

# MOVE UNITED

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*Cover photo of Trevon Jenifer*

*Cover photo by Wheelchair Sports Federation*



We are well into 2025, but from time to time it is important to reflect on the past. At Move United, we are focused on ensuring everyone, regardless of ability, has equal access to sports in their communities. We haven't reached that goal yet. But we are proud of some of our accomplishments from last year.

Since launching our individual membership program, more than 3,000 individuals have already joined. Our individual members receive exclusive benefits that are available to athletes, medical providers, family members, coaches, teachers, researchers, and others passionate about fostering adaptive sports. The best part — membership is free!

In 2024, we granted over \$3 million to local adaptive sports organizations that are part of the Move United member network.

Through Move United's 36 Sanctioned Competitions last year, 2,311 adaptive athletes competed in 34 multi-sport competitions held in 24 states in 2024. Of that group, 397 athletes competed in seven different sports at The Hartford Nationals in Hoover, Alabama, representing 35 different states.

One thousand three hundred and seventy veterans and their family members were served as part of our Move United Warfighters program, which provides access to adaptive sports and recreation for free of charge. Six hundred and twenty-four wheelchair football athletes participated in USA Wheelchair Football League programs, growing their skills and love for football.

Three hundred and fifty-five individuals, representing 45 U.S. states and over 225 different organizations, attended the Move United Education Conference in Phoenix, Arizona in 2024 and we expect that number to increase this year.

In addition, Move United's Inclusive Playbook has reached over 220,000 youth, changing disability perspectives. New this year, we have created some new Adapted Sports Guides, which are intended to help break down barriers to inclusion for athletes with disabilities without altering rules for athletes without disabilities or imposing significant administrative challenges on state high school associations. So far, guides (which are free) have been developed for track & field, swimming, wheelchair tennis, and boccia, with more sports to follow.

Now, let's take a look at the content that is in this issue of the magazine. The sports featured in the spring issue are wheelchair basketball and para cheerleading. You can read about both of them starting on page 6 and page 12, respectively.

Be sure to also check out the profiles of two adaptive athletes. On page 8, you'll meet Sarah Bettencourt, a Marine Corps veteran and Move United Warfighter Ambassador who is a world champion sled hockey player and para surfer. You'll also read about Mia Emory, a high school senior who has committed to playing wheelchair basketball at the collegiate level. Her story starts on page 16.

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.

Glenn Merry, Chief Executive Officer  
**Move United**

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# THE GAME OF BASKETBALL, ON WHEELS

We have all seen a basketball game, either in person or on television. Whether it is the NBA or WNBA finals or March Madness, the excitement for the sport seems to swell even for the casual fan at certain times of the year. But have you ever given the sport a try yourself? Wheelchair basketball has the same level of excitement, if not more so. “It is what you see in able body or stand up basketball on steroids,” said Paralympic Gold Medalist Trevon (Trey) Jenifer, who has played in four Paralympic Games for Team USA and plays club ball at MedStar, a Move United member organization in Washington, D.C.

Anyone with a permanent lower extremity disability that precludes them from playing stand up basketball is eligible to play wheelchair basketball, whether or not you use a chair for everyday mobility. In addition, spinal cord injury, cerebral palsy, lower extremity amputation, leg length discrepancy, and permanent joint disorders are just a few of the disabilities that would qualify a person to play wheelchair basketball.



## THE MANY BENEFITS OF BASKETBALL

Paralympic Silver Medalist Emily Oberst played the game of basketball before acquiring a disability. She quickly fell in love with wheelchair basketball once she started playing the sport with Wisconsin Adaptive Sports Association, a Move United member. “It was everything I loved about basketball,” she said. “It was the competitiveness. The game was way more physical and so much more athletic.”

Wheelchair basketball is a physical sport, which is what attracts many of the players to it. “We are allowed to bash a bit,” Jenifer said. “But it is also methodical. You don’t have to be the fastest or the strongest on the court to make an impact.”

For most athletes that play the game, the team aspect of the sport is important. “It is about the brotherhood at the elite level,” Jenifer said. “When you spend so much time together, you start becoming a family.”

## THE INS AND OUTS OF THE SPORT

When you first come out to a wheelchair basketball program, there is very little you need. Most programs have sports chairs that can be used or borrowed. The program chairs are adjustable and there are a number of variations and adjustments to make sure it fits just right.

Regarding the rules of the game, there is not a lot of rule variations. For the most part, the sport follows the NCAA rule book. The court size is the same. Depending on the division, the basketball may be a smaller size, the hoop height may be lower, or the foul line closer. Also, dribbling is modified for wheelchair basketball. When a player has the ball, he or she may not push their chair more than twice in succession without dribbling, passing, or shooting.

It may take some time to learn the rules of the game or develop your skill sets. Like with anything, practice makes perfect. “There is a process and it takes time,” Jenifer said.

Brian Bell, a three-time Paralympic Gold Medalist for Team USA who got his start with Lakeshore Foundation, a Move United member organization in Birmingham, Alabama, highlights the importance of developing upper body strength in order to play. “You have to do everything with your arms,” he said. “You have to control your chair, stop, and shoot. It takes a lot of coordination and practice.”

Oberst also mentions that you need chair maneuvering as well as ball handling skills. “But you also need to work out, build up your cardio, focus on nutrition, and spend time on the court,” she said.

There are a number of competitive divisions, depending on either age or skill level. Youth can play in either prep or varsity in the Junior Division. For adult men, there are Divisions I, II, and III. In general, D3 is the entry level competition team and

D1 is the top level, where Paralympians, college players, and other elite athletes play. There is also a Women's Division and Intercollegiate divisions.

The Junior Division provides an outlet for young athletes to develop their skills. Kids as young as three or four can get out and push around on the court, but they officially start in the prep division at age six until about 14 years of age. On the flipside, you can compete in wheelchair basketball all the way into your sixties. Regardless of your age or disability, it is recommended that you play recreationally first and then move to the competitive level.

Once you reach the Junior Varsity Division or adult competitive categories, individual athletes are classified based on their disability. Classifications range from 1 to 4.5, increasing by .5 increments based on your ability in the chair and the functionality you have. "The least amount of function is class 1 and the maximum functionality would be a 4.5," Jenifer said. The five players on the court at any given time cannot exceed the maximum point limit allowed, which depends on the level of play.

## EQUIPMENT AND ADAPTATIONS

Sports chairs are an important element in wheelchair basketball. The wheels on these chairs have camber, or a slanted angle, which helps with stability and allows the individual to turn the chair quicker. Most chairs also have back casters, or smaller wheels, that prevents the chair from flipping over easily.

Chairs can be equipped with straps or bars in front so athletes don't flop over. The straps also help with trunk control for individuals who may have a spinal cord injury, cerebral palsy, spina bifida, or a related disability. The lower back part of the chair gives the player a false trunk. New devices are also coming online for individuals who can only use one side of their body and helps push the athlete in a straight line versus going in circles.



Photos by Wheelchair Sports Federation



You can use a program chair until you get serious about the sport. When you decide this is something you love and want to continue to do, that is when you look into getting your own sports chair. "Once you commit to playing the sport, it doesn't have to be at a high level, but just competitively, then you may want to consider getting your own," Jenifer said.

At that time, the chairs are built to the individual's specifications and there are a variety of manufacturers available to choose from. "Equipment is everything," Bell said. "Once I got the chair that was fitted for me, it really improved my game and chair skills."

## JOIN A TEAM

Other than the wheelchair being your source of mobility, you have the opportunity to play a sport you love and be competitive in wheelchair basketball.

Over 85 Move United member organizations offer either a recreational or competitive (or both) wheelchair basketball program. You can check out those locations at [moveunitedsport.org/locations](https://moveunitedsport.org/locations) and search "wheelchair basketball." Additional programs can be found through the National Wheelchair Basketball Association at [nwba.org/findateam](https://nwba.org/findateam). Regardless, when you do give it a try, make sure you enjoy the experience. "Play the game for what it is — it is fun," Jenifer said. ■



# SARAH BETTENCOURT FOCUSED ON PROVIDING OPPORTUNITIES OF HEALING THROUGH SPORT

When Sarah Bettencourt was young, she was inspired by “The Few, The Proud, The Marines” commercials she saw on television. “I just had this feeling inside me that I wanted to do that,” she said. “I never knew how, but I knew I wanted to be there.” Fast forward a few years, and she would be accepted into and attend the U.S. Naval Academy.

