FROM CHAPTER TO CHAMPION

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On the cover: From Chapter to Champion: DSUSA Chapter Pennsylvania Center for Adapted Sports alumna Stephanie Jallen Medals in Sochi

Photo courtesy of Joe Kusumoto Photography and The Hartford
DSUSA Athletes Make Their Mark in Sochi

This edition of Challenge highlights the Winter Paralympic Games in Sochi, which was the largest and most successful Winter Paralympic Games to date. The USA came away with 18 medals, the third highest behind host country Russia and its neighbor Ukraine. The U.S. performed admirably despite serious injuries of top racers that hurt their medal count, including a broken back suffered by top performer, Andrew Kurka. We at Disabled Sports USA were particularly impressed with the performances of wounded warriors and youth racers that came out of the DSUSA racing and local chapter programs. Of the 74 members of the U.S. Paralympic Team, 60 participated in DSUSA and its chapter-sponsored programs, including 14 wounded warriors who are “graduates” of our Warfighter Sports rehab program. This shows the success of a broad, grass-roots program to identify and nurture promising Paralympic athletes. Hats off to the local DSUSA chapters who have made this possible!

Five members of DSUSA’s E-Team were tapped for the U.S. team in Sochi. Stephanie Jallen, 19, outraced some top international skiers with a bronze medal in both the women’s super-G and combined. A former youth racer with DSUSA, Alison Jones, won the bronze in downhill. Alison has now won medals in both the Winter and Summer (cycling) Paralympic Games!

And, speaking of Winter and Summer Paralympic medalists, a former sponsored athlete of DSUSA, Tatyana McFadden, won a silver medal (her first winter sports medal) in the sitting cross country (Nordic) 1 kilometer sprint. Tatyana has already established herself as one of the top wheelchair racers in the world in Summer Paralympics and just won the Boston Marathon in the wheelchair division for the second year in a row! The appearance in Sochi was particularly meaningful to Tatyana as she is an adopted child originally from Russia. She was able to compete in her native country and even meet with her birth parents and family while there!

Katrina Schaber, 16, a very strong racer with DSUSA chapter Disabled Sports Eastern Sierra, was picked by TD-Ameritrade to attend the Sochi Olympic Games as a spectator along with other youth Olympic/Paralympic hopefuls. She now has a better idea of what lies ahead for the 2018 Winter Paralympics in Korea.

Wounded warrior Heath Calhoun, who got his start skiing at DSUSA’s The Hartford Ski Spectacular, won the silver medal in the men’s super combined. Jon Lujan, another wounded warrior, who is now an Ambassador for Disabled Sports USA/Warfighter Sports, was picked by his team to be the flag bearer for the USA at the opening ceremonies. Jon blew out his knee (which was already injured before he entered his races) during the Paralympics and did not medal but has vowed to return in 2018. The winning goal in the U.S. men’s gold medal victory in sled hockey over Russia was scored by Marine Corps disabled veteran, Josh Sweeney.

A particularly impressive performance was turned in by the U.S. snowboarding team. This was the first year that snowboarding was included as a regular medal event at the Paralympics. America’s Evan Strong, Mike Shea and Keith Gabel swept the men’s snowboard cross competition with a gold, silver and bronze medal! This was the first time in 12 years that the USA has had a medal sweep in any event.

On the women’s side, Amy Purdy won the bronze medal in women’s snowboard cross. Many years ago, Amy lost both legs to a vicious bacterial infection that left her body devastated. But in one of the success stories of how sports rebuilds lives, Amy and Dan Gale started a chapter of DSUSA, Adaptive Action Sports, to spearhead the development of adaptive snowboarding and to push for acceptance into the Winter Paralympics. Many years later, that effort has produced astonishing success with adaptive snowboarding spread throughout the U.S., and now in the Paralympics.

There is much to celebrate as the Winter Paralympics matures into one of the world’s greatest sports spectacles, and we at Disabled Sports USA are proud to be a part of that growth and development. My congratulations to all of the U.S. Paralympic athletes and to the DSUSA chapters that support them!

Kirk Bauer, JD
Executive Director, Disabled Sports USA, Inc.

I hope you will remember Disabled Sports USA in your 2014 giving plans. You can donate online at www.disabledsportsusa.org. For federal workers, Combined Federal Campaign #10151.
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Maine Adaptive to Host 10th Annual Veterans No Boundaries Camp

Maine Adaptive Sports & Recreation is looking forward to hosting its 10th annual summer Veterans No Boundaries camp, Aug. 22-25. The chapter is currently recruiting 25-30 military veterans and active duty personnel with permanent physical disabilities from throughout New England and beyond to participate. Families of participants are also encouraged to attend.

The event will take place at beautiful Camp Wavus on Damariscotta Lake in Jefferson, Maine. Participants will enjoy paddling, cycling, shooting, archery, fishing, paddle boarding, martial arts, crafts, and other activities throughout the four-day event.

All activities are designed by Maine Adaptive instructors and volunteers to accommodate the various disabilities within the group. Transformational learning, camaraderie and bonding will be sure to occur during this retreat in a classic Maine setting. Maine Adaptive offers this invaluable experience free of charge.

AIG Hosts DSUSA at Ski Cup Challenge and Charity Race

AIG’s annual Winter Summit in Stowe, Vt., benefitted DSUSA’s Warfighter Sports Program. AIG hosted DSUSA and 15 injured military from Warfighter Sports at the event March 16-21 at Stowe Mountain Resort.

