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Cover photo of Keith Gabel
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As I write this column, I'm sitting in an airport on my way back from the U.S. Olympic and Paralympic Committee Assembly where Move United was presented with the 2024 Rings of Gold Award. The award recognizes a program dedicated to helping children develop their Olympic or Paralympic dreams and reach their highest athletic and personal potential. Our recognition was for our efforts to expand and strengthen adaptive sport competitive opportunities.

Sixty-two percent of the Team USA athletes that competed at the 2024 Paralympic games began their Paralympic journey with Move United's community-based programs or competitions and a similar percentage was true for the athletes that represented the country at the 2020 Paralympics in Tokyo. As the US Paralympic landscape shifts from managed sports to the respective National Governing Bodies, our collective role in the adaptive sports movement becomes even more important as we serve as the base and the entry point for every athlete.

While I am proud of this accolade, Move United is much, much more than the Paralympics. Our Vision 2028 is focused on building the scope and strength of the adaptive sports network in America. We are delivering on our vision to create increased opportunities for individuals with disabilities to develop independence, confidence, and fitness through participation in community sports, including competition, recreation, and educational programs.

When we think about that movement, being counted is important.

This fall, we celebrate the first anniversary of the launch of our individual membership program. This initiative provides a means for individual athletes, coaches, parents, educators, medical professionals, and other individuals engaged in or supportive of the adaptive sports movement to have a direct connection to our work as well as enjoy some benefits. In the first year, 3,000 individuals have already joined the movement. Basic membership is free of charge. #JoinTheMovement

So let's take a look at the content that is in this issue of the magazine. The sports featured are para snowboarding and wheelchair bowling. You can read about both of them starting on page 6 and page 14, respectively. Be sure to also check out the profiles of two adaptive athletes. On page 12, you'll meet Matthew Scholten, an Army veteran and Move United Warfighter Ambassador who plays in the USA Wheelchair Football League. You'll also read about Cecile Brown, a 16 year old adaptive skier hoping to compete in the Winter Paralympics in the future. Her story starts on page 18. And finally, check out the listing of Move United member organizations on page 20. We now have over 240 local programs in 45 states and the District of Columbia that are part of the network. So 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 in the coming months. So, get out and enjoy winter.

Glenn Merry, Chief Executive Officer

Move United

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Photo by Joe Kusumoto

GET STOKED OVER SNOWBOARDING

The exhilaration of whisking down a mountain of freshly groomed snow on a single board is an empowering and euphoric experience. Anyone who has tried alpine skiing should also give snowboarding a try as well. You, too, can enjoy a sport that is fun and exciting!

Given the advances in technology and support, snowboarding is as simple as alpine skiing and accessible to everyone. Three-time Paralympian and 2X Paralympic medalist Keith Gabel, a para snowboarder who is a below-the-knee amputee, believes there should be no lines drawn in the sand (or snow) when it comes to skiing and snowboarding.

There's a stigma that is starting to change about the sport. In fact, snowboarding can be easier than alpine skiing for

some individuals with physical disabilities. For example, above-knee amputees as well as individuals suffering from asymmetry in their gate have seen success. "There used to be a skier versus snowboarder mindset," said Gabel. "As long as you are sliding on snow, we're having a good time, and the stoke is high, that is all that matters."

BEGINNER LESSONS

Gabel suggests to start where you are comfortable. "There are a lot of programs out there," he said. Many Move United member organizations offer adaptive snowboarding lessons. "If you don't know where to start, just get a lesson," Gabel suggested. "They know how to adapt to you."

Before you get out on the slopes, you go through a thorough assessment, including a review of your mobility and balance

as well as the equipment and gear, each done on a case by case basis.

Like anything, there is a learning curve. “Have zero expectations and enjoy the process of learning something new. You’re going to slam and it’s going to suck at times,” Gabel said. Very few people go from zero to hero on their first attempt. Gravity doesn’t discriminate. For this reason, it is recommended that you give it a few attempts and not just give up if you don’t master the sport your first time out.

“It is an expensive sport,” Gabel said. “And it is not easy to get to. If you don’t live by a mountain, there’s travel costs. And if you do live near a mountain, then you know mountain towns by nature are expensive because they’re tourist towns.” But many Move United member organizations offer discounted rates.

EQUIPMENT AND SAFETY

The evolution in prosthetics and other equipment has grown leaps and bounds in recent years. During your individual assessment, you and the instructor will determine the proper equipment that is necessary.

At most facilities, you can demo the equipment. Don’t buy any equipment right away. If necessary, rent it first to figure out if it is the right fit for you. Depending on the needs of the snowboarder, the instructor can use an outrigger, tethers, or other supporting devices to help guide them down the mountain. There is also a Rider Bar that can be attached to the board and allows the instructor to assist with navigation and control.

Above anything else, safety must come first. Gabel states that helmets are a must. “Always wear a helmet,” he said. “Your noggin, your brain, is the most valuable asset on your body. Appendage wise, you can cut off about anything else. But that is the captain of your ship.” He also recommends good outerwear, gloves and goggles. “That is one of the most important, because you need to see,” Gabel stated.



TAKING IT TO THE NEXT LEVEL

After mastering snowboarding for recreation, the next step is to decide whether to pursue the sport competitively. 2022 Paralympian Zach Miller started out with the National Sports Center for the Disabled, a Move United member organization in Colorado. Then he attended a race camp at Ski Spectacular, where he met some other racers, coaches,

Continued on page 8 >>



Photo by Joe Kusumoto



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<< Continued from page 7

and members of the national team. “I learned a lot at that camp,” Miller said.

It was there that he also met Daniel Gale and Amy Purdy with Adaptive Action Sports, another Colorado-based Move United member organization. “They have a great program at Copper Mountain,” Miller said. “Having coaches and volunteers that were willing to work with me made me who I am today.”

Once you decide you want to compete in the sport, Gabel suggests you spend a season doing nothing but snowboarding. “Spend a minimum of 70 days on the snow,” Gabel suggested. “Get out there for 100 or 120 days on snow if you can. That’s what it takes. You need to find out how your body moves and how it translates to your snowboard.” He notes there are various courses that have a lot to offer for those interested in taking it to the next level.

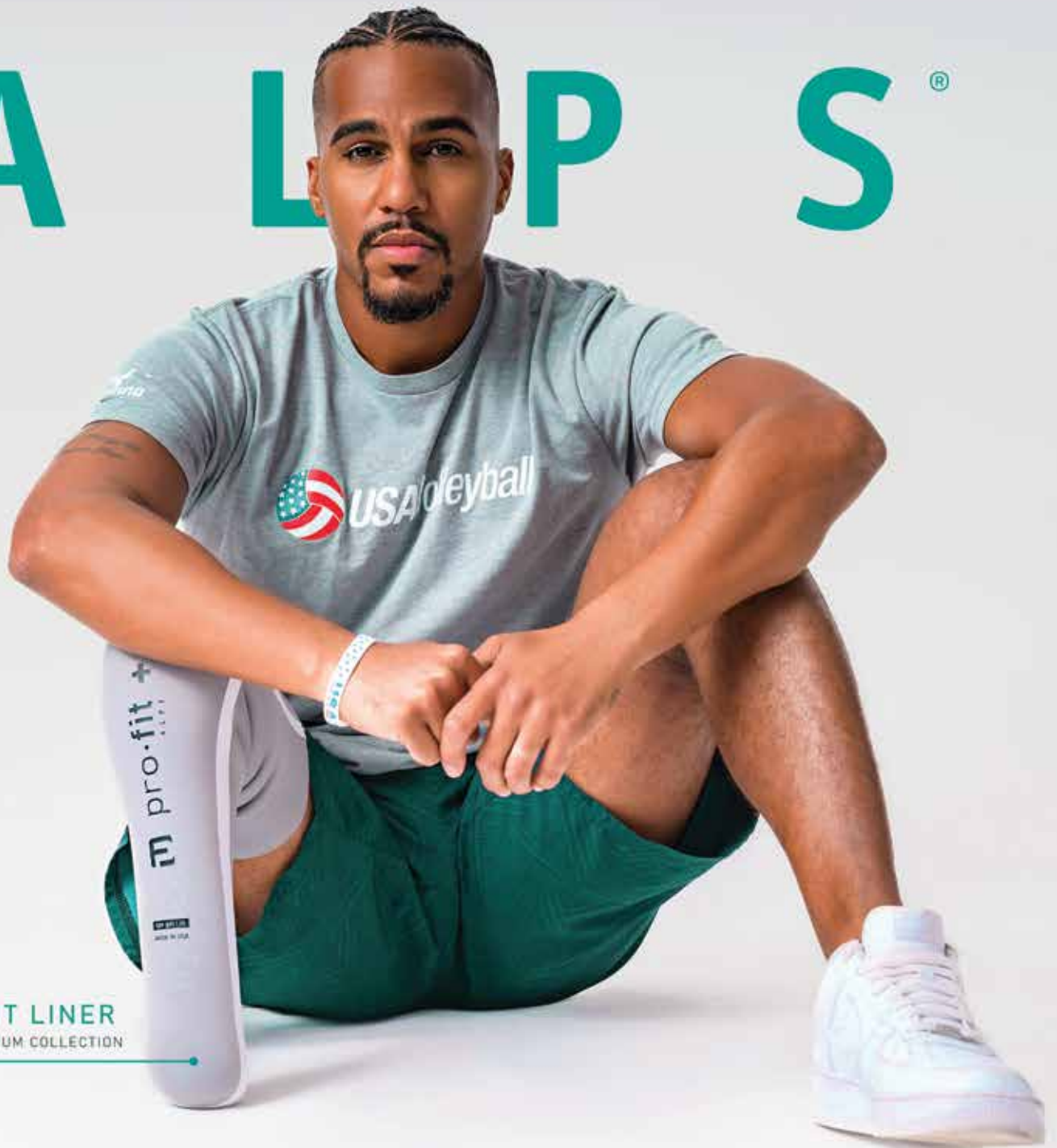
ARE YOU SHREDDY?

