaptive paddleboarding to our existing monthly kayaking clinics at the North Palm Beach Rowing Club. This program is all inclusive and open to various disabilities. Advance registration is required. Email Jacqui Kapinowski at jacqui@shiftinggearsunited.org or call (732) 236-3576 to register for our next clinic. Group kayak excursions are also available with advanced registration.

The second new program is the SGU AquaFin Water Aerobics weekly program at the North Palm Beach Country

Club Aquatics center. This exciting program is all inclusive and open to all abilities. The weekly schedule is Tuesdays and Thursdays from 10 – 11 a.m. The address is 951 US-1 S, North Palm Beach, FL 33408.

To learn more about Shifting Gears United's programs, please visit our website at www.shiftinggearsunited.org.

WHEELCHAIR MOTOCROSS, PICKLEBALL, AND TENNIS, OH MY NEW ORLEANS, LOUISIANA

SMCL Foundation & Associates is thrilled to introduce three groundbreaking adaptive sports and all-inclusive programs. Our upcoming initiative, Wheels in Motion, set to launch in April 2024, will focus on wheelchair motocross (WCMX) and feature a series of clinics specially crafted for individuals with disabilities and their families. The clinics will be led by SMCL Foundation's board member, and WCMX athlete Tony Torres, who is also president of TNT 360 Mobility. The innovative program aims to establish clinic-based skateboarding and WCMX programs, providing essential access, education, and resources for wheelchair users to actively engage in this great sport through a sense of inclusion. Participants will have the opportunity to showcase their skills in a community tournament in October 2024. Winners will receive an exclusive invitation to the 2024 WCMX World Championships.



In addition to the WCMX program, SMCL is expanding its commitment to introducing and training all-inclusive tennis and pickleball at New Orleans City Park Pepsi Center and other venues, starting in March. These sports will run through the summer/fall and include veterans, youth, seniors, and other adults participating in ambulatory and wheelchair tennis/pickleball.

An invitation is extended to all who may be interested as we shatter barriers, open doors, and transform adaptive sports into a welcoming and celebratory space for everyone.

USWRA CONCLUDES SEASON WITH TOURNAMENT TAMPA, FLORIDA

Formerly known as "Murderball," wheelchair rugby is a fast-paced, full contact, Paralympic sport played by individuals with cervical spinal cord injuries, amputations, and other mobility impairments. In addition to its intense nature, it offers a variety of health benefits for players including cardiovascular fitness, muscle strength in endurance, coordination, balance, improved mental health, and socialization through community.

The United States Wheelchair Rugby Association (USWRA) will conclude its 2023-2024 season with the National Championships, hosted by Wounded Warriors Abilities

Ranch (WWAR) in Tampa, FL, May 3-5. The event will include 18 teams, with athletes from around the country, competing for national titles within three divisions.

Immediately following nationals, the second annual USWRA Low Point season will begin. To align with World Wheelchair Rugby and its different disciplines, the USWRA introduced Low Point Rugby to provide athletes within the 0.5-1.5 classification with an opportunity to develop within the added discipline. This summer, low-point athletes will vie for a spot on the USA Low Point Team looking to qualify for the upcoming 2025 World Games in Chengdu, China.

WWAR TO HOST WHEELCHAIR RUGBY NATIONALS WESLEY CHAPEL, FLORIDA

The National Wheelchair Rugby Association (USWRA) has awarded the Wounded Warriors Abilities Ranch (WWAR) a two-year contract to partner with them to host the USWRA National Championship to be held on May 3 - 5 at the state-of-the-art Wiregrass Arena in Wesley Chapel, Florida.

The top 18 ranked wheelchair rugby teams from each Division (I, II, III) will earn an invitation to this world class national tournament with over 150 players competing for the coveted national title.

The event will be open to the public to volunteer, support, and enjoy the tournament. There will be family activities, live music, and plenty of high action wheelchair rugby over the weekend with an opportunity to meet the players and teams. Many players who represent the USA on the US National Wheelchair Rugby team will be present and the tournament will give you an opportunity to watch them compete.

WWAR have been providing exciting, positive opportunities for injured veterans and adaptive sports athletes to participate in activities within their community and on a



national level. We are excited to be such an integral part of the USWRA with two teams participating in the league. We are ready to win the championship and bring the cup home to Tampa!

