

Move United Education Conference:

***EMPOWERING EXCELLENCE:
ADVANCING ADAPTIVE
SPORTS IN HIGHER
EDUCATION***

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Introduction



ADAPTIVE SPORTS
AND RECREATION

Learning Objectives:

- ✘ Identify Best Practices: Participants will learn about successful adaptive sports programs and strategies that promote inclusivity and engagement for all students.
- ✘ Develop Program Implementation Skills: Attendees will gain practical tools and resources for creating or enhancing adaptive sports initiatives at their universities.
- ✘ Foster Community Engagement: Participants will explore methods to build partnerships with local organizations and stakeholders to support adaptive sports and increase participation.





How prevalent are disabilities among each state?

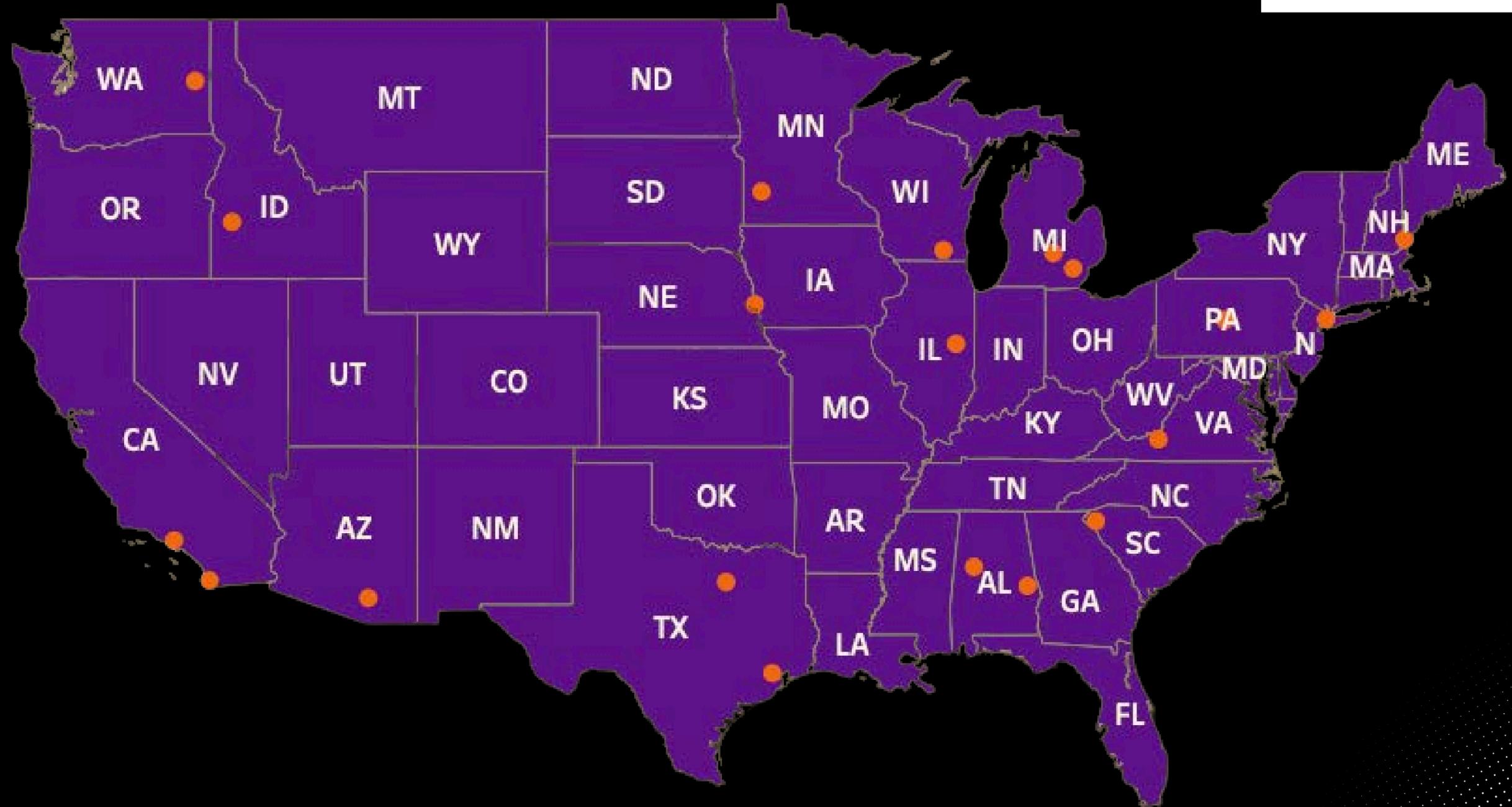
Can anyone guess the 3 states in 2022 that had the highest disability percentage?

What about the 3 states with the lowest?