Among the warfighters were Marine veteran Sgt. Jon Lujan, who was the U.S. flag bearer at the Sochi Paralympic Games, and retired Army Spc. Joel Hunt, who also is a member of the U.S. Paralympic Ski Team. Heading the DSUSA team was Executive Director Kirk Bauer, J.D., who was wounded in Vietnam.

Joining the warfighters were Boston Marathon bombing survivor Steve Woolfenden, who underwent an amputation as a result of the blast.

The group was assisted by snowboard and ski instructors Reggie Showers, Dan Meteivier, Jason Lalla, and Jason Moore. Lalla, who also is a prosthetist, won gold in the 1998 Paralympics and silver and bronze in the 2002 Games.

Awarded most improved snowboarder was retired Marine Sgt. Kirstie Ennis; most improved alpine skier was Woolfenden. Age division winners were retired Marine Sgt. Trey Humphrey, a mono-skier, and Hunt.

The AIG Winter Summit represents a major insurance industry event, which attracts hundreds of risk managers, insurance brokers, and AIG employees, who gather at Stowe Mountain Resort for a series of business meetings, events and the ski races. A group of six AIG Boston executives volunteered to help the wounded warriors with equipment, transportation, and on-hill assistance.

“AIG Winter Summit is an honor and something I look forward to every year. The athletes set a great example for the rest of us and are people we can look up to as examples of strength and perseverance. Beyond spending the week with them, I have developed great friendships with many of the athletes, which is something I’m very grateful for,” said Tim Whisler, AIG Regional Manager, Casualty.

“Being a volunteer for the warriors at our Winter Summit is one of the most special and rewarding experiences in my life,” said Ron Willet, President, Northeast Region, AIG. “It allows us the opportunity to assist these amazing people who sustained injuries while protecting our freedoms. We’ll never be able to repay them for their sacrifices, but it feels good to help them in this small way. Further, they have become friends of ours who we stay in touch with, and that’s the best part of it all.”

Said Bauer: “AIG has been one of our strongest supporters. The Winter Summit provides our wounded warriors the opportunity to compete and enjoy the camaraderie of the great group of people who attend the event. The money raised will help us continue programs that support hundreds of our veterans who come home from war with critical injuries.”
27 Warfighters at Bataan Memorial Death March

In the early morning of March 23, 27 Warfighters set out for a 26.2-mile march through the White Sands Missile Range outside of Las Cruces, N.M. The Warfighters, participants in the 25th anniversary Bataan Memorial Death March, hiked through sand, rocks and miles of uphill trails to honor the sacrifices made by the veterans who served in the Philippines during WWII. For many of the recently injured Warfighters from Walter Reed and Brooke Army Medical Center, the march was the first time they were able to truly test their physical limits outside of the hospital setting, some spending more than 13 hours on the course.
Learn to Sail

Riding with the Wind

By Cynthia Marsh
Sailing is an activity that allows participants to enjoy the freedom of movement and independence – whether it’s a lazy afternoon on an inland lake, mastering the wind in recreational races, or challenging yourself with elite-level competition, sailing offers something for everyone.

Individuals of all abilities can enjoy the sport of sailing as boats can be adapted for seating, controls and rigging. The first step is getting yourself to a sailing center that has an adaptive program (and there are many across the country) and joining the fun. There is no limit to finding out how far you can go.

Sue Beatty is the Executive Director of Chesapeake Region Accessible Boating (CRAB) in Annapolis, Md., a DSUSA Chapter.

“We recommend starting with a short classroom session, especially for those who are completely new to sailing,” she said. “We cover a basic set of terms for parts of the boat such as main, jib, rudder, keel, etc. We also cover the very basic principles of sailing - how the sail is like a wing, how sails are "trimmed" or adjusted depending on the wind and direction of sail, and how the keel works to keep the boat upright. Finally we discuss (and stress) safety and the rules of the road.

“After covering the basics we get people out on a boat with an experienced skipper. Seeing, touching and feeling are the best ways to make those abstract basic concepts clear. Our skippers let people take the helm and handle the sails, but are always right there to step in and keep things safe. From there it’s just more sailing and chances to learn and try things,” Beatty said.

Some individuals with physical disabilities will need assistance to transfer into and out of a boat. There are a variety of ways to do so, including use of mechanical lifts, transfer boarding benches, and personal assistance. In all cases, the boat is securely attached to the dock for safety.

“Paraplegics are routinely able to sail the boats once they’ve been assisted aboard,” said Beatty. “Our staff and volunteers assist guests on and off of the boat. That’s where those open and broad decks come in handy. Additionally we use floating docks and tie the boats up very tight when boarding or disembarking so the height of the boat’s sides don’t vary and the boat doesn’t move very much. We also have a special seat to board guests who are not ambulatory. It’s a metal box with a hinged extension that unfolds and can be positioned like a ramp into the boat. There are stainless steel hand guards on the side. Someone in a wheelchair can park it next to the seat and with assistance or without, shift themselves over to the seat. They then slide down the ramp (not at all steep) until they are next to the boat seat. There they shift again into the seat. We always have people there to assist as necessary with the process. And it is reversed for disembarking.”

Freedom 20s are sailed by CRAB. These boats begin with a design that is very forgiving and easy to access. They have a carbon fiber mast that does not need stays (the wires that hold up the mast on most boats). That, combined with broad, flat decks makes it easy to get on and off of the boat for one or more people. The boats have a large, heavy keel which makes them very stable and nearly impossible to capsize.