There are a number of awesome benefits to hitting the slopes. For Miller, who was born with cerebral palsy, he had a need for speed. “When I was young my doctors realized how competitive I was,” he said. So he got on his first snowboard when he was 8 years old. “Sports teach you a lot as a kid,” he said. But snowboarding provided Miller with another benefit. “There was a bit of anonymity that uniquely attracted me to the sport that I hadn’t found in other sports,” he said. When I was in PE (physical education class) with my friends, they knew I was disabled and I would be picked last. And when I was wearing shorts while playing basketball, they could see how skinny my legs were. That made me self-conscious. But when you go snowboarding, you are covered from head to toe in gear. You’ve got a helmet on, goggles, and a facemask. The only thing they can see is how much fun you are having and how well you are riding. Suddenly, it was no longer who I was but how well I can ride.”

For Gabel, it is about having fun. “We ski and snowboard because it’s fun,” he said. “I didn’t get into it because I wanted to be a competitor. That came later. I just love the sport. It’s my church. It’s a cohesive existence, it is me and the mountain.”

To give snowboarding a try, contact one of the 76 Move United member organizations that offer adaptive snowboarding. Visit moveunitedsport.org/locations and search “snowboarding.” ■

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SPORTS HAVE GIVEN WARFIGHTER MATTHEW SCHOLTEN HIS FREEDOM BACK



Photo by Reed Hoffmann

As a kid, Matthew Scholten grew up hearing the quote from President John F. Kennedy's inauguration speech: "Ask not what your country can do for you — ask what you can do for your country." So Scholten had a calling to join the military early on. "I wanted to give something back to my country," he said. His father was in the U.S. Air Force, but that wasn't an option. "I was too tall to fly and didn't want to fix planes," Scholten explained. And since he was 6 foot 2 inches, he didn't think the Navy would be a good fit. So that left the Marines and the Army.

"Being from San Diego, the Marines are right there," Scholten said. "But I wasn't impressed with their recruiter, so I walked next door to the Army recruiter and the rest is history." When deciding his MOS (Military Occupational Skill), aka the job he was going to be trained for, Scholten knew what he wanted to choose. "If I was going to join the Army, I wanted to be in the Army," he said. "I didn't want to fix stuff or be in the office. I wanted to do Army stuff." So he selected being a Cavalry scout. He had 18 weeks of training at Fort Knox, which included basic training.

MOVE UNITED WARFIGHTERS

Scholten's first enlistment was for four years, from 1996 to 2000. "I wanted to try it and see if it would work out," he stated. He had a great time and really enjoyed doing what he did. So he reenlisted and ultimately stayed for 20 years. "Calvary scouts go between friendly and enemy lines and help direct the battle a little bit," Scholten explained.

His first duty station was in Germany, which was great for an 18-year-old. He bought a car and traveled almost every weekend all over Europe. "I would throw a dart at a map to decide where I wanted to go," he said.

Next up, he was sent to Fort Riley, Kansas. "I learned how to scout there more and fine tune my skills," he said. One of his assignments included serving as a recruiter. "I was part of the first recruiting class after 9/11," he said. "I went to Iowa, and as a kid from California, I had to figure out how to talk with them. We also had to figure out how to recruit during a war." Then he went to Korea and then to Fort Hood in Texas.

After stationed at Fort Hood for about six months, Scholten was deployed to Iraq for about 18 months when he got injured while on a night patrol with an engineering company outside of Baghdad. "I was in the trail Bradley and an IED exploded," he said. "There were five of us. The driver didn't make it and I hurt my back and head, but nothing I thought was super major." He was flown to Germany for recovery but would continue his duties, even returning back to Iraq.

"I continued to say I was fine, so I could get back to Iraq and my guys," Scholten said. "I was not fine. I was trying to convince myself as well as others. I didn't want to accept that my abilities weren't fine. I kept saying that I was fine, that I was normal."

In fact, Scholten kept running even with a bad back and continued the physical fitness tests until he couldn't walk anymore. "I couldn't walk 50 meters without needing a stool," he said. Scholten had a spinal fusion done, replacing his lower vertebrae with rods and bolts. "It ruined my mobility," he said. "I had to find new ways to do everything."

Growing up, Scholten didn't play sports. "I was a theater kid," he said. "Sports were not part of growing up for me. I actually joined the Army to get a theater degree. That never happened, but theater was my jam. I wasn't interested in sports until later in life."

It was when Scholten was assigned to the wounded warrior



transition battalion at Fort Riley that he would be introduced to adaptive sports. "I had to do some sort of physical activity," he explained. So he tried a number of adaptive sports to see which one he would like doing. He loved shooting and archery. Through that experience, he learned that he could use his body in a new way. "I loved competing again," he said. He also played wheelchair rugby but didn't have a high enough disability to make that sport a go. "I liked the contact and physicality of it," Scholten stated.

Then he found wheelchair football. After getting out of the Army, Scholten decided to make Kansas City his home, because it was affordable and provided a good quality of life. He was in the right place at the right time. When the USA Wheelchair Football League was forming back in 2020, Scholten learned about a local team forming through the VA. He showed up for a practice of the Kansas City Chiefs Wheelchair Football Team hosted by Midwest Adaptive Sports and was hooked. "It was game on from there," Scholten said. "I found a great community around me."

The team won the first tournament and brought home the trophy the first season. "There is something about our team," Scholten said. "We've played for the championship every year (so far). I'm usually on the bench as I'm not as good as the other guys are. But I love it still." When he does get into the game, he usually plays center or defensive end. "It is full contact, it is intense," he said.

"It is pretty amazing that I can call myself a Kansas City Chief," Scholten said. "I represent who I play for. And I love being part of a team. Like the Army, everyone has a role and if everyone does their role well, we will win."

Outside of sports, Scholten proposed to his fiancé at a Move United event. She is finishing her PhD in geology at Kansas State, so the wedding plans are still in progress. "Sport has given me the freedom back again," Scholten said. "It has given me the idea that I can do stuff instead of I can't." ■



LIFE IN THE FAST (BOWLING) LANE: THE SPORT OF WHEELCHAIR BOWLING

Bowling is one of the sports that just about everybody can enjoy, including those who use a wheelchair as a means of mobility or might need to use a wheelchair to assist with balance, upper body strength, or throwing/rolling the ball down the bowling lane towards the pins. Assistive devices, such as a ramp, are available for individuals who may be quadriplegic or use a power chair.

Because anyone can partake in this recreational activity and sport, it is very inclusive. “It is a family sport,” said Eddy Hutchens, president of the American Wheelchair Bowling Association (AWBA). “It’s fun for all.”

Debra Freed, an Air Force veteran who first tried the sport at the National Veterans Wheelchair Games and is now a member of the national team, likes the sport because it is physically and mentally demanding and the sport is the same, regardless of who you are. “I use four wheels to bowl and you use two legs to bowl, that is the only difference,” she said.

In order to go bowling, the first thing you should do is to make sure your local bowling alley or the one you are going to is accessible. That would include entry and exits, the restrooms, and of course the actual bowling lane area. Most bowling alleys are or have made accommodations. “Do your research ahead of time to avoid any surprises or issues,” said Frank Goebel II, a National Guard veteran and secretary of the AWBA, who has bowled all his life. “Call ahead to speak to the manager or proprietor to inquire about accessibility.”

EQUIPMENT REQUIRED

Not only is bowling accessible from a disability perspective, but it is also pretty accessible economically. The only regular cost is the lane fees you pay to the bowling alley. But the good news is that not a lot additional equipment is needed in order to participate in wheelchair bowling. “We don’t need shoes since we are on our wheels,” Hutchens said. In fact, your everyday chair is perfectly fine to use. So no expensive sports chair is required. According to Hutchens, you will want to make sure your chair fits you. He also said that brakes are a must in order to keep your chair stable and caster pins on the front wheels will keep the wheels from tweaking right or left.