She graduated as a Second Lieutenant but instead of going to basic school to begin her training, Bettencourt went to Stanford University to work on a master’s degree through the Immediate Graduate Education Program. During that time, Bettencourt was assigned as an administrative officer with the 23rd Marine Regiment. “I would do PT (physical training) with my Marines, get some administrative stuff done, then attend class, and return back to work to wrap up the day.”

While being assigned to MAG (Marine Aircraft Group) 16 out of Miramar in San Diego, CA, Bettencourt started experiencing some medical issues. “On a standard training mission, I heard my engine go down and looked down to see that my left hand was turning off the fuel flow,” she stated. “I had lost control of my left arm and was trying to land. That is when I knew something was wrong.”

Bettencourt went to her flight doctors to diagnose and fix the problem and was told it was likely a pinched nerve. They couldn’t find a pinched nerve in the arm so they took an MRI of the neck and a bigger issue came up. “They saw my brain and it was lit up with lesions,” she said. “This is something more serious.” She didn’t want to fly anymore with crew members in the back. “I am willing to risk my life but not others,” Bettencourt said.



# MOVE UNITED WARFIGHTERS

Symptoms started to evolve and degrade. “I started to lose the fingers and hands and then feet,” she said. “They (the Marines) wanted to kick me out at this point. I was able to redesignate as an Adjutant. I fought tooth and nail to stay in the Marine Corps.”

The lesions affected whatever part of the body that part of the brain controls. “Parts of my body would stop working,” she said. “It could be temporary or it can be permanent. Sometimes I woke up and couldn’t see and sometimes in the middle of the day I couldn’t move.”

At some point, Bettencourt was told that she was undeployable. “That word broke my heart, because that’s the ultimate sacrifice,” she said. With over seven years of military service, Bettencourt would be medically retired. “One day, I show up at the office and it is game on. The next day I wake up and have nothing,” she explained.

After transitioning out of the military, Bettencourt explored various options, including getting a second master’s degree, a doctorate, or a civilian job. “Each time I was denied, because I was too much of a liability. There are too many variables and too many unknowns,” she said. Bettencourt was sent to various hospitals and seen by various doctors. “The diagnosis is still unknown, but the working name is Cerebral Inflammatory Disorder,” she stated.

The experience took a toll on her. “I lost my goals, my dreams, my path. I lost my ability to serve and lost who I was. I felt lost, alone, and hopeless,” she said. But sometimes things happen out of the darkest hours. “I think I had to hit rock bottom before I allowed myself to say yes to other opportunities,” she explained. Admittedly, Bettencourt was going through a downward spiral. “I was in denial. I was scared. I became angry. I became more reclusive. I didn’t know how to ask for help,” she said.

Then, Bettencourt received an invite to attend The Hartford Ski Spectacular. Originally, she said no and didn’t want any part of the event. She remembers saying, “You don’t understand, I can’t ski. Stop inviting me.” Eventually, she did agree to attend the event.

“I’m thinking I am going to roll up in my wheelchair and be told no again. But they didn’t even notice I was in a wheelchair. They just noticed me. For the first time they noticed me,” she said.

“They asked me how I wanted to ski,” Bettencourt said. “I grew up skiing and snowboarding, so I just want go fast,

turn hard, and go through the trees.” So she was set up on a mono ski. “After a couple of lessons, I am skiing down the mountain, spraying snow at Matt (her husband), going through a few trees and I am laughing and smiling for the first time in years,” she said. “This weight lifts off my shoulder and all of a sudden the world became brighter. There’s color. There’s green trees, blue sky, white snow. I had been living in darkness for so long.”

During Ski Spectacular, Bettencourt also attended a free sled hockey clinic. After being suited up, she found herself flying across the ice, falling down, checking people, and scoring goals. “This fire reignites inside me,” she said. “I am doing something. I am being active. Now I have this glimmer that I can live a normal life. By adapting the equipment or the way I do it, or most importantly my mindset, I can do anything. Truly, Ski Spectacular saved my life.”

From that experience, Bettencourt’s life took on a whole new direction. She partnered with the Anaheim Ducks and started a sled hockey program in San Diego because she wanted to give that same life-altering opportunity to others. “Through sport, you can heal and achieve,” she said.

Now, she says she is having a better life than she could ever have imagined. She is a three-time world champion in para ice hockey with the U.S. Women’s Sled Hockey Team. Although she is retired from playing that sport, she is still the team leader for the women’s national team and still running the Ducks sled hockey.

She was invited to an adaptive surfing clinic and immediately fell in love with that sport as well. “That is why you have to say yes to every opportunity,” she said. So, Bettencourt tried out and made the U.S. Para Surfing Team and is now a 4X world champion. Her challenge, particularly to females out there, is to come take her spot. “I want to continue to grow adaptive sports and to grow them to a point where it is so competitive that I want the next generation to take that spot away from me,” she said.

Her new main goal and focus is providing opportunities of healing and achievement through sport to everyone else. “It is about that feeling when you are out of your wheelchair or out of your prosthetic. You have this freedom, this independence that I can do this by myself, or I can accomplish something that I have never been able to do before or didn’t think I can do. Or I once did and now I can do it again,” she said.

According to Bettencourt, the sport itself doesn’t matter. “It is overcoming the obstacles of how to play, then setting goals, working hard to achieve those goals, and through that process you learn the life lessons of now I can start a family, have a child even though I am in a wheelchair, I can drive a car, go to college, get a job, and that I can do anything,” she said. ■

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# PARA CHEER FOCUSES ON MOTION AND MOVEMENT



Photos courtesy of International Cheer Union

According to Lee Trudell, the adaptive director and head coach for USA Cheer, cheering is one of the most recognized activities in the world. “You know when you see a cheerleader,” he said. “It is exciting and inviting and people who watch it are captivated.”

Para Cheer, or adaptive cheer, provides an opportunity for athletes to perform side-by-side with one another, demonstrating strength, resilience, and teamwork. It’s a space where athletes can discover their potential, inspire their communities, and build community in lasting ways.

There are many benefits to participating in adaptive cheer. For starters, the sport develops increased confidence and self-esteem. It also creates an enhanced sense of control over one’s physicality and in some cases greater strength and coordination. Cheerleading also specifically teaches performance, communication, and leadership skills.

## WHAT IS INVOLVED?

Trudell suggests that it is an activity that anyone can do in their school or community. “You can be involved in this

sport at your high school, in college, and beyond,” Trudell said. All-Star Gyms, with locations across the country that offer cheerleading and dance, may have adaptive programs which may include individuals with a physical disability or intellectual disability.

When you start out in para cheer, you don’t really need anything. “You can do this sport without specialized equipment,” Trudell said. In fact, the basic supplies typically only involve signs and maybe a megaphone, flag, or pompoms. Wheelchair users can even use their everyday chair, according to Keely Icardi, a member of the USA Para Cheer Team who frequently uses a chair to assist with mobility. She did add some camber to hers for stability. “Make sure you also have anti tips and wheel locks,” she said. Icardi also suggests that eventually you will need a uniform.

Icardi also says that you don’t necessarily need any specific level of skill when you start out in cheer. “You just have to be willing to try things,” she said.

*Continued on page 14 >>*

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Some people may argue whether cheering is an art or a sport. It involves a little bit of both. “It is about creativity and working to put together a visual that is entertaining,” Trudell said. “But it is also about pushing your limits and bringing your best.” There is a physicality to it as the sport requires strength, cardio, and stamina. “We can be creative in the visuals we create, but it takes a lot of hard work, strength, and control to make them,” Icardi said. She focuses on weight training, cardio, building endurance, and mental preparation to handle the physicality of the sport. “As a base, you have to keep your flyers safe when they go up in the air,” she said. “We also hold other humans above our heads and in some stunts other athletes are standing on me.”

A cheerleading routine is non-stop. “That doesn’t mean the individual is non-stop,” Trudell said. “But there is always something going on.” Standard cheering may just be thirty seconds to a minute in length to get a crowd excited. A music portion can be as long as a minute and a half, while a team event may last from two minutes to two minutes and thirty seconds.

Several different skills are involved during a performance or routine. A routine can include jumps, tumbling, stunts, pyramids, dance, and transitions between each element. It is all about motion and movement. “Individuals can find their strengths and what they like to do,” Trudell said. “Your teammates can cover the other elements. It is a team effort. You shouldn’t really see one person sticking out. It is a blend of everything together.”

