

move UNITED

MAGAZINE | FALL 2020

A TEST OF STRENGTH: THE SPORT OF PARA LIFTING

Page 10

THE NEW WHEELCHAIR FOOTBALL LEAGUE

Page 14

YOUR GOAL

Getting back to doing what you love

OUR COMMITMENT

To create better access for prosthetic and orthotic devices that change lives. To give you the guidance you need to find the device that's right for you. Your goal of getting back to doing what you love, at work and at home, has motivated us to enhance product innovation and set the standard of care for 100 years. Because when you succeed, we have all reached our goals.

It means we all move **forward, together.**



WELCOME TO MOVE UNITED MAGAZINE

Formerly Challenge Magazine



Leveraging more than 110 years of combined adaptive sports experience, Disabled Sports USA and Adaptive Sports USA have merged to become Move United, the nation's leading community-based adaptive sports organization. This new organization will lead the movement to fully include people with disabilities in American society, using sport to challenge perceptions and redefine ability for youth and adults with disabilities.

By year's end, it is anticipated that Move United's member network will encompass more than 200 chapters in 43 states, offering 100,000 youth and adults with disabilities opportunities to participate and compete in more than 50 different adaptive sports. This merger delivers a robust platform for growth, fostering expansion to more communities, with a goal to be locally available to 90% of the U.S. population by 2028, when the Olympics and Paralympics return to the U.S.

So welcome to the new Move United magazine. Although it has a new name and a new look, you can expect the same great content that you have come to expect from the award-winning Challenge magazine as well as additional stories and features.



CONTENTS

- 3** Welcome to Move United magazine
- 6** Perspective
- 10** A Test of Strength: The Sport of Para Lifting
- 12** Warfighter Christy Gardner
- 14** Wheelchair Football: America's New Favorite Sport
- 16** Move United Elite Casey Followay
- 18** FYI: Stay Active During Pandemic with An #AdaptAtHome Fitness Kit
- 19** FYI: Diversity, Equity and Inclusion at Forefront of Move United's Strategy
- 20** New Documentary Puts Spotlight on Paralympic Games
- 22** Join the Movement - Local Program Listings
- 24** Member News
- 37** New Book Highlights History of Wheelchair Basketball
- 38** Abilities Expo
- 39** Marketplace

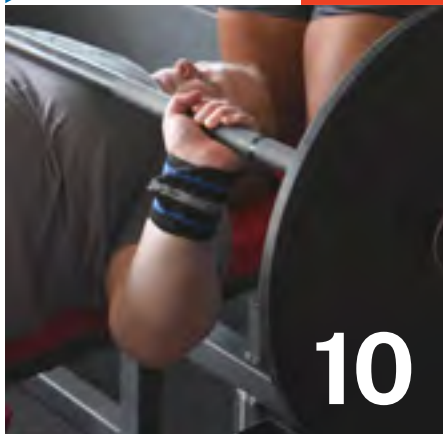


16



© 2020 by Move United. All rights reserved. Articles may not be reprinted in part or in whole without written permission from Move United.

Cover photo of Riley Blee
Cover photo by Reed Hoffmann



10



12



"I love how lightweight this knee is. The smooth hydraulics make me feel like I have better control when I walk, bike, and play soccer with the kids."
- Zach, Capital User



Introducing the Capital Hydraulic Knee

The new Capital knee from College Park features responsive hydraulics that accommodate many activity levels. The convenient switch on the back of the knee gives you the freedom to quickly toggle between locked, normal, and free swing modes on the go. Durable, lightweight, and fresh water friendly, the Capital is available in four stylish colors.

 college park
www.college-park.com/capital

Connect with College Park today!



A lot has happened since you received the last issue of the magazine. We were about to send it out when the coronavirus pandemic started impacting parts of the country. Our team quickly pivoted to provide some guidance and information to ensure you would be able to stay safe, stay active, and stay connected. We launched the #AdaptAtHome initiative and collectively with the Move United member network, we have now offered over 1,000 virtual programs either live or recorded. These sessions have been able to supplement your fitness and recreation routine at a time when your gym or local adaptive sports program was closed. But these sessions have life beyond the pandemic. If you aren't able to access a gym or program, consider checking out the array of activities available to you that are housed on our YouTube page or via moveunitedsport.org/adaptathome.

In May, we officially announced the Move United name and brand. This launch was the culmination of months of work, which included adaptive sports leaders and stakeholders from across the country. The brand work was done in partnership with Superunion, the world's most awarded global brand agency.

Move United's name reflects the vision of the organization to lead a united movement creating opportunities for youth and adults with disabilities to move, by being included in sports and recreation. Move United's unique logo typeface is based on the deconstruction and reconstruction of the word "disability." The unique look and feel of Move United's brand is based on a patchwork design, reflecting the patchwork of community-based adaptive sports organizations that are

the heart of Move United. The various patterns in the patchwork reflect the many types of disabilities served by Move United.

The new organization is also the result of a merger between Disabled Sports USA and Adaptive Sports USA. Bringing together the expertise of the two leading organizations in community-based adaptive sports will mean greater growth and more support to local, community-based adaptive sports programs, which often provide the only means of sports participation for youth and adults with disabilities.

And finally, the unrest that has taken place in recent months in cities and communities all over the nation led us to examine our own efforts around diversity, equity and inclusion. We go into more detail about each of the items above in this issue of the magazine.

With the brand, we hope you enjoy the new look and feel of the magazine. In this issue, you can check out articles on para lifting as well as the new U.S. Wheelchair Football League, which officially launched as part of the NFL Draft in the Spring. You can read profiles on athletes like warfighter Christy Gardner or Move United Elite Team Member Casey Followay. And you can find exciting updates and stories from the Move United member network and adaptive sports community.

So, let us know what you think about the magazine's new design as well as content. We'd love to hear about what you find most interesting and helpful and what else you'd like to see.

Regards,

Glenn Merry, *Executive Director*

Move United



Move United Magazine (ISSN 1940-526X) is published three times a year by Move United, Inc., 451 Hungerford Drive, Suite 608, Rockville, MD 20850. Subscriptions are available free of charge. Visit moveunitedsport.org to sign up.

Editorial Director: Shuan Butcher, sbutcher@moveunitedsport.org
Advertising inquiries: Ron Sonntag Public Relations, Patty Johnson, 800-969-0200 ext 103 patty@rspr.com

Move United Board: John Blossom (President), Will Reynolds (Vice President), Keri Serota (Secretary), Alexander Garner, Marya Propis, Nicole Roundy, Ed Bronsdon, Lori High, Eric Kuwana



TASKA[®]

Cheers to the world's only rugged, waterproof, multi-articulating hand — now in an additional smaller size.



Fillauer[®]

Exclusive distributor for
U.S. and Canada

SPONSORS

Move United Thanks Our Sponsors
for Their Generous Support!

Diamond



SALUTE TO SERVICE
GRANT RECIPIENT



Platinum



Move United Thanks Our Sponsors
for Their Generous Support!

SPONSORS

Gold



Dumbarton
Strategies



Jack Kagan
Foundation



THE CHART GROUP



May & Stanley
Smith
Charitable Trust



Silver

AECOM
AES Global Insurance
Alston & Bird LLP
AMWINS Group
Anthem Life
Arthur J Gallagher
Beaver Run Resort & Conference Center
Birdies for the Brave
Breckenridge Ski and Sports
Capital Bank
Carlton Fields
CIGNA
DADA Holdings
DAV Charitable Service Trust
Franklin Templeton Investments
Goodwin Procter
Greenberg Traurig

Holland & Knight
J.F. Lehman & Company, Inc.
Jackson Lewis
John's Day Bridge Society
Lewis Brisbois, Bisgaard & Smith, LLP
Medical Center Orthotics and Prosthetics
Munich Re
O'Melveny & Meyers LLP
PG Genatt Group
Robert Trent Jones Golf Club Foundation
RPS Insurance
RT Specialty
Skadden, Arps, Slate, Meagher & Flom
Swiss Re America Holding Corporation
U.S. Association of Former Members of
Congress
Wilson Elser



A TEST OF STRENGTH: The Sport of Para Lifting

You are lying on a bench. You reach up to grab the bar that is nestled on the rack. You bring the bar off the rack, descend it to your chest evenly and ascend it back up before putting the bar back in the rack. In essence, and in the simplest terms, that is the sport of para lifting.

THE BASICS

Powerlifting, often intertwined with other names like para lifting or para bench, is a competitive sport. It has been a Paralympic sport since 1984. Whether or not you strive to pursue the sport competitively at the national or international level, you can derive many benefits from participating in this activity.

Kelli Anne Stallkamp, a member of Move United's Elite Team, started powerlifting as a cross training activity for sled hockey originally. She was good at sled hockey, playing on the Women's National Sled Hockey team for two years. In 2018, she started powerlifting for fun. "I fell in love with the sport," Stallkamp said. Her first competition took place at the Great Lakes Games, hosted annually in the Chicago area by the Great Lakes Adaptive Sport Association (GLASA), a member of the Move United network. At that event, she

qualified for Junior Nationals and the rest is history.

Many athletes, like Stallkamp first did, use powerlifting as a means rather than an end. Whether you call it powerlifting, weightlifting, or strength and conditioning (sometimes these terms are interchanged), you may engage in the activity as part of your routine to train for other sports, to stay healthy, or concentrate on increasing your muscular endurance, strength, tone, or mass. You may frequent a gym to do so or may have access to your own equipment at home.

TO BE (COMPETITIVE) OR NOT TO BE (COMPETITIVE)

One of the reasons Stallkamp was drawn to the sport is because it is an individualized activity. "It is up to you to perform when it comes to a sport like powerlifting," she said. It truly is the ultimate test of upper body strength.

The para element of powerlifting focuses only on the bench press. We have all probably seen a typical bench press. Typically, an athlete is lying on a very narrow bench with their feet on the ground and knees at a 90-degree angle. "Para bench is much like AB (able bodied) bench," according

to Mary Hodge, the high-performance coach for US Paralympic Powerlifting, which is headquartered at Logan University. “But, the legs are not on the floor and the bench is about two feet longer and a foot wider.”

To compete, an athlete must have an impairment in their lower limbs or hips and have one (or more) of the eight eligible physical impairments. Some examples, include but are not limited to, spinal cord injuries, spina bifida, congenital limb deficiency, lower limb amputation, cerebral palsy, bone shortening, or multiple sclerosis.

Legs are not supposed to move at all during the press, according to Stallkamp. “This ensures an equal playing field,” she said. In order to be on the same level based on gender and body weight class, an athlete can choose to use up to two straps for the legs. You can strap above the ankle and below the knee and above the knee and below the groin. But straps are not required.

“Strategically, most athletes would take away an advantage by not using a strap, at least until they get experienced enough not to move their legs,” said Hodge. “Because no part of your body can move other than your upper body, which is hard to maintain when you are pushing a lot of weight off your chest.”

“The whole lower body from hips down is essentially out in this sport. It becomes a sport of upper body strength. From your core, if you have the ability to use your core (stomach area) and up (arms, shoulders, and back) is the game.”

