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A PUBLICATION OF DISABLED SPORTS USA

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*Cover photo of Team USA
Wheelchair Basketball Player
Matt Scott.*

*Cover photo by
Wheelchair Sports Federation.*

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2020 is upon us, which means the Summer Paralympic Games will be taking place in Tokyo, Japan, beginning in August.

For this issue, we are featuring two sports that will be a part of those games. We hope the articles introduce you to the respective sports and get you excited for the games when they come around. But we also want to highlight these sports to help develop the pipeline of athletes for future Paralympics, particularly the 2028 Games when they are hosted here in the United States.

We know not everyone has Paralympic dreams and ambitions, which is why we always make a distinction between participating in a sport for recreation versus for competition. As we all know, sport has many benefits including staying healthy and having fun. Each of our featured sport articles walk you through how to get started in the sport from a recreational perspective and hopefully leads you to the competitive angle if you choose to pursue it. The strength of most Disabled Sports USA chapters across the country is the fact that they provide access and opportunity to participate in sport from a recreational perspective. A number of them also offer a competitive training component and excel at that as well.

The first sport you will read about in this month's issue is wheelchair basketball, one of the first organized wheelchair sports created. You can read more about that sport on pages 6-8.

The other sport is sitting volleyball, which is growing in popularity. We have all seen people play volleyball on the beach or at a local park and sitting volleyball allows individuals with various disabilities to experience the sport in the same way. Learn more about sitting volleyball on pages 16-17.

Warfighter Mike Kacer has Paralympic dreams of his own. A few months ago, he represented the United States at the Parapan American Games in Taekwondo after a friend suggested he give the sport a try. Check out his story on pages 12-13.

But we can't neglect the winter snow sports, which is why you will find an article about DSUSA Elite Team Member Thomas Wilson, a snowboarder from Rocky Mount, North Carolina, on pages 18-19.

And finally, don't forget to check out the array of adaptive sports offerings available to you from all over the country through our chapter network. Those program listings and events start on page 22.

So whether you participate in sport for recreation or competition, we hope you will find this issue full of information, resources, and opportunities to get out there and get active.

Regards,



Glenn Merry

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Photo courtesy of Wheelchair Sports Federation

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 like able-bodied basketball, except that the athletes use a wheelchair," said Jason Joines, a coach with BlazeSports America, a chapter of Disabled Sports USA based in Georgia.

An 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 to 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.

Paralympic Gold Medalist Matt Scott, who has played in four Paralympic Games and plays wheelchair basketball professionally in Europe, was quite unaware of the sport growing up despite being born with spina bifida. "I played basketball on the playground with my friends," Scott said. He discovered the sport of wheelchair basketball through his doctor's office, which gave him a flier about a practice that was taking place. "Until I saw it, I thought of it as less-abled ... I had a negative perception. Then I saw the toughness it took to play. After the first practice, I came back every week after that."

The Many Benefits of Basketball

It is a physical sport, which is what attracts many of the players to it. But there are many other benefits to playing wheelchair basketball. Joines said he sees his role as more than just teaching kids basketball. "It is also about being independent. It is also about being around other kids that are going through the same things they are."

For Scott, he also learned discipline, time management, and proper nutrition that is required of an elite athlete. He also likes the fact that it is a team sport. "I like the camaraderie. "You are working together towards a common goal," he said.

Two-time Paralympian and Gold Medalist Rose Hollermann, a member of the U.S. Women's National Team, agrees. "I think it's a combination of having to work with a team to be successful, along with the skill and athleticism that are necessary for you to succeed."

The Ins and Outs of the Sport

When you first come out to a wheelchair basketball program, there

Continued on page 8 >>

"I THINK IT'S A COMBINATION OF HAVING TO WORK WITH A TEAM TO BE SUCCESSFUL, ALONG WITH THE SKILL AND ATHLETICISM THAT ARE NECESSARY FOR YOU TO SUCCEED."



Photo courtesy of Lakeshore Foundation

is very little you need according to Lauren Perry, the Rec and Athletics Coordinator at Lakeshore Foundation, a chapter of Disabled Sports USA. Perry also coaches the prep team at the Birmingham, Alabama, location. “All you need is to bring some water and wear athletic gear,” she said.

During practice, you will be fit into one of the program’s sports chairs. The program chairs are adjustable and there are a number of variations and adjustments to make sure it fits just right, according to Forrest Lodge, a program manager with Sportable, a Richmond, Virginia- based chapter of Disabled Sports USA. “You want your chair to fit like a shoe,” he said. If you’ve been in a wheelchair, then you will be used to pushing yourself around. Otherwise, that may take some practice.

Regarding the rules of the game, Lodge says 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 (in the youth prep division, for example). Also, there is no double dribble in wheelchair basketball. But traveling can be called as a foul. 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. “Don’t be discouraged at how fast you think the game is or how good everyone else is,” Joines said. “Be patient with yourself.”

There are a number of divisions for competition, 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, Lodge suggests that 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 as well.

For the Junior Division, it provides an outlet for young athletes to develop their skills. “It allows youth to travel and play just like their peers,” he said. You can also get kids as young as three or four pushing 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. “This ensures athletes play on an even playing field,” Perry said.

Equipment and Adaptations

Sports chairs are highly recommended for those who want to play wheelchair basketball. Rob Welty, a Recreation and Athletic Specialist at Lakeshore who also serves as a team coach, points out that the wheels on these chairs have camber, or a slanted angle. “This 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.

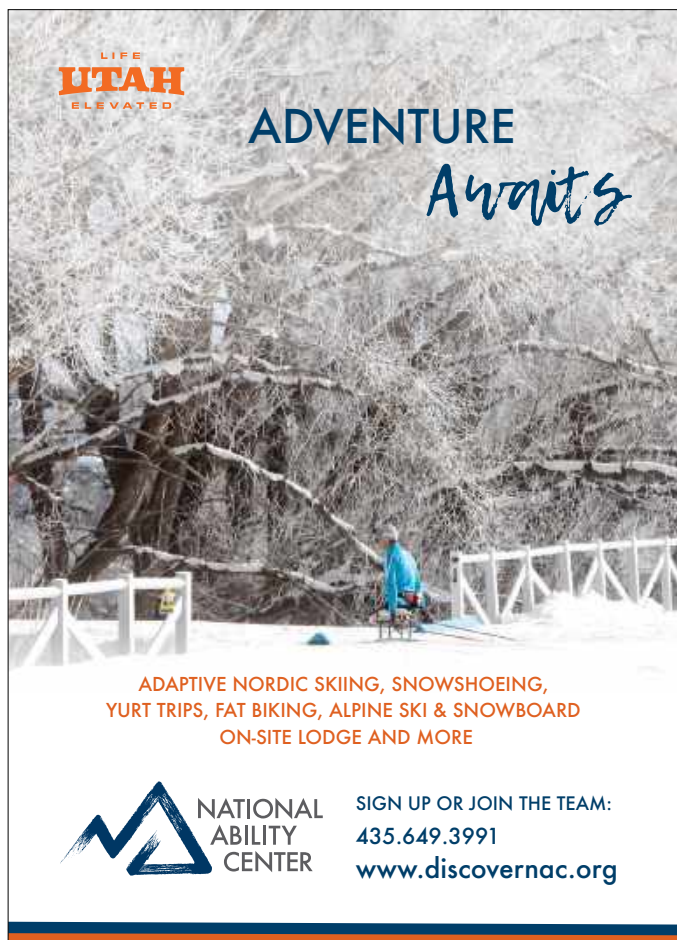
Chairs can be equipped with straps or bars in front so athletes don’t flop over. The straps also help with trunk control for individuals who may have a spinal cord injury, cerebral palsy, spina bifida, or a related disability. The lower back part of the chair gives the player a false trunk. “Amputees can often control their trunk more,” said Perry. 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 or avoid going in circles.

You can use a program chair until you get serious about the sport. “Having your own chair doesn’t really become important until you get to the varsity level,” Joines said. “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.” At that time, the chairs are built to the individual’s specifications and there are a variety of manufacturers available to choose from.

Join a Team

So, 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. “What is nice is when you get on the court and look back at the sidelines and all the assistive devices (chairs, prosthetics, crutches, etc.) are left behind,” Lodge said.


Over 40 chapters of Disabled Sports USA offers either a recreational or competitive (or both) wheelchair basketball program. You can check out those locations at <https://www.disabledsportsusa.org/chapters/location-map/>. Additional programs can be found through the National Wheelchair Basketball Association at <https://www.nwba.org/findateam>. Regardless, Scott suggests “Give it a try ... jump in a chair ... come to a game. The feeling I get when I’m on the court is indescribable.”



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WARFIGHTER MIKE KACER PURSUING PARALYMPIC DREAMS

Staff Sergeant Mike Kacer (Retired) joined the Pennsylvania Army National Guard in 1990 as a junior in high school and went on a number of deployments, including Bosnia (2002-03), Iraq (2004-05), and Afghanistan (2008). On June 18, 2008, Kacer would suffer from an ear to ear fracture, a broken jaw (in three places) a collapsed lung, and his left arm being amputated. “A rocket landed ten feet to the left of me,” he said. He would be placed in a drug-induced coma. “The last thing I remember from that moment is being taken to a helicopter. The rest of it is a collection of what others tell me had happened.”

The retired infantry soldier focused on his rehabilitation from June 21, 2008, until he was discharged on May 27, 2010. While in rehab, he started participating in adaptive sports. “Sports is a big stress reliever and an escape from the realities of life.” The first activity he participated in through Disabled Sports USA’s Warfighter Sports program was the annual Bataan Memorial Death March, a challenging 26-mile march through the high desert terrain of the White Sands Missile Range in 2009. The memorial march is conducted in honor of the heroic service members who defended the Philippine Islands during World War II, sacrificing their freedom, health, and, in many cases, their very lives.



Later that year, he would also attend a surf camp. “Surfing is my favorite hobby,” he said. “You also develop these support systems at events like surf camp. The people you meet become more than friends, they become family.”

“Programs like DSUSA help get you outside your comfort zone and build confidence to compete at the Paralympic level.” From 2012 to 2016, Kacer devoted his full-hearted passion to track and field, particularly competing in the 100m, 200m, and long jump with his eye on going to the 2016 Paralympic Games in Rio. During that timeframe, he competed at the Great Lakes Regional Games, Endeavor Games, and Desert Challenge Games, all events that are hosted by DSUSA chapters. “Getting to the Paralympic level is tough, particularly breaking that barrier without having a steady coach. The challenge of being a full-time athlete is very difficult physically and mentally.”

“After Rio, I realized I couldn’t compete with the younger athletes,” he said. “I had an off season and started falling into a depression.” Then, in June 2017, a friend suggested he give Taekwondo a try and he did. “Sports has saved my life on more than one occasion.” Living in Cary, North Carolina, he started training at White Tiger. That snowballed into competing at national tournaments and then internationally. He would finish third at a tournament in Costa Rica and sits around fifth on average, but through the points structure is ranked 11th in the world. Right now, he is working to improve his technique, particularly not squaring up and improving his angles. He also wants to be snappy or fast as opposed to hard and powerful.

Last fall, Kacer joined more than 550 wounded, ill, and injured

service men and women from 18 allied nations who competed at Invictus Games in Sydney, Australia. This was his third, and final, Invictus Games (he also participated at the games in Orlando and London). “This is my farewell tour,” he said before heading over. “I am not sure I can continue to physically compete and I don’t want to get to a point where I am competing but not be competitive.”

At the Invictus Games, Kacer competed in the 100m, 200m, 400m, and 1500m as well as shotput, discus, long jump, the one minute and four-minute rowing trials, and all swimming events. “Training for both is grueling as you work two different series of muscles. I grind it out on my own and push my body to a point of exhaustion every time I train. I condition my body that way.” He earned a total of six medals, including one gold.

Kacer also takes pride at being versatile, which is evident by the number and variety of competitions he entered. “I am not great in any one sport, but good in a number of sports. I don’t have a specialty event.” He also had the opportunity to compete in the Parapan American Games, held a few months ago, in Lima, Peru. His hope is to break into a wild card spot for the 2020 Summer Paralympic Games in Tokyo, Japan

Between adaptive sports and getting a degree from North Carolina Central University in physical education and health, he is setting a path forward. He gives a lot of credit to his support system of family members, friends, and doctors. “Dealing with mental health is not a sign of weakness. It takes a stronger human being to seek assistance than to ignore it.”



The battle isn't over.