On a cheer team, there are different roles each person plays. “There are basers, flyers, backspots, and tumblers. An individual can serve in more than one role,” said Mckenzie Adams-Davis, a 15 year old member of the USA Para Cheer team who has a right leg amputation. “We have to do an opening, stunts, more tumbling, more stunts, more tumbling, a pyramid, and maybe a dance and fit all that into two or three minutes tops.”

Cheer is very much a team sport. “It is a very welcoming and encouraging environment. It is one big family,” Adams-Davis said. “So much trust is involved.” Trust plays an important part in ensuring a safe and supportive environment for the team to perform and excel in any routine.

## TO COMPETE OR NOT TO COMPETE

In inclusive cheer, athletes have two primary pathways: competitive and non-competitive (sideline) cheer.

Non-competitive inclusive cheer emphasizes spirit and support at live sporting events, with sideline cheer teams engaging crowds, rallying for school or community teams, and fostering an inclusive environment through a shared love of cheer.

Competitive inclusive cheer teams focus on training for structured routines and performances, participating in local, regional, national, and even international competitions. These teams offer athletes the excitement of competition, the chance to set performance goals, and the opportunity to showcase their skills to a larger audience. Athletes may be scored on the degree of skill difficulty, their energy, and their synchronicity.

You also will need to decide on whether you want to join a local CheerAbilities team, the All-Star version of adaptive cheer, Para Cheer Spirit, ICU style, school/sideline cheer or all of the above. If you want it to be, cheering can be a year-round sport.

Whether you want to compete or not, para cheer provides a meaningful opportunity to participate in sports. Currently there are a handful of Move United member organizations that offer para cheer in their community. You can also connect with USA Cheer to find out how and where to get involved by visiting [usacheer.org](http://usacheer.org). Trudell also suggests it is easy to start your own group. Icardi states that anyone can cheer. “If you want to cheer, you can cheer,” she said. “It is an inclusive sport.” ■



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# MIA EMORY PLANS TO CONTINUE COMPETING AT THE COLLEGIATE LEVEL

Mia Emory started her adaptive sports journey in 2019 playing wheelchair basketball with Katie's Komets. She learned about the program while at the Children's Hospital of Philadelphia. "I've always been interested in basketball and watched basketball on TV," she said. Being from China, Emory was relatively new to the country and didn't have any exposure to sports prior to that.

Shortly after she started playing wheelchair basketball, she had surgery and then COVID-19 happened. During that timeframe, Emory got interested in swimming and track. "I wanted to explore my options," she said. "I've always been curious about other sports." She started training in track and swimming with the New Jersey Navigators, a Move United member organization.

At her first ever swimming competition, Emory saw all these kids with different disabilities competing. "It was really wholesome to be a part of that community," she said. During that same competition, Emory admits she was really nervous. "I had really never competed by myself," she said. But once she got into the pool and started swimming, that changed. "With all the teammates and family cheering, it was really cool. My competitiveness got the best of me

*Continued on page 18 >*





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## ***“Just because I have a physical disability doesn’t mean I can’t play basketball, run track, or do anything.”***

There were several reasons why Emory chose the University of Arizona for college, including the scenery and the warm temperatures. But there were personal reasons as well. “I love the diversity of the school and how they put the adaptive athlete first. I love the coaches there.

Everyone was very welcoming, and it seemed like a place I could call home,” she said.

Right now, she is interested in pursuing global studies. “I would love to focus on disability rights and work with other individuals with disabilities,” Emory stated.

When Emory arrives on campus, she will know a couple athletes there but is also looking forward to meeting new friends. “When you are in high school, you are surrounded by a lot of able-bodied people. I want to be around people with disabilities because you can relate to them, and they can understand where you are coming from. The community and family feeling are important,” Emory said.

She hopes to continue competing in other sports while in college as well because the seasons don’t really overlap. “I am looking to continue cross training at college and keep doing other sports. I want to take every opportunity with each sport to see how far I can get with them,” she said.

“Being able to compete with other people like you is amazing, because a lot of able-bodied people don’t know that I am able to compete or that I do any adaptive sports. On signing day at my high school, there will be some people surprised that I committed to a D1 college for sports, so I am excited to surprise everyone,” Emory said.

Born with spina bifida, Emory is paralyzed from the waist down. “I can’t walk. But it doesn’t limit me from anything I want to do. If there is something I want to do, I am going to do it. I am going to figure it out. Just because I have a physical disability doesn’t mean I can’t play basketball, run track, or do anything,” she said.

Although she started a little late with adaptive sports, Emory’s goal is to stay fit and healthy. “I will be happy with whatever level I can play on. Adaptive sports have meant a lot to me and I hope to continue to do it for a very long time. The community is definitely really important to me,” she said.

For those that haven’t started their journey yet, Emory has some advice: “You can excel at anything you do if you put your mind to it. The only person that can hold you back is you. Wherever you look is wherever you are going to go in life.” ■

and I kept swimming fast,” Emory stated. After that first competition, she fell in love with it.

When it comes to swimming, Emory loves short distances because everything is focused on speed. But she also likes long distances as well. “It is relaxing, and I can take my time, get a pace, and go with it,” she said. When it comes to track, she prefers sprints. “For long distance, I prefer road racing, such as 5K or 10K events, because I can look at different things,” Emory said.

Emory has started to compete on the national level and in different sports. At The Hartford Nationals, she has competed in swimming, track, archery, paratriathlon, and powerlifting. In order to compete there, she has to qualify through a Move United Sanctioned Competition. One such event is the Tri-State Games. “It is close to home, and I get to see my teammates and other people that come together to compete there,” she said.

Back in December, Emory also gave winter sports a try when she attended The Hartford Ski Spectacular in Breckenridge, Colorado. “It was awesome and a chance to try a new sport. It is a great way to stay active,” she said.

As a senior in high school, Emory definitely wants to compete at a high level, so she has committed to the University of Arizona for wheelchair basketball. “It is not my strongest sport, but I love the challenge and love trying to do the best that I can. I can go far with any sport if I put my mind to it,” Emory said.

Not long ago, Emory received a new basketball chair through a grant from The Hartford, which was presented to her by 5X Paralympian and Wheelchair Basketball Player Matt Scott. “Having your own equipment really helps you and helps advance you to the next level,” she said.



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Usapowerlifting.com

## ARIZONA

**Ability360 Sports & Fitness Center**  
Phoenix, AZ  
ability360sports.org

**Arizona Adaptive Watersports**  
Dewey, AZ  
azadaptivewatersports.org

**Arizona Disabled Sports**  
Mesa, AZ  
arizonadisabledsports.com

**High Country Adaptive Sports**  
Flagstaff, AZ  
highcountryadaptive.org

**Southern Arizona Adaptive Sports**  
Tucson, AZ  
sozadaptivesports.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  
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

**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/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  
cfldreamplex.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

**AccesSurf Hawaii**  
Honolulu, HI  
accessurf.org

## IDAHO

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

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

**Higher Ground Sun Valley**  
Ketchum, ID  
highergroundusa.org

**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  
synergaaa.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**

**Wichita Adaptive Sports**  
Wichita, KS  
wichitaadaptivesports.org

**KENTUCKY**

**Para Sport South 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

**Michigan Victory Games**  
Grand Rapids, MI  
MichiganVictoryGames.org

**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  
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  
allseasonadaptivesports.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  
cnyadaptivesports.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

## **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

### **Unbroken Spirit**

Bryson City, NC  
Unbrokenspirit.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

### **Bridge City Inclusive Sports**

Portland, OR  
BridgeCityInclusive.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  
traspaspa.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

### **Grand Strand Miracle Leagues**

Myrtle Beach, SC  
GrandStrandMiracleLeague.com

### **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**

### **Ability Skateboarding & Action Sport**

San Antonio, TX  
AbilitySkateboarding.org

### **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 Parasport**  
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

**Central Vermont Pioneers**  
Montpelier, VT  
CentralVermontPioneers.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  
WarriorsSoar.org

**VIRGINIA**

**Adaptive Fitness Legion**  
Fairfax, VA  
AdaptiveFitnessLegion.org

**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  
patriotsfordisableddivers.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**

**Adaptive Mobility Providers**  
Germantown, WI  
AdaptiveMobilityProviders.org

**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

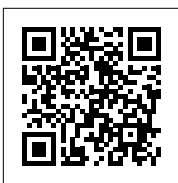
**Sports, Therapeutic and Adaptive Recreation (STAR) Association**  
La Crosse, WI  
couleeregionsledhockey.com