“Try to get a chair with zero camber if possible,” Goebel said. “Or it should at least be less than five percent, so the ball has clearance when you swing it.” He also recommends leaving the anti-tip on your chair in case you turn around fast or move a certain way to avoid falling over. “You may have to remove your push rim as well,” he said.

Other than your chair, the only other item you need then is, of course, a bowling ball. Bowling alleys have public bowling balls that anyone can use free of charge. But if you are a frequent bowler or want to compete in the sport, you may want to invest in getting your own bowling ball.

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your chair if you are swinging or throwing the ball.

And, third, don't get frustrated. "Like anything, you have to learn and develop your skills over time," Hutchens said. "It takes time."

HAVING THINGS ROLL YOUR WAY

You can bowl recreationally or competitively. If you choose the latter, you can simply choose to join a bowling league in your area. In addition, the AWBA typically puts on 5-8 tournaments each year throughout the United States, including a national

tournament. The next national tournament will take place in May 2025 near Chicago, Illinois.

When it comes to competitive bowling, it is a handicap sport. So it is based on your individual average. During competition, whoever bowls higher or lower than their average wins a particular match. If you are a scratch bowler, whatever you bowl is your score at the end.

Para bowling, which is considered bowling for an individual who can't walk up to the line and deliver the ball, has been approved to be in the Paralympics, but the starting date is unclear. In this country, the national governing body is the United States Bowling Conference and globally the sport is governed by the International Bowling Federation.

Freed suggests there are a lot of different competition opportunities, including singles, doubles, mixed doubles, and team. And although tournaments have a cost to participate, you often have a chance to get some of your money back with monetary prizes. In addition, an Up Down bowling event is inclusive, typically including one wheelchair bowler with three able bodied bowlers together.

LET'S ROLL

Many Move United member organizations offer some sort of bowling activity or program. You can find that listing by going to moveunitedsport.org/locations and search "bowling." But if there is not one near you that does, Hutchens says that AWBA has members across the country and can also help get you started. Visit awba.org to learn more.

The sport of bowling is something you can do any time of day or night, weekdays, evenings, and weekends. It is a year round sport and can be done regardless of age. So what are you waiting for? Get out on the lane and go bowl. ■

That basically requires you to go to a pro shop (often attached to a bowling alley) to get a ball drilled for you. "They will figure out the weight for you to throw and drill the holes to fit your hand," Hutchens said. New bowlers or individuals who may not have a lot of arm strength or upper body strength may throw a 10-12 lb. ball while someone like me may throw a 13-15 lb. ball," Hutchens said. "But the pro shop can figure that out and also determine the pitch: forward or backwards, right or left." Other than the ball, some people choose to wear gloves.

For quads, the I Can Ramp and other assistive devices exist that help the bowler push the ball off the ramp or allow the bowler to use the inertia from his or her chair to get the ball down the lane. You may have to purchase your own ramp, which is an investment, although there are a few places that make them available. Goebel also notes that a special bowling ball exists with a retractable handle, which allows someone who can't put their fingers in the ball or who isn't fully able to grip the ball to release it down the lane.

ROLLING ON DOWN THE LANE

Once you've got your bowling ball, it is time to hit the lanes. You might use a ball carrier, which can be a ring on your chair or a strap that helps the ball from falling off your lap, to get to the lane. Then you roll up to the foul line, lock your chair down (using the brakes and caster pins), position your chair based on how you are able to throw, concentrate on your mark, then release the ball. "Watch your mark until the ball goes past it to see how it went," Hutchens said. "That way you can adjust. If you are missing the head pin on the right, you will want to move to the right."

A couple things you will want to consider. First, nothing can touch the lane on the other side of the foul line. But things can hang over it, like your feet for example. Second, you will want to make sure to avoid hitting the rim or other parts of

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FOR CECILE BROWN, SKIING IS ABOUT COMMUNITY

Photos by Joe Kusumoto

Cecile Brown started skiing when she was just five or six years old. “My dad’s family has always skied, so it was a family thing we can all do together and to have some fun,” she said. She got her start at Lost Valley, a small mountain in Auburn with Central Maine Adaptive Sports, a Move United member organization.

Born with PFFD (Proximal Femoral Focal Deficiency), Brown had her foot amputated around the age of four or five and had her knee fused when she was seven or eight. She originally tried to ski wearing her prosthetic. “They (Central Maine Adaptive Sports) thought that three tracking might be a better option for me and suggested I go with Maine Adaptive,” she explained. Since skiing with Maine Adaptive Sports, another Move United member organization, she has also joined the program’s race team and has skied with them for the past seven years.

At a lot of the ski events Brown goes to, she said she is usually one of the youngest athletes. “But at Maine Adaptive, I am one of the older athletes,” she said. “It is cool to see the younger athletes develop in their own ways and I feel like I can be a role model and someone they can look

up to. I try to show them that it is possible to achieve what you want. When you are young, it is important to have that affirmation.”

In addition to racing with Maine Adaptive Sports, Brown has also started skiing with her high school team. “I have done that for a few years now,” she said. Her school didn’t have a race team until a couple of years ago. But there has been a lot of interest, so they are building a strong foundation for the program. “I am the only adaptive racer on my high school team,” Brown said. “It is cool to be with people that don’t see you as being different.”

Brown said they don’t typically get snow in Maine until January, so they start with dryland training in November. “We usually practice one to three days a week and races are held in January and February,” Brown explained. The mountain she usually races at is Pleasant Mountain in central Maine. “Yes, you are competing for your team but you are also competing for yourself,” she said.

Two years ago, Brown was invited to attend Ski Spectacular in Breckenridge, Colorado. “Ski Spectacular 2022 was my

first real experience with adaptive athletes in the same location,” she said. “It was really cool to meet people like me, who understood what it was like to be an amputee or to be sometimes treated differently because you weren’t ‘normal!’”

Her first year at the event, Brown just wanted to see what it was like. Last year, however, she wanted to focus on getting better. “At the race camp, we all have a common goal and common interest in getting better at what we are doing,” she said. Brown likes to balance the athletic part of being a racer with the community part of being a fellow teammate. “I like to build my community and make new connections,” she said.

Through the race camp, she has been able to expand her skiing through multiple coaches and different experiences. Brown loves skiing because of the memories she has of when she was skiing at a younger age. “I am very proud of the progression,” she explained. “It means a lot to me seeing my growth.” She also loves the technical nature of the sport like “having something to work at. Setting the smaller goals to meet the bigger goal. Just to keep getting better and keep doing what I am doing.”

Every year Brown has raced, she enjoys the sport more and more. “I love being an athlete,” she said. “Every year I have more goals I can achieve. There is a joy, a feeling. You get to a point when you realize this is what you want.”

Personally, Brown is working on her physical ability and building strength by weightlifting and running, as well as making sure she is getting enough sleep and drinking

enough water. “I do like my down time and having time to myself,” she said.

Last April, she went to her first national race in Winter Park. “It was my first ever big race,” Brown said. “It was a lot of fun. It was a great first experience. I wanted to see if I would like it. Try it out and test the waters. I ended up loving it.”

This year, Brown will attend Ski Spectacular again. She also wants to add additional races this coming season. “I am trying to get to every mountain as possible,” she said. She plans to go to a race in January, the Huntsman Cup in February, and Nationals again in April. “The really big goal is the 2030 Winter Paralympics in the French Alps,” Brown explained. “Getting to that goal, there is a lot I have to do before that. Everything I do today is working towards the bigger goal.” She hasn’t ruled out the possibility of 2026 if the opportunity is there. “It is my graduation year, so there is a lot going on,” she explained. She is not classified yet, but the plan is to get classified soon.

She also competes in track and field for her spring sport, particularly the field events of shotput, discus, and javelin. Brown also golfs during the summer and fall. “Alpine racing is the sport I have decided to dedicate more of my time to,” she said. “The other sports will also be beneficial for skiing.”

Outside of sports, the 16 year old enjoys music, likes to read, likes to paint (particularly watercolor), and likes photography. “I like photographing nature, especially trees, flowers, and stars,” she said. In addition, she loves dogs and has two of them.

In school, she enjoys subjects like English and science, specifically biology. “Growing up, I wanted to be a marine biologist,” she said.