AIG is proud to partner with Disabled Sports USA to raise awareness and funds for wounded veterans in their Warfighter Sports Program.



Bring on tomorrow

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WARFIGHTER SPORTS 2019-2020 WINTER CALENDAR

The programs listed here are provided free of charge for veterans and active duty service members with a permanent physical disability as a part of Disabled Sports USA's Warfighter Sports program.

Didn't find a program near you on the Warfighter Sports calendar? Disabled Sports USA's chapter network has many other program opportunities free of charge for military this winter. Flip to page 20-21 to find your nearest chapter and see what programs are available in your area.

ARIZONA

Ongoing: September - December
Arizona Disabled Sports
Adaptive Cycling Program
Cycling
Mesa, AZ
www.arizonadisabledsports.com

Ongoing: February - March
Arizona Disabled Sports
Adaptive Air Rifle Program
Air Rifle
Mesa, AZ
www.arizonadisabledsports.com

CALIFORNIA

Ongoing: October - September 2020
Bay Area Outreach & Recreation Program
Year Round Series of Yoga, Dance, Tai Chi and Fitness Classes
Yoga, Dance, Tai Chi and Fitness
Berkeley, CA
www.borpc.com

Ongoing: October - September 2020
Bay Area Outreach & Recreation Program
Adaptive Cycling Program
Cycling
Berkeley, CA
www.borpc.com

Ongoing: December - March
United States Adaptive Recreation Center
Adaptive Sports Winter Program
Big Bear Lake, CA
www.usarc.org

Ongoing: December 2019 - August 2020
Achieve Tahoe
Achieve Tahoe Military Sports
Skiing, snowboarding, water skiing, wakeboarding, stand up paddleboarding
Truckee, CA
www.achievetahoe.org

Ongoing: November 2019 - July 2020
Disabled Sports Eastern Sierra
Warfighter Sports High Altitude Training
Alpine skiing, snowboarding, Nordic skiing, Biathlon, Road Biking, Mountain Biking, Rock Climbing, Fishing, Kayaking, Stand Up Paddle Boarding, hiking
Mammoth Lakes, CA
www.disabledsportseasternsierra.org

Ongoing: February - August 2020
Angel City Sports
Operation Take Flight
Archery, Air Guns, Golf, Rowing, Kayaking, Wheelchair Tennis
Los Angeles, CA
www.angelcitysports.org

COLORADO

December 9-15th
Disabled Sports USA
The Harford Ski Spectacular
Breckenridge, CO
www.warfightersports.org

Ongoing: December - September 2020
Adaptive Sports Association
Winter Ski/Snowboard & Summer Outdoor Program
Durango, CO
www.asaduramgo.com

January - March
Ignite Adaptive Sports
Adaptive Snowsports for Veterans Program
Boulder, CO
www.igniteadaptivesports.org

Ongoing: November 2019 - August 2020
National Sports Center for the Disabled (NSCD)
Therapeutic and Adaptive Sports/Recreation for Veterans Living with Disabilities
Paddle sports, rock climbing, archery, team sports
Denver, CO
www.nscd.org

Ongoing: December 2019 - April 2020
Telluride Adaptive Sports Program
Summits - Telluride Winter & Summer Military Programs
Skiing, snowboarding, climbing, cycling, flatwater kayaking, canoeing
Telluride, CO
www.tellurideadaptivesports.org

FLORIDA

November 2019 - July 2020
Florida Disabled Outdoors Association
ALLOUT Fishing & Boating
Boating and Fishing
Various locations in FL
www.fdoa.org

GEORGIA

September 2019-September 2020
BlazeSports America
Adaptive Golf Program
Golfing
Norcross, GA
www.blazesports.org

September 2019 - September 2020
BlazeSports America
Weekly Swimming Program
Swimming
Norcross, GA
www.blazesports.org

IDAHO

February 21 - 22
Adaptive Wilderness Sports of McCall (AWesOMe!)
Warfighter's Ski Weekend Program
Skiing
www.awesomemcall.org/home/home

ILLINOIS

September 2019 - September 2020
Dare2tri
Dare2tri Elite/Development Triathlon Team
www.dare2tri.org

MARYLAND

Ongoing
WRNMMC
Weekly Swimming Lessons at WRNMMC
Bethesda, MD
www.warfightersports.org

MAINE

January 23-27
Maine Adaptive Sports & Recreation (Winter)
Veterans No Boundaries Adaptive Sports Camp (Winter)
Newry, ME
www.maineadaptive.org

MINNESOTA

November - March 2020
Courage Kenny Rehabilitation Institution
Wheelchair Curling Program
Wheelchair Curling
Golden Valley, MN
www.allinahealth.org/adaptivesports

January-March
Courage Kenny Rehabilitation Institution
Adaptive Ski and Snowboard Program
Ski and Snowboard
Golden Valley, MN
www.allinahealth.org/adaptivesports

NEW HAMPSHIRE

Ongoing: December - April
New England Disabled Sports
Winter Sports Clinics
Lincoln, NH
www.nedisabledspots.org

Ongoing: December - March
Granite State Adaptive
Adaptive Ski and Snowboard Program
Ski and Snowboard
Mirror Lake, NH

January 1 - 31
New England Healing Sports Association
New England Winter Sports Clinic for Disabled Veterans
Newbury, NH
www.nesha.org

January-August 2020
Full Circle Farm Therapeutic Horsemanship
Veteran Therapeutic Horsemanship Lessons
Mounted and unmounted horse lessons
Newport, NH
www.fcfttherapeutic.org

February 24-26
Lakes Region Disabled Sports at Gunstock Inc.
Adaptive Ski and Snowboard Program
Ski and Snowboard
Gillford, NH
www.gunstickadaptive.org

March 1 - 28
Waterville Valley Adaptive Sports
Adaptive Ski and Snowboard Program
Ski and Snowboard
Waterville Valley, NH
www.watervilleadaptive.com

NEW YORK

September-March 2020
GallopNYC
Horse Based Equestrian Program
Equestrian
Forest Hills, NY
www.gallopnyc.org

February 7 - March 1
STRIDE Adaptive Sports
Adaptive Ski and Snowboard Program
West Sand Lake, NY
www.stride.org

February-June 2020
Adaptive Sports Foundation
Warriors in Motion
Kayaking, horseback riding, hiking, skiing, snowboarding
Windham, NY
www.adaptivesportsfoundation.org

OHIO

January 1 - Feb. 28
Adaptive Sports Connection
Adaptive Military Snowsports
Powel, OH
www.adaptivesportsconnection.org

OKLAHOMA

Ongoing: September 2019- Sep. 2020
University of Central Oklahoma
Year Round Adaptive Multi Sports Program
Edmond, OK
www.uco.edu/wellness

OREGON

January 24-26
Oregon Adaptive Sports
Ski and Snowboard Camp
Ski and Snowboard
Bend, OR
www.oregonadaptivesports.org

March 8th
Oregon Adaptive Sports
Winter Sports Clinics
Bend, OR
www.oregonadaptivesports.org

TENNESSEE

January 21-25
Sports, Arts, and Recreation of Chattanooga (SPARC)
Adaptive Snow Skiing and Snowboarding
Skiing and Snowboarding
Chattanooga, TN
www.sparctn.org

TEXAS

Weekly Golf Lessons
Golfing
San Antonio, TX
www.warfightersports.org

Scuba Certification Classes
Scuba diving
San Antonio, TX
www.warfightersports.org

November 2019 - August 2020
Operation Comfort
Operation Comfort Cycling, Sled Hockey & Swim Programs
Cycling, Swim, Sled Hockey
San Antonio, TX
www.operationcomfort.org

UTAH

February 1 - 28
Common Ground Outdoor Adventures
Winter Sports Camp
Logan, UT
www.cgadventures.org

VIRGINIA

December 1 - March 30
Therapeutic Adventures Inc.
Adaptive Ski and Snowboard Program
Ski and Snowboard
Charlottesville, VA
www.TAonline.org

Adaptive Alpine Ski and Snowboard Program
Snowboard Program
Charlottesville, VA
www.wintergreenadaptivesports.org

Therapeutic Adventures, Inc.
Charlottesville, VA
www.TAonline.org

WEST VIRGINIA

March 5-8
Challenged Athletes of America
Adaptive Ski and Snowboard Program
Snowshoe, WV
www.cawvsports.org

WYOMING

February - March 2020
Teton Adaptive Sports
Veteran Ski and Snowboard Camps
Skiing, snowboarding
Teton Village, WY
www.tetonadaptivesports.org

VARIOUS LOCATIONS

April-July 2020
Capital Region Nordic Alliance
CRNA On the Move
Adaptive Trail Orienteering
Albany, NY - Windham, NY - Philadelphia, PA - Boston, MA
www.capitalregionnordicalliance.org

This program was funded in part by a grant from the United States Department of Veterans Affairs. The opinions, findings and conclusions stated herein are those of the author(s) and do not necessarily reflect those of the United States Department of Veterans Affairs.

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SITTING VOLLEYBALL:

A TEAM SPORT WITH A SUPER FAST PACE

THE BASICS

You are on the floor. Your opponent hits the ball over the net right at you. You have little time to react, but must return it back over the net and land it in the opposing team's half of the court to score a point. This is the objective for the sport of sitting volleyball.

Sitting volleyball is pretty much the same as standing volleyball, with some minor adaptations. In particular, it is a great game for individuals with lower limb loss or limitations. Recreationally though, it is a fantastic inclusive game, as able-bodied athletes are playing the sport as well.

If you've never watched a game of sitting volleyball, it may appear different. "When I first saw it, I thought it was actually silly," said Warfighter Dan Regan, a member of the U.S. National Men's Sitting Volleyball Team. "But once I watched it at the competitive level, it changed my perception. I'm glad I sat down and tried it."

For Regan, he loves the speed of the game. "It is a small court (six meters x ten meters), so you don't have much time to respond," he said. "Your competitive nature kicks in ... you get one or two swings in and adrenaline kicks in. I lost my leg, but I didn't lose my competitive drive."

Another element that players enjoy about the sport is the camaraderie. It is, indeed, a team sport. "I love my teammates," said Nichole Millage, a member of the U.S. National Women's Sitting Volleyball Team who is hoping to play in her fourth Paralympic Games in 2020. "We are all different but come together. It's like having another family in my life."

WHAT YOU NEED TO KNOW

Unlike a number of adaptive sports that have a high cost of entry due to the adaptive equipment that is needed to participate, sitting volleyball requires very little.

Greg Walker, the head coach for

USA Men's Sitting Volleyball Team since 2016, suggests you can get into the sport with some basic clothing items and pads. "Tighter clothes help with sliding around (the floor) better. Knee pads and baseball sliders will also provide additional padding and help to prevent floor burn. "You are sliding around the floor on your rear end. If you turn your legs to the side, it will also help you avoid floor burn."

In terms of the game itself, Walker says other than the court being smaller, the net being lower, and the athletes sitting on the floor, everything else is the same as standing volleyball. Matches are played over a best of five sets format with each set won by the first team to reach 25 points (with at least a two-point lead). A match is won by the team that wins three sets. If a decisive fifth match is necessary, the first team to reach 15 points with a two-point lead wins.

Teams have up to three contacts with the ball before it must go over the



net. A team scores a point by successfully grounding the ball on the opponents' playing court; when the opponent team commits a fault; or when the opponent team receives a penalty. (A team commits a fault by making a play contrary to the rules.) At the moment of contacting the ball, a player's bottom must be in contact with the floor.

If it is your first time out on the court, Walker suggests you learn how to move around the floor. "It is an easy transition for people who have seen the game before," he said. "Players should try to use their legs. Often they want to use their arms first." He also encourages athletes to chamber their legs to one side. New players should also focus on ball handling.

Because it is a short court, it makes the game superfast. "I like that it is quick paced," Millage said. "You have to think two or three steps ahead." Therefore, the game also involves a bit of strategy, and teams can work on controlling the speed or pace of the game. "You have to see something happen before it happens," she said.

Like with any sport, practice makes perfect. It takes time to get the hang of things. "When I started, I was horrible," Millage said. At first, she found it to be really hard, thinking "I don't know if I can do this, maybe it is not for me." That obviously changed. Now, "sitting volleyball is where it is at for me. It is tough to sit on the sidelines and watch everyone else play."