**Wauwatosa Curling Club**  
Wauwatosa, WI  
WauwatosaCurlingClub.com

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

**WYOMING**

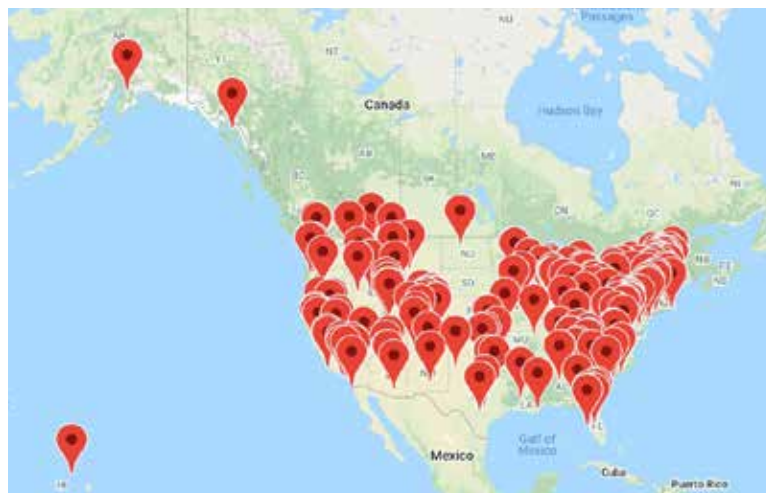
**Teton Adaptive**  
Teton Village, WY  
tetonadaptive.org



Find the program closest to you.



Become an Individual Member.



## ASO'S DREAM CAMP BREAKS BARRIERS & BUILDS FUTURES

### ASHLEY, OHIO



For children with physical disabilities or visual impairments, Adaptive Sports Ohio's Dream Camp offers a transformative experience that blends athletics, learning, and inclusion. Every child deserves a chance to play and Adaptive Sports Ohio is here to make his or her dreams a reality!

Dream Camp is more than just a summer camp; it's a gateway to empowerment. Designed specifically for children with physical disabilities, Dream Camp provides an immersive experience where participants can explore their abilities, forge lifelong friendships, and gain confidence. The 11th annual Dream Camp will be held at Recreation Unlimited in Ashley, Ohio, from July 25-27, 2025. The camp features a variety of adaptive sports and activities such as wheelchair basketball, track and field, archery, and a glow dance party.

What sets Dream Camp apart is its commitment to fostering independence and self-esteem. With trained counselors and adaptive equipment on hand, every

camper can safely participate in activities they might have once thought impossible. Parents frequently share that their children return home not only with unforgettable memories but also with a renewed sense of possibility. Learn more or register at [adaptivesportsohio.org](https://adaptivesportsohio.org).

## KENTWOOD TO PROVIDE ADAPTIVE WATERSKI FOR 25TH SEASON

### KENTWOOD, MICHIGAN

The City of Kentwood Parks and Recreation's Adaptive Waterski, Wakeboarding, and Tubing Program is entering its 25th season in 2025! This unique program offers individuals with a variety of disabilities — and their family members — the chance to experience the freedom and joy of gliding across the water and enjoying a summer day on the lake.

Over the last decade, Kentwood has expanded the program to include opportunities for families to ski or tube together, focusing on creating shared memories and meaningful bonding experiences in this inclusive environment.

Due to the specialized equipment, staffing needs, and resources required, this program is difficult to replicate. Safely skiing one participant in a sit-ski requires a minimum of seven trained volunteers. Each year, we recruit and train new and returning volunteers during a dedicated training night to ensure safety and success.

Kentwood is excited for another season of providing a safe, fun, and exciting water sports experience for

individuals who might not otherwise have the opportunity to participate. Thanks to a generous donor, program costs have been reduced this year. If you're looking to participate or volunteer, register at [Kentwood.US/Adaptive](https://Kentwood.US/Adaptive).





## MICHIGAN VICTORY GAMES OFFERS FOUR DAYS OF COMPETITION EAST LANSING, MICHIGAN

Michigan Disability Sports Alliance is proud to bring you Michigan Victory Games (MVG). MVG is held annually at Michigan State University and this year's event will take place May 15-18, 2025. It is a four-day event, supporting athletes with primary physical disabilities and offering competition in track and field, boccia ball, swimming, bowling, cycling, and more.

We welcome athletes as young as seven with no upper age limit. There is an option to participate as part of an MVG team or to register as an independent athlete. Previous athletes have earned their high school varsity letters and

also qualified to compete in the International Paralympics and World Games.

Beyond the competition, Michigan Victory Games offers the opportunity to form meaningful connections with other individuals in a safe environment. The Games commence with a dance to celebrate the friendships and accomplishments of all.

For more information check out our website at [michiganvictorygames.org](http://michiganvictorygames.org) or email [contact@michiganvictorygames.org](mailto:contact@michiganvictorygames.org).

## TURNSTONE TO HOST NWBA CHAMPIONSHIPS AGAIN FORT WAYNE, INDIANA

Turnstone is excited host the National Wheelchair Basketball Association (NWBA) Women's and Military Championships again this year from April 25-27, 2025. The games for the Women's & Military divisions will take place starting Friday morning and finish Sunday afternoon. The tournament format includes a seeded, single-elimination tournament. The seeding will be set by the NWBA.

Last year over 300 athletes representing 20 different teams from all over the nation came to Fort Wayne to compete in this exciting weekend sports event. Ten of these athletes had previously competed in the Paralympic Games. Nearly 800 attendees came to watch the action! Turnstone and the Fort Wayne community hope to welcome more Paralympic hopefuls this year.

Athletes, spectators, and volunteers alike are encouraged to be a part of this tournament. All games will be live streamed to NWBA's Facebook page and re-shared on Turnstone's Athletics Facebook. Learn more or get involved by visiting [turnstone.org/NWBA2025](http://turnstone.org/NWBA2025).



## BRECKENRIDGE OUTDOOR EDUCATION CENTER'S VETERAN RIVER TRIPS 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 variety of programs. Our programs are customized for a diverse range of abilities. Join us for fun summer outdoor experiences such as rafting, rock climbing, hiking, cycling, canoeing, camping, an accessible high ropes course, and more!

This summer, BOEC is excited to offer three different Heroic Military Veteran River Trips. These adventures are specifically designed for veterans with mild to moderate injuries, offering them the chance to join BOEC staff in exploring breathtaking and remote, natural locations.

*Tentative Dates and Trip Locations:*

- **Heroic Veteran Trip** - San Juan River, 6/9-15, 2025
- **Heroic Veteran Family Trip** - Ruby-Horsethief and Westwater Canyon, 7/26-7/31, 2025
- **Heroic Women's Trip** - Labyrinth Canyon, 9/7-9/13, 2025

For more information on enrollment throughout the summer, please visit [boec.org](http://boec.org), email [Caleigh@boec.org](mailto:Caleigh@boec.org), or call 970-453-6422.

## ENJOY SUMMER OUTDOOR RECREATION WITH ADAPTIVE SPORTS ASSOCIATION DURANGO, COLORADO

The Adaptive Sports Association's Summer Scholarship programs, including the Learn to Ride and New Dimensions Summer Sampler Scholarships, offer an incredible chance for individuals with physical disabilities to experience summer outdoor recreation in Durango, Colorado.

The Learn to Ride Scholarship allows participants to discover the thrill of mountain biking in a safe, supportive environment. Durango's world-class mountain biking trails, known for their diverse terrain, provide the perfect backdrop for riders of all abilities. Whether new to biking or looking to improve, this program offers the opportunity to challenge yourself, explore stunning landscapes, and build new skills. Scholarship recipients will benefit from expert guidance by BICP-certified instructors and access to cutting-edge adaptive biking equipment tailored to various needs.

The Learn to Ride Scholarship is ideal for those with little to no mountain biking experience. Both the Learn to Ride and Summer Sampler Scholarships cover transportation to and from Durango, lodging, meals, and all necessary equipment.



This is a unique opportunity to immerse yourself in the beauty of Durango and engage in outdoor activities designed for all abilities. Visit [asadurango.com](http://asadurango.com) to learn more and apply for scholarships today!

## JOIN TASP'S 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 again this 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 19 - 22, 2025 in beautiful Moab, Utah. We'll be camping at the accessible Horsethief Campground! Our focus will be mountain biking and 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](mailto:n.luppino@tellurideadaptivesports.org) if you're interested, or learn more at [tellurideadaptivesports.org](https://tellurideadaptivesports.org).