Collegiate Adaptive Sports Programs:

Where
are
they?





Programs and their sports offered

University of Alabama

- Men's Wheelchair Basketball
- Women's Wheelchair Basketball
- Wheelchair Tennis
- Para Track and Field

University of Michigan

- Adaptive Track and Field
- Para-Equestrian
- Wheelchair Basketball
- Wheelchair Tennis

Other Universities with Competitive Adaptive Sports Programs

- University of Arizona: Men's and women's wheelchair basketball, quad rugby, tennis, track and road racing, hand-cycling
- University of Illinois: Men's and women's wheelchair basketball, wheelchair track, summer camp programs
- University of Texas at Arlington: Wheelchair basketball, wheelchair tennis, cycling, fitness, track & field, swimming, table tennis, bocce ball

Benefits of collegiate sports

- Promoting Physical Health and Well-Being
- Enhancing Mental Health
- Fostering Social Connections
- Developing Leadership and Teamwork Skills
- Challenging Ableism and Promoting Inclusivity
- Providing Equal Opportunities
- Enhancing Academic Performance



Stories from student athletes

Having the opportunity to be an adaptive collegiate athlete has opened up a world of possibilities I never knew were possible. Being able to be a part of such an amazing community while competing to achieve my athletic goals has been incredible.

-Mckenna

Being a college athlete allows me to pursue my athletic and career goals at the same time. I don't have to give up one dream to follow another.

-Delaney

This was one of the best things that ever happened to me. It not only gave me a purpose but it also helped me gain more independence.

-Sydney



Conduct a Needs Assessment

Finding Your Home

Develop a Program Plan

Secure Funding and Resources

Develop Partnerships

Train Staff and Volunteers

Promote the Program

Implement the Program

Evaluate and Improve

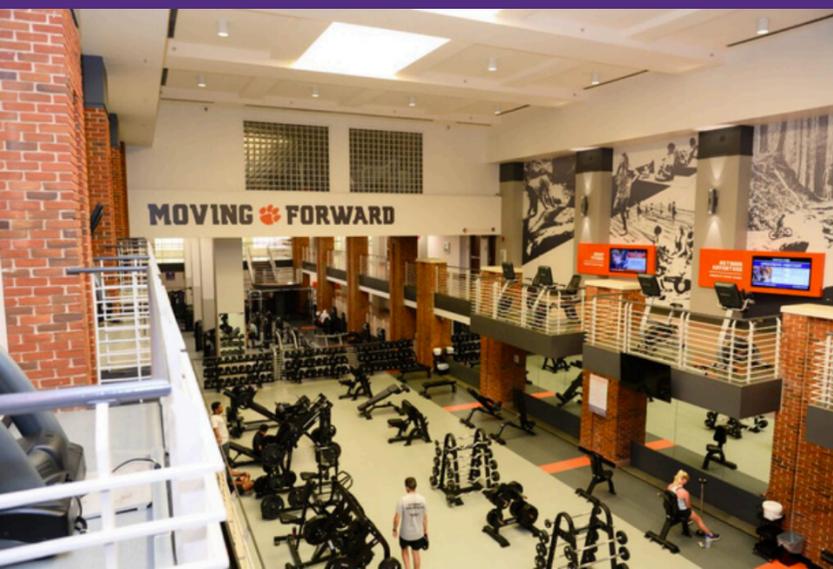
Step-by-Step × Guide ×



Needs Assessment

Gather information through surveys or focus groups

Evaluate Existing Resources: facilities, equipment, programs on campus (clubs)



STUDENT
ACCESSIBILITY
SERVICES





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Finding Your Home

**Support Team: passion for
adaptive sports**

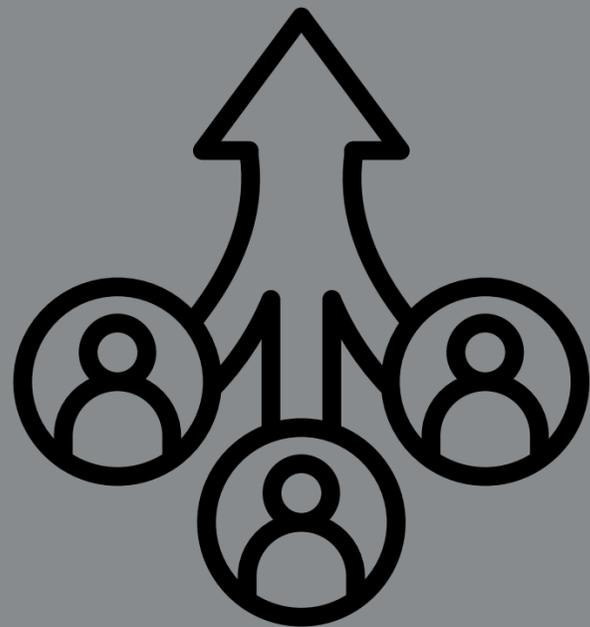
**Identify Champions:
Administration Advocates
(Financial Aid, Student
Accessibility Services,
Athletics, etc.)**



Where is your home

Where do you want to be housed at?