The boats have two fiberglass sails. Each seat is a single moulded seat and back with two seat belts to safely secure sailors in them. Each seat is mounted on an aluminum bar that allows it to pivot from one side of the boat to the other if desired. Normally they are locked in on one side or the other. There is a small footrest on the support bar as well. Someone who is strapped into one of these seats is both comfortable and very secure.

The Freedom 20s have a “self tending” jib which means it tacks from side to side without needing much attention. All of the ropes (“lines”) are lead in a clever way to both sides of the cabin top, where the forward crew member can access them from his or her seat. The line that controls the main sail is also cleverly configured so that it can be controlled from either the front or rear seat. Tiller extensions are utilized by the helmsperson while driving the boat for better control of the tiller (the control for the rudder and therefore direction of the boat). Altogether two people with disabilities can manage every aspect of sailing the boat.

Bob Ewing is president of Footloose Sailing Association, Seattle, a DSUSA chapter.

“Adaptations for disabilities include things like special seating, electric power winches, electric starter motors, talking GPS, roller furling, davit transfer systems (similar to Hoyer), joy stick controls and other innovations sometimes specific to a certain situation,” Ewing said. “For example we have two 16-foot boats that have electric winches for steering and sail control set up to work with a joy stick, chin stick or sip and puff. Once we give the sailor the basic knowledge, they can have control of sailing a boat. If you think about that and the situation that the sailor lives in, it becomes very powerful.”

Footloose has both big and small non-athletic sailboats available for sailing experiences.

“A person learns about sailing by going sailing, talking about sailing and reading about it. It can be done in structured lessons or over time at your own pace,” Ewing said.

“There are people who just go for a sailboat ride. It’s recreation, leaving your disability at the dock and getting out on the water with your friends. Because of...
Adaptive Boats

Note: Owning your own boat is not necessary. Most, if not all, learn to sail programs have their own boats. Many regattas also have their own boats that sailors can either use free of charge or charter.

Access Dinghys: Come in a variety of models/designs and colors. Easily adapted to a wide variety of disabilities by utilizing a joystick steering system and sling seat. The servo joystick can be controlled by hand, foot, chin or any moving body part. The centerboard is heavily ballasted with lead and fill with water once they are dropped, making the boats virtually uncapsizable.

Martin 16s: Widely-used in adaptive sailing programs because they are unsinkable. The Martin 16 is a two-person, 16-foot, high-performance sailboat. With the addition of the latest in computer technology and adaptations, the Martin 16 can readily accommodate racing sailors with severe and significant disabilities.

Freedom 20s: Designed for accessibility, the freeboard is low and side decks are uncluttered to facilitate getting aboard. The cockpit is equipped with two pivoting seats for helmsmen and crew person. The specially-designed seats are counterweighted beneath the cockpit. Two wheelchairs may be accommodated in the cabin and there is adequate room for sails and gear. Added stability due to the ballast ration and vertical center of gravity. The jib is self-tending.

Ideal 18: This keelboat is easily raced or day sailed by one, two or more persons. Appealing to modern sailors, the new design is easy to maintain, simple to rig and sail, trailerable, and good-looking. It’s also maneuverable and fast. Seats, seat backs, cockpit floor and splash-rail are built into the deck mold. By using equipment and sail handling techniques tested and popularized during the past ten years, Ideal 18 performs well with “no muss, no fuss.” The Ideal 18 can be fitted with special adaptations to suit each sailor’s specific needs.

Flying Scot: The Flying Scot is noted for ease of handling and durability, and has been a popular choice of individual owners, sailing schools, and rental operators since its introduction. Stable, unsinkable and needs less than a foot of water. The wide-beamed Flying Scot has been used in adaptive sailing programs with simple adaptations to accommodate a wide range of disabilities.

SKUD-18m: High-performance Paralympic-class boat, the SKUD 18 can be handled in a variety of crew configurations. The helmsman can transfer manually and be steering with tillers, or be in a fixed seat on the centerline using a manual joystick, push/pull rods, or a servo assist joystick with full control of all functions. The forward crew can either be on the centerline, transferring manually, or using a swinging seat. Can be sailed by all levels of physical ability.

Sonars: A high performance keelboat that is exciting to race, but easy to handle by all strengths and skill levels. The 23-foot keelboat has a spacious cockpit, a large sail area and an inboard tiller. The high boom, angled back bench seats and high coamings (frames to keep out water) make this boat ideal for accessible sailing and a favorite among day sailors. Since the 1996 Paralympic Games, where sailing was a demonstration event, the Sonar has been the equipment for a three-person keelboat in every Paralympics since.

2.4mR: A single-handed dinghy that is suitable for those with quadriplegia to fully able-bodied individuals. A fast, high-performance boat. All the control lines are led under the deck to a console directly in front of the skipper. The 2.4mR is ideal for adaptive sailing since the sailor does not need to move about the boat. All controls are adjustable from a dashboard that is right in front of the sailor. Utilizes a hand tiller for steering ease, and/or foot pedal steering for those who prefer it. Used in Paralympic Games since 2000.
Adaptations

Sailors with mobility impairments who may need something to hold onto for balance when crossing the boat can use a simple athwartship (from one side to the other at right angles to the keel) grab bar when sailing. Others whose disabilities prevent them from standing can use a simple transfer bench. Sometimes the transfer bench is used in conjunction with a grab bar to cross the boat. Another option to help slide across the boat is a line at least one-half inch in diameter tied from rail to rail.