## DARE2TRI LAUNCHES NEW PARATRIATHLON CAMP IN LA AREA LOS ANGELES, CALIFORNIA & PLEASANT PRAIRIE, WISCONSIN

Dare2tri, a leading adaptive sports organization dedicated to paratriathlon, is expanding its camp offerings with a brand-new program in Southern California. Train2Race Long Beach, Dare2tri's fifth and newest camp, will take place July 18-20, 2025, just outside Los Angeles.



Designed for experienced paratriathletes aiming to refine their racing skills, this three-day intensive camp will culminate in the Long Beach Legacy Triathlon — part of the 2025 Paratriathlon Nationals Qualifier Series and the future course of the 2028 Olympic and Paralympic Games.

To ensure a competitive training environment, eligibility requires participants to have completed at least two sprint-distance triathlons within the past 16 months without an on-course guide (except for visually impaired athletes using sighted guides). The camp will focus on advanced race strategies, preparation, and technique refinement to help athletes reach peak performance.

Dare2tri will also host a Train2Race Camp in Pleasant Prairie, Wisconsin, from June 20-22, 2025, offering another opportunity for dedicated paratriathletes to train and compete. For more details, visit [dare2tri.org](https://dare2tri.org).

## TEAM RIVER RUNNER HOSTING TWO ADAPTIVE SPORTS CLINICS KEY LARGO, FLORIDA & GARDINER, MONTANA



This summer, Team River Runner (TRR) is hosting two significant adaptive sports clinics designed to empower and engage individuals with disabilities through kayaking and other water activities.

### TRR National Key Largo Adaptive Clinic

Scheduled for May in Key Largo, Florida, this clinic offers participants the opportunity to enhance their kayaking

skills in a supportive environment. Set against the backdrop of Key Largo's scenic waters, attendees will receive personalized instruction tailored to various ability levels. The program aims to foster confidence, independence, and community among participants.

### National Montana Outtasight/Adaptive Clinic

From July 14-20, TRR will host the National Montana Outtasight/Adaptive Clinic in Gardiner, Montana. Named in honor of Bill Finger, this clinic focuses on providing adaptive kayaking experiences for individuals with visual impairments and other disabilities. Participants will navigate the Yellowstone River, developing paddling techniques and building camaraderie in the process.

Both clinics underscore TRR's commitment to creating inclusive outdoor recreational opportunities. By adapting water sports to meet diverse needs, TRR empowers participants to overcome challenges and experience the joys of kayaking.

For more information or to register for these events, please visit Team River Runner's website at [teamriverrunner.org](http://teamriverrunner.org).

## GO FISHING OR SAILING WITH WARRIORS SOAR LAKE CHAMPLAIN, VERMONT; TAMPA BAY, FLORIDA; & LAKE LANIER, GEORGIA

Spring is here and summer will be here soon. Move United Warfighter members are invited to get out on the water with WARRIORS SOAR (Support, Outreach, Assistance, Recovery) for fishing and sailing this spring and summer in Vermont, Florida, and Georgia.

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 host wounded military veterans for sailing and fishing events on Lake Champlain in Vermont, as well as fishing on Lake Lanier in Georgia, and in the Tampa Bay area in Florida.

Come spend half a day with us on the water. Our activities are open to both wounded veterans and their family members. Lunch is provided for each sailing event, and some of the fishing events, depending on the captain's schedule.



For more information on dates and to sign up for fishing or sailing, please go to our website at [WarriorsSoar.org](http://WarriorsSoar.org).

## GET OUT ON THE WATER WITH ACCESSPORTAMERICA BOSTON, MASSACHUSETTS

AccessSportAmerica has specialized in adapting and teaching windsurfing, Hawaiian outrigger canoeing, and stand-up/sit-up paddling for 30 years. Sessions this summer will be held at Malibu Beach in Boston, MA from

June to mid-September. AccessSport has standers, seats, a wide variety of adaptations, and stability innovations to get anyone into these high challenge sports. Contact Nate Berry at [nate@goaccess](mailto:nate@goaccess) or visit [goaccess.org](http://goaccess.org) for more information.

## ADAPTIVE OUTDOOR EDUCATION CENTER (AOEC) OFFERS SUMMER FUN ACTIVITIES CARRABASSETT VALLEY & BRUNSWICK, MAINE

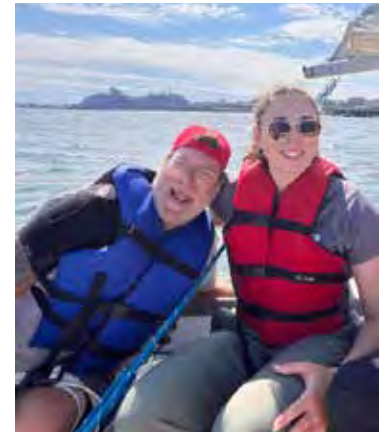
Are you ready for some fun activities this summer? The AOEC has got you covered with adventures from sailing and waterskiing to music and nature education. Check out our highlighted programs below, and be sure to explore our complete program calendar at [adaptiveoutdooreducationcenter.org/calendar](http://adaptiveoutdooreducationcenter.org/calendar).

### Wheel Together Retreat | July 2025

Join the fourth annual Wheel Together Retreat, a collaboration with the AOEC, Wheel with Me Foundation and Wheel Sisters. Designed for adults with spinal cord injuries, this retreat focuses on whole-body health, recreation, empowerment, emotional well-being, and fun in an inclusive, welcoming environment.

### Gear Library

Our Adaptive Gear Library offers over 20 items available for rent up to two weeks, perfect for school trips, testing new equipment, or outdoor adventures.



### AOEC Lodging

Enjoy an accessible vacation in the mountains of Maine! Our Carrabassett Valley Lodge sleeps up to 25 guests and offers a self-serve, flexible experience. Explore activities like hiking, adaptive water skiing, and biking, with a fully stocked kitchen, laundry, and Wi-Fi for your convenience!

Please contact us at [infoAOEC@gmail.com](mailto:infoAOEC@gmail.com) with any questions.

## AN ARRAY OF SPORTS AVAILABLE AT ENVISION BLIND SPORTS ERIE, PENNSYLVANIA

Envision Blind Sports Summer Sports Camp is a week-long camp for children ages 7-18 who are blind or visually impaired. This camp provides athletes the opportunity to try over 25 different sports and recreational activities, learn new skills, increase independence, and make lifelong friendships.

Sports offered at camp include: canoeing, kayaking, paddle boarding, swimming, horseback riding, beep kickball, beep baseball, blind baseball, wrestling, golf, judo, dance, archery, tennis, blind soccer, goalball, high ropes course, track and field events, basketball, longboarding, lacrosse, sailing, deck hockey, ice hockey, rock climbing, tandem biking,

mile run, warrior course, and circus activities. Every sport is taught by a trained coach, and athletes are able to develop and improve their knowledge and skills. Each athlete learns how sports can be modified to fit their vision level to ensure that they can independently participate.

Our staff and volunteers cultivate an environment where athletes are encouraged to do their best and step outside their comfort zone. They are given an opportunity to experience the joys of being involved in competitive sports and the thrill of challenging outdoor recreation. Camp will be held at Penn State Behrend University in Erie, PA from July 6-12. Visit [envisionblindsports.org](http://envisionblindsports.org) to register.

## GO SAILING, BOATING, AND FISHING WITH CRAB ANNAPOLIS, MARYLAND



Chesapeake Region Accessible Boating (CRAB) provides people with disabilities and wounded veterans the opportunity to enjoy sailing, boating, fishing, and radio-controlled sailboats from the premier adaptive boating center (ABC) in the country. Over the past 3 years, CRAB has expanded its programs both on and off the water.

Guests are welcomed by trained and experienced staff and volunteers at the ABC. The sailing experience on Beneteau First 22A's provides disabled guests with the opportunity to learn how to sail with their friends and family.

A 40' power catamaran, "Dream Catcher," is an excellent fishing vessel for wheelchair users. Guests who don't wish to leave the dock can participate in CRAB's radio-controlled sailboat program and test their skills using a PlayStation controller to race against other disabled sailors. Inside the ABC's Don Backe Learning Center, laughter echoes through the building year-round during one of many wellness programs. Guests stretch and exercise during sit-down yoga.

CRAB is passionate about getting guests on the water, and we are equally committed to providing programs that improve guests' mental health, physical well-being, and feeling of belonging while continuing to "bring quality of life one sail at a time." Learn more at [crabsailing.org](http://crabsailing.org).

## ADAPTIVE KAYAKING WITH NORTHEAST DISABLED ATHLETIC ASSOCIATION THROUGHOUT 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.