Athletics vs Departments vs Campus Recreation vs
Student Accessibility Services



Do your goals align?



Step-by-Step × Guide ×



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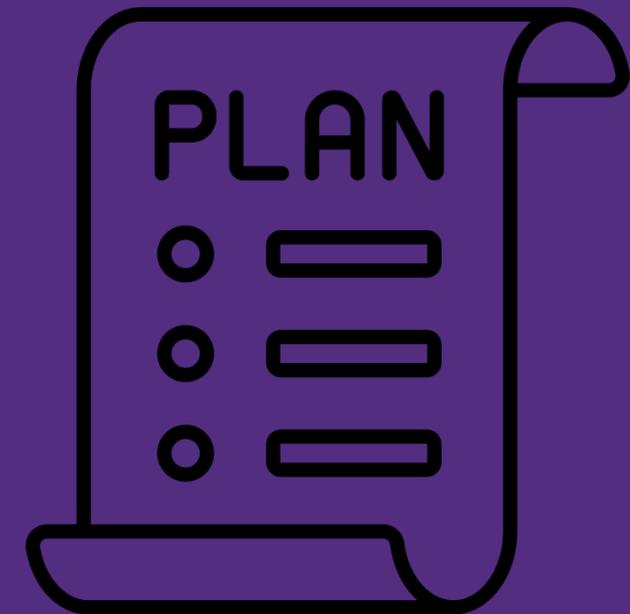
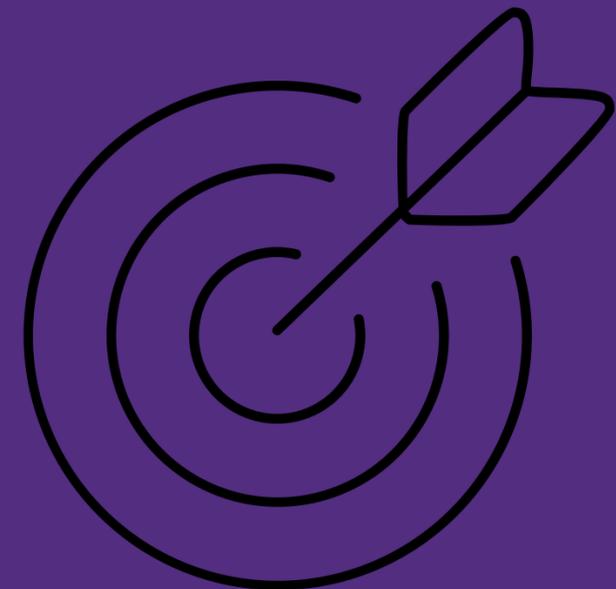
Develop a Program Plan

Set goals and objectives: long term and short term

Define what you want to achieve

Choose your sports and activities

Create a budget: financial requirements for equipment, facilities, staffing, etc



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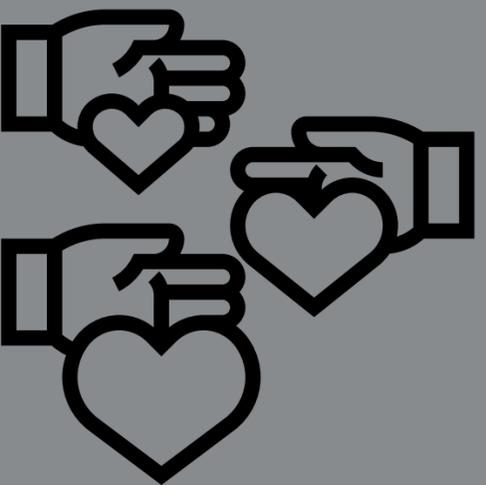


Secure Funding and Resources

Grants: support adaptive sports and disability inclusion

Sponsorships: local business and alumni

Fundraising: find what is popular in your area (golf, rowing, car/motorcycle show, bake sale)



Step-by-Step × Guide ×



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Develop Partnerships

Look for local adaptive sport organizations, rehab facilities, disability advocacy groups

Engage with national organizations: MOVE UNITED for additional resources and support

Importance of Community Partnerships

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- Resource sharing and funding
- Expertise and knowledge sharing
- Increased volunteer support
- Collaborative event planning and execution
- Diversification of programs and opportunities
- Building long term community commitment
- Increased access and visibility



Step-by-Step × Guide ×



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Train Staff and Volunteers

BlazeSports America

- Certified Adaptive Recreation and Sports Specialist (CARSS)
- Adaptive Swim Certification
- Certified Adaptive Sports Coach