For an individual who cannot hold themselves upright, straps or harnesses can secure the sail to the seat.

For those with stability issues, a seat that provides trunk or back support such as one with a high-backed moulded seat, suction handles, grab bars, lateral supports or a good harness can be used. Other seating adaptations can include padding, lap and/or chest belts, and seats modified from wheelchair bases, boat seats, and golf cart seats.

Lack or limitation of hand function can be addressed with electronically-assisted steering and sheet trimming. Systems include 4-way joysticks which can be used with foot/toes or hand/fingers, or chin-control.

For those with severe quadriplegia, sip and puff control allows them to use a straw-like mechanism to control sail movement by how they blow, sip, or bite the control.

Classification

The main functions of sailing are:
• Ability to see while racing (vision)
• Operating the control lines and the tiller (hand functions)
• Compensation for the movement of the boat (stability)
• Ability to move about in the boat (mobility)

These functions are evaluated by any one or combination of:
• A functional assessment (Functional Anatomical Test – FA)
• Observation of standardized simulated sailing functions (Functional Dock Test – FD)
• Observation of the sailor during competition and/or training and/or out of competitions (Functional Sail Test – FS)
• An Ophthalmological Vision Testing (for those with visual impairments)

Eligible disabilities: Open to male and female athletes with physical disabilities such as amputation/limb loss, blindness/visual impairment, spinal cord injury/wheelchair users and cerebral palsy/brain injury/stroke.

Some examples of Benchmark Classification Rating are listed below:
Classification levels from 1 to 7 include:
1. Quadriplegic
   Complete double through shoulder amputation
2. Double above-elbow amputation
   Single above-elbow amputation and single below-elbow amputation
3. Single above-knee amputation & single above-elbow amputation
4. Single through shoulder amputation
   Double above-knee amputation
   Double below-knee amputation without prostheses
   Single above-knee and single below-knee amputation without prostheses
5. Single above-elbow amputation
   Single above-knee amputation and single below-knee amputation, with prostheses
6. Double below-knee amputation with prostheses
   Single below-elbow amputation
7. Single above-knee amputation
   Single below-knee amputation without prosthesis (excluding Symes amputation or equivalent)

Be Safe While Sailing

• Bring bottled water onboard and stay hydrated.
• Wear a hat to protect your face; consider long-sleeve cotton shirts and bring a windproof jacket.
• Dress in layers because it’s generally cooler on the water than on land.
• Bring sunglasses to protect your eyes and cut glare.
• Check your transfer equipment to be sure it is in good condition.
• Keep your wheelchair in a safe spot with brakes on. Assistive devices also should be in a secure place or in the boat.
• Wear gloves if you are a crewman and handling ropes.
• Wear a life jacket (PFD – personal flotation device). Put on before you get on the boat and wear it at all times.
• Wear shoes with grip-type soles, preferably white treads because black treads mark up the boats.
• Check seat belts and straps before leaving the dock.
• Make sure there is a First Aid kit onboard.
• Know the current and upcoming weather conditions.

including our elite racers to compete in open events as part of their training program.”

“Many of these regattas allow able-bodied people (ABs) to be on the boat for safety, assistance, and for their knowledge. That gives new racing sailors confidence that everything is going to be OK because generally speaking, newcomers worry about hitting other boats and not knowing all the rules,” Everhart Skeels said.

Development regattas not only provide the boats and the adaptations needed for a disabled person to sail and race, but many have experienced crew members on hand to help.

“There are people who don’t have good hand function or strong arm muscles so steering might be the only thing they can do on board. With an experienced crew, they can steer the boat even if they haven’t raced before. The experienced crew helps them through the ‘how to race’ part,” Everhart Skeels said.

“I always encourage people who have a competitive spirit to sail and to get into racing because once you learn how to race, you can race against anybody. The rules are the same; it’s the same sport whether you are racing against people with disabilities or people who don’t. It’s never that you can’t do it; it’s just that you haven’t figured it out yet,” she said.

The Competitive Edge

Everhart Skeels enjoys not only the freedom sailing involves, but the strategy in competition.

“I have always been a competitive athlete and I enjoy that aspect of sailing. It’s not about who is the strongest, but who can think the best. It’s a three dimensional game of chess that is going on and the chess board is always changing. Water is never the same because of currents and the wind is sometimes up and sometimes down. Sailing is being attuned to what is going on around you to make your boat fastest.

“My favorite saying and its very similar to life: you can’t change the wind but you can always adjust your sails,” she said. “Life is like that and I especially think that life can be like that if you are someone like me who has acquired a disability. I have had to learn how to change myself many times, but still keep going forward. I like that aspect. You can always make it work. You just have to figure out a way.”

Recruiting Sailors for the Paralympics

To identify sailors that have the potential to be elite National Team players and possibly
Paralympians, Alison keeps in contact with various adaptive sailing programs nationwide, and consults with local and regional coaches. She also networks with college coaches who may know of athletes within their schools who are disabled.

“We look for athletic and competitive-minded people,” Alison said. “There is no established pathway directly into competitive disabled sailing like the Olympic program has with the junior sailing programs that are direct feeds, so we look at open sailing arenas to identify sailors who may have disabilities. One of my Paralympians, who lost his leg to cancer at age 8, never considered himself disabled. I recruited him when he was doing an Olympic program.”