MORE THAN POWER AND STRENGTH

Although the focus is on strength and power, powerlifting is also about control. A typical press or lift looks like this:

Once you are on the bench, strapped in and given the go-ahead, you unrack the bar (or a head spotter can take the bar out of the rack for you). You bring the bar out and wait for the start command from the head referee. Then you can descend the bar to your chest. “It must descend to your chest evenly. It can’t drop too quickly,” Hodge said. You then hold the bar motionless around the pectoral area. It can’t sink, can’t bounce, can’t be uneven or ladder from side to side. Once the motion has stopped, then you can ascend the bar back up, hold it still at the top with both hands together until you hear the rack command, and then place the bar back in the rack.

“Your emotions and feelings have to be under control,” Hodge states. “If you have too much anxiety or too much adrenaline, you are going to move too fast and make a mistake.” Those mistakes may lead to you not having a good lift. There are three referees, one above your head and two to the sides past your knees, who determine if you have a clean lift by issuing a red or white light. You need two white lights, but three is perfect.

For Stallkamp, her focus is often on the mental side of the sport. “Most people think it is a physical sport, but it also a mental one,” she said. “You are the only one on stage and all eyes are on you.”

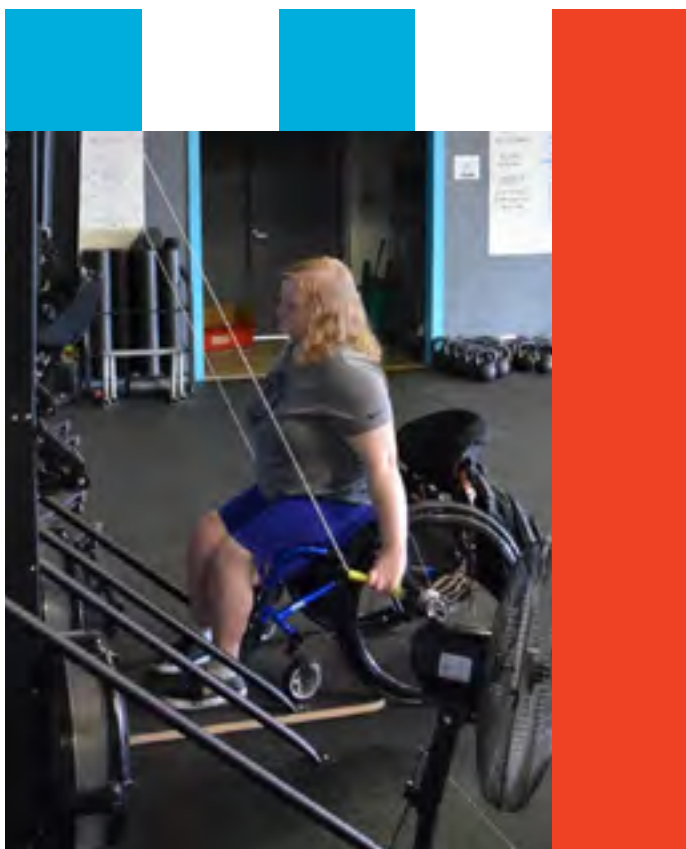
In a competition, the winner is the person who lifts the most weight in their bodyweight category. Each athlete gets three attempts to lift their maximum weight. “For some, it is just about lifting the bar (without any weights added), which is 40 pounds,” says Stallkamp. “It really depends on your level of ability.”

For competitive paralifting, you do have to be able to wrap your thumb and all the other fingers around the bar, for safety. But other adaptations can be made by individual athletes. Individuals with a spinal cord injury or spina bifida may not be able to use their core. But there are other things you can do, including widening your grip to have more stability or widen your legs to give you a wider base. “It means you work a little harder with your upper body,” Hodge said.

LEARN MORE

Powerlifting is one of the fastest growing adaptive sports. Hodge recommends prospective athletes should first come to a USA Para Powerlifting (USAPP) Level One course, where you will get a good overview of the sport. In the session, everything from medical, nutrition, classification, training, and more is covered. Visit logan.edu/usapp for more details.

Patience and time and effort is often required. “Everyone wants to make a Paralympic team,” Hodge said. “It is not an overnight thing ... it often takes years of training.” To learn more, she suggests checking out USAPP videos on YouTube or disabledpowerlifting.com.

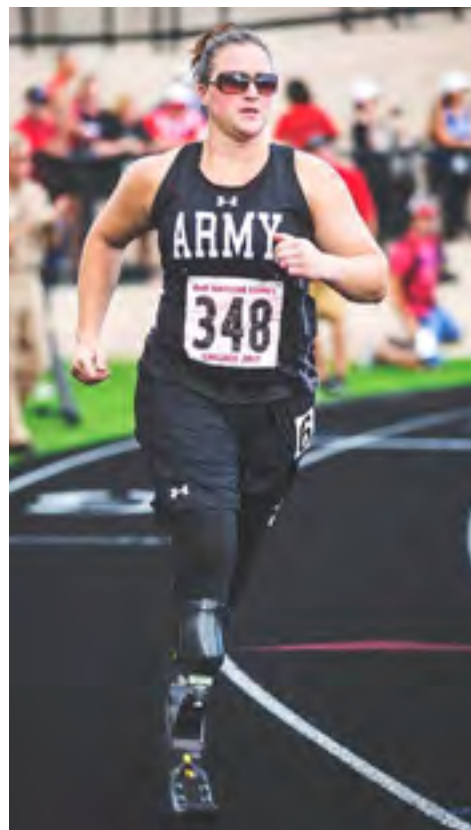


REDEFINING ABILITY

Warfighter Christy Gardner Excelling at Multiple Sports at the Elite Level

Retired Army Sergeant Christy Gardner has always been a multi-sport athlete. Gardner grew up in Maine and was involved in soccer and track and field as a child. While in high school, Gardner was so passionate about sports that she received special permission from her athletic director to play two sports each season. She participated in soccer and field hockey in the fall, indoor track and basketball in the winter, and outdoor track and spring soccer in the spring. She continued her sports career into college as she competed for Long Island University on both their field hockey and track teams.

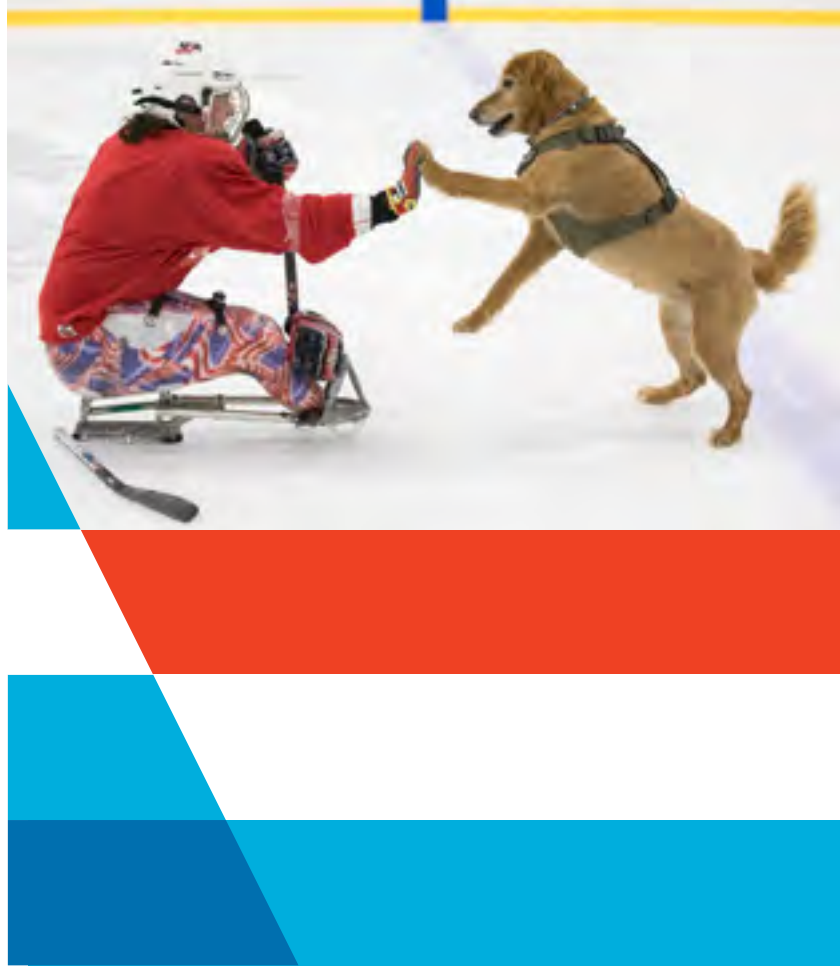
After graduating college with a photography degree, Gardner joined the U.S. Army. While serving as an MP (military police) during an Asia peacekeeping mission, she would sustain an injury as a result of a Line of Duty incident in 2006, sustaining a brain injury, a spinal cord injury, and eventually the amputation of both legs. While she worked to rehabilitate her body, she also re-learned everything starting from a 3rd grade level and eventually choosing to go back to college.



A long road of recovery didn't keep Gardner from pursuing sports. Once she was cleared for exercise, she attended various clinics hosted by the Department of Veteran's Affairs focused on skiing, snowboarding, basketball, field hockey and other adaptive sports. Sled hockey piqued her interest and she has now been an active member of the U.S. Women's National Sled Hockey team for several years, serving as an assistant captain for three of them. But she continues to excel as a multi-sport athlete. Recently, Gardner joined the U.S Parasurfing Team, but her big focus now is training to compete in shotput and discus at the Summer Paralympic Games in Tokyo.

Besides sports, Gardner is passionate about service animals. In addition to her dog, Moxie, she has helped with fostering and training other dogs as well. She has released a book, co-authored by Eileen Doyon, which educates kids on diversity and how obstacles can be overcome by someone with a disability. The book, *Lucky: Little Guy, BIG Mission*, centers around a dog named Lucky, who was taken in by Gardner. Lucky was born missing some bones in his wrist and the book tells of how he trained and eventually became a therapy dog. He is now working at a school in Maine. Proceeds from the book go towards helping Gardner train more puppies as therapy and service dogs.

Gardner has also joined the board of directors of Central Maine Adaptive Sport, a Move United member organization. There she has played a role in starting new programs for youth in sled hockey, track and field, kayaking, and cycling. And she continues to serve as a Move United Warfighters Ambassador. To follow Gardner, you can find her on Twitter and Instagram @CLgardner19.



The battle isn't over.

AIG is proud to partner with Move United to raise awareness and funds for wounded veterans in their Move United Warfighter program.



Bring on tomorrow

© 2015 American International Group, Inc.

AMERICA'S NEW FAVORITE SPORT



Football is America's favorite sport with hundreds of thousands of people tuning into the game on Saturdays and Sundays and playing throughout their youth, into high school, and even on intramural leagues throughout adulthood. Now athletes with disabilities don't just have to sit on the sidelines. Get in the game with the new USA Wheelchair Football League. Move United launched the USA Wheelchair Football League in partnership with the Bob Woodruff Foundation and NFL as part of the NFL's Salute to Service program. Starting in four cities, Chicago, Kansas City, Phoenix, and Los Angeles, the League plans to expand to additional cities in future years with the goal of a nationwide network of teams to reach as many football players as are interested.

The league brings together all the energy and athleticism you're used to seeing on the field and makes a few minor adjustments to ensure the sport is safe and appropriate for athletes playing in wheelchairs. This first-of-its-kind league for adults with disabilities allows Move United to provide a new opportunity to athletes who've long been waiting to play their favorite sport.