ADAPTATIONS

If you have a prosthetic leg, it is recommended to not wear it when playing sitting volleyball. It could limit one's speed and movement abilities during play. Additionally, if an athlete or teammate falls on it, it could cause injury to them or damage the prosthesis. Users of a prosthetic arm can use it to pass, serve, and block.

Regarding your body positioning on the floor, the position of each player is determined and controlled by the position of their bottoms. This means that the hand(s) and/or leg(s) may cross the service, attack, and center lines, provided they do not interfere with an opposing player. A player's "bottom" is defined as the upper part of the body, from the shoulder to one's buttocks. Players are not allowed to lift his/her bottom from the court when executing any type of attack-hit. Additionally, it is forbidden to stand up, raise the body or take steps to play a ball.

In addition to the differences mentioned earlier regarding court size and net height there is also a difference regarding the serve. Unlike standing volleyball, it is permitted to block or attack an opponent's serve.

TAKING IT TO THE NEXT LEVEL

As the team's skill level progresses, teams can focus on offense and defense systems of serving the ball, attacking, and other strategies. Then it becomes

more about improving individual skills and as a team. Regan suggests you can do so by watching video of yourself and opponents and make adjustments accordingly.

Once you move from the recreational to the competitive level, there are tournaments and competitions you can enter. A number of collegiate programs are also available for interested athletes. In fact, both the Men's and Women's National Team is based at the University of Central Oklahoma, a chapter of Disabled Sports USA located in Edmond. Athletes interested in competing at that elite level have the opportunity to pursue full-time resident housing and the training center at UCO. In addition, they can also attend the college as well. "Not a day goes by that I don't enjoy what I do," Regan said. "I get to play volleyball."

WHERE TO PLAY

Regan encourages anyone to give sitting volleyball a try. "I would encourage people to get out and try things. For me, it was volleyball," he said. About a dozen Disabled Sports USA chapters offer sitting volleyball as either a recreational or competitive sport. *You can find that listing at <https://www.disabledsportsusa.org/chapters/location-map/>. Parasport clubs would also be an option to explore.*

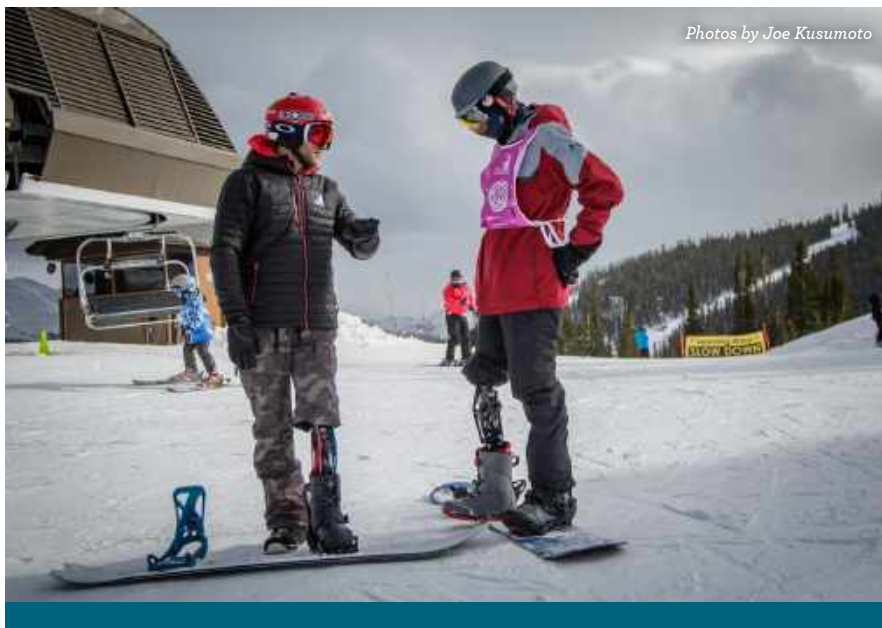
DSUSA ELITE TEAM MEMBER THOMAS WILSON'S LIFE TAKES A 360 SPIN

This past year, Thomas Wilson's life has taken a 360 spin and it's all because of snowboarding. Wilson is an 18-year-old from Rocky Mount, North Carolina, who was born with an uncommon condition called Proximal Femoral Focal Deficiency (PFFD), which resulted in an above-knee amputation of his right leg at a very young age. His parents encouraged him to participate in various sports as a child, but his first serious sport and the one he felt he could do well in was swimming. By the summer of sixth grade he was actively competing in the sport. Flash forward to his senior year of high school and Wilson was swimming and participating in Paralympic swim meets across the country. At that time, Wilson had sights on attending and swimming for the University of Colorado and training at the Colorado Springs Olympic & Paralympic Training Center. Then two years ago Wilson was introduced to competitive snowboarding. To Wilson, competitive snowboarding just sounded like something that would be fun. "I kind of just went for it," he said. Wilson first started with two local USSA Snowboarding races and went on to the USSA Nationals in Copper, Colorado.

It wasn't until 2018 that his passion and dedication for snowboarding ignited. "It was around Ski Spec I started to heavily consider the sport." Wilson received an Ability Equipped grant and attended Ski Spectacular in Breckenridge, CO. Although Wilson fell in love with snowboarding and the racing aspect of the sport, he was not confident that he could follow through and make plans surrounding the sport without the right equipment.

Not having the right equipment hinged Wilson's ability to fully succeed in snowboarding. Winning the grant, Wilson says, gave him that extra push needed to focus on competing and start taking the sport more seriously. "That was when I realized I had the potential to possibly make the Paralympic snowboard team." Wilson explained that by having the right equipment needed for racing encouraged him to compete more and work harder. The equipment that Wilson uses for racing is the Moto Knee and Versa Foot by Bio-Dapt and a Donek raceboard.

Having the proper equipment, Wilson decided to go on and participate in the Nor-Am race at Big White, in Canada. "I think that getting that grant really inspired me to go after the Nor-Am circuit, because after that I had a raceboard and new bindings,



Photos by Joe Kusumoto



and I had the equipment I needed to race." The Big White event was Wilson's first Paralympic snowboarding event. "Just going to the race and being there was a huge accomplishment for me, and to be classified at that race was super important." The Big White was Wilson's fourth career race, but he explained that in reality it was his first real race, as he had never experienced a course as official as the Big White Nor-Am.

Wilson is looking forward to participating in more Nor-Am races this season with two more domestic Nor-Am races in the United States." He is hoping to attend these events and then possibly make it to a World Cup race. "You gain points in the Nor-Am circuit in order to qualify for the World Cup circuit, so

Photo by Joe Kusumoto



"JUST GOING TO THE RACE AND BEING THERE WAS A HUGE ACCOMPLISHMENT FOR ME, AND TO BE CLASSIFIED AT THAT RACE WAS SUPER IMPORTANT."

I'm working towards qualifying." While that is Wilson's short-term goal, his long-term goal is to make it onto the team for the 2022 Winter Paralympics in Beijing.

To prepare for these goals, Wilson has to make sure to stay physically strong. A majority of Wilson's current training is through bike riding and dry land training. His focus is strengthening his legs and core, while also working on balance. This season's training will be different for Wilson. "This year it will be a lot more intensive as I will be training with the National Ability Center (NAC) in Park City, Utah, on their elite snowboard team." The NAC, a chapter of Disabled Sports USA, played a big role in teaching Wilson the snowboarding basics when he was first starting out. Along with this season training, Wilson is currently attending his first year of college at the University of Utah, a school that has recognized him as an athlete in training for the Paralympics through the NAC.



U.S. Paralympic Curling Introductory Sport Camp For Disabled Service Members & Veterans Denver, CO • May 31-June 3, 2020



The nation's premier Paralympic curling camp!

Free participation – Travel, lodging and meals included!

Camp is limited to 10 participants. Registration closes April 27.

Instruction by members of 2018 Paralympic Team & Staff

Contact: Marc DePerno, marc.deperno@usacurl.org • 315-292-3520

*This camp is made possible thanks to the U.S. Department of Veterans Affairs
and the Grant for Adaptive Sports Programs for Disabled Veterans and Disabled Members of the Armed Forces*

ALABAMA

Lakeshore Foundation
Birmingham, AL 35209
lakeshore.org

ALASKA

Challenge Alaska
Anchorage, AK 99501
challengealaska.org

Southeast Alaska Independent Living
Juneau, AK 99801
sailinc.org

ARIZONA

Arizona Disabled Sports
Mesa, AZ 85210
arizonadisabledsports.com

Ability 360 Sports & Fitness Center
Phoenix, AZ 85034
Ability360sports.com

Arizona Adaptive Watersports
Dewey, AZ 86327
Azadaptivewatersports.org

Southern Arizona Adaptive Sports
Tucson, AZ 85733
soazadaptivesports.org

CALIFORNIA

Achieve Tahoe
Truckee, CA 96162
achievetahoe.org

Adaptive Sports and Recreation Association
San Diego, CA 92195
adaptivesportsandrec.org

Amazing Surf Adventures
San Luis Obispo, CA 93406
amazingsurfadventures.org

Angel City Sports
Los Angeles, CA 90064
angelcitysports.org

Bay Area Association of Disabled Sailors
San Francisco, CA 94107
Baads.org

Bay Area Outreach and Recreation Program (BORP)
Berkeley, CA 94703
borp.org

Central California Adaptive Sports Center
Shaver Lake, CA 93664
centralcaladaptive.org

Disabled Sports USA Eastern Sierra
Mammoth Lakes, CA 93546
disabledsports
easternsierra.org

Disabled Sports USA Los Angeles - The Unrecables
Los Angeles, CA 90024
unrecables.com

Disabled Sports USA Orange County - The Achievers
Fullerton, CA 92838
theachievers.org

Giant Steps Therapeutic Equestrian Center
Petaluma, CA 94954
Giantstepsriding.org

U.S. Adaptive Recreation Center
Big Bear Lake, CA 92315
usarc.org

United States Driving for the Disabled
Arroyo Grande, CA 93420
usdfd.org

COLORADO Adaptive Action Sports
Copper Mountain, CO 80443
adacs.org

Adaptive Adventures
Lakewood, CO 80215
adaptiveadventures.org

Adaptive Sports Association
Durango, CO 81301
asadurango.com

Adaptive Sports Center of Crested Butte
Crested Butte, CO 81224
adaptivesports.org

Breckenridge Outdoor Education Center
Breckenridge, CO 80424
boec.org

Challenge Aspen
Snowmass Village, CO 81615
challengeaspen.org

Colorado Discover Ability
Grand Junction, CO 81501
cdagj.org

Foresight Ski Guides, Inc.
Vail, CO 81657
foresightskiguides.org

Golf 4 The Disabled
Englewood, CO 80110
golf4thedisabled.org

Ignite Adaptive Sports
Boulder, CO 80308
igniteadaptivesports.org

National Sports Center for the Disabled
Denver, CO 80204
nscd.org

Steamboat Adaptive Recreational Sports
Steamboat Springs, CO 80477
steamboatstars.com

Telluride Adaptive Sports
Telluride, CO 81435
tellurideadaptivesports.org

Visually Impaired and Blind Skiers
Colorado Springs, CO 80923
coloradovibes.org

CONNECTICUT

Chapter 126 Sports & Fitness, an Oak Hill Center
Bristol, CT 06010
chapter126.com

Gaylord Hospital Sports Association
Wallingford, CT 06492
Gaylord.org/sport

Leaps of Faith Adaptive Skiers
Sandy Hook, CT 06482
leapsofffaithadaptiveskiers.com

FLORIDA

Central Florida Dreamplex
Clermont, FL 34711
cfdreamplex.com

Florida Disabled Outdoors Association
Tallahassee, FL 32301
fdoa.org

GEORGIA

Athens Inclusive Recreation and Sports, Inc. (AIRS)
Athens, GA 30605
airs-ga.org

BlazeSports America
Norcross, GA 30093
blazesports.org

HAWAII AccessSurf
Honolulu, HI 96830
Accesssurf.org

IDAHO Adaptive Wilderness Sports of McCall (AWeSOME!)
McCall, ID 83638
www.awesomemccall.org

AquAbility
Boise, ID 83705
aquability.org

Boise Adaptive Snowsport Education
Boise, ID 83701
baseidaho.org

Higher Ground Sun Valley
Ketchum, ID 83340
highergroundusa.org

ILLINOIS

Adaptive Adventures
Elk Grove Village, IL 60007
adaptiveadventures.org

Dare2tri
Chicago, IL 60642
dare2tri.org

Great Lakes Adaptive Sports Association (GLASA)
Lake Forest, IL 60045
glasa.org

Shirley Ryan Ability Lab
Chicago, IL 60611
sralab.org

INDIANA

Special Outdoor Leisure Opportunities
South Bend, IN 46660
skisolomichiana.org

Turnstone Center for Children and Adults with Disabilities
Fort Wayne, IN 46805
turnstone.org