Sports as a whole have provided a community for Brown, and so much more. “Sports are an outlet,” she said. “If you are upset or angry, you can work it out, quite literally work it out. You can also express yourself. And it is a way to show that I am not so different.” ■



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Arizona Disabled Sports
Mesa, AZ
arizonadisabledsports.com

High Country Adaptive Sports
Flagstaff, AZ
highcountryadaptive.org

Southern Arizona Adaptive Sports
Tucson, AZ
soazadaptivesports.org

University of Arizona Adaptive Athletics
Tucson, AZ
adaptiveathletics.arizona.edu

CALIFORNIA

Ability First Sports
Chico, CA
abilityfirstsports.org

Achieve Tahoe
Alpine Meadows, CA
achievetahoe.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

Easton Sports Development Foundation
Van Nuys, CA
Esdf.org

Orange County Makapo Aquatics Project
Irvine, CA
Makapo.org

San Diego State University Adapted Athletics
San Diego, CA
arc.sdsu.edu/adaptedathletics

SoCal Adaptive Sports
Palm Springs, CA
socaladaptivesports.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

Valley Childrens' Adaptive Sports
Madera, CA
valleychildrens.org/adaptive-sports/
adaptive-sports-home

COLORADO

Adaptive Action Sports
Copper Mountain, CO
adacs.org

Adaptive Adventures
Westminster, CO
adaptiveadventures.org

Adaptive Recreation for Childhood Health
Aurora, CA
childrenscolorado.org/doctors-and-departments/
departments/pediatric-rehabilitation/adaptive-
recreation-for-childhood-health/

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/gaylord/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

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

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

Western DuPage Special Recreation Association
Carol Stream, IL
synergysra.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

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 Adaptive Sports
West Bloomfield, MI
Michiganadaptivesports.com

Michigan Sports Unlimited
Essexville, MI
misprtsunlimited.com/
misprtsunlimited.com

Mount Brighton Adaptive Sports Program
Brighton, MI
mtbadaptivesports.org

Moving Mountains Adaptive Program
Iron Mountain, MI
movingmountainsap.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

Wheels in Motion
Fenton, MI
wheelsinmotion.org

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

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
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
navigatorsadaptiveports.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
allseasonadaptiveports.com

Center of Recreational Excellence (CORE)

Hobbs, NM
Corehobbs.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

CNY Adaptive Sports

Oswego, NY
cnyadaptiveports.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

Para-Cliffhangers, Inc.

Brooklyn, NY
Paracliffhangers.org

Rochester Accessible Adventures

Rochester, NY
rochesteraccessibleadventures.org

Rochester Community Inclusive Rowing

Rochester, NY
rochestercommunityinclusiverowing.org

STRIDE

West Sand Lake, NY
stride.org

USA Boccia

Bay Shore, NY
Usaboccia.org

Western New York Watersports

Grand Island, NY
wnyadaptivewatersport.org

NORTH CAROLINA

ACCESS of Wilmington

Wilmington, NC
accessilm.org

Bridge II Sports

Durham, NC
bridge2sports.org

ComMotion- Community In Motion

Raleigh, NC
Commoutionnc.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

Cincinnati Tennis Foundation

Cincinnati, OH
CincinnatiTennisFoundation.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
awloutdoors.org

Oregon Adaptive Sports

Bend, OR
oregonadaptiveports.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

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
lonestarparalysis.org

Morgan's Wonderland Sports

San Antonio, TX
morganswonderlandsports.com/straps

One Chair at a Time
Amarillo, TX
onechairatatime.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 Para Sport
Wimberley, TX
texasparasport.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

Vermont Adaptive Ski & Sports Association
Killington, VT
vermontadaptive.org

Warrior Soar
Shelburne, VT
Warriorsoar.org

VIRGINIA

Adventure Amputee Camp
Falls Church, VA
adventureamputeecamp.org

American Canoe Association
Fredericksburg, VA
Americancanoe.org

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

Patriots For Disabled Divers
Occoquan, VA
patriotsfordisabledivers.org

Pursuit Adaptive Sports and Recreation
Alexandria, VA
Pursuitadaptivesports.org

Sportable
Richmond, VA
sportable.org

Therapeutic Adventures
Charlottesville, VA
TAonline.org

Virginia Amateur Sports
Roanoke, VA
Commonwealthgames.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

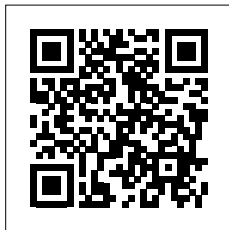
Sports, Therapeutic and Adaptive Recreation (STAR) Association
La Crosse, WI
couleeregionsledhockey.com

Wauwatosa Curling Club
Wauwatosa, WI
WauwatosaCurlingClub.com

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

WYOMING

Teton Adaptive
Teton Village, WY
tetonadaptive.org



Find the program closest to you.



Become an Individual Member.



TAKE PART IN THE 7TH ANNUAL LIMB LOSS AWARENESS 5K KENTWOOD, MICHIGAN



The City of Kentwood and Mary Free Bed Orthotics & Prosthetics + Bionics are teaming up to recognize Limb Loss and Limb Difference Awareness Month with the Mary Free Bed Prosthetics Limb Loss Awareness 5K on Saturday, April 26, 2025.

Join the limb loss support network for an educational and fun filled day! This annual 5K will raise money for Kentwood Parks and Recreation's adaptive programs and provide community, education, and support to amputees, their families, and the community. We are excited to provide this exciting event in Kentwood. This is a professionally timed race, and all abilities are welcome!

Registration is available online and costs \$30 through March 28, 2025. The cost increases to \$35 from March 29 to April 25, 2025 and is \$40 on race day. Participants will receive a T-shirt, finisher medal, and swag bag as part of their registration. To guarantee a shirt, register by April 4, 2025. The kids race costs \$10 per child and includes a T-shirt and finisher medal. Find out more information and register here: kentwood.us/LimbLoss5k.

GET OUT ON THE ICE AT THE GRIFF'S SLED HOCKEY CLASSIC GRAND RAPIDS, MICHIGAN

Mary Free Bed Wheelchair and Adaptive Sports, part of Mary Free Bed Rehabilitation Hospital, is thrilled to announce the upcoming Griff's Sled Hockey Classic, featuring both juniors and adult divisions held on March 21-23, 2025. The junior's portion of the event will be integrated with the prestigious International Silversticks Sled Final Tournament, making it a unique opportunity for young athletes to showcase their skills on a global stage. This exciting collaboration highlights our commitment to promoting inclusive sports and fostering talent in the adaptive sports community.

The adult division will include teams from across the region who will compete in a spirited tournament, demonstrating their skills, teamwork, and dedication to the sport of sled hockey. This year's adult classic aims to build on the success of previous editions, offering an engaging atmosphere for players and fans alike to foster a sense of community within the adaptive sports landscape.

Mary Free Bed Wheelchair and Adaptive Sports is one of the largest programs of its kind in the United States. Every year,

we offer enriching recreational opportunities to hundreds of people with disabilities of all ages. Please reach out to sports@maryfreebed.com for more details. Check out all of our programs at maryfreebed.com/sports.



UPCOMING COMPETITIVE TOURNAMENTS AT TURNSTONE FORT WAYNE, INDIANA



Photo by Nancy Myers-Scholz

Turnstone is excited to host several new and returning tournaments in 2025.

17th Annual Bob Chase Frostbite Classic (Sled Hockey):

Hosted by Turnstone at SportONE Parkview Icehouse on January 4-5, 2025. All teams are guaranteed up to four games.

Wheelchair Basketball Junior Regional Qualifier: Hosted at Turnstone on January 18-19, 2025. Bids to the 2025 NWBA National Championships will be available for the teams competing.

Summit City Shootout (Adult Wheelchair Basketball):

Hosted at Turnstone on February 1-2, 2025. This year, over 20 teams are anticipated to compete including Turnstone's team.

2025 Midwest Conference Championships: This premier tournament is scheduled for February 15-16, 2025. The competition format is a single-elimination tournament with a consolation bracket to determine final placements.

Hoosier Thaw (Power Soccer): Hosted at Turnstone on March 8-9, 2025. Teams anticipated to attend include RHI Sudden Impact, GLASA Chicago Fire, ASPO Force, DASA Cyclones, Hot Shots, Mary Free Bed Overdrive, Motor City Eagles, and many more!

Athletes and fans can find details on tournaments at turnstone.org/sports-rec/tournaments. Contact Isaac Boatman at isaac@turnstone.org to get your team involved. Volunteers are also needed at each tournament.

MOUNTAIN | AROUND THE COUNTRY

SKI FOR FREE! DURANGO, COLORADO

Are you eager to learn how to glide on snow but worried about the rising costs of winter sports? Look no further than the Adaptive Sports Association (ASA) in Durango, Colorado!

At ASA, our mission is to ensure that finances never stand in the way of your outdoor adventures. We offer personalized instruction in skiing, snowboarding, sit skiing, and ski biking, along with lift tickets and all the gear you need for an unforgettable day at Purgatory Resort.

Whether you are an experienced outdoor enthusiast or just starting out, there is a place for you in our vibrant community of snow enthusiasts. Join us and connect with others who share your passion for winter sports, no matter the equipment you use!