HUT, HUT, HIKE

Curious about any of the rule modifications? For the most part, if it exists in the stand-up football game, it exists in the USA Wheelchair Football League and if it is illegal in the stand-up game, it is illegal in the League. A few changes have been explained below. All rules changes were designed to keep up a fast-paced game that resembles the NFL and NCAA game as much as possible.

THE FIELD

To allow athletes to show off their athleticism, the USA Wheelchair Football League plays on a hard surface, not a grass or turf field. This could be an indoor sports court or an outdoor parking lot. Any surface that is hard, flat, and free of impediments throughout the field area will work. The different field surfaces allow for a small home-field advantage in the same way Lambeau Field allows the Green Bay Packers an advantage in games in December.

Additionally, the field is a 60-yard field that is 22-yards wide as compared to a 100-yard field length in the NFL or NCAA.

THE OFFENSE

To keep proper spacing on the smaller field size, a team is made of seven players on the field at once. Offenses will get to run the schemes and plays that work for their players, with one major adaptation. Everyone is an eligible receiver. This change provides opportunities to get a larger number of athletes in on the offensive plays.

While the offense still has four downs to reach their first down marker, the first downs are set on the field instead of changing to be 10 yards from the first down spot. In the League, the first down marker is the next 15-yard interval on the field, so if a team were to start at their own goal line, they would need to reach the 15-yard line, mid-field line, their opponent's 15-yard line, and then the goal line to reach every first down line. These down lines are marked on the field by 4-inch lines that run the full length of the field.

DEFENSE

Man-to-man, zone, blitz. All are available to defenses in the League, but don't drag your offensive matchup to the ground to tackle them. Instead, "tackling" in the league is a one-handed touch above the waist on the ball handler.

Does this mean there isn't hitting? Of course, not. This is still football, and contact will occur amongst players as they jostle for position, try to defend against the pass, or run a block for their receivers, but for a player's safety, it is not appropriate to tackle them to the ground.

SPECIAL TEAMS

Given that athletes cannot complete a kicking motion while in a sports chair, changes have been made to special teams play. The first is that all kicks have been adjusted to passing motions, and one has been completely removed from the game.

Kickoffs (free kicks) and punts (scrimmage kicks) have been changed to passing motions, and prior to a team completing a punt (scrimmage kick pass) they must declare to the other team and officials that they will be punting so that it cannot be confused for a standard passing play.

Field goals have been removed from the game completely. This means that an offense has four downs to reach their first down line, score, or punt. The field goal removal includes the field goal as an option for a post-touchdown score or (PAT). While the field goal PAT has been removed, teams still have the option of going for one or two points by running either a passing play for one point or a running play for two points from the three-yard line.

SAFETY

To ensure player's safety, players must wear a helmet approved by the NFL/NFLPA to properly protect against head injuries and concussions. The USA Wheelchair Football League is proud to partner with Xenith to provide helmets for each of the first four teams.

Any other personal padding, such as shoulder pads, knee pads, etc. is at the discretion of the player and their coaches.



*Photo of Nate Nassoij
Photo by Christian Guerithault*

WHO CAN PLAY?

To qualify to play in the USA Wheelchair Football League, athletes must be 18 and over by the start of the season (August 1), and have a qualifying disability as outlined by the sport's classification. Currently the League uses the classification system as outlined by the National Wheelchair Basketball Association, but in future years plans to create its own classification system.

Put Me In Coach!

Looking to get involved? The League has several ways to get you on the field.

Reach out to your local team:

Ability 360 Sports & Fitness (Phoenix)
Angel City Sports (Los Angeles)
Great Lakes Adaptive Sports Association (Chicago)
Midwest Adaptive Sports Association (Kansas City, Missouri)

Want to be a coach or official?

Visit usawfl.org to find information on coaching and officiating training.



SPORT CHANGED CASEY FOLLOWAY'S LIFE

In 2005, Casey Followay attended an Adaptive Sports Day organized by the Rehabilitation Hospital of Indiana, a moment that forever changed his life. "I grew up being around able-bodied people, so I didn't know anything like that existed," he said. "From that day forward, it changed my outlook on life. I had better self-esteem and then knew that I could accomplish anything."

Followay, who has spina bifida, a congenital spine defect that left his legs paralyzed, was introduced to various sports there, including wheelchair racing, basketball and tennis. He immediately latched onto racing.

In 2006, when he moved back to Ohio with his family, they came to the realization that there weren't many adaptive sports opportunities in their area, with the exception of a local sled hockey program. "I added that one to the plethora of sports I got into as well." But he was able to continue his passion and interest in wheelchair racing. In fact, that year he found himself setting a national record in the 60-meter dash at the National Junior Disability Championships, which was only his third track meet. He still holds that record today.

Two pivotal moments happened in 2009. First, with the continued void of adaptive sports offerings in his hometown of Wooster, Ohio, his family started Adaptive Sports Program of Ohio (ASPO), a member of the Move United network. that primarily serves the northeastern part of the state. His mom, Lisa, is the organization's executive director. ASPO recently celebrated its tenth anniversary.

Second, as a seventh grader at that time, Followay was the first student-athlete in Ohio who used a racing wheelchair to join a school's track team. The first state meet in 2013 would see nine boys and one girl compete in wheelchair racing. Since then, 78 student athletes have done so. "I never thought that I would be a pioneer of the sport ... furthermore, I never imagined becoming a 7-time high school state champion and record holder," he reflected on social media. Followay continues to hold the OHSAA state, Division I and Jesse Owens Memorial Stadium records in the 100m and 800m.

Currently a student at Stark State College in Canton, Ohio, working towards an associate's degree in graphic arts,



Followay is taking a break from school to focus on his athletic pursuits. “The goal is Tokyo,” he said, referring to the Paralympic Summer Games slated to take place next year. He trains six days a week, spending time each day on the track or on the road for cardio. In addition, he adds weightlifting two days a week either before or after his racing workouts. He focuses on his diet, making sure he takes in a lot of protein, fruits, and vegetables. “I also make sure to get plenty of rest between workouts and a good night sleep.”

Although he did compete in distance races in high school, such as the 800 meter, his primary race is the 100 meter. “It is explosive and you’re trying to get to the finish line as fast as possible.” He is also focusing on the 400, trying to improve his performance at more than one event. “I want to be one of the fastest in the world,” he said. “I’d like to be a world record holder in my classification.”

The 23-year-old was named to Move United’s Elite Team in 2016, but last year received an Ability Equiped grant through

The Hartford to purchase adaptive sports equipment, namely a new racing chair. “This type of equipment is expensive. I am very honored to be involved with Move United and grateful for the generosity. This will help me achieve the goals I set when I was young.”

Followay was named to the Team USA roster of athletes that competed at the 2019 Parapan American Games in Lima, Peru. “This is a step,” he said, “Baby steps, but we’re going in the right direction.”

So you never know where opportunities will lead. Fifteen years after that one adaptive sports day in a rehabilitation hospital, Followay is pursuing his dreams. “Adaptive sports changed my life. I have always been an athlete, but did not have a way to express that until I was introduced to adaptive sports. It enables me to be competitive, live a healthy lifestyle and meet other people with similar challenges.”

Note: You can follow Followay on Facebook at www.facebook.com/CaseyRacer.





STAY ACTIVE – #ADAPTATHOME FITNESS KIT

Sports make us better, physically and emotionally. During these unusual times, it's more important than ever that we stay safe, connected, and physically active. Since the outbreak of the Coronavirus pandemic, Move United has been committed to helping you do just that through the #AdaptAtHome campaign.

In April, Move United was able to quickly pivot its programming to online platforms after CDC guidelines and state and local regulations prohibited adaptive sports activities at locations across the United States. Through Move United, and its national network of member organizations, there have been more than 1,000 free live and on-demand #AdaptAtHome exercise and fitness classes.

These featured and curated programs have been offered virtually in over 40 sports, fitness, and wellness activities. You can check them out through Move United's YouTube, Facebook, or Instagram accounts or through platforms such as Zoom.

However, you know the reality. Not everyone has access to a gym, adaptive sports program, or equipment. It is for this

reason that Move United created the #AdaptAtHome Fitness Kit, with support from ESPN, DAV Charitable Service Trust, The Hartford, and the Craig H. Neilsen Foundation. To date, 1,000 Fitness Kits have been made available to individuals with physical disabilities who need equipment in order to exercise at home. The #AdaptAtHome Athlete Fitness Kits include:

- Exercise Band (latex free)
- Cordless Jump Rope
- Ball (latex free)
- Towel (which can be used as a slider too!)
- Buff
- T-shirt

Those who receive the #AdaptAtHome Fitness Kit can check out the Resource Library at the website above for a sample of equipment demonstrations, exercises, workout challenges, and more. For more information on #AdaptAtHome resources, visit moveunitesport.org/adaptathome.

VISION 2028: DIVERSITY, EQUITY, AND INCLUSION

Move United uses the power of sport to push what's possible for people with disabilities, confronting ignorance, fueling conversation, and inciting action that leads us to a world where everyone's included.

Although the work of the organization and its member network is centered around inclusion and equity, recent events have led Move United to take a new and critical look at our past and present organizational practices to ensure we achieve our aspirations for diversity, equity and inclusion. For us, it is more than creating a blanket statement of support and solidarity with communities of color and others who are underrepresented with the adaptive sports industry.

One immediate action that Move United has taken is the creation of a Diversity, Equity, and Inclusion (DEI) Leadership Team. This is just the first step of a larger effort we are embarking on to bring about the necessary changes needed to embed equity into everything we do. These important changes will help the organization meet its Vision 2028 plan to expand support to youth and adults with physical disabilities, specifically those with diverse backgrounds.

This team includes leaders in the adaptive sports movement with diverse perspectives and experiences. Members include Staff Sergeant Eric Alva (US Marine Corps-Retired), Private First Class Tony Drees (US Army-Retired), Paralympic Gold Medalist and Retired US Army Sergeant Kari Miller-Ortiz, Walter Reed National Military Medical Center Adaptive Sports Program Manager Harvey Naranjo, Move United Senior Education Manager Krista Rappoccio, Paralympian and North Carolina Central University Professor Dr. Andrea Woodson-Smith, and Adaptive Snowboarding Coach Reggie Showers.

In addition, Move United has created a Director of Diversity, Equity, and Inclusion position. Cheryl Collins, a longstanding and well-respected member of the staff, has moved into this role. As the Director of Diversity, Equity and Inclusion (DEI), Collins works to represent, uplift, and amplify people from diverse communities. She does this through a variety of initiatives, including leading the DEI Leadership Team, overseeing a mentorship program that promotes diversity in adaptive sports leadership, and engagement of Move United staff on issues of diversity, equity, and inclusion. Her work ensures that Move United programming is inclusive and welcoming to a diversity of people, ideas, perspectives and experiences. Collins brings two decades of experience with adaptive sports administration to this role; previously serving

as Move United's Administrative Services Manager, Chapter Services Manager and Insurance and Risk Director.

In order to be able to fully promote equity through sport, Move United recognizes that we must first commit to making sure our organization is diverse, equitable, and inclusive. Here are action we're taking to promote DEI:

INTERNAL PRACTICES

- Coordinating on-going culture and DEI trainings for staff.
- Evaluated board membership and creating a plan to build a board that is more diverse, inclusive, and representative of the constituents we serve.
- Reviewing our hiring, vendors, and operational practices and policies to create a supportive workplace environment, centered on inclusion and belonging, where our team can thrive and do their best work.