Photo by Cathy Webster

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

## I'M ABLE FOUNDATION OFFERS VARIOUS ACTIVITIES THROUGHOUT THE SEASON

### SOUTHEASTERN AND SOUTHCENTRAL PENNSYLVANIA



#### Got the Nerve? Triathlon

The Got the Nerve Triathlon, organized by the I'M ABLE Foundation, will take place on Sunday, June 22, 2025, in Ephrata, Pennsylvania. The event offers several race options, including Sprint and Super Sprint triathlons, Sprint and Super Sprint duathlons, Aquabike, and a Kids Splash & Dash. Participants will swim in an outdoor pool, bike on paved roads with traffic control, and run on paved roads and rail trails. The triathlon is part of the USAT ParaDevelopment Series.

#### Battle Buddies

The I'M ABLE Foundation's Battle Buddies program connects veterans with individuals of all ages and disabilities in Southeastern and Southcentral Pennsylvania, promoting teamwork and building relationships over a 10-week period. Participants commit 1-2 hours weekly, engaging in weekly workouts and special activities like rock climbing, skiing, biking, and more. Weekly sessions are held until May 24, so participants are able to join at any time.

#### GRIT

The I'M ABLE Foundation's GRIT Program is a challenging fitness initiative designed for adaptive athletes (16+) with physical disabilities, guided by veteran volunteers. This CorpsFit-style workout emphasizes pushing limits, camaraderie, and mutual support. These workouts are held every Saturday from 9:30-10:30 a.m. at the I'M ABLE gym in Wyomissing, PA.

#### Golf Clinic

Join I'M ABLE Foundation for an upcoming Adaptive Golf Clinic on April 30 from 5:30 to 7:00 p.m. at the Reading Country Club in Reading, PA. This clinic is open to all adaptive athletes, providing a welcoming environment to improve golf skills and enjoy the sport. Whether you're a beginner or experienced, this session is designed to support athletes of all abilities.

Learn more at [imablefoundation.org](http://imablefoundation.org).

## TWO SUMMER CAMPS AWAIT YOU AT MEDSTAR WASHINGTON, D.C.



The MedStar NRH Adaptive Sports & Fitness Program invites youth with physical disabilities in the Washington, D.C. area to join in for TWO amazing summer camp opportunities! Youth Adaptive Sports Camp will be held July 14-18 in partnership with Children's National Kids in Action Program, where campers ages 5-14 will participate in adaptive sports, games, crafts, and more! All campers must be able to propel a manual sports wheelchair.

Teen Wheels in Motion Camp will be held August 4-8, where campers ages 12-17 will participate in fun, independence-focused activities geared towards developing connection, confidence, and community! Both camps will be held 9:00 a.m. - 3:00 p.m. at Trinity University Recreation Center in Washington, D.C. at no cost to participants. Reach out to [Rita.E.Penniman@medstar.net](mailto:Rita.E.Penniman@medstar.net) for more information!

## ENJOY SPRING HIKING AND SUMMER WATERSPORTS NEWBURY, NEW HAMPSHIRE

New England Healing Sports Association (NEHSA) is looking forward to resuming our summer programming this year! NEHSA will be planning our spring hiking program in the Sunapee Region. Be sure to check out our calendar and join us if you are in the area!

Summer kayaking and paddle boarding opportunities beginning mid-June and will continue until mid-September! NEHSA serves individuals of all ages and a wide variety

of disabilities and diagnoses by providing watersport opportunities at Little Lake Sunapee.

NEHSA also partners with several area VAs for group paddles on surrounding lakes and rivers in New Hampshire and Massachusetts. Volunteer training will take place in June. For more information or to sign up, please contact us at [info@nehsa.org](mailto:info@nehsa.org), call 603-763-9158, or visit [nehsa.org](http://nehsa.org).

## DISCOVER SUMMER ADAPTIVE SPORTS WITH NEDS LINCOLN, NEW HAMPSHIRE

This summer, experience the thrill of adaptive sports with New England Disabled Sports (NEDS)! From April 15 to August 15, 2025, we're offering an exciting lineup of activities to suit all interests and abilities:

- **Cycling:** Ride scenic trails with state-of-the-art adaptive equipment tailored to your needs. (May)
- **Golfing:** Perfect your swing and enjoy adaptive techniques designed for all abilities. (May)
- **Pickleball:** Join the fun and fast-paced action of one of the fastest-growing sports in the country. (May)
- **Downhill Mountain Biking:** Take on exhilarating downhill terrain with expert coaching and specialized gear. (June)
- **Paddleboarding and Kayaking:** Enjoy the beauty of local waterways while building strength and confidence. (June)



- **Cycling:** Ride scenic trails with state-of-the-art adaptive equipment tailored to your needs. (June)

Veterans with a disability participate at no charge in any NEDS sports activity.

Whether you're a beginner or an experienced athlete, our expert coaches and our large fleet of adaptive

equipment ensure everyone can enjoy these activities in a safe, supportive environment.

Spaces are limited, so don't wait! Visit [NEDisabledSports.org](http://NEDisabledSports.org) or call (603) 745-9333 to learn more and register today.

## HAVE AN OUTDOOR ADVENTURE WITH VERMONT ADAPTIVE ACROSS THE STATE OF 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.

Vermont Adaptive was one of the first organizations to offer aMTB in the East, launching its program in 2017. Today, Vermont Adaptive owns a fleet of more than 50 mountain bikes including 40 two-wheeled mountain bikes, and more than 15 3- and 4- wheeled adaptive mountain

bikes. Vermont Adaptive is also one of the only adaptive programs 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 [vermontadaptive.org](http://vermontadaptive.org) for more details.



## EXPERIENCE ROWING WITH PCAS PHILADELPHIA, PENNSYLVANIA

Philadelphia Adaptive Rowing (PAR), a founding member of Pennsylvania Center for Adapted Sports, invites you to row with us in 2025. Starting in May we operate out of our boathouse on Martin Luther King, Jr. Drive in Philadelphia.

Philadelphia Adapted Rowing is a gem and tremendous asset in the greater Philadelphia region. PAR was the first adapted rowing program in the United States, and only the third such program worldwide. Since 1980, PAR has been providing competitive and recreational rowing opportunities for persons with diverse abilities and adaptation needs.

Whether you want to row recreationally or in competition, or wish to volunteer, PAR is a welcoming organization, and a place where you can meet some of the greatest people in the city, learn to row, train, and have fun.



We hope you can join us! For more information, please visit our website at [centeronline.com](http://centeronline.com) or contact [judy.morrison@centeronline.com](mailto:judy.morrison@centeronline.com).

## CAMP WITH STRIDE ADAPTIVE SPORTS CHATHAM, NEW YORK

STRIDE Adaptive Sports, recognized as one of the leading adaptive sports programs in the Northeastern United States and dedicated to empowering individuals through life-changing sports and recreation initiatives, is proud to announce its camp schedule for 2025. Set on 86 acres of beautiful woodland near Chatham, NY, our SCORE camp provides tent and lodge camping for youth and adults with disabilities.

With themed camps beginning in June, including Military Bootcamp, Music and Movement, and Nature Weekends, along with activities like disc golf, archery, crafts, swimming, fishing, aerial ropes, hiking, water skiing, boating, and theatre visits, there truly is something for everyone.



Our camp is also available for outside groups to host training, seminars, and retreats. Warriors, veterans, and their families can use the facilities for free. Contact [abrame@stride.org](mailto:abrame@stride.org) to plan your stay.

## SHIFTING GEARS UNITED'S 1ST ANNUAL FREEDOM PADDLEFEST JUNIPER, FLORIDA

On June 14, 2025, please join our SGU Freedom Team of Wounded Veterans® and Athletes with varying disabilities and the paddling community for a day of fun on the water. Shifting Gears United, in partnership with the City of Jupiter, will celebrate the city's Centennial birthday on the beautiful Intracoastal waters of Jupiter.

There will be a kayak & paddleboard parade to the historic Jupiter Lighthouse. After the parade and historic presentation, there will be a kayak and paddleboard race on the Intracoastal waterway. The race(s) options are 1-mile, 3-mile, and 5-mile routes. For more information, call Jacqui Kapinowski (561)-831-8887 or email [Jacqui@ShiftingGearsUnited.org](mailto:Jacqui@ShiftingGearsUnited.org).