IOWA

Adaptive Sports Iowa
Ames, IA 50010
adaptivesportsiowa.org

KANSAS Wichita Adaptive Sports
Wichita, KS 67203
wichitaadaptivesports.org

MAINE

Adaptive Outdoor Education Center
Carrabassett, ME 04947
Adaptiveoutdoor
educationcenter.org

Central Maine Adaptive Sports
Auburn, ME 04210
cmassports.org

Maine Adaptive Sports & Recreation
Newry, ME 04261
maineadaptive.org

MARYLAND Baltimore Adapted Recreation and Sports
Parkton, MD 21120
barsinfo.org

Bennett Institute Physically Challenged Sports Program of Kennedy Krieger
Baltimore, MD 21211
kennedykrieger.org

Chesapeake Region Accessible Boating
Annapolis, MD 21409
crabsailing.org

Team River Runner, Inc.
Rockville, MD 20853
teamriverrunner.org

MASSACHUSETTS

AccessSport America
Acton, MA 01720
accesssportamerica.org

Adaptive Sports New England
Boston, MA 02111
Adaptivesportsne.org

MICHIGAN

Cannonsburg Challenged Ski Association
Ada, MI 49301
skiccsa.org

Michigan Adaptive Sports
West Bloomfield, MI 48323
michiganadaptivesports.com

MINNESOTA

Courage Kenny Sports and Recreation
Minneapolis, MN 55408
www.allinahealth.org/
adaptivesports

North Star Community Rowing
Minneapolis, MN 55401
northstarcommunity
rowing.org
info@northstarcommunity
rowing.org

U.S. Electric Wheelchair Hockey Association
Minneapolis, MN 55427
powerhockey.com

Wayzata Community Sailing Center
Wayzata, MN 55391
Wayzatasailing.org

MISSOURI

Disabled Athlete Sports Association
St. Peters, MO 63376
dasasports.org

Midwest Adaptive Sports
Dearborn, MO 64439
midwestadaptivesports.org

MONTANA

DREAM Adaptive Recreation, Inc.
Whitefish, MT 59937
dreamadaptive.org

Eagle Mount Billings
Billings, MT 59101
eaglemount.us

Eagle Mount Bozeman
Bozeman, MT 59715
eaglemount.org

Eagle Mount Great Falls
Great Falls, MT 59403
eaglemount.net

NEW HAMPSHIRE

AbilityPLUS, Inc.
Glen, NH 03838
abilityplus.org

**Adaptive Sports Partners
of the North Country**
Franconia, NH 03580
Adaptivesportspartners.org

**Full Circle Farm
Therapeutic
Horsemanship**
Newport, NH 03873
Fcftherapeutic.org

Granite State Adaptive
Mirror Lake, NH 03853
gsadaptivesports.org

**Lakes Region Disabled
Sports at Gunstock**
Gilford, NH 03249
lrdisablesports.org

**New England
Disabled Sports**
Lincoln, NH 03251
nedisablesports.org

**New England Healing
Sports Association**
Newbury, NH 03255
nehsa.org

Northeast Passage
Durham, NH 03824
nepassage.org

**Waterville Valley
Adaptive Sports**
Waterville Valley, NH 03215
watervilleadaptive.com

NEW MEXICO
**Adaptive Sports
Program New Mexico**
Santa Fe, NM 87502
adaptivesportsprogram.org

Ski Apache Adaptive Sports
Ruidoso, NM 88355
skiapacheadaptiveports.com

NEW YORK
**Adaptive Sports
Foundation**
Windham, NY 12496
adaptivesportsfoundation.org

**Adaptive Sports Program
– Helen Hayes Hospital**
West Haverstraw, NY 10993
helenhayeshospital.org/
hospital-services/adapted-
sports-and-recreation

**ASPIRE, Inc.
(Amputee Program)**
Hartsdale, NY 10530
aspirenewyork@gmail.com

**Burke Rehabilitation
Hospital Adaptive
Sports Program**
White Plains, NY 10605
burke.org/community/
adaptiveprograms

**Cape Ability
Outrigger Ohana, Inc.**
West Henrietta, NY 14586
adaptivecanoeing.org

**Capital Region
Nordic Alliance**
Albany, NY 12203
capitalregion
nordicalliance.org

GallopNYC
Brooklyn, NY 11215
gallopnyc.org

**Greater Buffalo
Adaptive Sports**
Hamburg, NY 14075
sledhockeyfoundation.org

**Greek Peak
Adaptive Snowsports**
Apalachin, NY 13732
gpadaptive.org

**Lounsbury Adaptive
Ski Program**
Ellicottville, NY 14731
lounsburyadaptive.org

Move Along, Inc.
Oswego, NY 13126
movealonginc.org

**Rochester Accessible
Adventures**
Rochester, NY 14623
rochesteraccessible
adventures.org

STRIDE, Inc.
West Sand Lake, NY 12196
stride.org

**Western New York
Adaptive Water Sports**
Grand Island, NY 14072
wnyadaptivewatersports.org

NORTH CAROLINA
Bridge II Sports
Durham, NC 27705
bridge2sports.org

NORTH DAKOTA
Dreams in Motion
Mandan, ND 58554
Dreamsinmotioninc.com

OHIO

**Adaptive Sports
Connection**
Powell, OH 43065
taasc.org

**Adaptive Sports
Program of Ohio (ASPO)**
Dalton, OH 44618
adaptivesportsohio.org

Three Trackers of Ohio
Middleburg Heights, OH
44130
3trackers.org

OKLAHOMA
**UCO Center of
Adaptive Sports**
Edmond, OK 73034
uco.edu/wellness/sr/
trainingsite/index.asp

OREGON
**Adaptive Sports
Northwest**
Beaverton, OR 97005
adaptivesportsnw.org

**Adventures
Without Limits**
Forest Grove, OR 97116
awlouddoors.org

Oregon Adaptive Sports
Bend, OR 97703
oregonadaptivesports.org

PENNSYLVANIA
**Blue Ridge Adaptive
Snow Sports (BRASS)**
Carroll Valley, PA 17320
brasski.org

**Pennsylvania Center
for Adapted Sports**
Philadelphia, PA 19130
centeronline.com

**Three Rivers
Adaptive Sports**
Pittsburgh, PA 15238
traspa.org

**Two Top Mountain
Adaptive Sports
Foundation**
Mercersburg, PA 17236
twotopadaptive.org

RHODE ISLAND
Access2Adventure
Tiverton, RI 02878
access2adventure.org

SOUTH CAROLINA
Adaptive Expeditions
Charleston, SC 29422
adaptiveexpeditions.org

**Roger C. Peace
Rehabilitation Hospital**
Greenville, SC 29605
ghs.org/rcp

TENNESSEE

**Sports, Arts & Recreation
of Chattanooga (SPARC)**
Chattanooga, TN 37343
sparetn.org

TEXAS

Kinetic Kids
San Antonio, TX 78269
kinetickidstx.org

Operation Comfort
San Antonio, TX 78209
operationcomfort.org

**Soldiers Undertaking
Disabled Scuba (SUDS)**
San Antonio, TX 28516
sudsdiving.org

UTAH
**Common Ground
Outdoor Adventures**
Logan, UT 84321
cgadventures.org

National Ability Center
Park City, UT 84060
discovernac.org

**Ogden Valley
Adaptive Sports**
Eden, UT 84310
ogdenvalleyadaptivesports.org

Wasatch Adaptive Sports
Snowbird, UT 84092
wasatchadaptivesports.org

VERMONT
**Bart J. Ruggiere
Adaptive Sports Center**
Manchester Center, VT
05255
bartadaptive.org

Central Vermont Pioneers
Montpelier, VT 05602
centralvermontpioneers.org

**Friends of Stowe
Adaptive Sports**
Hyde Park, VT 05655
stoweadaptive.org

**Mount Snow
Adaptive Sports**
Mount Snow, VT 05356
msadaptive.org

**Northeast Disabled
Athletic Association**
Burlington, VT 05408
disabledathletics.org

**Vermont Adaptive Ski
& Sports Association**
Killington, VT 05701
vermontadaptive.org

VIRGINIA

Adventure Amputee Camp
Falls Church, VA 22042
adventureamputeecamp.org

Sportable
Richmond, VA 23220
sportable.org

Therapeutic Adventures, Inc.
Charlottesville, VA 22905
TAonline.org

**Wintergreen
Adaptive Sports**
Roseland, VA 22967
wintergreenadaptivesports.org

WASHINGTON
**Footloose Sailing
Association**
Mercer Island, WA 98040
Footloosedisablesailing.org

Outdoors for All Foundation
Seattle, WA 98115
Outdoorsforall.org

WASHINGTON, D.C.
**DC Fire Fighters
Burn Foundation**
Washington, DC 20017
dcffburnfoundation.org

WEST VIRGINIA
**Challenged Athletes
of West Virginia**
Snowshoe, WV 26209
cawwspports.org

WISCONSIN
**Coulee Region Sport,
Therapeutic and Adaptive
Recreation Association**
La Crosse, WI 54601
couleeregionsledhockey.com

**Southeastern Wisconsin
Adaptive Ski Program**
Cedarburg, WI 53022
sewasp.org

WYOMING
Teton Adaptive Sports, Inc.
Jackson, WY 83001
tetonadaptivesports.com



ADAPTED SPORTS PROGRAMS & COMPETITIONS AT TURNSTONE CENTER FORT WAYNE, INDIANA

Turnstone Center’s competitive sports season is underway with wheelchair basketball, rugby, power soccer, and sled hockey teams in full swing. Interested athletes may join team practices at any time during the season.

Turnstone will also be hosting tournaments throughout the winter and spring months. Athletes and teams are invited to participate in the following events:

- Wheelchair Basketball Junior Division Regional Qualifier —Jan. 25-26: Prep and Varsity division competitions will take place starting early Saturday Morning and finish Sunday mid/late afternoon.
- Turnstone Summit City Shootout Adult Wheelchair Basketball Tournament: Feb. 1-2: Games will take place starting early Saturday Morning and finishing Sunday mid/late afternoon. All teams will have a minimum of three games. We are expanding the invitation to DII and DIII teams.
- Silver Stick Sled Hockey Tournament – Feb, 1-2. Silver Stick is an international organization that has more than 65,000 hockey participants. This event is a USA Hockey sanctioned tournament for youth sled (sledge) hockey players (age 18 and under) and pushers are allowed.
- 12th Annual Bob Chase Frostbite Sled Hockey Tournament – Feb. 22-23: The event will be held at the Parkview/SportOne Icehouse. This is a 3-sheet state-of-the art facility with a full-service restaurant and bar, full service pro-shop, party rooms and is fully accessible. The Icehouse is located at 3869 Ice Way, Fort Wayne, IN 46808. It is located close to numerous hotels, restaurants, shopping and entertainment. The event will start Saturday mid-afternoon and conclude by mid-afternoon Sunday.



- Turnstone Hoosier Thaw Power Soccer Tournament – March 7-8: The event will start Saturday mid-afternoon and conclude by mid-afternoon Sunday. All teams are guaranteed four games.
- Turnstone Endeavor Games – April 24-26: Registration for Turnstone Endeavor Games opens Feb. 1, 2020 and will be open through April 14, 2020. The 4th Annual Turnstone Endeavor Games is an opportunity for athletes with physical disabilities to participate in various sporting events on a competitive level. Previous sports included in the event with competition or clinic offerings include air rifle shooting, archery, boccia, goalball, power soccer, sitting volleyball, swimming, track and field, and wheelchair basketball.

For more information about adaptive sports programs, or to register for these upcoming events, please visit <https://turnstone.org/sports>.

DARE2TRI TO HOST CHICAGO-AREA MULTISPORT CLINIC IN WINTER HIGHLAND PARK, ILLINOIS

Dare2tri, a non-profit that specializes in paratriathlon training, will host its annual Multisport Clinic on March 7, 2020, in Highland Park, Illinois. This indoor clinic is open to individuals of all ages who have a physical disability or visual impairment, from the beginner to the elite athlete.