EXTERNAL PRACTICES

- Continue to examine our marketing and communication pieces to ensure they are representative of the diverse athletes, coaches, and stakeholders served.
- Evaluate our grant-making process and created a fund that will be directed to service providers and programs that center equity in their work.
- Actively work to recruit new member organizations led by people of color and that serve communities of color around the United States.

In taking these actions, Move United strengthens our ability to achieve our mission. We are committed to demonstrating respect and appreciation of the differences in age, race, gender, nationality, sexual orientation, physical ability, and cultural backgrounds.

Sport has often been a catalyst for change in the world. Move United believes sport can push us further and bring people closer. Through sport, we can turn strangers into teammates. If we're going to shatter the current narrative, we need to speak up, and be direct about the truth — on and off the field. This work can be difficult, challenging, and uncomfortable. There are opportunities for you to engage in this work, so feel free to reach out to us at any time. Meaningful change happens when we work together.



Cheryl Collins



Eric Alva



Tony Drees



Kari Miller-Ortiz



Harvey Naranjo



Krista Rappoccio



Reggie Showers



Dr. Andrea Woodson-Smith

THE HARTFORD SKI SPECTACULAR GOES VIRTUAL IN 2020

The 33rd annual The Hartford Ski Spectacular, which usually takes place at Beaver Run Resort and Breckenridge Ski Resort in Breckenridge, Colorado, will take place virtually this year. The event will take place December 1-3, 2020.

This event is among the nation's largest and longest running winter adaptive sports festivals for individuals with physical disabilities. More than 800 participants, ranging in ability from first-time skiers to members of the U.S. Paralympic Team, usually come together for training and other activities.

Various virtual "learn to" programs in alpine and Nordic skiing, biathlon, and snowboarding will be offered. In addition, The Hartford Ski Spectacular also strengthens and expands adaptive snow sports programs in communities across the country by training staff and volunteers at Move United member organizations through the National Adaptive Academy. The ski instructor academy, endorsed by Professional Ski Instructors of America - American Association of Snowboard Instructors (PSIA-AASI), offers training for instructors in the latest and safest adaptive ski and snowboard techniques for individuals with disabilities. Be on the lookout for registration details coming soon.



NEW DOCUMENTARY PUTS SPOTLIGHT ON PARALYMPIC GAMES

From the rubble of World War II to the third biggest sporting event on the planet, the Paralympics sparked a global movement which continues to change the way the world thinks about disability, diversity & human potential.

"Rising Phoenix," a new documentary available now on Netflix, weaves together not only the history of the Paralympic Games but also brings to light the stories of some of the most dynamic athletes ever to compete, including Team USA athletes Tatyana McFadden, the track and field athlete who has won a staggering 17 Paralympic medals, and Matt Stutzman, an archer born with no arms who claimed silver at London.

The film charts the evolution of the competition, all the way back to Dr. Ludwig Guttmann, the Jewish medic who fled Nazi Germany before World War II. Taking charge of the Spinal Injuries Unit at Stoke Mandeville Hospital, Guttmann established the Stoke Mandeville Games for disabled war veterans, which took place on the same day as the opening of the London Olympic Games in 1948.

Rising Phoenix shows how the competition faced as many hurdles off the track as on it—notably the 1980 Moscow Olympics, when the Russian authorities declined to host the Paralympics. But after the highs of London, event organizers faced their biggest test yet at Rio 2016, with the Paralympics on the verge of being cancelled after initial poor ticket sales and sponsorship interest. Narrowly avoiding disaster, Rio takes place. Now it's over to the athletes, who have dreamed of this moment their whole lives.





Train like a pro.

Meet the AllPro: the most naturally active, flexible, energy-returning foot from Fillauer. Join the team on Instagram at [@fillauerallproallstars](https://www.instagram.com/fillauerallproallstars).

Fillauer®

Check out a Move United member organization near you.

ALABAMA

Lakeshore Foundation
lakeshore.org

ALASKA

Challenge Alaska
challengeak.org

ORCA Program – Southeast Alaska Independent Living Inc.
sailinc.org; sailorca.weebly.com

ARIZONA

Ability360 Sports & Fitness Center
ability360sports.org

Arizona Adaptive Watersports
azadaptivewatersports.org

Arizona Disabled Sports
arizonadisabledsports.com

Northern Arizona Adaptive Sports Association
NAZadaptivesports.com

Southern Arizona Adaptive Sports
sozadaptivesports.org

CALIFORNIA

Ability First Sports
abilityfirstsports.org

Achieve Tahoe
achievetahoe.org

Adaptive Sports and Recreation Association
adaptivesportsandrec.org

Angel City Sports
angelcitysports.org

Bay Area Association of Disabled Sailors
baads.org

Bay Area Outreach and Recreation Program
borp.org

Central California Adaptive Sports Center
centralcaladaptive.org

Disabled Sports Eastern Sierra
disabledsportseasternsierra.org

DSUSA Los Angeles – The Unrecables
unrecables.com

DSUSA Orange County – The Achievers
theachievers.org

Operation Surf
operationsurf.org

Triumph Foundation
triumph-foundation.org

U.S. Driving for the Disabled
usdfd.org

U.S. Adaptive Recreation Center
usarc.org

COLORADO

Adaptive Action Sports
adacs.org
Adaptive Adventures
adaptiveadventures.org

Adaptive Sports Association
asadurango.org

Adaptive Sports Center of Crested Butte
adaptivesports.org

Breckenridge Outdoor Education Center (BOEC)
boec.org

Challenge Aspen
challengeaspen.org

Colorado Discover Ability
cdagj.org

DuMyon Martial Arts
dumyonmartialarts.org

Foresight Ski Guides Inc.
foresightskiguides.org

Golf 4 the Disabled
golf4thedisabled.org

Ignite Adaptive Sports
igniteadaptivesports.org

National Sports Center for the Disabled
nscd.org

Steamboat Adaptive Recreational Sports (STARS)
steamboatstars.com

Telluride Adaptive Sports Program
tellurideadaptivesports.org

Visually Impaired & Blind Skiers
coloradovibes.org

CONNECTICUT

Gaylord Sports Association
gaylord.org/Home/WhyGaylord/SportsAssociation.aspx

Leaps of Faith Adaptive Skiers
lofadaptiveskiers.org

Oak Hill Adaptive Sports and Fitness
sportsandfitness.oakhillct.org

FLORIDA

Central Florida Dreamplex
cfdreamplex.com

Dixie Wheelchair Athletic Association
dixiegames.com

Florida Disabled Outdoors Association
fdoa.org

Hillsborough County Adaptive Sports
hillsboroughcounty.org/en/residents/recreation-and-culture/sports-and-athletics/hc-adaptive-sports

Warrior Sailing
warriorsailing.org

GEORGIA

BlazeSports America
blazesports.org

HAWAII

AccessSurf Hawaii
accessurf.org

IDAHO

Adaptive Wilderness Sports of McCall (AWeSOMe!)
awesomemccall.org

AquAbility
aquability.org

Boise Adaptive Snowsport Education (BASE)
baseidaho.org

Higher Ground Sun Valley
highergroundusa.org

ILLINOIS

Dare2Tri Paratriathlon Club
dare2tri.org

Great Lakes Adaptive Sports Association (GLASA)
glasa.org

North Side Archery Club
northsidearcheryclub.org

Shirley Ryan Ability Lab
sralab.org

INDIANA

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

Special Outdoor Leisure Opportunities (SOLO)
skisolomichiana.org

Turnstone Center
turnstone.org

IOWA

Adaptive Sports IOWA
adaptivesportsiowa.org

KANSAS

Wichita Adaptive Sports
wichitaadaptivesports.org

LOUISIANA

Louisiana GUMBO
sites.google.com/site/louisianagumboinc

S.M.C.L. Foundation & Associates Inc. Adaptive & Disability Sports Organization
samaritanactsneworleans.org

MAINE

Adaptive Outdoor Education Center
adaptiveoutdooreducationcenter.org

Central Maine Adaptive Sports
cmassports.org

Maine Adaptive Sports & Recreation
maineadaptive.org

MARYLAND

Baltimore Adaptive Recreation and Sports
barsinfo.org

Bay Area Volleyball Academy – BAVA Beach ParaVolleyball
bayvolleyball.com/beachparavolley

Bennett Institute Physically Challenged Sports of Kennedy Krieger
kennedykrieger.org

Blue Ridge Adaptive Snow Sports (BRASS)
brasski.org

Chesapeake Region Accessible Boating (CRAB)
crabsailing.org

Live Water Foundation
livewater.org

Maryland Therapeutic Riding
HorsesThatHeal.org

Team River Runner
teamriverrunner.org

MASSACHUSETTS

AccessSportAmerica
accesssportamerica.org

Adaptive Sports New England
adaptivesportsne.org

Spaulding Adaptive Sports Centers (Spaulding Rehabilitation Network)
sasc.spauldingrehab.org