Give us a call then to secure your lessons for the 2024-2025 ski season. We cannot wait to see you out on the slopes! Learn more at asadurango.com.



ENJOY ADAPTIVE WINTER SPORTS IN COLORADO AT BOEC BRECKENRIDGE, COLORADO



Experience highly personalized custom skiing and snowboarding at world class resorts in the Colorado Rocky Mountains with Breckenridge Outdoor Education Center. Whether you're interested in alpine skiing, snowboarding, Nordic skiing, snowshoeing, or ski biking, BOEC offers

one-on-one and group adaptive instruction at Breckenridge, Keystone, Arapahoe Basin, and Copper Mountain ski resorts.

Applications for the 2024-2025 season are open with the ski season projected to run to April 20, 2025. To reserve an individual lesson for this season you can start the process by filling out our online application and waivers at boec.org/winter. Once you have completed the application, please call our ski office to book your lessons.

BOEC's Mono-Ski Camp is a five-day program specific to mono-skiing. This camp, held January 26-31, 2025, focuses on athletes who are looking to learn and refine their skills in a faster-paced environment than a typical lesson. Based on athletes in attendance, racing techniques may be incorporated. For more information on this program, please call 970-453-5633 or email skiprog@boec.org.

For information on the adaptive ski and snowboard program, please call 970-453-5633 or email skiconfirmation@boec.org.

STAY ACTIVE ALL WINTER LONG WITH COMMON GROUND OUTDOOR ADVENTURES LOGAN, UTAH

Common Ground Outdoor Adventures (CGOA) in Logan, Utah provides a wide variety of outdoor and indoor opportunities to stay active all winter long including alpine skiing, snowboarding, snowshoeing, cross-country skiing and much more. Most snow sports lessons are hosted from the organization's slopeside adaptive center at Beaver Mountain Ski Area. We have a full fleet of adaptive equipment to accommodate all lesson types. For those who are looking for indoor winter activities, we offer daily activities such as rock climbing, ice skating/sled hockey, archery, and more! Destination trips during the winter

include our annual warfighter ski trips and a dog sled adventure in the Jackson, Wyoming area.

CGOA has stayed true to our mission of providing individuals of all abilities the opportunity to participate in recreational activities. The organization serves youths and adults and offers programming for specific groups including programs for US military veterans and personnel.

For more information, please contact us at 435-713-0288, email us at info@cgadventures.org, or visit our website at www.cgadventures.org.

NSCD ALPINE SKI CAMPS WINTER PARK, COLORADO

The Alpine Ski Camps for participants with spinal cord injuries, hosted by the National Sports Center for the Disabled (NSCD), offer an exhilarating opportunity to discover adventure on the slopes. This thrilling camp, held at Winter Park Ski Resort, spans three days of fun and learning in a supportive, noncompetitive environment.

Participants are introduced to the basics of alpine skiing with specialized adaptive equipment, ensuring that all ability levels can enjoy the thrill of gliding on snow. From personalized equipment fittings to one-on-one instruction, each skier receives the tools and guidance necessary to succeed. Campers experience the joy of sliding on snow

while connecting with others, all in the stunning Rocky Mountains.

With accommodations at Snow Mountain Ranch and transportation options, the camp is designed to make access seamless. Camp sessions will run January 17-19, 2025 or February 14-16, 2025. Whether they're building confidence on the slopes or embracing the crisp winter air, participants are guaranteed an empowering, unforgettable experience. The Alpine Ski Camp allows individuals with spinal cord injuries to push their boundaries, form lasting memories, and experience the joy of physical activity in a safe, supportive setting. Learn more at nscd.org.

BREAK THROUGH BARRIERS WITH FORESIGHT SKI GUIDES VAIL AND BEAVER CREEK, COLORADO

Foresight Adventure Guides for the Blind (Foresight Ski Guides) have been shattering myths about blindness for more than 20 years using skiing and snowboarding to teach blind and low vision individuals how to break through barriers that may be keeping them from living their best lives.

The Vail, Colorado-based nonprofit organization provides affordable access to guided skiing and snowboarding for adults and youth ages 10 to 80+ so they can experience the sense of freedom that comes with carving down the side of a mountain. Studies show that activities like skiing and snowboarding promote independence, confidence, and personal growth for the visually impaired. Foresight also provides access to sports experiences that are often missing in the lives of those experiencing limited vision.

Visually Impaired Participants, or VIPs as we call them, are provided with lift tickets, equipment rental, shuttle transportation from Denver or Eagle Airports to Vail, and a highly trained guide and shadow for a low daily rate. Additional donations are greatly appreciated to help offset program costs.

Foresight operates at Vail and Beaver Creek resorts from mid-December through early-April. Reservations are required. Please visit foresightstkguides.org or call 303-506-3859 for more information.



GO ICE CLIMBING WITH PARADOX SPORTS OURAY, 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, which focus on community and skills building; the Adaptive Climbing Initiative (ACI) program, which focuses on training; and national trips, which include rock and ice climbing programs across the United States.

One of Paradox Sports' long standing ice climbing programs is the Ouray ice climbing weekend in the San Juan Mountains of Colorado. The Ouray Ice Park is like nothing you've seen before — the "farmed" ice park is located in a spectacular natural gorge within walking distance of the City of Ouray, Colorado.

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. The Ouray ice program features two

full days of top-rope ice climbing for individuals of all ages, ability, mobility levels, and types.

This year's trip will be held from February 14-16, 2025. For more information, check out paradoxsports.org/trips/ouray.



JOIN A SHRED READY GROUP OF WOMEN ON THE SLOPES TELLURIDE, COLORADO

Telluride Adaptive Sports Program (TASP) is excited to offer our winter Women Outdoors Ski and Ride Camp for another season! Come join a shred ready group of ladies out on the slopes for four-days of fun-filled sliding on snow! 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!

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/riding experience and modalities welcome! We can 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 at n.luppino@tellurideadaptivesports.org to learn more!



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, New Hampshire. This winter, NEHSA will be offering adaptive ski, snowboard, and snowshoe lessons seven days a week starting December 27, 2024, and running through the last week of March 2025 (pending snow conditions). NEHSA provides a welcoming environment for individuals of all abilities with our trained instructors to help you have an enjoyable and safe day on the mountain. So, whether you're a seasoned snow enthusiast or looking to try something new this winter, NEHSA's adaptive lessons offer an inclusive and fun way to embrace the snowy season. Lessons are by registration only, so secure your spot today!

NEHSA's annual Ski & Ride A-Thon is scheduled for February 1, 2025. 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, 603-763-9158, or visit our website at nehsa.org.



ABLE ATHLETICS LAUNCHES WHEELCHAIR LACROSSE PROGRAM BEDFORD, NEW YORK

In Spring 2025, Able Athletics, a proud Move United member, will launch a unified wheelchair youth lacrosse program in Bedford, NY. This innovative program offers chair athletes a peer-level playing experience while providing non-chair lacrosse players a chance to learn and compete in the fast-growing sport of wheelchair lacrosse. By bringing athletes with and without disabilities together, this program fosters inclusion and teamwork through competitive play.



Participants will take part in structured practices and competition games throughout the season. Thanks to the generous support of The Hartford and Move United, First Eagle Investments, and community donors, sport wheelchairs will be provided for participants.

The six-week program will kick off on March 23, 2025, offering an exciting new opportunity for young athletes to engage in wheelchair lacrosse. For more information, visit ableathletics.org.

ADAPTIVE SKI AND SNOWBOARD LESSONS AVAILABLE THROUGH ASF WINDHAM, NEW YORK

The Adaptive Sports Foundation (ASF) holds programs each season, but its bread and butter is the winter season. Operating out of a slope-side lodge at Windham Mountain Club in Windham, New York, the ASF conducts adaptive ski and snowboard lessons for individuals with both cognitive and physical disabilities. Lessons are held every weekend from December 14, 2024 - March 9, 2025. Midweek lessons are available on January 2, 2025, and later. All lessons are taught by trained volunteer instructors.

The ASF hosts events all winter long as well. Its Awareness Day Weekend in January is held at Windham Mountain Club and features adaptive ski and snowboard races and freestyle events. The Bob Stubbs Warriors in Motion Winter Sports Weekend in an exciting event where wounded veterans and their family members visit Windham and take ski and snowboard lessons all weekend. This will be held January 31-February 2, 2025.



The ASF ends its winter season with its annual Ralph Hartman Tribute Cup, in which students are invited to participate in a fun race to showcase the skills they learned throughout the winter. Awards are given out and the ASF hosts a party to celebrate the athletes' achievements.

For more information about the ASF, visit adaptivesportsfoundation.org.