“The other avenue we are looking at to open up a direct pathway is through the military. This year, we are partnering through a grant made available from the VA and the USOC, allowing us to do a series of learn to race boot camps to expose our injured warriors to the sport of sailing. It’s in its infancy stage, but it’s been very well received so far and I think it holds a lot of potential.”

**Paralympic Level Sailing**

There are three medal events at the Games. These are the 2.4mR, SKUD 18 and Sonar classes, featuring one, two and three sailors per boat respectively. Each event consists of a series of up to 11 races – weather permitting. Sailors accumulate points according to their positions after each race, with one point for first, two for second and so on. At the end of racing, all the points except the worst score from each team are added together. The winner is the sailor or team with the lowest points total at the end of the races.

“With those three classes, we start doing more specific training through nationally-organized training camps,” Alison said. “Training sessions consist of land-based education followed by practice in the water, then a critiquing session. Some camps are boat handling-oriented where we will be working on the functional sailing of the boat, coordinated crew work, and moves within the boat and around the race course. Other camps we work on speed testing – equipment-related, sail-related, or rig tuning. In some training camps, we are working strictly on tactics and strategy. Depending on what point we are in the year or what competitions are leading into an event, we plan our training around what we are trying to accomplish.

**Northland Adaptive Sailing Program**

The Northland Adaptive Sailing Program, which takes place weekly on the St. Louis Bay waters next to Lake Superior, is a partnership program between Courage Kenny Rehabilitation Institute - Northland (CKRIN) and the Duluth Superior Sailing Association (DSSA).

The sailing program partnership combines the specialty areas of each organization. The DSSA’s experienced, A.S.A. and US Sailing certified staff provide adaptive sailing lessons for children and adults of all experience levels, including beginning sailing lessons, A.S.A. certification courses, and racing clinics. The Courage Kenny Northland staff coordinates the training of volunteers and DSSA staff to the Best Practices in working with people of all abilities; provide adaptive equipment; recruit participants, and provide expertise on how to overcome barriers such as when facilities aren’t up to ADA accessibility code. The DSSA maintains the facility, safety boat, life guard, and 10 different varieties of day sailor and cruise sailboats (over 30 total boats in all) that can be used in the program.

“The favorite boat in the fleet for most of our sailors is the 2.4 meter boat,” said Mark Hanna, Sports Recreation Coordinator, Courage Kenny Rehabilitation Institute. “It’s been described as a thoroughbred racer with the complexity of a sophisticated keelboat, it has fingertip feeling. A sister to the larger 6m, 8m, and 12m yachts, it possesses the typical powerful Metre boat sailing style. CKRIN is fortunate to have three of these boats ready for participants of all abilities to use each day down at the sailing pier and at the weekly adaptive sailing lessons.”

Program participants that complete the adaptive sailing lessons are encouraged to join as DSSA members, which gives them the ability to sail on most days and evenings during the summer using the same boats that they learned on during lessons.
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102, 52 AND 18-MILE ROAD RIDES

REGATTAS

The Robie Pierce One-Design (everyone sails an Ideal 18) Regatta is May 29 at the American Yacht Club, Rye, N.Y. Spanning four days, 25-30 crews of disabled sailors from across the US and Canada will participate in this sailing event. Each specially-adapted boat will be crewed by two sailors with disabilities and one able-bodied sailor. (www.robiepierceonedesignregatta.com.)

The North American Challenge Cup in Chicago sails Freedom 20s, 2.4mR and Sonar boats provided by the Judd Goldman Adaptive Sailing Foundation. This year’s event will be Aug. 1-4 at the Chicago Yacht Club. (www.chicagoyachtclub.org/Default.aspx?p=DynamicModule&pageid=366061&ssid=277356&vnf=1).

The C. Thomas Claggett Regatta, Newport, R.I., June 12-15, is designed for those who want to step it up and try Paralympic Class sailing. There is a clinic day to be coached from Olympic level coaches who provide information and allow people the opportunity to get their feet wet and get involved at a level of Paralympic sailing. (www.claggettregatta.org/announcements/2014-regatta-and-clinic-dates-announced).

“There is no other regatta like that in this country where you can come and experience Paralympic sailing without fully committing to it,” Everhart Skeels said. “I participated in the Claggett regatta from the beginning because I wanted to see what it was like to get into the Paralympic class boats and that regatta gave me a lot of confidence in continuing to pursue that level of racing.”

Sailors participating in the Claggett regatta need to bring their own boats or charter one. While many Paralympians have their own boats, you can charter one without it being cost-prohibitive; scholarships are available.

“The challenge is the chartering of the boat and the finding the boat if you don’t have your own. The people who are in charge of the regatta work hard to help you find those. You have to be willing to follow up and pursue the contacts you are given, so there is a little more involvement but that is true of any elite level sport. You learn that there is a commitment to participating in Paralympic sailing.”

Continued from page 17

“For example, the week before a world championship, we would do training on site at the World Championship site and focus on fine-tuning starting strategies and set up. Whereas six months prior, we would do a camp working on speed, speed set up through sail trim, sail shape and sail trim,” she said.

“Depending on where the groups of athletes we are working with are in their development, each athlete or team might have specific aspects of their own sailing that they are working on within the bigger scope of the camp.”