## SPORTSABILITY EXPO SCHEDULED FOR APRIL TALLAHASSEE, FLORIDA

The SportsAbility Alliance (formerly FDOA, the Florida Disabled Outdoors Association) is celebrating its 35th anniversary this year! The organization will once again host the SportsAbility Expo on April 25-26, 2025 in Tallahassee, Florida.

Try everything from sit water-skiing to rock wall climbing, to horseback riding and more! Participants of all abilities learn about the value of recreation and active leisure for everyone – especially people with disabilities. There is NO CHARGE to participants thanks to our generous sponsors.

**Resource Expo and Indoor Activities** – April 25, 2025 (Tallahassee State College – 10 a.m. to 1p.m.)

**Outdoor Day** – April 26, 2025 (Maclay Gardens State Park – 10 a.m. to 3 p.m.)

SportsAbility enhances the lives of people with disabilities by promoting active living and providing access to resources and activities designed to encourage participation regardless of age or ability level. For information, visit our website at [sportsability.org](http://sportsability.org).

## START CLIMBING WITH CATALYST SPORTS LEESBURG, ALABAMA

Join Catalyst Sports for a weekend of camping, climbing, and community at the 3rd Annual Camp and Climb on April 25-27 in Leesburg, AL! Your weekend will include outdoor rock climbing with adaptive equipment and volunteers available to assist when needed, plus camping at a fully accessible campground! Climbing and camping equipment are available to borrow for the weekend. Choose to camp one or two nights, or just come climb for the day! Your registration covers all meals and your camping fees for the entire weekend.

New for 2025! We are excited to partner with the Alabama Potluck to bring you even more opportunities this year! The Alabama Potluck is a grassroots climbing festival that

brings communities that face barriers to climbing together. All Camp and Climb participants will have the option to sign up for educational clinics and workshops offered at the Alabama Potluck!



Questions? Email [emily@catalystsports.org](mailto:emily@catalystsports.org) or visit our website at [catalystsports.org/campandclimb](http://catalystsports.org/campandclimb) to sign up today!

## INCLUSIVE SPORTS MOVEMENT PROGRAM OFFERS OPPORTUNITIES FOR ALL LYNCHBURG, VIRGINIA



The Virginia Commonwealth Games has made it its mission to broaden its sports offerings to provide opportunities for participation in physical activities, focused on those with special needs and disabilities.

The Able Games, part of the developing Virginia Amateur Sports Inc. Inclusive Sports Movement Program, encourages living a healthy lifestyle in a positive environment, fostering self-esteem

and creating an even playing field for all youth and adults within the annual Virginia Commonwealth Games festivities.

The 2025 Virginia Commonwealth Games has expanded the list of Able events to include wheelchair basketball, baseball, bowling, fishing, soccer, tennis, and track and field. Most of the sports are free for participants and located in Lynchburg, Virginia and the surrounding areas. A complete list of Able sports can be found at [commonwealthgames.org/able-games](http://commonwealthgames.org/able-games).

Virginia Amateur Sports Inc., a non-profit 501(c)(3) organization, hosts the Virginia Commonwealth Games, the largest multi-sport festival in the state, with over 10,000 participants annually taking part in 35+ individual and team sports. Any age or ability level can compete.

## EXPERIENCE THE NCAS OFF-ROAD CYCLING PROGRAM RALEIGH-DURHAM AREA, NORTH CAROLINA

We believe everyone should be able to access the challenge and mud-splattering excitement of off-road cycling. North Carolina Adapted Sports (NCAS) offers the thrill of trail riding for people with physical disabilities with our Adapted Off-Road Cycling Program (aka aMTB).

Whether this is your first time venturing into adapted off-road cycling or you have concerns about your endurance/strength — no need to worry — we have a cycle for you and an expert team. We cater to individual skill levels and provide training and development so you can progressively challenge yourself on several trail systems.

Our fleet of cycles includes: three Bowhead Rogue Handcycles, Sport-On TroubleMaker (youth handcycle), Terratrike Rambler AT, and a Sunseeker EcoTad (non-e-assist). The NCAS Adapted Off-Road Cycling Program runs from March until December with the opportunities to participate in local Cyclocross and Mountain Cross races.

In addition, experience it all at NCAS's first ever Adapted Sports Day for all on Saturday, May 3 from 10 a.m. to 2 p.m. in the heart of the Triangle at Fred G. Bond Park in Cary,

North Carolina. This event will bring the community together for a day of fun, connection, and new experiences.

People with disabilities will have the opportunity to try out several adapted sports including boccia, climbing, cycling, fishing, wheelchair basketball, and wheelchair flag football. The event is free, but registration is required.

Visit [ncadaptedsports.org/programs](https://ncadaptedsports.org/programs) for the program schedule. For questions, contact Wes at [wes@ncadaptedsports.org](mailto:wes@ncadaptedsports.org).



## GET READY FOR AN ACTION-PACKED SUMMER WITH BLAZESPORTS MARIETTA, GEORGIA



BlazeSports is turning up the heat with exciting adaptive sports events for athletes of all abilities!

The Peachtree Paragames is set to return June 20–22, 2025, with final dates still to be finalized. It will feature featuring adaptive swimming, track and field, archery, and sports clinics. This high-energy event is all about competition, community, and celebrating adaptive sports.

Love tennis? Join us for the Wheelchair Tennis Tournament on April 26 at Fair Oaks Tennis Center. With singles and doubles matches for all levels, it's the perfect chance to hit the court — whether you're a seasoned player or just getting started!

The excitement continues with the 6th Annual Run, Roll, and Row 5K on August 23, 2025! Whether running or rolling, this race is all about movement, fitness, and fun. Bring your friends and family for a morning of camaraderie!

Don't miss out! Compete, volunteer, or cheer on the athletes. Visit [BlazeSports.org](https://BlazeSports.org) and follow us on social media for registration details and updates.

## ABILITY FIRST SPORTS HOSTS ADAPTIVE SPORTS CAMP CHICO, CALIFORNIA

For 40 years, Ability First Sports has been at the forefront of providing adaptive sports experiences for children with physical disabilities. Our mission has always been clear: to empower youth with physical disabilities to engage in a healthy and active lifestyle.

Ability First offers a weeklong residential summer camp June 15 – June 21, 2025. Athletes stay in the on-campus dorms at California State University, Chico.

We pride ourselves on our ability to foster skill development for any participant, whether he or she is a total beginner, a seasoned athlete, or somewhere in between. Age of participants are 8-18 years.

Our camp fee is \$1500. This includes specialized coaching, access to adapted equipment, room & board, counselors, and meals. Transportation to and from the Sacramento Airport is included. Scholarships are available to help offset registration fees. Counselors and nursing staff available to help with independent living skills.

We're proud to continue offering elite coaching from Paralympic athletes and collegiate sports professionals. These inspiring role models guide our campers as they learn the skills. Contact Ability First Sports for more information via email at [eric@abilityfirstsports.org](mailto:eric@abilityfirstsports.org) or phone at 530-966-0115. Learn more at [abilityfirstsports.org](http://abilityfirstsports.org).

## DISCOVER AFFORDABLE ADAPTIVE SUMMER ADVENTURES IN TAHOE! LAKE TAHOE, CALIFORNIA

Achieve Tahoe offers a diverse range of summer adaptive sports programs designed to support individuals with disabilities. Running from June to October, these programs provide opportunities to try archery, climbing, adaptive horsemanship, hiking, kayaking, paddleboarding, sailing, water skiing, and even an annual cruise on Lake Tahoe! Private and small group lessons ensure personalized instruction that helps participants build health, confidence, and independence.

Each session includes adaptive instruction, specialized equipment, and necessary site admission fees. Every activity is designed to be appropriately challenging while emphasizing fun and personal growth.

Participants are empowered to develop lasting skills and enhance their overall well-being, helping them to realize, "If

I can do this, I can do anything!"

Achieve Tahoe is committed to making these programs accessible to all. Discounts and fully funded lessons are available to those impacted by the rising costs of adaptive recreation.

Don't miss out on a chance to create lasting memories in the Sierras this summer. For more details or to participate, visit [achievetahoe.org](http://achievetahoe.org) or call (530) 581-4161 ext. 6.



## BREAKING BARRIERS ON TWO (OR THREE) WHEELS PORTLAND, OREGON

Portland's Adaptive Cycling Series rolls into action. For folks with physical and visual disabilities, finding the right cycling equipment and support to ride can be a challenge. Enter Adaptive Sports Northwest (ASNW), an organization dedicated to making sports accessible for everyone. This season, its Adaptive Cycling Series is back, offering a chance for riders of all abilities — and their families — to experience the thrill of cycling, no matter how they roll.