GET ACTIVE WITH EDD ADAPTIVE SPORTS! CENTRAL NEW YORK AND VERMONT

Join EDD Adaptive Sports for one of our programs in Central New York or Northern & Central Vermont this winter! EDD Adaptive Sports offers year-round instruction in a variety of sports, with our coaches and volunteers providing individualized instruction. Interested athletes of all experience levels are welcome to participate. Our motto is, "If you've had fun, you've won!"

From regular yoga classes to the EDD Race Camp for skiers/riders, EDD Adaptive Sports offers opportunities to develop skills and connect with others. Over the winter, we will offer alpine race training, basketball, yoga, and training for the Dream Big 5K.

The Dream Big 5K is an inclusive hybrid race open to runners, walkers, and rollers with and without disabilities. It is an opportunity for athletes with disabilities to race in a supportive setting. Move United members across the country are invited to join the virtual #DreamBigVT and race on your favorite local 5K trail. Register for the Dream Big 5K at runsignup.com/dreambig5krunwalkroll.

For a full list of upcoming programs and events, visit eddfund.org.

STRIDE'S 10TH ANNUAL 100K VERTICAL CHALLENGE HANCOCK, MASSACHUSETTS

STRIDE Adaptive Sports, recognized as one of the leading adaptive sports programs in the Northeastern United States and committed to empowering individuals through life-changing sports and recreation programs, is proud to announce our 10th Annual Vertical Challenge to be held at Jiminy Peak Mountain Resort on Monday, February 24, 2025.

STRIDE is actively looking for teams of four to complete 87 runs down the mountain in a single day, constituting a combined distance of 100K.

STRIDE serves over 2,000 families and, in 2023-2024, provided over 14,000 adaptive sport and recreation lessons to individuals with disabilities, with a focus on youth and Wounded Warriors. STRIDE programs are in over 18 different sports at 26 regional locations. Learn more and come and join us at abrame@stride.org.

TETRASKI NOW AVAILABLE IN THE GREEN MOUNTAIN STATE STOWE, VERMONT



A partnership between two Vermont-based adaptive organizations is bringing Vermont its first Tetraski. Green Mountain Adaptive Sports and the Northeast

Disabled Athletic Association joined to raise the funds to purchase the Tetraski, which is slated to revolutionize adaptive skiing in the Green Mountain State, opening trails for skiers with advanced disabilities.

The Tetraski offers independent turning and speed control through a joystick or sip-and-puff mechanism. The skier

initiates actuators that alter the ski's trajectory, controlling the speed and direction. The skier's skills and choices determine the ski's speed and direction, underscoring the essence of control and freedom that the Tetraski embodies.

Skier Chuk Petipas sums it up well. "Opens a whole new world," he said. "Now I can get out and enjoy the winter exhilaratingly."

The TetraSki was designed at the University of Utah and operated by TRAILS Adaptive, which received early and continued support from the Craig H. Neilsen Foundation.

TetraSki lessons occur twice a week on weekdays, led by GMAS/NDAA-sponsored ski instructors at Stowe Mountain Resort. The partnership will be part of their shared program named the Stowe Tetraski/Snowcart.

For questions, email Cathy Webster at cweb0501@gmail.com. To register, visit greenmtnadaptive.org.

MEET UP WITH PARACLIFFHANGERS IN 2025

MULTIPLE LOCATIONS (NY, NJ, PA, NC, FL, CA)



At ParaCliffHangers (PCH), climbing is for everyone! Our adaptive climbing meetups create an inclusive space where paraclimbers of all abilities come together to build skills, form lasting connections, and push to greater heights. Whether new to the sport or a seasoned climber, our community offers a chance to learn, grow, and have fun in a supportive environment.

Founded in 2019 by two passionate paraclimbers, PCH has grown into the largest paraclimbing network in the U.S. Our mission is simple: to expand the climbing community by fostering joy, empowerment, and adventure for people with disabilities, both indoors, outdoors, and competitively.

Join us at one of our meetups, where you'll find new friends and opportunities to climb and connect. With chapters in NY, NJ, PA, NC, FL, and CA, we are working to make climbing accessible to everyone! Check out our website to get a full list of meet-up dates and locations. Join our newsletter as we continue to grow our network over the year.

Lastly, follow us and join us as we train and compete at USAC Paraclimbing Nationals this March! Together, We Overcome Mountains! Learn more at paracliffhangers.org or email info@paracliffhangers.org.

PLENTY OF WINTER SPORTS PROGRAMS AVAILABLE THROUGH NEDS

LOON MOUNTAIN AND BRETTON WOODS, NEW HAMPSHIRE



New England Disabled Sports (NEDS) offers adaptive winter sports programs designed to empower individuals of all abilities. Located at Loon Mountain and Bretton Woods in New Hampshire, NEDS provides skiing, snowboarding, cross country skiing, and snowshoeing lessons for athletes with physical or cognitive disabilities.

Our winter programs are led by skilled instructors who customize lessons to fit each athlete's unique needs, ensuring a safe and fun experience for everyone. Using cutting-edge adaptive equipment, including the TetraSki — the world's only independent alpine ski designed for individuals with complex disabilities, featuring joystick or sip-and-puff controls — participants can enjoy the excitement of the slopes while building confidence, strength, and independence.

Through our programs, athletes not only develop physical abilities but also form lasting friendships and become part of a supportive community. At NEDS, we believe that sports can break boundaries and provide life-enhancing experiences, empowering individuals to live more independently and confidently.

Veterans with a disability participate in any NEDS lesson at no cost. Funding is available to assist individuals with spinal cord injuries to participate in NEDS programming. Inquire about other scholarship opportunities. Call to register as an athlete or volunteer at (603) 745-9333.

PLAY TENNIS AT NO COST SOUTHEASTERN MASSACHUSETTS AND RHODE ISLAND



The South Coast Wheelchair Tennis Foundation is hosting no cost tennis clinics for all skill levels from January 5 to May 4, 2025. Clinics are open for juniors 13+* as well as adults of any age!

Junior tennis is back for SCWTF! On the last Sunday of January, February, March and April, 2025, junior players ages 18 and under are welcome to come and play!

*Separate registration is required for the junior clinic. Please contact info@southcoastwheelchairtennis.org for more details.

START INDOOR ROWING IN JANUARY PHILADELPHIA, PENNSYLVANIA

Starting in January 2025, the Philadelphia Adaptive Rowing (PAR), a founding program of the Pennsylvania Center for Adapted Sports, will hold its indoor rowing program at St. Joseph University's Robert M. Gillen Boathouse in Philadelphia, PA. The program meets twice a week.

Rowing machines allow rowers an off-water option for training throughout the year. They are invaluable during the winter months, when frigid air and water conditions prohibit rowing on the river. PAR's winter indoor rowing provides an opportunity for our rowers to keep their skills sharp and stay connected with the PAR community.

The rowing machine is the mainstay of modern-day rowing and general fitness programs. It traces its history to an invention by the Greek Admiral Chabrias but was not seen again until the late 1800s. Rowing machines today not only allow training for strength and technique, but also provide rowers with measurements of their stroke rate, the energy burned, and total distance rowed — all benchmarks for tracking improvement.



Our rowers' skill sets range from recreational to highly competitive. And just as with our on-river rowing, our coaches adapt equipment and routines for optimal results and coordinate competition.

Come break a sweat in the winter at indoor rowing with PAR. Contact PAR at judy.morrison@centeronline.com.

BLAZESPORTS HOSTS THE 9TH ANNUAL BIG PEACH SLAM JAM CARTERVILLE, GEORGIA

BlazeSports is thrilled to announce the return of the 9th Annual Big Peach Slam Jam, the largest youth wheelchair basketball tournament in the U.S. outside of the national championships. Presented by the Atlanta Hawks and sanctioned by the National Wheelchair Basketball Association (NWBA), this exciting event will take place from January 3-5, 2025, at LakePoint Sports in Cartersville, GA.

This year's tournament will feature over thirty-six teams from across the nation, showcasing top-tier competition and a strong commitment to community impact. The Big Peach Slam Jam is more than just a sporting event; it's a celebration of adaptive athletics that provides an invaluable platform for athletes to shine on a national stage.

Attendees can expect to witness exceptional performances while supporting remarkable athletes who inspire us all. The event underscores the growth and importance of adaptive sports, making it a must-see for fans, players, and supporters alike.

Join us for a weekend filled with excitement and unforgettable moments at the Big Peach Slam Jam! For more details or to get involved, visit blazesports.org. Don't miss out on this thrilling showcase of wheelchair basketball!



RISE ADAPTIVE SPORTS WHEELCHAIR RUGBY TOURNAMENT IRVING, TEXAS

RISE Adaptive Sports will host a US Wheelchair Rugby Association (USWRA) tournament from February 28 - March 2, 2025, at the Georgia Farrow Recreation Center in Irving, TX. The tournament will feature elite athletes from across the country showcasing their speed, strength, and strategy in wheelchair rugby. The fast-paced sport combines

elements of rugby, basketball, and handball. Admission is free, and spectators are welcome to come and support the athletes.