Event Qualifiers

To be eligible for the Paralympic Games, there are qualifying events open to any aspiring athlete who is classified. For the 2012 Paralympic teams, there were two qualifying events: the World Championship in Port Charlotte, Fla., and the Miami World Cup. The results from those two events combined determined who went to the Paralympics.

The 2016 Rio Paralympic Games qualifiers haven’t been decided yet. When it is, it will be posted on the US Sailing Olympic page, most likely before the end of the year.

Paralympic Classification

The Paralympic sailing classification system is based on three factors – stability, hand function, and mobility. Vision impairments have a separate classification procedure. After the evaluation by the Classification Committee, sailors are awarded points, based on their functional abilities, ranging from one to seven, starting from 1 for the lowest and 7 for the highest level of functionality.

Each boat (single, two person, and three person) uses its own classification point system to make up a team. In the single-person boat, each sailor has to meet a minimum criteria, which is having any classification rating from 1-7. The two-person boat requires one sailor to be rated a 1 or 2 with the crew having any classification rating (1-7), but at least one of the two sailors must be female. In the

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Adaptive Adventures Sailing Program

Adaptive Adventures Sailing Program is creating new opportunities in Colorado and the West. The program focus is providing accessible sailing, skill development and maritime education that will assist participants in achieving freedom through the mobility of sailing. Participants are encouraged to sail on a regular basis on a recreational or competitive level, with the goal of having several persons with disabilities become certified and act as role models for the program in the future. The program will be based out of Chatfield State Park, Cherry Creek State Park and Bear Creek Lake Park.

- Thursdays (May through October) Chatfield State Park, 5-8 p.m.
- 2nd and 4th Tuesdays (May through October) Bear Creek Lake Park, 4-7 p.m.
- 1st and 3rd Mondays (June through August) at Cherry Creek State Park, 5-8 p.m.

Advance registration is required. For more information, contact dave@adaptiveadventures.org or (303) 679-2770, ext. 7.

Getting Classification

National classification occurs each year at predetermined events that can be found at the US Sailing website: http://raceadmin.ussailing.org/Classifiers/Events_Hosting_Classification.htm.

For 2014, events offering classification are the Miami World Cup; Robie Pierce Regatta, New York; North American Challenge Cup, Chicago; C. Thomas Claggett Clinic and Regatta, R.I.; and the 2014 U.S. Disabled Challenge Championship, Galveston. When a sailor is classified it’s for a four-year Olympic cycle (quadrennium). The current cycle is from Jan. 1, 2013 to Dec. 31, 2016.

“There is also a list of all the sailors who have been classified for this quad on the US Sailing website, including their classification rating,” Alison explained. “For example, if I was a sonar sailor and I classified as a three and I was looking for teammates to sail with, I could go to the classification list and see who I might be compatible with. Sometimes we as coaches suggest to people who they should sail with. Other times, the sailor will read the system and try to pair up with a geographically compatible teammate to practice with.

Equipment and Expenses

“As you get better and better and you want to pursue that Paralympic dream, then the urgency for owning your own equipment becomes greater,” Alison said. “If you are an elite athlete you want to invest in your own equipment. It’s like with wheelchair racing, sled hockey, or sit-skiing, you want your own chair/sled/ski because it fits you best and it has adaptations that make it better for you. The same thing is true at the elite level of Paralympic sailing.

“Sailing is not the most inexpensive sport once you own equipment and take into consideration travel and training.

continued on page 20 >>
However, on a national team, although we don’t have monthly stipends, sailors do get some grant funding and we provide a lot in terms of resources and support for logistics, coaching, shipping and transportation. We do what we can within our funding and our budget to be able to help our athletes. We also advise them on creating personal websites and how to go about fundraising on their own – and they are pretty successful at it.

Looking Ahead to Rio 2016

“I feel good about what we are doing with the team,” Alison said. “We’ve got two boats/teams in each of our three classes that are part of the national team. We’ve got some young athletes that are coming up and I hold out high hopes for them. I think we are really fortunate and have some very good veteran sailors on the team. But we are always looking for talent. I can’t say that enough. We are happy to work with people to get them up to speed. What we really look for are hard workers, quick thinkers, those dedicated to be great in the sport.

“Most of my athletes are professionals who have real jobs and families. The average age is 40. I have some as young as 21 and the oldest is 57. That’s the beauty of sailing. You can be 9 or 90 and still be competitive. You don’t age out in our sport.”

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Sailing Programs at DSUSA Chapters

Access 2 Adventure (Rhode Island), (website unavailable)
AccesSport America (Massachusetts), accessportamerica.org
Adaptive Adventures (Colorado), adaptiveadventures.org
Adaptive Sports Center of Crested Butte (Colorado), adaptivesports.org
Adaptive Sports Program - Helen Hayes Hospital (New York), helenhayeshospital.org/hospital-services/adapted-sports-recreation/
Baltimore Adaptive Recreation and Sports (Maryland), barsinfo.org
Chesapeake Region Accessible Boating (Maryland), crabsailing.org
Courage Kenny Sports and Recreation (Minnesota), couragecenter.org/PreviewPages/sportsandrec.aspx
Florida Disabled Outdoors Association (Florida), fdoa.org
Footloose Sailing Association (Washington), footloosedisabledsailing.org
New England Disabled Sports (New Hampshire), ndisabledsports.org
Northeast Disabled Athletic Association (Vermont), disabledathletics.org
STRIDE (New York), stride.org
The Adaptive Adventure Sports Coalition (Ohio), taasc.org
U.S. Adaptive Recreation Center (California), usarc.org
U.S. Adaptive Sailing (New Jersey), (website unavailable)
Vermont Adaptive Ski & Sports Association (Vermont), vermontadaptive.org
Western New York Adaptive Water Sports (New York), wnyadaptivewatersports.org