Under the guidance of highly trained adaptive coaches and mentor athletes, Multisport Clinic participants are trained in the various triathlon disciplines, including swimming, cycling, running, and wheelchair pushing. There are additional sessions focused on functional strength training and yoga.

Clinic activities are held at the Illinois Bone and Joint Institute, Vision Quest Cycling, and Foss Swim School — all of which are conveniently located in one Highland Park intersection. Attending costs \$25, and includes a half-day of high-level, individualized coaching, use of adaptive equipment, and a complimentary Dare2tri tech T-shirt. Scholarship opportunities are available for those in need of financial assistance.

[Learn more at dare2tri.org.](https://dare2tri.org)





17TH ANNUAL GREAT LAKE MONO SKI AND RACE CAMP DULUTH, MINNESOTA

The 17th annual Great Lake Mono Ski and Race Camp will be held Feb. 26, 27, and 28, 2020. This amazing three-day event is the largest mono-ski camp in the Midwest for youth and adults with disabilities. Skiers and instructors from the Midwest and beyond come together to advance the participant's mono-ski skills. Skiers gain confidence, take steps at independence as a skier and have the ability to learn about Paralympic racing opportunities. Instructors from Adaptive Adventures, Adaptive Sports Center, Breckenridge Outdoor Education Center, and Courage Kenny Ski

and Snowboard Programs come together to provide skiers with group instruction based on ability.

Each skier has the opportunity to be filmed professionally. It is not only fun to see yourself ski but the ability to have professionals analyze, discuss and create a lesson plan together is priceless.

For more information or to register, contact Mark Hanna, Mark.hanna@allina.com, 218-726-4834 ext. 2 or Eric Larson eric.larson@allina.com, 218-726-4834 ext. 4



ADAPTIVE SKI AND SNOWBOARD LESSONS AT BRUNDAGE MOUNTAIN MCCALL, IDAHO

Adaptive Wilderness and Sports of McCall (AWeSOMe!) is offering its winter season ski and snowboard instruction at Brundage Mountain for students with cognitive and/or physical disabilities starting January. The AWeSOMe! Winter Program offers a broad range of instruction for varying types of skills. Our instructors are PSIA Certified and specially trained in Alpine and Adaptive Skiing, ensuring that all students learn to ski or snowboard with confidence and safety, and most importantly have fun. We are also excited to announce AWeSOMe! is entering this season with a new bi-ski and a mono-ski through a generous grant from the McCall Rotary Foundation, enabling us to offer additional instruction to students requiring adaptive ski equipment.

AWeSOMe has offered an adaptive ski program for 19 years with qualified instructors with a passion for everyone to enjoy winter sports. Our regular scheduled instruction is on Saturday and Sunday, from January to March and mid-week lessons by appointment throughout the season. We will also



host our annual Warfighter Sports Ski and Snowboard Event for wounded warriors on Feb. 22-23.

For more information about our adaptive ski and snowboard lessons visit us at our website awesomemccall.org.



LEARN-TO-SKI AND SNOWBOARD IN THE SAN JUAN MOUNTAINS DURANGO, COLORADO

For the past 36 years, **Adaptive Sports Association (ASA)** has been providing life-changing experiences for people with disabilities. During the winter months, ASA runs a ski and snowboard school based at Purgatory Resort in Durango, Colorado. At the heart of our winter programs are learn-to-ski scholarships.

Learn-to-ski scholarships include transportation to, from, and around Durango, lodging, most meals, lift tickets, private lessons, and equipment rentals. The typical scholarship recipient stays for five days, with four days of one-on-one snowsport instruction. ASA offers instruction in traditional 2-track skiing, 3- and 4-track skiing, snowboarding, mono-skiing, bi-skiing, ski-biking, and more.

Ideal candidates are people with a physical disability and/or progressive disease who are new to adaptive skiing and will help spread the word about ASA's program within their communities. We also have programs designed specifically for injured service members and people living with developmental, cognitive, and intellectual disabilities.



For more information about specific programs, visit asadurango.com. Contact Klancy Nixon at 970-259-0374 or klancy@asadurango.com for more information about learn-to-ski scholarships, or individual or group lessons.

43 YEARS AND STILL GOING STRONG! WINTER ADAPTIVE ADVENTURES WITH BOEC SUMMIT COUNTY, COLORADO

Breckenridge Outdoor Education Center (BOEC) is gearing up for its 43rd winter season of outdoor adaptive adventures in Summit County, Colorado ... right smack in the heart of the Colorado Rockies! Last year's snow season was certainly an epic one with over 400 inches of white gold gracing our mountains and valleys, and we're looking forward to another fantastic season in 2019-2020. At its core, BOEC offers daily PSIA-certified, one-on-one, customized downhill skiing and riding experiences for those with disabilities or special needs at the world-renowned Breckenridge & Keystone Ski Resorts. But, we don't stop there as we offer cross-country and snowshoeing instruction, as well as a plethora of specialized camps for individual sign-up. A few of our program highlights include the Outdoor Active Ski Retreat (OAR) designed for adults living with Parkinson's Disease, Jan. 20-24, 2020, and the Adventures Within (AWI) Winter Ski Retreat for adults living with Multiple Sclerosis, Feb. 22-26, 2020.

Additionally, don't forget about BOEC's Heroic Military Program for veterans injured in the line of duty and their families. Most of these veteran programs are offered for free or for a minimal charge. A few of these offerings include the Military Ski & Snowboard Camp, run in conjunction with Adaptive Adventures, January 14-16, 2020, and the Mono-Ski Camp, January 26-30, 2020. Space fills up fast for all of BOEC's programming, so advanced reservations are highly recommended.



Full Schedule of Winter 2019-20 Events

- The Hartford Ski Spectacular (DSUSA) – Dec. 9-15
- Challenge by Choice – Brain Injury Alliance (BIA) Ski Retreat – Jan. 6-10
- Military Ski & Snowboard Camp – Jan. 14-16
- Outdoor Active Ski Retreat (OAR) – Jan. 20-24
- Mono-Ski Camp – Jan. 26-30
- Adventures Within (AWI) Winter Ski Retreat – Feb. 22-26
- USABA Winter Ski Festival – Feb. 26 – March 1
- Wounded Heroes Mountain Family Ski Week – April 5-12

For more information and a full listing of our programs please visit our website at www.boec.org or contact Claire DiCola, Admissions Director at Claire@boec.org or 970-453-6422.



CHALLENGE ASPEN ASPEN, COLORADO

Please join **Challenge Aspen's** Recreational, Educational, and Cultural (REC) program for an adaptive race camp, in preparation for NASTAR Nationals. This 2-day race clinic will be led by certified coaches and adaptive professionals to help you fine tune your skills for doing your best in the 2020 NASTAR Nationals.

The camp will be held in Snowmass, Colorado, the two days prior to NASTAR Nationals racing which will also be held in Snowmass, Colorado. We will focus on race techniques, proper waxing/equipment maintenance, video analysis and of course a few social activities.

Camp is FREE to the first 12 2020 NASTAR-Qualified Adaptive Racers who apply.

Lodging, lift and entry fee financial aid will also be provided for those in need.

Race Camp – Tuesday and Wednesday, March 24-25, 9 a.m.-3 p.m. daily

NASTAR Nationals – Thursday through Sunday, March 26-29

Please see the Challenge Aspen website at challengeaspen.org for more details.



COLORADO DISCOVER ABILITY GRAND JUNCTION, COLORADO

Join **Colorado Discover Ability** as we celebrate our 40th year of providing outdoor recreation for people of all abilities! CDA guests will once again enjoy amazing ski conditions and incredible views atop Powderhorn Mountain Resort.



In addition to ample amounts of snow last season, we also added two new adaptive ski bikes to our program that were a tremendous hit.

This year we are honored to be the beneficiary of a pre-opening day at Powderhorn on Dec. 12. Eager skiers and riders can get a head start on the first turns of the year by purchasing a discounted lift ticket to gain first tracks before the official opening day on Dec. 13. Proceeds from the sale of these tickets will go to CDA!

CDA is always grateful for the many individuals who help care for our mission including our amazing volunteers and donors. We look forward to another amazing winter with your support!

For more information visit our website at www.cdagj.org, call 970-257-1222 or email programs@cdagj.org.

SKIING, SNOWSHOEING, CANOEING, DOG SLEDDING AND MORE LOGAN, UTAH

Fall is in the air and snow has hit the tops of the mountains in Logan, Utah, bringing with it an excitement for the upcoming winter season. We are looking forward to an exciting season providing many fun and thrilling outdoor experiences out of our adaptive center at Beaver Mountain Ski Area, as well as our Logan City office! Activities include: alpine ski lessons seven days a week, Nordic skiing, snowshoeing, snowboarding and many others. **Common Ground** wants to help individuals of all abilities have the opportunity to participate. This means low fees and scholarship opportunities for activities and trips.

In addition to daily adaptive ski lessons and other activities, Common Ground offers multi day programs.

Warfighter Ski Trip – Feb.4-8: Come enjoy Beaver Mountain Ski area and explore around Garden City Utah.

Dog Sledding Trip – Jackson, Wy – March 6-8: This is one of our most popular trips. Come enjoy the beautiful scenery, great company, and an adventure that you will not forget.





DREAM ADAPTIVE RECREATION - BACKCOUNTRY POWDER CAMP WHITEFISH, MONTANA

DREAM Adaptive Recreation and Great Northern Powder Guides (GNPG) know the adaptive backcountry cat skiing/snowboarding experience. Cold smoke ... yes please! Join us for Pow Camp and you'll receive three days of guided backcountry skiing/snowboarding, two days at Whitefish Mountain Resort (WMR), an avalanche safety class, along with all the amenities and hosting that cater to powder hounds like you! We offer a low adaptive skier/rider-to-powder host ratio to assist you in the deep stuff, as needed. GNPG has 20,000 acres of Northwest Montana cat skiing, and we want to give you access to shred!

This camp is for independent intermediate to advanced skiers and riders with permanent physical disabilities. No previous backcountry experience necessary, but skiing/riding powder and advanced terrain experience is required. There is a minimum skill and equipment requirement that must be met before you can attend this event. We'll ask for your credentials and references during the application process.

Camp Details:

- 7 adaptive skiers and snowboarders only; space is limited!
- 6 nights of accessible lodging in Whitefish
- 5 nights of amazing dining provided local Whitefish eateries and local gourmet food trucks
- 3 Cat-Skiing/Snowboarding days and 2 resort days
- Avalanche Safety Training Class
- A low Skier/Rider to Powder Host Ratio
- Local ground transportation

Camp Dates and Schedule: Feb. 9-15, 2020

Sun, Feb. 9h: Arrival Day! Meet and mingle at The Great Northern

Mon, Feb. 10: Freeride Day, Equipment shake-down & Avalanche Safety Class @ WMR



Tues, Feb 11: Cat – Skiing Day 1

Wed, Feb 12: Cat – Skiing Day 2

Thurs, Feb 13: Recovery & Relaxation Day or another on snow day at WMR

Fri, Feb 14: Cat – Skiing Day 3

Sat, Feb 15: Departure Day :(

Camp Fee: \$925/person for a double-occupancy room; \$1,175 for a private single room. \$400 non-refundable deposit is required to hold your seat on the Cat. Full payment required by Jan. 9

For more information, please contact: Lucas Grossi, Powder Camp Coordinator, 406-890-8348, lgrossi@dreamadaptive.org.

ADAPTIVE SNOWSPORTS PROGRAM AT ELDORA BOULDER, COLORADO

Since 1975, the volunteers at Ignite Adaptive Sports have been providing enjoyable winter sport experiences to people with disabilities all over the Front Range and surrounding Colorado Mountain Communities. Current offerings include alpine and cross-country skiing, snowboarding, ski biking and snowshoeing opportunities. Full and half-day snowsport lessons run January through March and are held Thursdays through Sundays. With an incredible amount of early season snow, the 2019/2020 season looks to be a memorable one.

New volunteer orientations offered each fall are currently underway with record turnout for this season. Last year, over 248 volunteers donated over 16,000 hours, providing 1,243 lessons to over 280 students, 59 of whom were disabled veterans. This is equivalent to a donation of over \$471,000 (based on the Independent Sector for 2018). All of Ignite's lessons are provided by their amazing volunteer base, the lifeblood of Ignite Adaptive Sports.

Volunteers undergo training specifically oriented to providing a safe, fun and educational experience for persons with disabilities. Ongoing training throughout the season is offered to maximize the instructor's personal skiing/riding, teaching ability and technical knowledge.