MICHIGAN

Cannonsburg Challenged Ski Association
skiccsa.org

Michigan Adaptive Sports
michiganadaptivesports.org

MINNESOTA

Courage Kenny Rehabilitation Institute
allinahealth.org/adaptivesports

U.S. Electric Wheelchair Hockey Association
powerhockey.com

Wayzata Community Sailing Center
wayzatasailing.org/programs/outreach-adaptive/

MISSOURI

Disabled Athlete Sports Association (DASA)
dasasports.org

Midwest Adaptive Sports
midwestadaptivesports.org

MONTANA

DREAM Adaptive Recreation
dreamadaptive.org

Eagle Mount Billings
eaglemount.us

Eagle Mount Bozeman
eaglemount.org

Eagle Mount Great Falls
eaglemount.net

NEVADA

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

NEW HAMPSHIRE

AbilityPLUS
abilityplus.org

**Adaptive Sports Partners of the
North Country**
adaptivesportspartners.org

**Full Circle Farm Therapeutic
Horsemanship**
fcftherapeutic.org

Granite State Adaptive
gsadaptive.org

**Lakes Region Disabled Sports at
Gunstock**
lradaptive.org

New England Disabled Sports
nedisabledpsports.org

**New England Healing Sports
Association**
nehsa.org

Northeast Passage
nepassage.org

Waterville Valley Adaptive Sports
watervilleadaptive.com

NEW JERSEY

Children's Lightning Wheels
childrens-specialized.org/sports-
connection

NEW MEXICO

**Adaptive Sports Program New
Mexico**
adaptivesportsprogram.org

Ski Apache Adaptive Sports
skiapacheadaptivesports.com

NEW YORK

Adaptive Sports Foundation
adaptivesportsfoundation.org

**Adaptive Sports Program – Helen
Hayes Hospital**
helenhayeshospital.org/hospital-
services/adapted-sports-recreation

**Burke Rehabilitation Hospital
Adaptive Sports Program**
burke.org/community/
adaptiveprograms

Capital Region Nordic Alliance
capitalregionnordicalliance.org

Charles T. Sitrin Health Care Center
sitrin.com/adaptivesports

GallopNYC
gallopnyc.org

Greater Buffalo Adaptive Sports
sledhockeyfoundation.org

Greek Peak Adaptive Snowsports
gpadaptive.org

Lounsbury Adaptive Ski Program
lounsburyadaptive.org

Move Along Inc.
movealonginc.org

Rochester Accessible Adventures
rochesteraccessibleadventures.org

**Rochester Community Inclusive
Rowing**
rochestercommunityinclusiverow-
ing.org

STRIDE
stride.org

**Western New York Adaptive Water
Sports**
wnyadaptivewatersports.org

NORTH CAROLINA

ACCESS of Wilmington
accessilm.org

Bridge II Sports
bridge2sports.org

NORTH DAKOTA

Dreams in Motion
dreamsinmotioninc.com

Prairie Grit Adaptive Sports
prairiegritsports.com

OHIO

Adaptive Sports Connection
adaptivesportsconnection.org

Adaptive Sports Program of Ohio
adaptivesportsohio.org

Three Trackers of Ohio
3trackers.org

Youth Challenge
youthchallengesports.com

OKLAHOMA

**Oklahoma Adaptive Sports
Association**
okasa.org

**The Center for Individuals with
Physical Challenges**
tulsacenter.org

**University of Central Oklahoma
Center of Adaptive Sports**
uco.edu/wellness/sr/trainingsite/
index.asp

OREGON

Adaptive Sports Northwest
adaptivesportsnw.org

Adventures Without Limits
awloutdoors.org

Oregon Adaptive Sports
oregonadaptivesports.org

PENNSYLVANIA

On the Edge Children's Foundation
ontheedgecf.org

**Pennsylvania Center for Adapted
Sports**
centeronline.com

Three Rivers Adaptive Sports
traspa.org

**Two Top Mountain Adaptive Sports
Foundation**
twotopadaptive.org

SOUTH CAROLINA

Adaptive Expeditions
AdaptiveExpeditions.org

Clemson Adaptive Sports
clemson.edu/cbshs/departments/
prtm/programs/clemson-adaptive-
sport-
recreation/index.html

Coastal Adaptive Sports
coastaladaptivesports.org

**Roger C. Peace Rehabilitation
Hospital**
facebook.com/events/roger-c-
peace-rehab-center-greenville-
memorial/roger-c-peace-adaptive-
sports/763384843997012

TENNESSEE

**Sports, Arts & Recreation of
Chattanooga (SPARC)**
sparctn.org

TEXAS

Kinetic Kids
kinetickidstx.org

Lone Star Paralysis Foundation
lonestarparalysis.org

Morgan's Wonderland Sports
morganswonderlandsports.com/
straps

One Chair at a Time
onechairatathetime.org

Operation Comfort
operationcomfort.org

RISE Adaptive Sports
riseadaptivesports.org

**Service Members Undertaking
Disabled Sports (SUDS)**
sudsusa.org

Turning Point
turningPOINTnation.org

UTAH

**City of Logan Adaptive Sports and
Recreation**
loganutah.org/government/
departments/parks_and_
recreation/recreation_center/index.
php

**Common Ground Outdoor
Adventures**
cgadventures.org

Ogden Valley Adaptive Sports
ogdenvalleyadaptivesports.org

Salt Lake County
slco.org/adaptive

Wasatch Adaptive Sports
wasatchadaptivesports.org

VERMONT

Adaptive Sports at Mount Snow
adaptiveatsnow.org

**Bart J. Ruggiere Adaptive Sports
Center**
bartadaptive.org

Central Vermont Pioneers
centralvermontpioneers.org

EDD Adaptive Sports
eddfund.org

Green Mountain Adaptive Sports
greenmtnadaptive.org

**Northeast Disabled Athletic
Association**
disabledathletics.org

**Vermont Adaptive Ski & Sports
Association**
vermontadaptive.org

VIRGINIA

Adventure Amputee Camp
adventureamputeecamp.org

Sportable
sportable.org

Therapeutic Adventures
TAonline.org

Wintergreen Adaptive Sports
wintergreenadaptivesports.org

WASHINGTON

Footloose Sailing Association
footloosedisabledsailing.org

Outdoors for All Foundation
outdoorsforall.org

ParaSport Spokane
parasportspokane.org

Seattle Adaptive Sports
seattleadaptivesports.org

WASHINGTON, D.C.

**Medstar NRH Adaptive Sports &
Fitness Program**
medstarnrh.org/sports

WEST VIRGINIA

**Challenged Athletes of West
Virginia**
cawvsports.org

WISCONSIN

Dairyland Sports
dairylandsports.org

**Southeastern Wisconsin Adaptive
Ski Program**
sewasp.org

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

**Wisconsin Adaptive Sports
Association (WASA)**
wasa.org

WYOMING

Teton Adaptive Sports
tetonadaptivesports.com

SHINING ON THE BASKETBALL COURT MINNEAPOLIS, MINNESOTA

Noah Heintz wrapped up his very first season of wheelchair basketball in March. Noah found out about wheelchair basketball from one of his coaches who works at a local children's hospital, and he jumped right in. He joined the Courage Kenny Varsity Jr. Rolling Gophers with no experience in wheelchair basketball, but it was clear Noah was a natural. Noah came to his first practice throwing 3-point shots with ease — a skill that usually takes years to master in wheelchair basketball. Through hard work, practice at home, and the support of his coaches, Noah won the award for Most Improved Player of 2020!

While the time and travel commitment for wheelchair basketball can be daunting, Noah and his family jumped right in! Noah's family saw the benefits of wheelchair basketball for him, and lovingly devoted the time and energy required for the season. They attended every single tournament and always made sure Noah was at practice. His family even made the extra effort to find old wheelchairs, and borrow some extra sport wheelchairs, so that he could practice at home. Through the support of his family, and the drive to keep improving, Noah has a bright future in the game of wheelchair basketball.

For more information about CKI Programs, visit allinahealth.org/adaptivesports.



GLASA'S VIRTUAL ACTIVITIES A SILVER LINING CHICAGO, ILLINOIS

When COVID-19 hit, none of us thought a pandemic was even possible. Adaptive sports thrive on social interaction, so social distancing is the opposite of our missions. Like other Move United chapters, Great Lakes Adaptive Sports Association (GLASA) transitioned our "live" programming to virtual programming almost immediately.

As the number of virtual classes GLASA offered increased, we began to see "silver linings." Geographic distance was no longer an issue as athletes joined our roller workout from across the country. GLASA athletes who do not live locally joined virtual workouts and the entire team was able to practice together. A new sense of camaraderie developed as athletes discussed weather in the farm towns of the Midwest to the urban cities of the East Coast. There is a sense of caring and support as the classes taught by our adult athletes encouraged sharing and those on the screen urged

each other to work harder or texted attendees when they did not show up.

As a coach, I found it insightful to listen to our athletes share on our mental health virtual check-ins. Social isolation and the loss of so many "live" events affected us as coaches and athletes alike. Conducting the 2020 Great Lakes Games virtually provided opportunities for athletes, officials and long-time volunteers to attend educational sessions, compete on virtual relays and see each other in a social setting. Through Move United's promotion and other collaboration, new connections were made and individuals who were unable to be active outside their homes found a new support system.

We are all looking forward to being back live on the playing field, but these silver linings have changed the way we will deliver adaptive sports forever.

GOALBALL NATIONALS RETURN TO TURNSTONE FORT WAYNE, INDIANA

This fall, Turnstone Center will welcome goalball teams from around the country to compete for the title of National Champions. Goalball athletes anticipate a safe and cautious return to the sport for Goalball Nationals on Oct. 16, 17, & 18, 2020. Turnstone will be closely monitoring guidelines and directives from the Center for Disease Control and the United States Olympic and Paralympic Committee.

Turnstone is the official training site of the United States Men's and Women's Goalball Teams. Team members have the option to live at Turnstone through a residency program in partnership with the United States Association of Blind Athletes. Goalball is a Paralympic sport specifically designed for athletes with visual impairments. Athletes play both offense and defense as they protect their goal from a 2.75-pound ball thrown at high speed. Everyone on the court

wears a blindfold and tracks the ball through bells and tactile boundaries.

This will be the fourth Goalball Nationals to be hosted at Turnstone, the most recent taking place in 2018 with 15 men's and 6 women's teams competing. Turnstone was proud to host the 2019 IBSA Goalball and Judo International Qualifier in Fort Wayne in July of 2019. Six hundred athletes from around the world traveled to Indiana to punch their ticket to Tokyo. This year, Turnstone is excited to host Goalball Nationals once again and welcome teams from around the United States.

Teams interested in participating should contact Jaime Garzon at jaime@turnstone.org. To volunteer at this event, contact Beth Moody at beth@turnstone.org.

AMAZING MAISY SWIMS UP A STORM AT UCO EDMOND, OKLAHOMA

In 2018, the Malones signed Maisy up for her first swim season in hopes that it might help with her joint pain. She approached swim team with the same grit she uses in all areas of life, and she quickly began surprising people with how capable she is as an athlete. In July 2019, they traveled to Junior Nationals, really introducing her to para sports. The combination of watching other athletes compete and making friends with other kids with achondroplasia was exactly what she needed to bring her inner competitor out. She set a personal record in all five of her events, bringing home four golds, one bronze, and two Junior Nationals records.

Following that meet, Maisy's confidence began to soar — family and friends of the Malones often talk about the noticeable difference. She had big plans to again travel in summer of 2020, but those were canceled due to COVID-19. As an 8-year-old dealing with quarantine, she will quickly tell you the hardest part for her was being unable to swim.

The Malones were so excited to see the UCO Endeavor Games were going virtual, allowing Maisy the unexpected opportunity of an adaptive swim meet this summer. While they wish they could have been in person making new friends, they are thankful that the Endeavor Games team created the opportunity for her to compete on a level playing field. Adaptive swimming has helped Maisy on her journey to loving the uniqueness of her body and celebrating differences in the others.





LEARN TO SKI FOR FREE WITH ADAPTIVE SPORTS ASSOCIATION DURANGO, COLORADO

For the past 37 years, the Adaptive Sports Association (ASA) has provided life-changing experiences for people with disabilities. During the winter months, ASA runs a ski and snowboard school based at Purgatory Resort in Durango. 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 adaptive 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 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.

The application for our Learn-to-Ski Scholarship Programs closes Nov. 30. Applications can be found on our website: asadurango.com.

For more information about specific programs, including the most up-to-date information about program offerings and modifications, contact Ann Marie Beresford: anmarie@asadurango.com or 970-259-0374.

LEAH REGAINS HER INNER STRENGTH ON THE MOUNTAIN ASPEN, COLORADO

Twenty-two years ago, Leah Potts was in a life-altering skiing accident; instantly paralyzed from the neck down. The doctors gave her little hope to ever walk, write or paint again. Humbled, she chose, like many others, to embrace this transforming moment, deciding to push on, to overcome and live this life to the fullest. We all hurt, we all fall down, but it's how we accept what life gives us and how gracefully we put it back together that shows us who we truly are.

It's rather ironic that what paralyzed Leah in the beginning, set her free in the end. Challenge Aspen has empowered Leah to face her fears and build confidence and independence against all odds.

When Leah is on the mountain, the struggle becomes quiet. She experiences freedom from the binding constraints that have silenced her body, but nothing can silence the desire for love, connection, forgiveness, and peace that is found when her soul is free.

With the help of Challenge Aspen, today her heart is full and confident. Leah has rediscovered painting and finding her voice with her non-dominant hand. For more information on Challenge Aspen, visit <https://challengeaspen.org>.