U.S. Paralympic Curling
Introductory Sport Camp
For Disabled Service Members and Veterans
September 4-7, 2014
Lake Placid, NY

The Nation’s Premier Paralympic Curling Camp
Free participation – Travel, Lodging and meals are included
Camp is limited to 20 participants
Registration closes July 11th
Instruction conducted by the 2014 U.S. Paralympic Team and Staff
To register or for more information, contact Marc DePerno at marc.deperno@usacurl.org or 315-292-3520

>> continued from page 19
Plays well with others

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THE SOCHI PARALYMPIC GAMES WELCOMED 547 ATHLETES FROM 45 COUNTRIES, MAKING THIS THE LARGEST PARALYMPIC WINTER GAMES TO DATE. THE COMPETITION FEATURED EVENTS IN ALPINE SKIING, SNOWBOARDING, BIATHLON, CROSS-COUNTRY SKIING, ICE SLEDGE HOCKEY, AND WHEELCHAIR CURLING. AMERICAN ATHLETES – 22 WOMEN AND 58 MEN – DID VERY WELL AT THE 2014 PARALYMPIC GAMES IN SOCHI, EARNING 18 PODIUM SPOTS WITH FOUR U.S. ATHLETES WINNING MULTIPLE MEDALS.

• Team USA became the first team to win back-to-back gold medals in sled hockey as they skated past Russia 1-0 in the gold medal game. Marine Corps veteran Josh Sweeney scored the game-winning goal. The gold medal is the third for the U.S. in sled hockey since 2002.

• The U.S. men’s snowboard cross team swept the event in its Paralympic debut with Evan Strong, Mike Shea, and Keith Gabel taking the top three spots. The triple win marks the first American sweep in Paralympic Winter Games in 12 years and the first men’s medal sweep in U.S. history.

• Tatyana McFadden won silver in the 1km sitting cross-country race, less than a year after she took up the sport of Nordic skiing. She finished just 0.1 behind the gold medal winner. This is the 11th Paralympic medal of McFadden’s career but her first ever Winter Games medal. She has 10 Paralympics medals in track and field.

• Army veteran Heath Calhoun earned silver in alpine skiing, men’s sitting class, his first Paralympic medal. Calhoun also participated in the 2010 Paralympics in Vancouver.
Five members of DSUSA's E-Team were tapped to be in the Sochi Paralympics. They included James Stanton, Stephanie Jallen, Tyler Carter, Pat Parnell, and Andrew Kurka. Jallen came away with a bronze medal in women's downhill and Stanton had a good run in men's super-G standing, coming in 6th. Carter and Parnell were out of medal competition and mono-skier Kurka did not compete after breaking his back in a training run.

With triple the number of veterans and military service members on this year’s Paralympic team as compared to the Vancouver Games, Warfighter Sports athletes could be seen competing every day of the Sochi Games. Disabled Sports USA's Warfighter Sports program was proud to have been a supporter of so many Paralympic dreams, from Jon Lujan, who carried the American flag at the opening ceremony, to Heath Calhoun who earned a silver medal in the men’s super-combined to the gold medal winning "Bravo Delta Line" of the U.S. Sled Hockey team. Of the 74 athletes on the 2014 U.S. Paralympic Team, 60 participated in Disabled Sports USA and chapter-sponsored programs, 14 of those through Warfighter Sports.

Disability Sports USA would like to congratulate the entire 2014 U.S. Paralympic Team on their performance, and looks forward to continuing our support of the next generation of competitive athletes.

Olympic athlete Julie Chu and Paralympic athlete Jon Lujan, flag bearers for their respective games, presented President Obama with flags signed by all the athletes at a White House reception April 3. About 200 Paralympic and Olympic athletes from the Sochi Games were invited to the event, which included a tour of the residential wing, lunch, and a chance to meet the Obamas.
From first-timers to elite athletes, nearly 800 participants from 38 states and six countries descended on the Beaver Run Resort in Breckenridge, Colo., for the 26th The Hartford Ski Spectacular.

Special guests to the nation’s largest winter sports festival for people with disabilities included 16 survivors and their families from the Boston Marathon bombing and more than 150 wounded warriors, their families, and medical staff. The injured military also included members of BLESMA – the British Limbless Ex-Serviceman’s Association.

Learn to Ski, Learn to Race, and Learn to Snowboard were offered not only to those with disabilities, but to their families as well to foster a shared interest in an activity everybody can participate in. Clinics were offered in sled hockey, Nordic, biathlon, and curling.

The U.S. Paralympic Snowboard team was hands-on, lending encouragement to the newbies, offering tips, and demonstrating their skill on the slope. Scholarships were granted to 19 youth to participate in the Youth Race Camp, a pathway to elite competition and possibly the Paralympics. The National Race Festival featured high-level coaching for aspiring Paralympians and where 26 participants received IPC International Classification.

More than 142 instructors engaged in learning too. The Professional Ski Instructors of America – American Association of Snowboard Instructors (PSIA-AASI) offered lessons in the latest and safest adaptive techniques.