SPORTSABILITY HOSTING MULTIPLE SPORT EXPO & VIRTUAL WORKOUTS TALLAHASSEE, FLORIDA

SportsAbility enhances the lives of people with disabilities by promoting active living and providing first-hand access to resources and activities designed to encourage participation regardless of age or ability level. People can try everything from sit water-skiing and rock wall climbing, to horseback riding and much more! Participants of all abilities learn about the value of recreation and active leisure for everyone – especially people with disabilities. People 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. There is no charge to participants thanks to our generous sponsors.

Resource Expo and Indoor Activities – April 19 at Tallahassee Community College Lifetime Sports Complex - 444 Appleyard Blvd., Tallahassee, FL 32304 - 10 a.m. to 1 p.m.

Outdoor Day – April 20 at Alfred B. Maclay Gardens State Park - 10 a.m. to 3 p.m.



Information and registration are at: <https://www.sportsability.org/sportsability-expo>.

SportsAbility also offers Fitness Fridays. Every Friday at 11 a.m., a live workout for everyone will be on the SportsAbility Alliance Facebook page. If you can't make it at 11 a.m., check out the video after the program.

ABILITY FIRST SPORTS HOSTS RESIDENTIAL SPORTS CAMP CHICO, CALIFORNIA

For over 35 years, Ability First Sports has been dedicated to adapted sports and recreation for individuals with physical disabilities. We offer a weeklong summer residential sports camp to youth and young adults.

Our summer camp will be held from June 16-22 located on the campus of California State University, Chico. All participants will be housed in the on-campus dorms. Our focus is on providing wheelchair sports instruction from beginning to advanced levels. Activities include wheelchair basketball, rugby, power soccer, water skiing, archery,

cycling, and other recreational activities. Staff will be on hand to support independent living issues.

Transportation is provided from the Sacramento airport for those coming from out of the area.

Participants of all ages and ability levels are welcome. If you are interested in learning more, please contact info@abilityfirstsports.org or go to our web site at abilityfirstsports.org.

AZDS WELCOMES ATHLETES FOR DESERT CHALLENGE GAMES TEMPE AND MESA, ARIZONA

Arizona Disabled Sports invites athletes to Arizona for the 33rd Edition of the Desert Challenge Games in partnership with The Hartford! The games will be held May 28 – June 2 in Tempe and Mesa, Arizona. This Hartford Competition series event will host athletes from around the nation and the world. In 2023, athletes represented twelve different countries!

Events will be held in air rifle, archery, swimming, and track & field. Demonstrations of new adaptive sports will also be available for all in attendance. The Hartford awards surprise equipment grants as well as The Hartford Human Achievement award to participating athletes. Don't miss this great competitive opportunity. Get more information at www.desertchallengegames.com.



AN ARRAY OF SPORTS ACTIVITIES PROVIDED BY DSES MAMMOTH LAKES, CA

Spring is upon us, and the flowers are blooming in the Eastern Sierra. Just outside of Yosemite National Park is the small town of Mammoth Lakes. There, at 7,900 feet in elevation, Disabled Sports Eastern Sierra focuses its operations on its mission of providing fun, inclusive, and individualized mountain sport opportunities for people of all ages and abilities by removing barriers to participation.

As the spectacular Eastern Sierra warms up with the summer sunshine, Mammoth Lakes and the surrounding area transforms from a winter sports playground to a summer activity paradise. At the heart of it, you will find highly trained Disabled Sports Eastern Sierra (DSES) staff and volunteers taking participants kayaking, mountain-

biking, road biking, fishing, and rock climbing with state-of-the-art equipment and the latest adaptive techniques. Based at the Main Lodge of Mammoth Mountain, they are perfectly positioned to provide these activities with efficiency and ease.

The non-profit organization began here 20 years ago with the deep belief that the exhilaration of these outdoor activities in these awe-inspiring mountains changes lives. Equipment has changed, techniques have changed, but the thrill and stoke of the mountains has not. Come and join us and feel it for yourself! Learn more at www.DisabledSportsEasternSierra.org.

JOIN FOOTLOOSE DISABLED SAILING ON THE WATER SEATTLE, WASHINGTON



Footloose introduces sailing as recreation and sport to disabled people of all ages. Their family, friends, and caregivers are also welcome to participate. We have big and small sailboats available for our day sails out of the north Leschi marina on Lake Washington. Our events are scheduled on the average of twice a month throughout the late spring, summer, and early fall, and once every summer we sail across Puget Sound for a two-night camping trip at Blake Island. We are an all-volunteer organization and always looking for volunteers to help with shoreside tasks, on the docks, and out on the water. It's good, safe, family fun!