For more information, visit riseadaptivesports.org or follow their social media channels for updates on team matchups and schedules.



GET PADDLING WITH SHIFTING GEARS JUPITER, FLORIDA

Join Shifting Gears United for our 1st Annual Paddle with Heart race on February 15, 2025. This is an all-inclusive family fun day on the water. In celebration of Jupiter's 100th centennial birthday, over 200-300 paddlers are expected. SGU paddlers with varying disabilities will join the paddling community to celebrate and raise funds for our youth and adults with disabilities.

This is a one-mile or five-kilometer (5K) race. Kids 12 and under are free. Registration age group 13 years old to 17 is \$20. Registration for adults 18 and older is \$40.

The Paddle with Heart race will take place in Jupiter, Florida, at Blueline Surf & Paddle. All registrants will receive a unique heart necklace designed and made by Norman Gitzen, a renowned local Jupiter artist. Registration is open! For more information, please contact Jacqui Kappy at 561-831-8887 or email jacqui@shiftinggearsunited.org.

STAND UP AND PLAY HOSTS HERO GOLF PROGRAMS NORTH CHARLESTON, SOUTH CAROLINA



With six paramobiles and two VertaCats in the Lowcountry chapter of the Stand Up and Play Foundation's fleet, we are in a unique position to be able to serve individuals with mobility challenges following a spinal cord injury, stroke, TBI, or leg amputation(s).

To serve the Lowcountry community, we have created two FREE adaptive golf programs collectively known as the HERO Programs. The clinics are held at Wescott Golf Club in North Charleston, SC on the 1st and 2nd Saturday of each month from 8:30-11 a.m. As part of Stand Up and Play's long-standing commitment to serving injured veterans and emergency responders, we created the HERO Program. The program is designed to help retired or medically-retired veterans and emergency responders who have suffered a wide variety of injuries and other health challenges whether they occurred in the line of duty or after serving and protecting.

Family members are also encouraged to attend as they are a huge part of the support network for the HEROES. The second clinic serves our Everyday HEROES in the Lowcountry community who have some form of disability. For more information about the HERO Programs, contact Rich O'Brien at richobriengolf@gmail.com.

KINETIC KIDS SAN ANTONIO XTREME SPORTS EXPLORATION DAY SAN ANTONIO, TEXAS

San Antonio Xtreme is excited to announce its unique Spring Sports Sampler! Join us and learn more about our gold standard and transformative competitive sports programs offered in San Antonio, Texas. Athletes ages 6-28 years will have the opportunity to experience a variety of sports utilizing our specialized adaptive equipment. Start the day with breakfast and an informative meeting where families will have the opportunity to meet our team, as well as learn about our mission and vision and tools we provide to guide your child toward fun and success. Athletes will then cycle through a series of sports activities including basketball, track, archery, and tennis.

The sampler will take place on Saturday, March 1, 2025, from 9 a.m. to noon. RSVP to Tim@kinetickidstx.org and for more details, visit kinetickidstx.org/saxtreme.

San Antonio Xtreme is a sport division of Kinetic Kids designed for athletes who have physical disabilities, including a limb deficiency or amputation; short stature; neurological condition that affects motor coordination such as cerebral palsy or traumatic brain injury; impaired muscle power resulting from a spinal cord injury, spina bifida, or muscular dystrophy; or visual impairment.

San Antonio Xtreme programs follow the US National Governing Body rules and standards to set athletes up for success in the Paralympic pipeline! All Xtreme athletes will train under experienced coaches who work with each team to help athletes enhance their skills and understanding of their sports. Our coaches are experts in adapting programming to participants' ability levels, from beginners to those ready for more advanced development. Athletes in this division may compete locally, regionally, or nationally.

LAKESHORE'S CUSTOM TRAINING FOR ATHLETES BIRMINGHAM, ALABAMA

If you've spent much time in Birmingham, you've likely driven past signs for the Lakeshore Foundation designating the facility as an official Olympic and Paralympic Training Site. Elite athletes from all over the United States and 45 nations have trained at Lakeshore since it earned the designation in 2003, but the site is available to athletes of any skill level.

Lakeshore's Sports Science and Performance Center (SSPC), which officially opened in January of 2024, was created for athletes with disabilities in mind and has since opened to all athletes dedicated to reaching the next level of sports performance. Inclusion and access to the latest technology has been an issue for athletes with disabilities seeking to train to compete in sports. By focusing on accessibility first, Lakeshore has created a world-class environment where all athletes have equal access to the latest advances in technology.



Whether an athlete needs to work on strength, speed, mental conditioning, or diet, SSPC begins with performance assessments and creates a custom plan for each client. SSPC has positions available between January and April by appointment only. Visit lakeshore.org/sports-science-performance-center and start your training today.

TRY LOTS OF SPORTS AT SPORTSABILITY ALLIANCE TALLAHASSEE, FLORIDA

Check out the winter options available via SportsAbility Alliance:

Miracle Sports

All programs are adapted to enable everyone to participate at their own level of ability. No one is excluded and adaptive equipment on an accessible field enables participation for all. The games are designed to build confidence and promote physical activity. No experience is necessary. People with and without disabilities play together. You may join at any time during the season and attend as many games as you are able. Baseball season begins January 23, 2025, and concludes April 3, 2025 and is played on Thursday evenings at Miracle Sports Field in Tallahassee. Find out more at sportsability.org/miracle-sports.

Save the Date for the SportsAbility Expo 2025 April 25-26, 2025

The 2025 SportsAbility two-day event is scheduled for April 25-26, 2025 in Tallahassee. Try everything from sit water-skiing to 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. Discover the latest in equipment, trends, and resources. SportsAbility provides an opportunity



for individuals to network with people with disabilities, resource providers, and community organizations. There is NO CHARGE to participants. Schedule as follows:

- **Resource Expo and Indoor Activities | April 25, 2025**
Tallahassee State College Lifetime Sports Complex - 444 Appleyard Blvd., Tallahassee, FL 32304 - 10:00 am to 1:00 pm
- **Outdoor Day | April 26, 2025** Alfred B. Maclay Gardens State Park - 10:00 am to 3:00 pm

ARIZONA DISABLED SPORTS OFFERING SKIABLE EVENT IN FEBRUARY 2025 FLAGSTAFF, ARIZONA

In collaboration with High Country Sports and Breckenridge Outdoor Education, Arizona Disabled Sports invites you to Flagstaff, Arizona for SkiAble, February 2-4, 2025! Join us for three days of adaptive snow sports in the beautiful mountains of Flagstaff!

Our highly skilled instructors will bring all the adaptive equipment needed for a great lesson in adaptive skiing or snowboarding. You will get a chance to put your new skills to work and enjoy the snow. Registration information will be available in December 2024. Learn more at arizonadisabledsports.com.



JOIN DISABLED SPORTS EASTERN SIERRA FOR OUR MONOSKI MADNESS CAMP MAMMOTH LAKES, CALIFORNIA



Get ready for an exciting weekend at our Monoski Madness Camp, hosted by Disabled Sports Eastern Sierra, from March 14-16, 2025! This event is dedicated to mono skiing, providing a unique opportunity to enhance your skills and connect with fellow mono skiers.

Set against the breathtaking backdrop of Mammoth Lakes,

California, the winter landscape is nothing short of magical. With snow-capped peaks and pristine trails, it's the perfect place to experience the beauty of the outdoors.

Whether you're a beginner or looking to improve your technique, our camp caters to all skill levels. You'll receive personalized instruction from our experienced staff and volunteer instructors, along with insights from a seasoned mono ski athlete and racer.

At Disabled Sports Eastern Sierra, we are passionate about sharing our love for outdoor activities with everyone. Join us for an unforgettable experience filled with camaraderie and adventure.

Don't miss this chance to grow your mono ski community! For more information and to register, visit our website atdisablesportseasternsierra.org or contact us directly at 760-934-0791. We can't wait to see you on the mountain!

THE UNRECABLES LOOKING FOR SKIERS AND SNOWBOARDERS MAMMOTH MOUNTAIN, CALIFORNIA

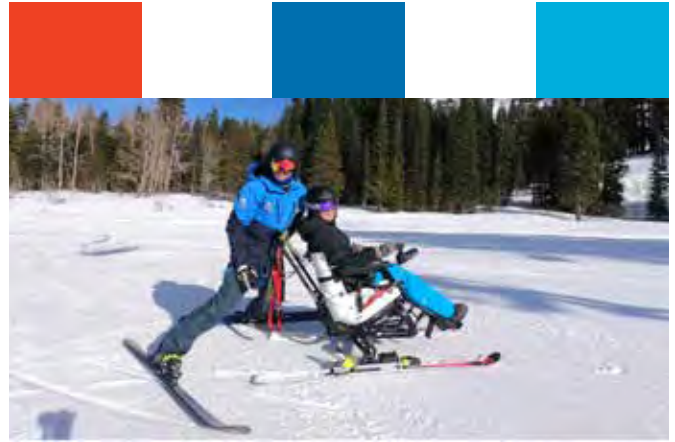


The Unrecables are a non-profit organization dedicated to helping adults with physical disabilities enjoy skiing and snowboarding the slopes of Mammoth Mountain in California. No prior ski or snowboard experience is necessary. Our trips are scheduled once a month (on weekends Sat/Sun) from January through June: January 25-26, February 22-23, March 15-16, April 12-13, May 10-11, and June 7-8, 2025.