In addition to their incredible volunteers, Ignite Adaptive Sports does not turn any students away based on their disability or ability to pay. Scholarships are available to individuals who meet the income requirements set by the scholarship committee. Please contact scholarship@igniteadaptivesports.org for more information.

Visit igniteadaptivesports.org or Ignite Adaptive Sports on Facebook for more information regarding the 2019/2020 season and additional snowsport information.



PAY IT FORWARD WHILE DOING WHAT YOU LOVE PARK CITY, UTAH

Ride the best snow on earth as you work! The **National Ability Center (NAC)** is actively recruiting experienced adaptive ski and snowboard instructors to join us at Park City Mountain!

Are you ready to pursue your ski and snowboard dreams? Join the National Ability Center High Performance Team. We offer racing and freestyle options to meet your training goals. NAC's Alpine Team Head Coach has been named Adaptive Domestic Coach of The Year by USSA. Our current team and alumni roster includes Paralympic gold medalists as well as athletes who have been featured in publications like Powder Magazine, USA Today and more!

- **Holiday Overnight Family Camp**, Dec.18-22. A winter experience for the whole family in Park City, Utah. This overnight camp will include ski and snowboard lessons, unmounted equestrian activities, crafts and more. Lodging and food included. For families that have a member with a disability.
- **Military Backcountry Snowshoe**, Jan. 11. Military service members and their families are invited to join an adaptive, guided backcountry snowshoe trip to the NAC yurt in the Uinta Mountains.
- **Friends & Family Fat Biking**, Feb. 23. Discover adaptive, winter fat tire biking on the snowy groomed trails surrounding the National Ability Center



Photo by Eclectic Brew Productions

Create your own adaptive adventure with a stay in our Park City lodge and an action-packed schedule of adaptive outdoor activities from ski and snowboard, to indoor climbing, Nordic skiing, snowshoeing and more!

For more information, visit www.discovernac.org. Scholarship available.

VARIOUS ACTIVITIES WITH THE NATIONAL SPORTS CENTER FOR THE DISABLED WINTER PARK AND DENVER, COLORADO

At the **National Sports Center for the Disabled (NSCD)**, we provide various winter activities for kids and adults with disabilities. We host programs both in Winter Park and in the Metro Denver area. Check out some of our programs that we have to offer below!

Winter Park Mountain Programs: Our adaptive alpine ski, snowboard and ski bike lessons are some of our most popular mountain programs. We provide private lessons with highly trained adaptive instructors. Lessons are tailored to meet the needs or goals of each individual participant. Lessons are available for two-track, three-track, four-track, slider ski, ski bike, mono-ski, dual-ski, bi-ski and snowboard.

Full-day and half-day lessons are available. Family lessons are also available and can provide an opportunity for a parent or adult to learn proper techniques for assisting the family member with special needs while on the slopes.

The program for ages 5 and older is held during the Winter Park Resort Season 2019-2020 at the Winter Park Resort. Full lessons are 9 a.m.-4 p.m.(with one-hour lunch). Half-day classes are 9 a.m.-noon and 1 p.m.-4 p.m.

Denver Metro Programs: In the Denver Metro area we offer various sports and activities for all. We offer activities such as indoor rock climbing and indoor kayaking.



Interested in customizing your own activity with a group? We offer custom group activities where you and your group can determine your custom activities and sports!

For reservations, please contact customer service at 970-726-1518 or visit nscd.org for more information!



YOUR GROUP ADVENTURE STARTS HERE STEAMBOAT SPRINGS, COLORADO

Located in beautiful Steamboat Springs, **STARS** offers customized group camps with all types of winter adaptive recreating including:

Skiing/Snowboarding/Nordic/Sled Hockey/Mountain Biking/Cycling/Therapeutic Horseback Riding/Hiking/Waterskiing/Paddle Sports/Fishing

Groups stay at the new 27-bed fully accessible STARS Ranch, which enables groups to stay together, socialize, and experience adaptive recreation as well as education programs. The Ranch includes common gathering areas, kitchen, BBQ, fire pit and unparalleled views. Located two miles from downtown and the ski mountain, STARS Ranch lets you explore all the Steamboat has to offer in a convenient location.



For more information or to inquire about booking a group, contact Mike Boone at 970-870-1950 or email her at Mike@steamboatstars.com.

TASP HOSTING A SKI & RIDE CAMP IN JAPAN HOKKAIDO, JAPAN!

Telluride Adaptive Sports Program (TASP) is excited to bring the answer to every skier and rider's greatest fantasy this winter by hosting an adaptive ski & ride camp in Hokkaido, Japan! The island nation, with more ski areas than any other country in the world, has garnered something of celebrity status within ski culture, always being at the top of any skier/rider's international bucket list.

Telluride Adaptive, always striving to offer the highest level of inclusive opportunity to its participants no matter how extreme or far reaching, has focused its energies this season on tailoring this brand-



new offering. No stranger to international and faraway ski destinations (TASP has hosted ski camps in areas like Chile and Alaska), TASP has worked diligently the last year to bridge cultures and build relationships to find viable accommodations, hospitality and transportation for participants of varying ability levels, especially for those with mobility considerations such as wheelchairs. TASP has attentively sought out a world class ski area (Rusutsu Ski Resort) and a custom itinerary to allow for individual's varying considerations to be catered to.

While skiing in Japan is of course the main focus of this endeavor, TASP has a few side trips lined up to facilitate a variety of cultural experiences through food, regional attractions, soaking in the Onsens (Japanese hot springs) a visit to the 70th Anniversary Sapporo Snow Festival. The trip will take place February 3-12, 2020.

More information available by contacting Tim McGough at 970-728-3865 or emailing programs@tellurideadaptivesports.org.



DISCOVER THE MAINE WAY THIS WINTER VARIOUS LOCATIONS

Maine winters are known to be long — luckily the **Adaptive Outdoor Education Center** has a myriad of programs for you to enjoy the great outdoors!

Horizons Skiing at Sugarloaf Mountain — This program is at our home mountain and backyard playground. Inclusive with the Sugarloaf Ski School, our program is for individuals with autism and takes place every weekend January - March.

New Hermon Mountain — A new location for us this year, this program is for all abilities and ages and will take place on Tuesday evenings.

New this year is Nordic skiing! Join us monthly for Nordic skiing in Carrabassett Valley. This program will teach the basics of Nordic skiing while enjoying the beautiful scenery along the way. Additionally, we offer private snowshoe programs for individuals and groups.

Horizons Climbing: Conquer your crux this winter by joining us at any of our three gym partners throughout the state of Maine. We climb twice a month at EVO Rock + Fitness in Portland and Maine Bound.

Adventure Center in Orono. We also provide private climbing sessions at the Anti-Gravity Complex in Carrabassett Valley.

Lodging: Stay warm and enjoy an awesome community of like-minded folks

by taking advantage of our low-cost, fully accessible lodging in Carrabassett Valley. Whether you need one bed or 25, we've got you covered this winter season! We are located just one mile south of the Sugarloaf Access road, making for an easy commute when you're up early for first tracks!



For more information please visit www.adaptiveoutdooreducationcenter.org.

ALL ABILITIES WELCOME TO TRY TRAIL ORIENTEERING DELMAR, NEW YORK

As a DSUSA New York chapter, **Capital Region Nordic Alliance (CRNA)** continues to grow in its adaptive programming in its five year-round winter Nordic sports (xc skiing, biathlon, orienteering, snowshoe and bobsled/skeleton). Being a national leader in the development of Trail Orienteering for not only those with disabilities but the entire community, CRNA is positioned to offer high quality, national qualifying events for those with a variety of disabilities to represent the USA in both national competitions as well as the World Trail Orienteering Championships. In 2020, it will take place in Hong Kong.

Trail Orienteering (TrailO) is an orienteering sport that involves precise reading of an orienteering map and the corresponding terrain. Trail orienteers must identify, in the terrain and in the presence of decoys, control points shown on the map. TrailO involves navigation yet no point to point racing and little or no route choice. It is conducted usually on trails and because the objective is accuracy, the sport is accessible to physically disabled competitors on equal terms as able-bodied.

TrailO has been developed to offer everyone, including people with limited mobility, a chance to participate in a meaningful orienteering competition. Because control points are identified from a distance, and competitors are not allowed to leave the trails, participants with and without physical disabilities compete on level terms.

PreO

PreO (Precision Orienteering) is the traditional form of Trail Orienteering. Competitors are given a map at the start. The locations of the controls, the start and the finish are marked on the map. At each site, there are a number of control flags (which is called by a Latin letter A, B, C, D or E, but only one or none correctly

represent the control marked on the map. The competitors have to stay on trails as shown on the map and look at the control at a specified location on the trail, which is called the decision point (DP). The sole purpose of the decision point is to determine which flags are A, B, C, D or E, which is needed to make the answer. Competitors are allowed to move along the trail to observe but need to choose the answer at the decision point. Each correct answer scores one point, and wrong answer scores zero point.

TempO

A TempO course has timed controls only. The competitors are ranked according to their time taken, which is the time needed to answer all controls and 30 seconds penalty for each incorrect answer, including blank and multiple answers.

In each timed station, competitors are required to sit at a designated place, at which all control flags can be seen clearly. The flags are labelled from the left to the right, (alpha, bravo, charlie, delta, echo, foxtrot). They are given a set of maps including only the area around the controls, one for each question, and have to point at the correct answer or speak A, B, C, D, E, F, Z, as quickly as possible. The time at each TempO station is 150 sec.

Trail O is a sport all can enjoy yet offers full access and inclusion to those with disabilities.

Location of local/regional CRNA Trail O events, check out our events page for events held at 5 Rivers Environmental Center in Delmar, New York, as well as events in Windham, New York. National events will be held in Boston and proposed Navy Shipyard, Philadelphia, March-April 2020.

Call CRNA at 315-396-9967 for further information on TrailO and its other exciting Paralympic Nordic sports.



STOWE MONOSKI CLINIC SHOWCASES TWENTY OF THE BEST TALENT STOWE, VERMONT

This will be the seventh consecutive year that Friends of Stowe Adaptive Sports hosts what has become one of the most anticipated ski event of the year: FOSAS MonoSki Clinic at Stowe Mountain Resort regrouping some of the best talent from the East. The perennial favorite is a collaboration between Friends of Stowe Adaptive Sports, the Spaulding Adaptive Sports Center, Eastern Adaptive Sports and the Kelly Brush Foundation

Annually, about 20 mono sit-skiers of all ages and abilities come from near and far eager to ski at Stowe Mountain Resort, to share knowledge with each other, to receive top notch ski instructions from experts...and to rip some fast laps on the Stowe's famous Front Four.

This event puts a spotlight on adaptive skiing, gives the athletes a chance to trade stories, learn from each other, and introduce some members of the general public to monoskiing.

Expert and intermediate mono skiers are led in clinics by Geoff Krill, director of Eastern Adaptive Sports and PSIA-AASI Adaptive Team Coach and by Chris Young, US Coast Guard (Ret.), World Cup and Paralympic Champion, X Games Champion, and volunteer at the Spaulding Adaptive Sports Centers.

Other athletes receive one-on-one lessons with instructors of the Stowe Mountain Resort Ski and Snowboard ski school and of the Spaulding Adaptive Sports Centers. This year's Mono Ski Day is sponsored by Stowe Mountain Resort, Inntopia, and Green Mountain Inn.

Space is limited and the event sells out quickly. To sign up, visit <https://www.stoweadaptive.org/events/stowe-monoski-day/> or contact Pascale Savard at pascale05672@gmail.com.

WINTER FUN AT MOUNT SNOW RESORT DOVER, VERMONT

Opening our third winter season, **Adaptive Sports at Mount Snow (ASMS)** is pleased to announce our winter programming for the 2019-2020 season. Daily adaptive ski and snowboard lessons start Dec. 15 and run to March 29.



ASMS is also host to the Bluebirds Special Olympics ski and ride team, starting in January. Premiering this season is Veteran Fridays, a peer led group for retired and active service members who receive services through the regional Vet Center. We invite you to join adaptive athletes and community members on the slopes and dinner table at our Winterfest Ski-athon, Auction and Gala Dinner on Feb. 22, 2020. Come experience one of the most powerful snowmaking systems in North America! No matter the weather, the surfaces are some of the best on the east coast. Located in West Dover, Vermont, just over an hour from Albany, New York and three hours from Boston, Mount Snow is a place for all!