Come join us! The Footloose motto is "Leave Your Disability at the Dock." For our event schedule and more information, visit www.footloosedisabledsailing.org. Find us on Facebook at <https://www.facebook.com/FootlooseSailingAssociation>.

BE PART OF AN OUTRIGGER PADDLING PROGRAM NEWPORT BEACH, CALIFORNIA



The Orange County Makapo Aquatics Project is expanding its inclusive outrigger paddling program to integrate people with all types of physical disabilities into its team. Previously, the team, in partnership with the

Newport Aquatic Center (NAC) in Newport Beach, CA, was comprised of athletes with vision impairments and raced in competitions in Southern California and Hawaii.

2024 marks the first year the organization will leverage its work with the disabled community in Southern California to welcome more athletes while simultaneously working to establish para-canoe racing divisions in the Southern California Outrigger Racing Association (SCORA), which holds races from May to September. The ultimate racing goal is to compete in the 18-mile Queen Lili'uokalani Outrigger Canoe Race in Kona, HI, over the Labor Day Weekend.

Makapo is committed to championing active lives by providing inclusive outrigger paddling programs and welcomes collaborations with athletes and canoe clubs in other parts of the country to bring more para-athletes to the sport. For more information, please contact info@makapo.org.



SOCAL ADAPTIVE SPORTS SUMMER CAMP RIVERSIDE, CALIFORNIA

For the third summer, SoCal Adaptive Sports in collaboration with the City of Riverside Parks and Recreation will be offering a youth adaptive sport/art camp from June 4 - August 1, Tuesday - Thursday, 9 a.m. - noon.

This camp features a number of adaptive sport offerings, stretching, and more at Reid Park in Riverside, CA. The camp is open to youth 5-17 and siblings are also welcome to join in the summer fun. Contact mike@socaladaptivesports.org for further information.

PARTAKE IN THE TURNS & BERMS EXTRAVAGANZA MT. BACHELOR, OREGON

Gear up for the 3rd annual Turns & Berms Extravaganza, happening May 2-5. This isn't your average adaptive sports event; it is a celebration of everything outdoor recreation for individuals living with spinal cord injuries.

Each morning kicks off at the ski area, where athletes rip around all 360 degrees and 4,323 acres of Mt. Bachelor, enjoying some of the country's best spring skiing vibes and leaving limitations in the dust.

But the action doesn't stop there. As the sun climbs higher, we swap snow for dirt as we hit the trails in the Deschutes National Forest. Picture this: adaptive skiers turned mountain bikers riding it up in the great outdoors. It's the ultimate fusion of winter and summer thrills.

Turns & Berms isn't just an event; it's a collision of seasons, a celebration of community, and a heck of a good time. With Oregon Adaptive Sports and the Kelly Brush Foundation



joining forces, it's a high-energy, boundary-breaking experience that screams, "Get out there and own it!" So, mark those dates, grab your gear, and let's make May 2-5 the best weekend on the calendar. Learn more at oregonadaptivesports.org.

MARKETPLACE

NAKED PROSTHETICS — IT'S ALL ABOUT FUNCTION



Naked Prosthetics engineers functional, high-quality finger and partial-hand prostheses that get end-users back to work and activities of daily living. We partner with Certified Prosthetists, therapy practitioners, physicians, and surgeons to facilitate our innovative devices — the PIPDriver™, MCPDriver™, ThumbDriver™, and GripLock Finger™. We truly believe: It's All About Function.

To learn more, visit npdevices.com.

RUSH FEET NOW AVAILABLE IN SANDAL TOE

PROTEOR responds to lifestyle needs with more choices for satisfaction, step after step. We have expanded our RUSH portfolio, with sandal toe available across the entire collection. These sandal toe options give users greater versatility with the same exceptional performance and confidence you depend on at PROTEOR.

For more information, visit us.proteorusa.com.



JOIN THE PAAC!!



Meet Mark, PAAC's newest ambassador

"I joined PAAC to share some of my amputee experiences from the past 31+ years with the hope of helping new amputees learn to navigate this life with a little more ease. I also want to connect with others in a shared sense of community where we can learn from each other and grow. This life can be as amazing as any other and I enjoy helping my fellow amputees not only realize it, but embrace and celebrate it as well."

SCAN NOW
TO JOIN!



PROTEOR AMPUTEE ALLIANCE COUNCIL

- BECOME A MEMBER OF OUR RAPIDLY GROWING COMMUNITY.
- SHARE STORIES, TRICKS & TIPS
- WANT TO BECOME A PEER TO PEER MENTOR?
- WANT TO BECOME A PATIENT AMBASSADOR?