The series kicks off at Sunday Parkways, the city's beloved open-streets event. In partnership with local organizations, ASNW will host a free adaptive cycling clinic, inviting

participants to test out specialized bikes and connect with experienced coaches. The atmosphere is about community as much as it is about cycling — seasoned athletes ride alongside first-timers. But the real heart of the program is Monday night rides at Portland International Raceway (PIR), where from 6 to 8 p.m., riders can take to the track, train, or cruise, all while family members enjoy a supportive, inclusive environment. It's a place where barriers fade, and the focus is simply on the ride.

For more information or to get involved, visit [Adaptivesportsnw.org](http://Adaptivesportsnw.org).

## ANGEL CITY GAMES RETURN JUNE 27-29, 2025! LOS ANGELES, CALIFORNIA

The premier adaptive sports event happening on the West Coast, Angel City Games, returns Friday, June 27 – Sunday, June 29, 2025, bringing together athletes of all ages and abilities, including youth, adults, veterans, and first responders, for an unforgettable weekend of competition, community, and celebration.

Hosted by Angel City Sports, this FREE multi-day event offers a Paralympic-style experience, featuring elite and beginner-level clinics, competitions, and unique experiences designed to make adaptive sports accessible to all. Athletes can compete in a range of sports, including wheelchair basketball, track and field, swimming, and sitting volleyball while training with top coaches and Paralympians. The event also features an interactive Experience Zone, Celebrity wheelchair basketball game, and music awards recognizing outstanding athletes.



Airfare support for active duty and veterans interested in participating will be available through Fisher House Foundation Hero Miles Program.

Whether you're an adaptive athlete, first-time participant, or supporter, Angel City Games is an event you won't want to miss. To learn more, register, or volunteer, visit [AngelCitySports.org](https://AngelCitySports.org) for updates. Questions can be directed to [info@angelcitysports.org](mailto:info@angelcitysports.org).

## AZDS INVITES ATHLETES TO 2025 DESERT CHALLENGE GAMES! TEMPE AND MESA, ARIZONA

Arizona Disabled Sports is set to welcome athletes to Arizona for the 34th edition of the Desert Challenge Games in partnership with The Hartford! The games will be held May 28 – June 1, 2025, in Tempe and Mesa, Arizona. This Hartford Competition series event will host athletes from around the nation and the world. 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 [desertchallengegames.com](https://desertchallengegames.com). Deadline for entry is mid-May.



## ADAPTIVE MOUNTAIN BIKE CAMPS BY DSES MAMMOTH LAKES, CALIFORNIA

This summer, Disabled Sports Eastern Sierra (DSES) is offering adaptive mountain bike camps in the beautiful Eastern Sierra! Whether you're new to mountain biking or an experienced rider, we have camps for all levels.

For beginners, our camp focuses on the fundamentals – teaching basic techniques, building confidence, and enjoying your first mountain bike ride. With specialized adaptive equipment and expert instruction, you'll gain the skills needed to navigate trails with ease. For advanced riders, we offer a more challenging experience. Our advanced camp is designed to push your limits on technical terrain, refining your skills and increasing your riding capabilities.

Set in the breathtaking Eastern Sierra, these camps provide an unforgettable outdoor experience, allowing participants to connect with nature while developing new biking skills.

Join us this summer for an exciting, inclusive adventure in mountain biking! For more information, call our office at 760-934-0791 or email us at [info@disabledsportseasternsierra.org](mailto:info@disabledsportseasternsierra.org). Don't miss out on this incredible opportunity!



## NEW WAVES FOR OUTRIGGER PADDLING WITH MAKAPO AQUATICS IRVINE, CALIFORNIA

Makapo Aquatics is committed to making outrigger paddling more inclusive, allowing athletes with disabilities to get on the water and race. Through adaptive equipment, specialized programs, and advocacy, Makapo is shaping the sport's future.

A major milestone arrives on April 24, when custom-designed canoes funded by The Hartford and Move United will be delivered. These one-of-a-kind boats feature adaptive seating and direct support systems, making paddling more accessible for individuals with mobility challenges.

Another breakthrough is the introduction of a new para division within the Southern California Outrigger Racing Association (SCORA). This division, resulting from years of collaboration between Makapo and SCORA, ensures paddlers with disabilities have a place in competitive outrigger racing.

On the international stage, an adaptive exhibition race is being developed for the IVF World Distance Championships in Brazil, where Makapo's own invention, CoOP — Cooperative Outrigger Steering System — will be showcased. This remote-controlled steering device allows paddlers with mobility or sight challenges to navigate independently.

With new equipment and expanded racing opportunities, adaptive outrigger paddling is reaching new heights. Makapo remains committed to ensuring that everyone, regardless of ability, has the chance to participate, race, and be part of the paddling community.

For more information, visit [makapo.org](http://makapo.org).



## TRY VARIOUS SPORTS WITH TRIUMPH FOUNDATION VARIOUS LOCATIONS IN SOUTHERN CALIFORNIA



Triumph Foundation is hosting exciting adaptive sports events in the coming months, providing opportunities for individuals with disabilities to participate in adaptive recreation.

*Event Highlights:*

### Wheelchair Sports Festival

Join us for Triumph's 12th annual festival featuring 15+ adaptive sports, including wheelchair hockey, basketball,

rugby, racquetball, tennis, power soccer, scuba, yoga, and more! Kids can also experience adaptive sports through the Youth Camp Experience. The event is FREE, with coaches and equipment provided.

*When:* April 26–27, 10:00 a.m. – 4:00 p.m.

*Where:* Santa Clarita Sports Complex, Santa Clarita, CA

*Signup:* [triumph-foundation.org/wsf](http://triumph-foundation.org/wsf)

### Beat the Heat with Casa Colina

Enjoy adaptive recreation like kayaking, sailing, deep-sea fishing, and wheelchair sports such as basketball, rugby, and tennis.

*When:* May 29–31, 8:00 a.m. – 2:30 p.m.

*Where:* Long Beach & Glendora, CA

*Signup:* [casacolina.org/giving-support/fundraising-events/beat-the-heat-sports-camp](http://casacolina.org/giving-support/fundraising-events/beat-the-heat-sports-camp)

### Wheelchair Rugby, Power Soccer & Para-Fencing

Every Sunday, join us for wheelchair rugby, power soccer, and adaptive fencing in a supportive, inclusive environment.

*When:* Sundays, 9:00 a.m. – 2:00 p.m.

*Where:* McCambridge Park Gym, Burbank, CA

*Learn More:* [triumph-foundation.org/events](http://triumph-foundation.org/events)

For more events, visit [triumph-foundation.org](http://triumph-foundation.org). We look forward to seeing you!

## 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](http://npdevices.com).

## QUATTRO MICROPROCESSOR KNEE HEIGHTENS CYCLING FUN

From City Streets to Mountain Peaks – QUATTRO Takes Cycling to the Next Level! Meet Jim, an avid cyclist who doesn't let anything slow him down—not even borders! With his QUATTRO Microprocessor Knee, Jim has conquered roads and trails across the globe, embracing adventure with every ride.

Have you activated Cycling Mode yet? With the latest 3.5.0 firmware update, QUATTRO delivers even smoother transitions, stability, and efficiency for every pedal stroke. If you haven't updated yet, reach out to your prosthetist!

For more information, visit [proteor.com](http://proteor.com).



## FILLAUER CRTIERIUM PLUS HANDLEBAR ADAPTERS

Discover the joy of cycling with Fillauer's Activity-Specific Devices designed to fuel your biking passion. The high-performance CRITERIUM PLUS is available in three pivoting models to provide adults and children with a device that is perfect for any cycling adventure. Visit [fillauer.com/bicycling-specific-devices](http://fillauer.com/bicycling-specific-devices) to explore the details of these specialized devices and unlock the full potential of your biking passion.



## ALPS® REINFORCED FLEX SLEEVE – NOW AVAILABLE IN BLACK

The ALPS® Reinforced Flex Sleeve (RFX), which has quickly gained popularity in the market, is now available in black! This prosthetic suspension sleeve features a 30° pre-flexion design and includes an additional layer of internal fabric to improve durability around the trim line of the user's socket. Additionally, the innovative combination of OptiGel and premium knitted fabric ensures maximum comfort and high performance, making the RFX® an excellent choice for individuals with active lifestyles.

Call your ALPS sales representative at (800) 574-5426 or scan the QR code for more information.

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