- Ski and Snowboard Lessons: Dec. 15, 2019-March 29, 2020
- Bluebirds Special Olympic team: Jan. 5-March 22, 2020
- Veteran Fridays: January-March 2020
- Winterfest: February 22, 2020

For more information, check out our website www.adaptiveatsnow.org.

ADAPTIVE ALPINE SKIING & SNOWBOARDING PROGRAM PLANTSVILLE, CONNECTICUT



For nearly a decade now, **LOF Adaptive Skiers** has been providing adaptive winter sports opportunities at Mount Southington in Plantsville, Connecticut. We will be back again at Mount Southington this upcoming winter with lessons offered two days a week from 9 a.m.-2:30 p.m. (weekdays only). Lessons will begin shortly after Jan. 1 and run until mid-March, depending on weather. We have the volunteers and equipment to offer lessons to children, adults and veterans of nearly all disabilities. This includes both stand-up and sit-skiing for complete beginners or more advanced skiers.

Please email LOFskiers@gmail.com for more information.



MAINE ADAPTIVE PUTS THE COURT CHAIRS TO EVEN MORE USE WITH PICKLEBALL! SOUTH PORTLAND, MAINE

One of the fastest growing sports in America involves a court and a net. And, no, it's not tennis or badminton, it's pickleball. Maine Adaptive's newest addition to their winter program line up is giving Mainers a new opportunity to remain active during the colder months. Like the other sports pickleball resembles, it can be played indoors, outdoors, singles, doubles, stand-up, and wheelchair. The diversity in which this sport is played has opened up many opportunities for adaptive athletes resulting in an increased interest and demand for this trending sport.

Hosted by The Point Community Center in South Portland, Maine Adaptive launched its pickleball program on Nov. 14 and plans to run weekly lessons every Thursday from 2 p.m.-4 p.m., throughout the winter season. All players will gain and experience camaraderie, skill development, exercise, competition, and good fun! Whether you are a seasoned player or new to the sport, play one game and you will be hooked!



For more information about this sports program or other Maine Adaptive offerings, contact us at info@maineadaptive.org, or visit www.maineadaptive.org.

FULL CIRCLE FARM THERAPEUTIC HORSEMANSHIP NEWPORT, NEW HAMPSHIRE

Located on a stunning 160-acre facility in Newport New Hampshire, **Full Circle Farm Therapeutic Horsemanship (FCFTH)** is a Professional Association of Therapeutic Horsemanship (PATH) accredited program that offers mounted and unmounted activities to people with different abilities. Established in 2014 with one rider, we now offer over 50 riders a week the ability to learn and grow through adaptive riding. The benefits of riding vary depending on the goals and expectations of the rider. These can include improving muscle tone and balance, core strengthening, improved expressive language, learning appropriate behavior, building trust and finding peace.

We offer individual and group lessons as well as hosting school groups, vocational training, veteran program as well as trauma/PTS focused programs. With a heated indoor arena, we can offer lessons year-round. While we currently have a waiting list for participants, we often have spaces open up early in the year so give us a call. We are also always looking for volunteers.

Upcoming events include: Dec. 7, Volunteer Appreciation and



Photo by Hilary Cole

Holiday Party, with donkeys, Santa, silent auction and cookie swap, even if you are new to us, come on by and say hi. In February we are hosting our annual Beach Party — a little bit of summer fun mid-winter in a heated indoor arena!

[Check our website or Facebook for details.](#)



GET MOVING WITH MOVE ALONG OSWEGO, NEW YORK

Looking for some fun activities to keep you active this winter, but don't like the cold weather outside?

Move Along, Inc is a small nonprofit which hosts and supports many adaptive and inclusive activities in Central New York! By offering programming throughout the region, we seek to foster community engagement and promote recreation in our community.

The CNY Sled Hockey Flyers, our flagship competition team, has begun to heat up the ice for a challenging season which culminates in an annual home tournament in March. As the Flyers skate into a new season, our winter wheelchair basketball programs are rolling out in collaboration with our community partners. Programs will be hosted at McChesney Park in Syracuse, New York, for adults and at Granby Elementary in Fulton for youth. For a more individualized experience, Move Along continues to offer weekly wheelchair tennis practices- A program initially piloted with the Exercise Science program at Syracuse University

In addition to weekly programming through the winter, Move Along will run a series of adaptive cycling clinics in 2020. These clinics, will be offered in area gyms in Syracuse, Canandaigua, Binghamton and Watertown. With over 12 different adaptive cycles, including tandem cycles for visually impaired riders, we hope to offer a unique and enjoyable experience for participants of all experiences and abilities.



To cheer on Team Move Along, participate, volunteer, schedule an event, or learn more, please visit www.movealonginc.org or contact Jeff Wright at 315-263-1705.

SKIING AND SNOWBOARDING AT MOUNT SUNAPEE RESORT NEWBURY, NEW HAMPSHIRE

New England Healing Sports Association (NEHSA) is gearing up for another wonderful winter season at beautiful Mount Sunapee in Newbury, New Hampshire. NEHSA provides outdoor recreation opportunities for individuals of all ages with physical and cognitive disabilities. We are so excited to be opening our newly renovated lodge for our 47th winter season!

At NEHSA, we believe that anyone can learn to ski or ride! Whether you are new to snow sports or have been on the slopes for years, we have trained instructors to help you have a safe and fun day in the snow. Ski and snowboard lessons are available seven days a week beginning Dec. 26 continuing until the snow runs out. Sign up ASAP for a wonderful day out on the snow!

NEHSA will also be providing instructor training opportunities before our season begins. On- and off-snow clinics will be taking place Dec. 7, 14, 15, 20, and 21. Clinic content will include information ranging from how to teach an adaptive lesson to advanced tethering techniques and almost everything in between!



For more information including clinic descriptions and sign ups, please see our website, www.nehsa.org. For more information and to get involved, contact us at info@nehsa.org or 603-763-9158



SLED HOCKEY PROGRAM ALBANY, NEW YORK

The Sled Hockey program run by **STRIDE Adaptive Sports** is located right in the Albany area! Forget everything you think you know about Sled Hockey because the Capital District Sled Warriors is a program like no other. From October to April, the team meets weekly on Sundays from 11:00 to 12:00 p.m. Practices are held on weekends at the Albany County Hockey Facility ice rink, with tournaments and games scheduled throughout the late winter and early spring.

Twelve years ago, the team was founded by Tom and Kim Wilson of Slingerlands for their son and local teenagers with physical disabilities. STRIDE Adaptive Sports took over the team in 2009, and the sport has continued to grow in popularity ever since. If you live in the Capital Region, we invite you to join in the fun!

Similar to ice hockey, sled hockey is an exciting and competitive full-contact sport. In place of skates, players are seated in sleds and hockey sticks are replaced with short picks that have metal teeth at the end. Players use their picks to pass, stick handle, shoot the puck, and propel their sled

across the ice. Regardless of skill, no player is ever turned away; possessing such a positive mindset has rewarded this team with tremendous success! While winning may be the primary incentive for other teams, the Sled Warriors believe that victories come from the pride and happiness they radiate both on and off the ice.



For more information, visit <https://www.stride.org/sports/sled-hockey/> or call 518-598-12

ENJOY THE MOUNTAINS OF NEW HAMPSHIRE LOON MOUNTAIN AND BRETTON WOODS, NEW HAMPSHIRE

New England Disabled Sports (NEDS) has several opportunities for you to get out and enjoy the beautiful White Mountains of New Hampshire. Winter is upon us and the skiing/riding season will begin on Dec. 14. Our knowledgeable staff and volunteers will provide you with the equipment, training, and support to actively participate in alpine skiing, snowboarding, Nordic skiing, and snowshoeing.

Veterans Ski for FREE! Any veteran living with a disability skis for free any day of the week. Call the office at 603-745-9333 to sign up today!

Sports for Life – March 20-22: This is a scholarship opportunity for anyone that is new to NEDS. Any age or disability is accepted. Includes two days of skiing/riding with lift ticket, equipment, and lesson. Housing is included with the scholarship.

W.I.N.G.S Scholarship – This is a scholarship opportunity for anyone on the autism spectrum that is new to NEDS. Includes two days of skiing/riding, lift ticket, and lesson. Housing is included with the scholarship.

General scholarships available for reduced cost lessons for all ages and ability levels!



Call to sign up today 603-745-9333!



MULTIPLE WINTER SPORTS AT VERMONT ADAPTIVE MULTIPLE VERMONT LOCATIONS

We are ready for winter sports at Vermont Adaptive! Join us at Pico Mountain/Killington Resort, Sugarbush Resort, and Bolton Valley Ski Area for some downhill adventures. Or join us indoors for some rock climbing. We offer daily, year-round programming throughout Vermont including Veterans Retreats, wellness camps and more. Visit www.vermontadaptive.org for reservation and more information.

C.O.R.E. Connections Wellness Camp – Feb. 19-21, 2020 at Pico Mountain, Killington, Vermont. Join us for an adventure-filled week of camp that emphasizes whole body health and is open to all ages and abilities. The camp includes an initial individualized lifestyle analysis and moves on to personalized goal setting, nutrition, fitness and mindfulness. Activities include farm to table field trips, cooking, fitness modalities, creative arts and music, and season-related adventures including skiing, snowboarding, snowshoeing, indoor rock climbing, yoga and more. For more details, pricing and information, visit www.vermontadaptive.org.

13th Annual United States Association of Blind Athletes Winter Festival – Feb. 7-10, 2020, at Pico Mountain. Vermont Adaptive Ski and Sports will host more than 30 athletes from across the country who are blind or visually impaired at Pico Mountain Resort, Feb. 7-10. Athletes will learn to and participate in alpine skiing, snowboarding and Nordic skiing plus snowshoeing. The event continues to be the largest annual gathering of skiers in the U.S. who are blind and visually impaired. In some cases, this will be a participant’s first time skiing without sight. Saturday and Sunday will be filled with alpine skiing at Pico Mountain Resort with the option to participate in Nordic skiing. Saturday will also see participants given the opportunity to try air rifle with an auditory rifle system, the same system used for Paralympic biathlon competitions. No matter the lesson, Vermont Adaptive’s team of highly trained instructors will work with attendees to improve their skills. More details at www.usaba.org.

Weekly Veterans Programs – Join other veterans on a weekly basis at our partner resorts to ski, snowboard, ice climb and more, or participate in one of our special Veterans Weekend Retreats. Programs are specifically designed to support those military servicemen and women to experience a new sport or excel in an existing one while creating a safe social community of friendship, trust and camaraderie. For more info, contact Ret. SSG. Misha Pemble-Belkin at veterans@vermontadaptive.org.



For information on all programs, visit vermontadaptive.org.

DAILY SKI AND SNOWBOARD LESSONS AT TWO TOP MOUNTAIN MERCERSBURG, PENNSYLVANIA

Two Top Mountain Adaptive Sports offers daily ski and snowboard lessons to our disabled population including children and Disabled Veterans at Whitetail Ski Resort in Mercersburg. Our lessons are for two hours and available daily at 10 a.m. and 1 p.m. All lessons are by reservation only.

Again this winter we are happy to be partnering with Adaptive Adventures and Chris Werhane to host our Fourth Annual Warfighter Winter Sports Camp. This season we are offering two three-day camps:

Jan. 26 to Jan. 28, 2020

Jan. 30 to Feb. 1, 2020

Our camp is limited to disabled veterans along with a spouse or care giver, please no children allowed. You may register at twotopadaptive.org under events.



Please call 717-507-7668 or email bill@twotopadaptive.org for more information or reservations.



30TH ANNUAL SPORTSABILITY TALLAHASSEE, FLORIDA

Join **Florida Disabled Outdoors Association** for three days of waterskiing, tennis, martial arts, rock climbing, SCUBA, and more at the 30th Annual SportsAbility held by the Florida Disabled Outdoors Association! The event will be held April 2-4, 2020. Adults and children, both with and without disabilities are encouraged to experience hands-on recreation activities for no cost thanks to our friends and sponsors in the community!

Families will learn about opportunities to engage in recreation TOGETHER around the Tallahassee area. SportsAbility aims to provide experiences and enable everyone to participate in as many or few activities as they please. Activity providers have adaptations available to make the games playable for everyone. Some activities include golf, art, martial arts, SCUBA, waterskiing, boat rides, tennis, archery, biking, horseback riding, rock wall climbing, and more!