DAY AND MULTIDAY CAMPS AT HIGHER GROUND KETCHUM, IDAHO

From sea to shining sea and some Idaho Rockies in-between, Higher Ground (HG) is offering day and multiday camps in all three of our locations. We are deploying the nation's top recreational therapists and mental health professionals to give people of all abilities (especially our nation's veterans) the emotional and social tools they need to feel like they belong.

A common theme has been resonating throughout HG ... innovation. We are innovating ways to connect with and serve our participants. We are continuing to innovate the structure of our programs as the times continue to be uncertain, we look forward to being as adaptable as our participants. Check out these upcoming programs:

Sun Valley, Idaho:

- September/October/November — Members Only Club: Adults with cognitive and physical disabilities to focus on healthy lifestyles. This crew gets together on Wednesday and Fridays performing any number of activities, including hiking, swimming, cooking, disc golf and so many more!
- September/October — Cycling — Weekly rides/rentals
- Mondays 5 p.m.-7:30 p.m. in September/October — Fly Fishing the Big Wood River

Veterans Weeklong programs

- Sept. 30-Oct. 6 — Mountain Biking
- Oct. 25-31 — Fly Fishing

Los Angeles, California

Veterans Day and Weeklong programs

- Oct. 11-17 — Climbing program with Paradox Sports

Western New York

- Veterans Day and Weeklong programs
- Virtual Tai Chi
- Horsemanship/Equine-based
- Carving (soap, wood, stone)
- Kayaking
- Oct. 7-13 — Horsemanship/Equine-based

For more information about these programs, visit <https://highergroundusa.org/>.



ATHLETE ENJOYS POWDER WITH IGNITE ADAPTIVE SPORTS ELDORA MOUNTAIN, COLORADO

"I have never known joy like skiing. Having that taken away from me was really hard. So, it is really impactful for me to be here doing this," says Heather Heckman-McKenna.

Those who make winter sports a part of their lifestyle will understand. We feel the bite of cold in the air and we come alive. Heather's original winter sport of choice was hockey. As the goalie of Boston's first professional women's hockey team, being on the ice was her life. It was home. Using sports as mental therapy, and with a tremendous capacity to manage through pain, Heather mastered her sport, in spite of her disabilities.

Heather has a congenital bone structure issue, where the bones in her legs essentially don't fit together. In conjunction with this incredibly painful bone condition, she also suffered several sport-related injuries, resulting in numerous

reconstructive surgeries, and sports all but disappeared from her life.

"Sports is my mental health. It always has been," says Heather. She found Ignite Adaptive Sports while researching adaptive winter sport programs. "I love the mission that anybody should be able to do this. That was really meaningful to me. Without the scholarship program, I wouldn't have been able to do this, and getting people who otherwise don't have access to movement, is incredibly liberating and confidence instilling."

Ignite doesn't turn anyone away based on their disability or ability to pay. Next season, Ignite looks forward to helping more people like Heather gain independence and make turns in the fluffy snow.

AIMING FOR 2022 WINTER PARALYMPICS DENVER, COLORADO

For the last 50 years, the National Sports Center for the Disabled (NSCD) has provided outdoor recreation to over 100,000 people living with disabilities. One of those people is Paralympic athlete, Kyle Taulman. When Kyle was 2 years old, he was diagnosed with Stage 3 High Risk Neuroblastoma. Kyle defied all odds and just one year after he was paralyzed he was on the slopes learning how to ski. Kyle began skiing in the NSCD recreational ski program and progressed so quickly that he was recruited to the NSCD Alpine Competition Team.

Kyle attended the 2018 Paralympic Winter Games in PyeongChang as an ambassador and in this role, he was able to attend the opening ceremony and worked with young Korean para-athletes! He hopes to compete at the 2022 Paralympic games and is determined to continue to live his life to the fullest and never let his disability define him. Kyle says, "The NSCD is special to me as they help foster the disability community and help people like myself grow and discover how to be independent."

We are so proud of Kyle and how far he has come! During



our 50th anniversary, we celebrate all of the amazing athletes who have come through our programs, gained self-confidence and improved their overall health. Depending on the pandemic and reopening guidelines, the NSCD plans to begin winter programming in November.

Be sure to check out our website at nscd.org or email reservations@nscd.org to learn more about our programs.



BIKING THROUGH THE WASATCH VALLEY SNOWBIRD, UTAH

Join Wasatch Adaptive Sports (WAS) in Utah and enjoy the beautiful fall colors by bike! Sign up for a cycling lesson at various locations around the Wasatch Valley through Oct. 31. WAS has a fleet of bikes including recumbents, handcycles, uprights, kids' bikes, and more! The team at WAS will be implementing strategic procedures to mitigate the risk of spreading COVID-19 during programming, such as requiring the use of face coverings at the start and end of each lesson, sanitizing bikes between every program, and screening students for symptoms upon arrival.

Through the Equipment Rental Program, adaptive bikes are made available for use upon request and can be rented out for little to no cost for an extended time. Scholarships are offered for those in need of financial assistance.

Come get out on the trails with WAS this fall!

Learn more at www.wasatchadaptivesports.org. Sign up for a lesson by contacting programs@wasatchadaptivesports.org or 801-834-0476.



BIKING THE BOAT & BEYOND RIDE STEAMBOAT SPRINGS, COLORADO

Join the 10th Annual STARS Biking the Boat & Beyond Ride — a fundraising event benefiting recreational programs for people with physical and/or cognitive disabilities.

This year STARS will be holding our annual fundraiser in a virtual format, but don't worry — it will be just as fun as ever! And the best part? You no longer have to be in Steamboat Springs to participate!

This year you can ride any distance you want to, in any location you please, and on any terrain you desire (we're looking at you mountain bikers!). The goal of this event has always been to simply get outside and connect with your community while supporting the STARS mission of empowering and enriching lives through adaptive recreation.

If the past few months has taught us anything, it is that we do not need to physically be together to connect with one another.

Simply complete your ride at any time during the event week of Sept. 19-27 and log it using the free app, STRAVA. Join our STARS Biking the Boat and Beyond STRAVA Club to share photos and connect with other riders during the event. All registered riders will receive a STARS "Bike Box" with a race bib, an event water bottle, HoneyStinger snacks, and a few other fun surprises to use during event week!

Ready to sign up? Head over to steamboatstars.com for more information!

NORTHEAST | AROUND THE COUNTRY

SKI WITH H.A.R.T. CARRABASSETT VALLEY, MAINE

Introducing the Horizons Alpine Race Team (H.A.R.T.) — an all abilities ski racing team that is a part of the Adaptive Outdoor Education Center! Our H.A.R.T. values include confidence and competence building on and off the slopes, connection among teammates, collaboration with our local mountain, and celebrating a community of inclusion. The team practices at Sugarloaf Mountain in Carrabassett Valley and competes in races throughout New England. The team is led by Head

Coach Terrie Hoops, PSIA Alpine & Adaptive 3, USSA 3.

Mark your calendars — The Horizons Alpine Race Team will host a Race Camp and Race at Sugarloaf Mountain, Jan. 9-10, 2021!

Interested in learning more about joining the Horizons Alpine Race Team? Attend one of our Development Days throughout the 2020/2021 ski season! These are one-day sessions where you'll be immersed in a ski training practice and get to spend time on the slopes with our athletes and coaches!

For more information, visit adaptiveoutdooreducationcenter.org/raceteam.

ATHLETE STAYS ACTIVE THROUGH VIRTUAL SESSIONS NEWBURY, NEW HAMPSHIRE

As New England Healing Sports Association (NEHSA) made the quick change to virtual programming this spring and summer, one athlete in particular jumped at the chance to get involved! Levi Silver, a NEHSA athlete since 2017, jumped right into our Kayak Conditioning Program as well as our guided yoga sessions.

Levi's mom, Donna, commended his efforts saying, "Levi had his physical [recently]. He is the first patient his doctor has seen who didn't gain weight. Props to your program keeping him active. In fact, he lost 16 pounds! Thank you all!!"

Levi is an avid skier with NEHSA in the winter and a fierce paddleboarder out on the lake during the summer and is one of our weekly regulars! Levi brings smiles to all of his lessons and we can't wait to see what he will accomplish next!

For more information, visit <https://nehsa.org/>.



SPORTS ALLOWS THIS ATHLETE TO MEET HIS PERSONAL GOALS LINCOLN, NEW HAMPSHIRE

John has been a long-time athlete and member of New England Disabled Sports (NEDS). In the winter, John enjoys skiing at Loon Mountain and in the summer, he is hitting the road on his recumbent bike. Growing up in Massachusetts, John says there weren't many adaptive sports programs, but he was able to become a part of the New England Disabled Sports community, saying, "It's pretty cool to have something like (NEDS)."

Last winter, John was given the opportunity by The Hartford to fly to Colorado and receive his own recumbent bike at Ski Spectacular. John describes how grateful he is to be granted his own bike saying, "I am able to bike independently whenever I want."

One of John's favorite aspects about biking is being able to ride fast with the wind in his face. This summer, John is getting ready to head to college to study finance. He aspires to play college baseball and has been spending time training with rubber band work and riding his bike to improve his strength and cardio.

For John, participation in sports has allowed him to meet personal goals. John brings a smile and determination each time he participates in sports at New England Disabled Sports. Involvement with sports and activity, whether he is participating independently or with NEDS programs, has been meaningful and will always be part of John's life.



STRIDE PARTNERS WITH USA ARCHERY CHATHAM, NEW YORK

Archery is one of the truest forms of an individual lifetime sport that everyone can participate in. STRIDE has been introducing the sport to youth and veterans with disabilities since 2014 when they built a competition range in the woodlands at their camp in Chatham, New York. STRIDE's professionally designed outdoor competition archery range is constructed in a pine grove on our 85-acre tent-camping retreat known as the STRIDE Center for Outdoor Recreation and Education (SCORE). The archery range has distance markers for four stations with permanent line marks from 10-meter, 20-meter and 30-meter distances, or moveable markers for less- or more-skilled archers. The range was designed to be inclusive for people of all skill levels regardless of disability. STRIDE has purchased special adaptive equipment to accommodate all archers, including seated archers and beepers and stands for visually impaired archers.

To grow the sport further STRIDE is joining forces with USA Archery as a Junior Olympic Archery Development club.

Increasing the number and education of coaches offers the most immediate potential for growing the program. While USA Archery is currently not offering certification classes at this time due to COVID-19, STRIDE recruited wounded warfighter TSG Tim McDonough to teach a certification class to certify five more volunteer coaches. McDonough is a USAA Certified Level 3 Course trainer and former USAFW2 Paralympic coach in Colorado Springs. He recently moved

back to New York where he got his start with adaptive sports and archery with STRIDE shortly after being medically retired from the Air Force. As the newly appointed director for STRIDE's archery program, he will conduct the certification at SCORE with goals to add five new instructors who will be trained and USAA-certified.

While most organizations may struggle with achieving training and certification due to current lack of available classes from the COVID pandemic, STRIDE is in the unique position of having a commitment from a Level 3 trainer to conduct the training on our SCORE Camp premises while maintaining social distancing. As we enact our "Return to Play" initiative, this will position our program to come out of the crisis with growth.

For more information, visit stride.org/sports/score-center.