For our members (\$40/annual dues), there is no charge for adaptive ski equipment, ski lessons, or lift tickets. We also welcome volunteers to help shadow our athletes on the mountain as well as volunteer ski instructors. For further information, go the Trips section of our website unrecables.org or contact our membership director John Gray at jcgray@san.rr.com.

ACHIEVE TAHOE JOINS TETRASKI EXPRESS! TAHOE, CALIFORNIA

Achieve Tahoe is thrilled to announce that we will be sending an athlete to compete in the 3rd Annual Brian McKenna TetraSki Express on March 28, 2025, at Powder Mountain Resort in Eden, Utah. The TetraSki Express is a high-level competition for athletes who use the TetraSki, the world's only independent alpine ski for people with complex physical injury or disease. If you are interested in racing for Team Achieve Tahoe, please contact info@achievetahoe.org by February 1, 2025. Achieve Tahoe will provide funding for our athlete and their necessary companion to travel to and compete in the race thanks to a generous grant from the Craig H. Nielsen Foundation. Additionally, our athlete will have the opportunity to train at Achieve Tahoe throughout the winter to prepare for the race.



To stay up to date on all things Achieve Tahoe, please visit our website achievetahoe.org to sign-up for our e-newsletter and follow us on Instagram and Facebook @AchieveTahoe.

SKI TO DEFEAT ALS MT. HOOD, OREGON

Every March, Oregon Adaptive Sports loads up the trusty Chevy van with sit skis, sliders, tethers, and a team of seasoned instructors and travels north to Mt. Hood Meadows to support the annual Ski to Defeat ALS event. Since 2012, the ALS Association has been hosting this event, and since 2014, OAS has proudly supported it. Each year, some of our finest instructors have the opportunity to ski with folks living with ALS — some first-time skiers, some lifelong skiers, and all sharing the camaraderie of getting out on the snow with family and friends.

While the day is long and the lift (physically and emotionally) can be heavy, the joy is palpable. There is often not a second opportunity to ski with these athletes; “carpe diem” propels us. By day’s end, we are an exhausted crew, athletes and instructors alike, sharing stories, a beer, belly laughs, and high-fives. Traveling to Mt. Hood and supporting this event annually appears as a small drop in our programming bucket, but in fact represents some of the most important and memorable lessons OAS has the honor of teaching all year. Learn more at oregonadaptivesports.org.



Photo by JD Duran

COMPETE IN A GOALBALL TOURNAMENT VANCOUVER, WASHINGTON

The 14th Annual Cascade Classic Goalball Tournament will be taking place Feb. 21-23, 2025, in Vancouver, WA. This tournament organized by Adaptive Sports

Northwest has teams from around the U.S. and Canada engaged in this Paralympic team sport for the blind. This tournament has both men’s and women’s divisions and has Paralympians playing for their respective local teams.

The Adaptive Sports Northwest organization and its players are heavily involved in the promotion of the sport of goalball in the Pacific Northwest. Since forming its first goalball team in 2011, they have helped to grow the sport in the region where there are now four new teams along the I-5 corridor between Portland and Seattle.

The tournament in February will be sure to have the National Champions the Seattle King Cobras present along with our northern neighbors from BC. If you are interested in your team or teams participating in the Cascade Classic, please contact Jen Armbruster at 503-241-0850 for more information and a tournament packet.



RECREATIONAL ADAPTIVE PE AVAILABLE HOBBS, NEW MEXICO

The Center of Recreational Excellence (CORE) offers a year-round recreational adaptive PE class called Adaptive Avengers, an instructional program designed to give participants the skills necessary for a lifetime of recreation and to enhance physical fitness and wellness. Participants have the opportunity to not only improve their physical capacity, but also to work on social interaction. Our adaptive coach uses a variety of sports and activities adapted or modified to best welcome all abilities. Guardian participation is encouraged.

- Sessions:** Adult class for individuals of any ability ages 18+ years old
Tuesdays & Thursdays 10:30 - 11:30 a.m.
School Age class for individuals of any ability still enrolled in school
Tuesdays & Thursdays 4 - 5 p.m.
- Monthly Fees:** \$10 member / \$25 non-member / \$3 day drop in
- Registration:** In person, over the phone or at our website at COREhobbs.com
- Contact:** Sports Coordinator, Paula Drake (575)391-6912 or pdrake@hobbsnm.org
- Location:** Center of Recreational Excellence (CORE) in Hobbs, NM

WHEELCHAIR RUGBY, HANDCYCLING, AND ARCHERY, OH MY! BURBANK, CALIFORNIA

Triumph Foundation hosts adaptive recreation events every week including wheelchair rugby, handcycling, and many other exciting activities.

Highlights include:

- Adaptive Sports Expo with City of Burbank in February
- Rally & Roll Sports Day with Casa Colina in March
- PlayLA adaptive archery for youth

To join the fun, visit our events page triumph-foundation.org/events.



WHEELCHAIR TENNIS CLINIC IN THE VALLEY FRESNO, CALIFORNIA

Valley Children's Adaptive Sports Program is proud to partner with California State University - Fresno to enhance opportunities for adaptive athletes through wheelchair tennis at the Spalding G. Wathen Tennis Courts. Under the leadership of Women's Tennis Coach Denise Dy, USPTA member and coach Sandra Gostanian, and Adaptive Sports coach Brent Poppen, the program has flourished.

The program's success is evident, with athletes participating in one-on-one practice sessions and showing remarkable progress. Clinic practice dates will resume in Spring 2025. The program is also working alongside Coach Denise to establish the first collegiate wheelchair tennis team at Fresno State.

Because of its outstanding dedication to promoting inclusion in tennis, Valley Children's Adaptive Sports Program has been selected as the 2024 USTA Northern California Trailblazer Award recipient!

The program has received incredible volunteer support from Fresno State students who are majoring in recreational therapy, occupational therapy, and physical therapy, as well as pre-med students and interns who assist with wheelchair basketball and other adaptive sports events.

For information on the upcoming Spring 2025 tennis events, please visit our website: valleychildrens.org/adaptive-sports/adaptive-sports-home.



STABLE SKIS MAKE SKIING FUN AGAIN!

STAKI innovative skis are designed to help you rediscover the joy of skiing. They help people with disabilities such as multiple sclerosis, muscular dystrophy, spinal injuries, or issues with balance, strength, and fatigue. At 3.2 ft and 10.5 lbs, STAKI skis feature an innovative tail design that helps maintain balance and stability, reducing the risk of falls on uneven terrain. They also allow users to ski comfortably while sitting or standing.

To learn more, visit stable-skis.com or contact our U.S. office in Lakewood, Colorado at tom@stable-ski.com.

EVAQ8 COLLECTION AVAILABLE IN CARBON FIBER FEET

The same elevated vacuum system that amputees already love in the RUSH EVAQ8 collection by PROTEOR is now available in our carbon fiber feet, providing more choices and greater versatility. The EVAQ8 Collection provides an optimal design with no added build height, high durability rubber that is built to last, and responds automatically to pull vacuum with every step. Try the expanded EVAQ8 Collection by PROTEOR today. More Materials, More Choices, Now More EVAQ8.



ARE YOU ABLE TO SAVE?



ABLEnow allows individuals with disabilities to save for today's needs or invest for tomorrow in a simple, affordable, and tax-advantaged account that won't impact certain disability benefits. Eligible individuals in all 50 states can learn more and open an account today at ABLEnow.com.

FINGER AND PARTIAL-HAND PROSTHESES



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. Established in 2010 and acquired by Össur in 2022, the company uses advanced technology and expert engineering to offer personalized solutions that help restore hand function. To learn more, visit npdevices.com.

ALPS PROSTHETIC LINERS

Ensuring comfort and performance is crucial for those who embrace the thrill of descent. That's why ALPS has meticulously engineered advanced premium liners and sleeve solutions. ALPS products integrate cutting-edge technology with practical functionality, resulting in enhanced durability for the rigors of the sport. These innovations provide exceptional comfort and ensure a precise fit, enabling riders to navigate challenging terrains confidently. Whether you're aiming for speed or style, ALPS premium sleeves, liners, feet, and other products meet the needs of every adventure on the slopes. Please visit easyliner.com for more information.





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