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

RECREATE OR COMPETE WITH SPORTABLE RICHMOND, VIRGINIA

Don't miss the Rising Stars Youth Wheelchair Basketball Tournament in Richmond, Virginia Jan. 11-12, 2020. Hosted by Sportable at Glen Allen High School, the tournament will feature Varsity and Prep teams from throughout the East Coast.

Join Sportable's Road Racing program this spring and get in on race day fun at the prestigious Ukrop's Monument Avenue 10K on March 28, 2020. Sportable athletes will join 25,000 participants on the picturesque course at one of the best races in the country. All paces, ages, and abilities are welcome in Sportable's Road Racing program with wheelchair racing and guided run/walk opportunities available.

Sportable's winter programming also features wheelchair rugby, youth and adult wheelchair basketball, cycling, rowing, swimming, archery, and adaptive rock climbing.

Sportable has created opportunities and transformed the

lives of individuals with physical disabilities and visual impairments through sport since 2005. The only adaptive sports club in Central Virginia and one of the top Paralympic sport clubs in the country, Sportable provides sporting opportunities to more than 400 athletes by offering a variety of competitive and recreational adaptive sports programs.



Learn more at Sportable.org or contact info@sportable.org or 804-340-2991.

THERAPEUTIC ADVENTURES WINTER PROGRAMS MASSANUTTEN, VIRGINIA

Adaptive skiing and snowboarding provide a great opportunity to challenge yourself and to develop new skills. For nearly four decades, Therapeutic Adventures has been a leader in this effort through its Massanutten Adaptive Sports programs. Massanutten Resort has been a leader in this effort with our Adaptive Snow Sports programs. (2-Track, 3-Track, 4-Track, mono-ski, bi-ski, snowboarding, guiding for blind).

MASS staff have been honored and privileged to provide adaptive snowsports programs for persons of all ages and abilities: physical and developmental disabilities. From our first year of operation, we have worked with disabled heroes: military, warfighters, and veterans who have represented our great nation defending the freedoms we all enjoy.

All adaptive sports programs serving veterans are provided at no cost to those who participate.

Operation Freedom Outdoors – Adaptive Snow Sports Weekend for Disabled Military Heroes, Feb. 7-9, 2020. Massanutten Resort is pleased to host our annual OFO-

Adaptive Snow Sports Weekend for Disabled Military Heroes providing adaptive instruction and guide services, mentoring, fellowship, reunion and personal development to aid in the healing, rehabilitation and re-integration.

Independence Cup – Adaptive Snow Sports Race and Celebration of Independence Awards ceremony, Feb. 23, 2020. Now in its 22nd year, it is the culmination of all the fun and learning that take place on the slopes of Massanutten. This event highlights all the hard work, training and newfound independence that our adaptive athletes discover on the slopes.



For more information, visit <http://www.taonline.org/>



WINTER VACATION WITH THE ADAPTIVE SPORTS PROGRAM, NEW MEXICO SANTA FE, NEW MEXICO

Are you planning on taking a winter vacation this year? If so, consider coming to Santa Fe, New Mexico and enjoy the many views of the Southwest and get in some stellar skiing at Ski Santa Fe with the **Adaptive Sports Program New Mexico**. Enjoy an adaptive ski or snowboard lesson from two of our amazing ski instructor volunteers. We custom fit your lesson with two instructors, your lift ticket, adaptive equipment needed, and most of all, tons of fun. Lessons are \$100 for a 2-hour lesson or \$150 for a 4-hour lesson. We schedule individual lessons all season long, starting in December and ending in March. New Mexico is truly the Land of Enchantment and you will not be disappointed in the many sightseeing landmarks or the amazing cuisine of New Mexico.

If you are local to the area, we also have a 6-week ski

program where you can pick a ski day and join us for 6 ski lessons. Ski days are Thursday, Saturday, and Sunday at Ski Santa Fe and Saturday and Sunday at Sandia Peak. The program will begin Thursday, Jan. 10, 2019. We also have a Disabled Veterans Ski Camp that will start Feb. 8, 2019. If you are a disabled Veteran and would like to join us for three Fridays of FREE skiing please come and join us. (Transportation not provided)



If you would like any further information please contact Jason Cline at 505-570-5710 or jccline@aspm.org.

THRILLS AND CHILLS FOR KIDS AND KIDS-AT-HEART! BIG BEAR LAKE, CALIFORNIA

“Go outside and play!” Most people have heard that at least once, and thanks to the programs and proximity at the **United States Adaptive Recreation Center (USARC)**, they can do just that.

Entering its fourth decade of redefining the concept of limitations, USARC provides affordable opportunities for millions of people to feel the freedom of gliding down snowy trails without having to drive half a day or more!

USARC’s unassailable heritage includes having influenced and mentored other programs and providers in the establishment and provision of their services. That same template for success remains in place at USARC, a member school of the Professional Ski Instructors of America (PSIA) and contributor to PSIA’s cornerstone adaptive manual.

Ultimately, perhaps no credentials are as important as USARC’s commitment to access, a concept that applies as much to program fees as it does to the latest adaptive ski equipment.

A recent survey showed USARC’s fees to be lower than any comparable regional program!

In addition to a partial scholarship as part of its low cost, every full-day or half-day lesson includes private instruction, equipment and lift ticket from December through March. Groups of ten or more from organizations serving people with disabilities may qualify for lower rates.

“Walk-in” or “roll-in” athletes are welcome but, with a large population base and high demand, early reservations are highly recommended!



For reservations, please call 909-584-0269, whereas other questions can be answered at www.usarc.org or by email at mail@usarc.org.

HIT THE SLOPES WITH ACHIEVE TAHOE LAKE TAHOE, CALIFORNIA

Achieve Tahoe is excited to hit the slopes for a winter full of adaptive snowsports lessons! For over fifty years, Achieve Tahoe has been providing adaptive recreation for people with physical, cognitive, and sensory disabilities. We offer adaptive ski and snowboard lessons for all ability levels and in all adaptive disciplines at four of Lake Tahoe’s finest ski resorts: Alpine Meadows, Squaw Valley, Northstar, and Sugar Bowl. Each lesson includes individualized assessment, adaptive equipment, lift ticket, and one-to-one instruction from trained professionals and dedicated volunteers. Our season runs from the beginning of December through the end of April, and reservations may be made either online or by phone starting Oct. 1.

Achieve Tahoe strives to offer exceptional service and world-class programming for our participants. In order to meet increasing

demand, we have expanded our lesson offerings by 50% this season. If the lifts are turning, we’re on the snow! In partnership with the University of Utah, Achieve Tahoe is fortunate to offer TetraSki lessons. The TetraSki is the first sit-ski that can be controlled by either joystick and/or breath control, offering independent turns and speed control for skiers with complex physicalities. Check out the TetraSki in action here: www.youtube.com/watch?v=EJwy9DIf-xE. Staying true to our roots, Achieve Tahoe proudly serves veterans by offering a series of adaptive military snowsports camps throughout the winter.

For more information, please call us at 530-581-4161 x6, email us at info@achievetahoe.org, or visit our website at achievetahoe.org.



WINTER FUN IN CALIFORNIA'S EASTERN SIERRA MAMMOTH LAKES, CALIFORNIA

Disabled Sports Eastern Sierra (DSES) is gearing up for another exciting winter in the mountains. With daily lessons in a variety of sports including alpine skiing, snowboarding, cross country skiing, and biathlon, adaptive athletes of all ages with any disability can pursue outdoor sports and adventures with DSES. This year, DSES's PSIA and AASI trained instructors look forward to helping more athletes discover the freedom and thrill of winter sports on the incredible terrain at Mammoth Mountain.

Reservations are required for daily lessons. Please visit www.disabledsportseasternsierra.org or call 760.934.0791 for more information.

As the Paralympic Sport Club of Mammoth Lakes, DSES offers opportunities for high altitude training and hosts a series of Paralympic sports camps throughout the year. This winter's Alpine Ski and Race Camp, Jan. 22-Feb. 2, offers four days of on snow training in alpine ski racing techniques and tactics for adaptive skiers with intermediate and higher skills. DSES also supports athletes interested in the serenity and athletic challenge of cross-country skiing with two Nordic specific camps. Feb. 20-23 DSES welcomes cross-country skiers of any level to three full days of on

snow training in our Nordic Ski Camp. Athletes can further improve their cross-country skills in our March 18-22 Biathlon Camp which is open to intermediate and above Nordic skiers and includes entry into the incredible Mammoth Biathlon. Mono skiers of any skill level can join us March 6-8 for two full days of all mountain training, including a pre-camp fitting session, during our Mono Ski Madness.

For some early season thrills, Dec. 17-22 Mammoth Mountain and DSES will be hosting World Para Alpine Super G races as well as NORAM Giant Slalom and Slalom races. Come see top athletes compete and get in some early turns.



Space is limited! For more information about winter sports camps or Paralympic training opportunities, contact info@disabledsportseasternsierra.org, or call 760-934-0791.

SOUTHERN ARIZONA ADAPTIVE SPORTS TUCSON, ARIZONA

Southern Arizona Adaptive Sports (SAAS) in Tucson continues to expand competitive and recreational opportunities for community members with disabilities who want to be active, enjoy camaraderie, build their skills and try something new.

SAAS, based in Tucson, Arizona, added softball to its program over the summer and, in partnership with the University of Arizona Adaptive Athletics department, fielded a team at the World Series of Wheelchair Softball in Kansas City in August.

Wheelchair basketball is available to players of all levels, from the JAWS program for youth, to Tucson Lobos teams in Division 1 and Division 3, to folks who are just starting out. We have two practice

locations and welcome new players. Paralympic Sports Fest Oct. 26 featured three games, plus wheelchair fencing, tennis, handcycling and golf exhibitions.

SAAS Wheelchair tennis has been busy with weekly practices, and a Tennis Run & Roll event is planned for Dec. 8.

Handcycling continues to be popular, and as the Tucson summer cools off we anticipate the usual uptick in the number of folks who want to try out the different cycles and routes.

Learn more about Southern Arizona Adaptive Sports at www.soazadaptivesports.org and through Facebook at <https://www.facebook.com/accessibletucson/>

SKI MAMMOTH MOUNTAIN WITH THE ACHIEVERS MAMMOTH MOUNTAIN, CALIFORNIA

The Achievers is an Orange County, California, based adaptive ski and snow sports organization and DSUSA chapter that teaches on the world renowned slopes of Mammoth Mountain in Central California, along the east side of the Sierra Nevada mountain range. Our instructors range from hard-working volunteers to PSIA Level 2 certified experts. Our home mountain is one of the best resorts in the world with thousands of feet of vertical, has hundreds of days per season with blue-bird perfect weather, and often has more than 50 feet of snowfall at the peak! 50 FEET!!

We are in need of some wonderful volunteers and ski instructors to add to the team. If you want to make a difference and have fun while doing it The Achievers is the organization to be part of! We work hard for our students and have a lot of fun.

Volunteers do not need to have any experience – we train up our new team members! If you already know how to ski or snowboard, fantastic, and if you have experience in occupational therapy, physical therapy, or are a teacher or instructor, even better! (EXPERIENCE NOT REQUIRED.)

If interested in joining The Achievers as a volunteer or instructor, please contact Greg at 949-463-6678 or our membership chairperson, Karen, at teamlunz@gmail.com.



For more information on The Achievers please feel free to find us on our website at <http://theachievers.org>.

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The AllPro foot from **Fillauer** crosses all boundaries, combining high flexibility and dynamic performance into a foot that allows the user to work and play like a pro. Whether walking on a flat surface or traversing steep hills, the AllPro performs to meet multiaxial needs. If exercise or sports are on your activity list, this “do-it-all” foot easily transitions from the gym to the tennis and basketball courts, as well as the soccer, football, and lacrosse fields. Play like a pro!



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For many in military hospitals, **Motion Control's** ETD is the first choice hand replacement for function and versatility. The ETD is the only device that achieves true resistance against water, dirt, dust, and grease. The next generation ETD2 is now available in white in addition to black. A U.S. Department of Defense contract, awarded to Motion Control of Salt Lake City, Utah, partially funded development of the ETD2 and wrist system. For more information, 801-326-3434 or visit fillauer.com/etd2.



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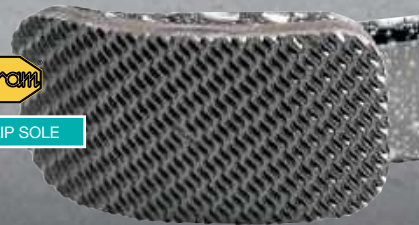
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