Move United

- Adaptive Sports Training: Offers various training programs and certifications for adaptive sports, including coaching and program development
- Move United Education Hub: Provides online courses and resources for adaptive sports professionals and volunteers

Adaptive Sports Connection

- Volunteer Training Programs: Follows Move United National guidelines and provides opportunities for volunteers to attain professional adaptive sports certifications
- Specific Sport Training: Includes training for cycling, kayaking, and winter sports, with detailed guidelines and responsibilities

Step-by-Step × Guide ×



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PALMETTO GAMES
ADAPTIVE SPORTS AND RECREATION

Volunteers Needed:
April 18-19
No experience necessary
tshirt included

SCAN ME

CLEMSON TRACK & FIELD

Promote the Program



GETTING TO KNOW SYDNEY

HOW DID YOU GET INTO ADAPTIVE SPORTS?
I got into adaptive sports six months after my injury at a camp with the Shepard Center. I had the opportunity to try almost every adaptive sport available. From that moment, I knew I wasn't done being an athlete.

WHAT HAS BEEN YOUR PROUDEST MOMENT AS AN ADAPTIVE ATHLETE?
Going to CrossFit Mayhem less than a year after getting paralyzed and competing in the Open alongside some of the fittest people in the world. My injury was still new to me, and even though I couldn't do much, simply having the strength to give it my all was my proudest moment.

WHAT MOTIVATES YOU TO KEEP PUSHING FORWARD IN YOUR SPORT?
The harder I push, the better I become with my ultimate goal of becoming a competitive tennis player. I am also motivated by showing up for my teammates--pushing myself so we can all grow together.



CLEMSON WHEELCHAIR TENNIS CHAMPIONSHIPS

Save The Date
JULY 18-19

PALMETTO GAMES

APRIL 18
3:00-5:00 **ATHLETE CHECK IN**
Fike Club Gym
4:00-8:00 **AIR RIFLE BEGINS**
Fike Club Gym
5:00-8:30 **SWIMMING BEGINS**
Fike Pool

Fike Student Recreation Center is located at 110 Heisman St, Clemson, SC 29634. Parking can be found at meters in front of Fike. Accessible parking is limited and located on the East side of Fike. You can also park along Williamson Rd (before you pull into the rec center parking lot). There will be an athlete drop off point on the west side of Fike at Registration

APRIL 19
6:00-8:00 **CHECK-IN FOR TRACK**
Norman Outdoor Track Complex
7:30-11:30 **TRACK EVENTS**
Norman Outdoor Track Complex
11:00-1:00 **CHECK-IN FOR FIELD**
Norman Outdoor Track Complex
12-1pm Lunch (on your own)
1:00-4:30 **FIELD EVENTS**
Norman Outdoor Track Complex

The Norman Outdoor Track does not have a formal address but easily found on any map app. It is located in the same parking lot as the Clemson indoor football complex.

Save the date
15-18
June 2025

WHEELCHAIR BASKETBALL SPORTS CAMP

WHEELCHAIR BASKETBALL

Sports Camp Registration
Overnight Campers 12-19yrs old (\$400)
Day Campers 10-19yrs old (\$325)

For more information and frequently asked questions please visit our website
www.clemson.edu/adaptivesports

Register through the website link or QR code

bit.ly/wheelchaircampregistration

Step-by-Step × Guide ×



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Implement the Program

Evaluate and Improve

Implement the program

Launch events with a kickoff to introduce to the community

Regular Activities: practices, games, events



Step-by-Step × Guide ×



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Gather Feedback

Assess Outcomes

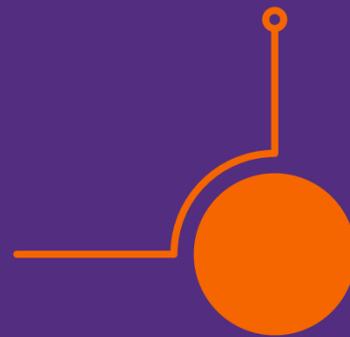
Continuous Improvement



Growth Doesn't Happen Overnight

Clemson Adaptive Sports and Recreation is officially established. The program starts with adaptive intramural sports, including wheelchair basketball

2018



Clemson Wheelchair Tennis Team competes in its first collegiate matches with one collegiate athlete and one affiliate athlete

2019



April 10, 2019

Clemson Wheelchair Tennis Team is founded, becoming Clemson University's first adaptive athletics team

The team continues to grow, with two new athletes

2023-2024



2021

Second athlete joins team

2025

First full time staff member





Questions?



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THANK YOU

Your Time and Attention Are Truly Appreciated



ADAPTIVE SPORTS AND RECREATION



www.clemson.edu/adaptivesports