VETERAN'S POSITIVE EXPERIENCE WITH TEAM RIVER RUNNER NATIONWIDE

I'm Ivanna Brown, a USAF veteran, and I first got involved with Team River Runner (TRR) in 2018 for the Key Largo Outtaisght clinic. It was my first time in a kayak and I had a blast!

As a paraplegic, one cool thing about TRR is the feeling of being able to get out of my wheelchair and move about freely in the water. It feels liberating.

While on the TRR Women's Clinic, I learned that kayaking down waterways allows me to see stunning places a wheelchair or vehicle would never get me. My favorite thing about TRR is that everyone is positive. They care so much and want to share their life passion for the water with everyone who wants to try it.

I was so scared hosting my first River Reps live workout! The River Reps challenge encourages us to do 1,000 repetitions of exercises per week. I recognized my fear and thought I should take the opportunity to push through that fear. In true TRR fashion, everyone was so awesome and encouraging. After the live video was over, I felt proud that I followed through with something that scared me.

The river reps challenge has given me an excuse to get my heart rate up twice a week with old and new friends. It makes me feel like part of something — I'm able to be with good and positive people all over the country. It makes me hopeful and excited for the future and TRR trips!



PRIZED CAKEMAKER TURNED SKIER LOON MOUNTAIN, VERMONT

In 2012 at just 21, Martha Stewart (yes, the Martha Stewart) awarded Emily Cioffi with top honors in the “Quest for the Best” national birthday cake contest on NBC’s “Today” show. “Someone I made a cake for submitted my cake,” said Cioffi. “They narrowed it down to six of us and my biggest fear was the audience would think I was picked because of my disability so I stayed behind the table when we were live. I didn’t want the judgement.” When Martha Stewart tasted a slice of Emily’s cake, she pronounced her the winner.

Today, Emily’s passion for skiing has somewhat replaced her love for baking. “I’m skiing all the time and skiing kind of kiboshed the whole cake thing,” she said. She has always had a love for racing and teaching skiing and could never get enough time on the mountain. After an injury (she was born with defective hips and has had multiple surgeries) she didn’t think she’d come back to skiing because of her hips. But after a bit of research she learned about Vermont Adaptive and the possibility of using a mono-ski. “I showed up for my first day of skiing and was the most excited person on the earth,” she said. “Norm [Staunton] was there and said, ‘You are an athlete. You have a core. You have everything you need. We’re just going to go.’ I knew what a fall line was and how a ski functions. So, we fitted me into the bucket and mono-ski and took off. He pushed me up the hill and told me to go straight down, and I actually made two turns and from day one I was really strong.”



Photo credit: Kim Jackson

Eventually Emily attended a race camp with Vermont Adaptive and was named a recipient of a scholarship from the High Fives Foundation to attend the Paralympic Nationals at Loon Mountain. “I met people and networked, learned by watching others and analyzed,” she said. “It kindled my fire not only to make the Paralympic team but also to be a badass mono skier, not just to stick to open slopes but to dive into the woods and over bumps that are bigger than me.”

Today, Emily is a student at Northeastern University, an instructor at Vermont Adaptive and also serves as vice president for the Vermont Adaptive board of directors.

“My main goal is to race and be on the Paralympic team, but my end goal is to ski the bumps and trees and all the crazy stuff people ski. It means more to me to be an extremely technical skier that can go anywhere.”

And she still bakes a mean cake.



VETERANS ‘TRY SCUBA’ WILMINGTON, NORTH CAROLINA

Project SOAR by ACCESS of Wilmington is a program funded by the VA that works with veterans with service-related illnesses and/or injuries. The program allows veterans to engage in recreational activities such as archery, kayaking, golf, yoga, surfing, and scuba diving. We partner with a local diving company where veterans are able to partake in “Try Scuba.” This includes one day of basic diving instructions at a local pool and a second day at a lake in North Carolina to receive their basic certification for scuba diving. This year, Project SOAR will be taking at least 15 veterans in Southeastern North Carolina to the scuba experience.

For more program information, visit accessilm.org/project-soar.

LILLY DOBSON SHINES AT WHEELCHAIR BASKETBALL BIRMINGHAM, ALABAMA

If you are looking for 8-year-old Lily Dobson, she might be playing with her dogs, Sophie and Caleb, or with her 13-year-old sister, Anna Lee. She might also be swimming at the pool, her second favorite activity next to wheelchair basketball. Dobson's third season playing for the Lakeshore Foundation Sharks junior varsity team is approaching but getting here has been a long journey for the whole family.

In 2012, two years after the earthquake in Haiti, Lily was born with arthrogyryposis, a congenital condition affecting joint movement. Little did anyone know that wheels were already in motion to bring Lily to a new home in Birmingham. "We wanted to grow our family and we prayed about it," said Jennifer Dobson, Lily's mother. "It was a seven-year adoption process, we took six trips to Haiti and on our seventh, we brought Lily home when she was 3½."

As Lily settled into her new home she also visited Lakeshore Foundation. "Lily fell in love as soon as she walked in the door," Jennifer said. "Swimming and exercise classes were Lily's first activities before being invited to play basketball. Her first year was a learning experience, but in season two she scored her first points and showed her competitiveness. While basketball is great, it also helped in other ways. One day she was struggling with schoolwork and her coach, Lauren Perry, had her do homework during practice. I will ever be thankful to Lauren for that," Jennifer added.



Lily's teammates and coaches have meant the world while playing her dream sport. Look for #10 at a gym near you. Lily will be wearing bright pink socks. "I like to stand out," Lily says.

SPORTABLE COACH SETS AN EXAMPLE FOR YOUNG ATHLETES RICHMOND, VIRGINIA

Brandon Rush is a volunteer assistant coach for Sportable's youth wheelchair basketball team, the Spokes. For five years, he has been driving an hour each way to attend practice, providing motivation and expertise in a sport he has been playing since high school.

Brandon will be the first to say he gets more out of volunteering than the kids he coaches, but don't let that fool you. As a role model and chair-user, Brandon sets a great example for young athletes. Injured in 1997, Brandon was determined to start high school on time and has been pushing through ever since. Now at the Independence Resource Center in Charlottesville, Virginia, Brandon has been helping individuals with disabilities live independently and advocating for disability rights.

He sees wheelchair basketball as a tool to promoting



awareness of adaptive sports. "I just want to be a part of the adaptive community that Sportable has created and help mold these kids to be productive citizens and have a feeling of self-worth."

Brandon's story aired on The Sportable Podcast, which was launched this summer to spotlight stories of athletes while giving a voice to disability awareness, etiquette and advocacy. Hosted by Josh Sloan, Sportable Outreach and Volunteer Coordinator, episodes are available at Sportable.org and anywhere you get your podcasts.

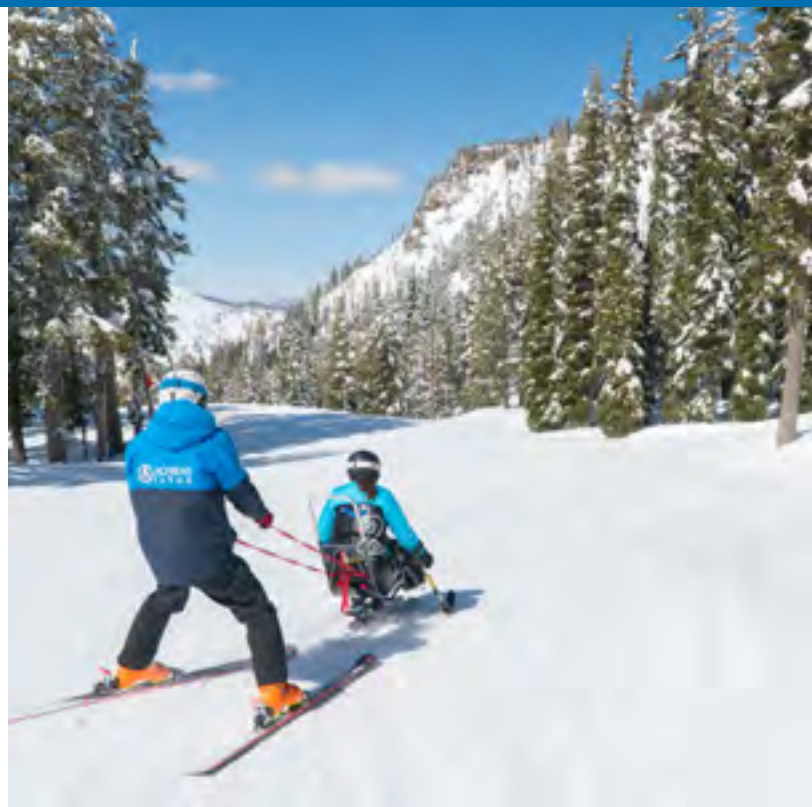
Celebrating 15 years of creating opportunities and transforming lives for individuals with physical disabilities, Sportable returned to a modified adaptive sports schedule in June after a three-month hiatus due to the coronavirus pandemic.

EXPLORE LAKE TAHOE'S TRAILS TRUCKEE, CALIFORNIA

This summer Achieve Tahoe launched our new hiking program. Hikers have the opportunity to explore the trails of Lake Tahoe, learn about the history, ecology, and wildlife of the area while taking precautions and following recommended health guidelines. The hikes we offer have been carefully considered to ensure the safety and accessibility of our participants, and there are hikes for all abilities.

Achieve Tahoe is also happy to announce the success of our virtual programming. Through virtual programming, we are able to provide ways for our Achieve Tahoe community to connect and participate in fun and engaging live activities during these unprecedented times. Our courses are geared towards our participants and family members/care providers and are free and open to all.

Visit Achievetahoe.org or contact us at 530-581-4161 for information and updates on programming and an opening date for our winter sports programs.



AN AWESOME BIKING, WALKING, ROLLING, OR RUNNING EVENT BERKELEY, CALIFORNIA

Every fall since 2002, Bay Area Outreach & Recreation Program (BORP) has hosted The Revolution, a bicycling event in the beautiful Wine Country of Sonoma County, California. In the wake of the pandemic, this year BORP has had to rethink its approach.

“Safety is our number one priority,” says Rick Smith, BORP’s executive director. “And with rates of COVID-19 rising, we knew we couldn’t go forward with a large in-person event. We also know The Revolution is a wonderful day of activity and celebration so many people look forward to every year.

After some thoughtful planning, BORP came up with a reimagined Revolution 2020 — a four-day event with something for everyone. For folks wanting to exercise outdoors, there are options to do a bike ride, take a walk/roll or run — individually or in appropriately socially distanced groups (adaptive bikes will be provided by BORP). For those who prefer to stay home, there’s a three-day marathon of online fitness classes as well as group “virtual hikes,” which provide a vivid experience of nature for those who cannot get outdoors right now.

The Revolution 2020 will take place Oct. 1-4, and people anywhere on the planet can register. It’ll be fun,

and a great opportunity to support and celebrate adaptive sports, recreation and fitness.

For more information, go to www.borp.rallybound.com or email elaine@borp.org.



FALL FUN IN CALIFORNIA'S EASTERN SIERRA MAMMOTH LAKES REGION, CALIFORNIA

From its base at Mammoth Mountain in California's Eastern Sierra, Disabled Sports Eastern Sierra (DSES) offers adaptive sports instruction and training all year long. With 300 days of sunshine annually, the Eastern Sierra offers incredible opportunities for road and mountain biking, skiing, snowboarding, and exploring outdoor recreation.

Inspired to adapt by the global response to COVID-19, DSES is actively hosting virtual programs for everyone. Join us for adaptive workouts, mindfulness and meditation, American Sign Language lessons and chat rooms, indoor cycling sessions, and more.

This fall, DSES is offering private lessons for individuals or members of the same household in road cycling, mountain biking, and hiking. All activities and programs are designed to promote the safety of athletes and instructors while encouraging fun, challenging experiences outdoors. Advanced reservations are required.

Mountain biking: DSES offers mountain biking at Mammoth Bike Park and on trails near Mammoth Lakes. Mammoth Bike Park is a great place to learn the ultimate high-alpine riding experience for everyone. With 80+ miles offering plenty of pavers, berms, jumps and drops, as well as the beginner-



friendly Discovery Zone.

Hiking: Nestled in the heart of Inyo National Forest, the Mammoth Lakes region has more than 300 miles of trails that explore a variety of landscapes from granite crags to trout-stocked lakes, pine forests to alpine meadows — there's something for all seasons and interests. DSES has the local knowledge and experience to tailor fun, rewarding hikes for individuals and families with disabilities.

Visit disabledsportseasternsierra.org or call 760-934-0791 for more program information.

OUTDOORS FOR ALL OFFERS CONTACT-FREE BIKE RENTALS SEATTLE, WASHINGTON

Typically in May, Outdoors for All is preparing for its unofficial kickoff to summer with the opening of its Adaptive Cycling Center. The anticipation was high to open their doors to summer bike rentals, but as a response to COVID-19, the Cycling Center had to remain closed for the safety of their dedicated participants and staff. These unexpected challenges led to a new change of direction fueled by the desire to get participants up and active in the outdoors safely. Bikes To You is a contact-free bike rental program for anybody needing an adaptive bike within a 15-mile radius of the Outdoors for All headquarters. Bikes To You is currently providing free bike rentals and will continue to operate until Outdoors for All can open up its Cycling Center with modified operations following

state and national health guidelines.

Check out Mercedes and her son, Leon who is an active participant of Outdoors for All. "He had a blast! We went to the arboretum and along the Burke Gilman that week! Leon's benefitted from Outdoors for All for years. This is the first time we got to enjoy biking together." — said Mercedes

Leon and Mercedes were able to take advantage of the nice Pacific Northwest weather and ride on The Duet tandem bicycle. The Duet is one of many adaptive bikes Outdoors for All has in its bicycle fleet.

For more information regarding Bikes To You and other Outdoors for All programming, visit outdoorsforall.org or email info@outdoorsforall.org.



'SUPER' VIRTUAL RUN SERIES SANTA CLARITA, CALIFORNIA

Calling ALL Heroes! Now is the time to take action and show your power — superpowers that is! Triumph Foundation presents our 2020 Virtual Run Series offering the “Fantastic 5K!,” “X-Men 10K,” and an “Avengers 10-mile Challenge” distance events where you can support our cause and have some fun, all from the comfort and safety of your neighborhood (or favorite quarantine spot!). Show us your strength and highlight your powers in any one of our races or participate in all three for a huge savings! Each participant will receive a race bib, medal, heroes mask, and more. The more you run, the more gear you get. And for our heroes in training, we are offering a Kid's Virtual Fun Run with a super cape included. Grab your sidekicks, friends, or family and have some fun. Register your posse between NOW and Oct. 31 to record your race results.

Visit SupportTriumph.org for more information and how to register.



Jacqueline wears one PIPDriver.

NAKED
PROSTHETICS

We offer three durable, functional solutions. The PIPDriver™, MCPDriver™, and ThumbDriver™.

npdevices.com

ROBUST. CUSTOM. FUNCTIONAL PROSTHESES.

For more information: (888) 977-6693 | (360) 915-9724 | fax (360) 918-8619 info@npdevices.com or visit npdevices.com
© 2020 Naked Prosthetics. All rights reserved.



NEW BOOK HIGHLIGHTS HISTORY OF WHEELCHAIR BASKETBALL



World War II was over. Wounded veterans had sacrificed their glorious youth for their country and for freedom. They were alive, but some of their bodies were paralyzed and souls damaged. They wanted no sympathy or special treatment. They simply wanted the opportunity to regain their sense of wholeness and to take their rightful place in society. They did so through sport, particularly the sport of wheelchair basketball.

A newly-published book, *Wheels of Courage: How Paralyzed Veterans from World War II Invented Wheel Chair Sports, Fought for Disability Rights, and Inspired a Nation*, reveals the pioneering story of the world's first wheelchair athletes: U.S. soldiers, sailors, and Marines who were paralyzed on the battlefield during World War II. They organized the first-ever wheelchair basketball teams within VA hospitals after the war, which quickly spread across the nation and changed the perception and treatment of disabled people.

This book, by David Davis, weaves the long-forgotten story of how three groups of courageous and unbreakable pioneers — paralyzed veterans from World War II; the doctors and physical therapists who created the rehabilitative treatments to keep them alive; and the educators and coaches who used sports to motivate them — came together to change their world and ours. To that point in time, wheelchair sports did not exist yet.

Enter two doctors, Ernest Bors in California and Howard Rusk in New York, who helped popularize treatments in which wounded veterans used recreation to rehabilitate their bodies and to adjust to their “new normal.” Veterans and their doctors experimented with several sports, including seated volleyball and wheelchair baseball, but none caught on until a physical education instructor at Birmingham VA hospital in Van Nuys, California, created a new sport: wheelchair basketball. That P.E. teacher, Bob Rynearson, noticed that

the paralyzed veterans liked to play a crude form of pickup basketball after the non-disabled players abandoned the court. He began organizing practices for the wheelchair crew and then wrote the first set of rules for the sport.

While watching the men wheel up and down the court and jockey for position, Rynearson arrived at his most perceptive insight: that the wheelchair should be considered an extension of the athlete's body. In this he was aided by the new-fangled wheelchair models being produced in Southern California, which the rising aviation industry had turned into an engineering capital.

Wheelchair “technology” had long been mired in Civil War-era design. Old-school chairs were all-wooden, rigid-frame models that were essentially pieces of bulky furniture, with all of the maneuverability of an aircraft carrier. That changed in the late 1930s, when engineers Herbert Everest and Harry Jennings started to fashion something more maneuverable.

The pioneering wheelchair athletes didn't just revolutionize the possibility of sport, but their public presence also helped reduce the stigma of disability outside the gymnasium—they couldn't possibly be considered “wheelchair-bound” or “confined to a wheelchair.” Given the chance, they were obviously capable of doing everything non-disabled veterans could do. “In essence, these pioneering athletes marked the beginning of organized sports for individuals with all types of disabilities,” said Davis. “A movement that eventually included women and youth.”

In demonstrating that ability matters more than disability, these veterans fired the first shots in what would become the protracted fight for disability rights in this country.

NOTE: This article includes a portion of the aforementioned book and an article written by the book's author, David Davis, a Los Angeles-based journalist.

You got this!

Abilities EXPO

Serving the Community
Since 1979

At Abilities Expo, you can...

- Build independence with the latest products
- Learn tips and life hacks at workshops
- Improve fitness with adaptive sports
- Open doors with service animals
- Change the game with new tech
- Get answers from the experts
- Embrace your abilities through dance
- Access facts on therapeutic cannabis
- And so much more!

**FREE
ADMISSION**



Follow Us!
#AbilitiesExpo

Abilities.com

Register online today. It's free!

Precautionary health procedures will be in place at the Expo. Stay safe, everybody!

Virtual
TBD

Los Angeles
Feb. 26-28, 2021

Toronto
Spring 2021

New York Metro
April 30 - May 2, 2021

Chicago
June 25-27, 2021

Houston
August 6-8, 2021

Phoenix
Sept. 10-12, 2021

Dallas
Dec. 3-5, 2021

Miami
Nov. 5-7, 2021

SHOW THE WORLD YOU'RE REBUILT

REBUILT is part of College Park's mission to provide technology that moves you. The limb loss journey is a time of healing for the mind, body, and soul. Access to the right prosthetic technology is an important piece of the puzzle. Zach wears the waterproof Soleus foot and the new Capital hydraulic knee. If you'd like to try a College Park foot, ask your prosthetist about our risk-free Evaluation Foot Program!



Show the world you're proudly REBUILT: rebuilt.college-park.com.

FILLAUER/MOTION CONTROL'S PROPLUS ETD2



Enjoy the robust, functional, and water-resistant features of the Fillauer ETD2.

It is useful for long trans-radial amputation levels, and closely matches the size of a standard-length hand. Multiple gripping surfaces located between the fingers and on the outside surfaces of the fingers support passive stabilization of objects, and wider fingers provide increased surface area for better holding ability at decreased pinch forces. Learn more at fillauer.com/products/proplus-mc-etd2/.

FILLAUER AERIS PERFORMANCE 2

This Fillauer foot for k3, k4 users offers an advanced energy release pylon,

enhanced plantar flexion for stability at the heel, and smooth transition from foot-flat to toe-off. It features simple, maintenance-free design that means you can use long-term and worry-free. Learn more at fillauer.com/products/aeris-performance-2/.



ONE-ARM FREEDOM™ CANOE PADDLE

Do you dream of joining an Outrigger Canoe or Dragon Boat Club, or paddling



into the wilderness to catch a white trout? The One-Arm Freedom™ flatwater canoe paddle is for you. Our one-arm technology allows you to propel your own craft or join a team! Universally designed to meet the needs of individuals or programs, the paddle accommodates left-or right-hand use and different arm and torso lengths. The One-Arm Freedom is used in all styles of flatwater canoeing from recreation to racing and solo to team paddling. For more information or to place an order, visit <https://DillenschneiderDesigns.com>.

FREEDOM TO MOVE

Ottobock was founded in 1919 to help wounded warriors in WWI get back to everyday life. Helping active military personnel and veterans regain their freedom of movement remains deeply rooted in our culture. Our strong commitment drives us as we maintain close relationships with the Veterans Administration and Department of



Defense to research, develop and ensure distribution of advanced technology specifically suited to meet the needs of injured veterans. Learn more at ottobockus.com/veterans.

RUSH ROGUE PROVIDES REALISTIC FOOT AND ANKLE MOTION



The PDAC approved RUSH ROGUE® provides the most realistic & dynamic foot and ankle motion available. The Vertical Loading Pylon (VLP) provides vertical shock relief while offering +/-8° torsion, allowing the user to push the foot and themselves to the limits. The RUSH ROGUE® is made of our advanced fiberglass composite which is 3X more flexible than conventional prosthetic feet. The roll through characteristics of the foot provide exceptional energy return with no "dead spot." The RUSH ROGUE is also available in the EVAQ8 elevated vacuum and H2O models. #goROGUE

SMOOTH · FLEXIBLE · RELIABLE · VIRTUALLY INDESTRUCTIBLE

Unlock YOUR WORLD.

RUSH ROGUE

by  PROTEOR



Also available
in EVAQ8 and
H2O Models!

VERTICAL LOADING SHOCK ABSORPTION AND +/- 8° OF TORSION!



1236 West Southern Avenue #101, Tempe, AZ 85282 • 855.450.7300

proteorusa.com     #HumanFirst

Human First