The week-long event wasn’t all instruction and competition; there was plenty of camaraderie and celebration at après-ski get-togethers including opening and closing banquets, Casino Night, and ’80s Night. DSUSA thanks its title sponsor, The Hartford, and event sponsors Fluor, Oshkosh, Tee it up for the troops, Team Semper Fi, Wash Depot Holdings, Breckenridge Ski Resort, and Beaver Run Resort and Conference Center.
Meet 2012 London Paralympic Shot Put Gold Medalist, Jackie Christiansen who won wearing his Wave Sport foot from Fillauer. The Wave Sport’s full heel plate design enables patients like Jackie to wear a foot shell with any standard athletic shoe—putting the Wave Sport in a league of its own. To learn more about Jackie and the Wave Sport, visit www.fillauer.com.
Grant funding for Warfighter Sports is awarded in part by U.S. Paralympics, a division of the U.S. Olympic Committee, through funding provided by Veterans Affairs. The grants are provided to facilitate the growth of Paralympic-sport programming for disabled veterans and disabled members of the Armed Forces.

| California | May 1 – Sept. 30 | United States Adaptive Recreation Center | Youth Programming | Water-Skiing, Cycling, Sailing, Fishing, Kayaking, Stand-Up Paddleboarding, Personal Watercraft | United States Adaptive Recreation Center | Big Bear Lake | usarc.org |
| California | May 1 – Sept. 30 | United States Adaptive Recreation Center | Youth Programming | Water-Skiing, Cycling, Sailing, Fishing, Kayaking, Stand-Up Paddleboarding, Personal Watercraft | United States Adaptive Recreation Center | Big Bear Lake | usarc.org |
| May 1 – Aug. 31 | Summer Youth Program | Cycling, Power Soccer, Kayaking, Wheelchair Basketball, Rowing, Water-Skiing, White-Water Rafting, Hiking | Bay Area Outreach & Recreation Program, Berkeley | Disabled Sports USA Far West disabilitiesportseastsierra.org |
| Colorado | July 1 – Sept. 30 | Integrated Summer Cycling Events for Military and Disabled Veterans | Cycling, Kayaking, Paddleboarding, Camping, Fishing, Hiking, and more | Disabled Sports Eastern Sierra Mammot Lakes | disabilitiesportseastsierra.org |
| May 1 – Sept. 30 | Adaptive Adventures Sports For Kids – Cycling | Adaptive Adventures | Denver | adaptiveadventures.org |

Aug. 4 – Aug. 11
- Heroic Families Summer
- Wilderness Adventures Rafting, Canoeing, Inflatable Kayaking, Rock Climbing, Wall, Other Family Activities
- Breckenridge Outdoor Education Center boec.org

Aug. 16 – Aug. 22
- Aspen Military Wilderness Experience
- Rafting, Flying-Fishing, Kayaking, Rock Climbing
- Challenge Aspen Military Opportunities
- Snowmass Village challengeaspen.org

Connecticut
- May 30
- Instructress Training
- Water-Skiing, Wakeboarding
- Leaps of Faith Water Ski Club dba Leaps of Faith Disabled Skiers
- Sandy Hook
- leapsoffaithwaterskiers.com

Curacao
- Sept. 3 – Sept. 9
- Open Water & Advanced Open Water Certification
- Surgical Diving
- SUSD Scuba, Inc.
- Willemstad
- sudsdiving.org

Idaho
- June 25 – Sept. 24
- Warfighter Water Adventure Program
- Rafting, Fishing, Canoeing, Stand-Up Paddleboarding
- AWE Somos McCall
- awesomeidaho.org

Illinois
- May 1 – Sept. 30
- Adaptive Adventures Sports for Kids – Paddle and Ride Clinics
- Kayaking, Cycling
- Adaptive Adventures Chicago adaptiveadventures.org

- May 1 – Sept. 30
- Adaptive Adventures Sports for Kids – Water-Ski Clinics
- Water-Skiing, Wakeboarding
- Adaptive Adventures Chicago adaptiveadventures.org

- June 12 – June 15
- Great Lakes Games
- Archery, Weightlifting, Swimming, Bocce, Table Tennis, Track and Field, Cycling
- Great Lakes Adaptive Sports Association

- June 22 – Aug. 23
- Dare2tri Kids Programming & Camp
- Swimming, Cycling, Running, Wheelchair Pushing, Triathlon
- Dare2tri Paratriathlon Club Chicago dare2tri.org

Kansas
- April 12 – Sept. 27
- Wheelchair Sports / Robert J. Dole VA Medical Center Kansas
- Adaptive Cycling Clinics
- Wheelchair Sports INC
- Wichita
- wcspports.org

Maine
- Aug. 22 – Aug. 25
- Veterans No Boundaries
- Stand-Up Paddleboarding, Kayaking, Canoeing, Cycling, Ropes Course, Hunting, Fishing, Golf, Archery, Swimming
- Maine Adaptive Sports & Recreation
- Jefferson
- maineadaptive.org

Maryland
- April 12 – May 31
- Warfighter Weekly Golf Clinics
- The Salute Military Golf Association and Warfighter Sports Olney
- smga.org

- August 2014

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June 8 – June 12
Team River Runner Rendezvous
Paddle Sports
Team River Runner
Deep Creek Lake
teamriverrunner.org

Sept. 26
First Swing Golf Clinic
Eastern Amputee Golf Association and Warfighter Sports
Rockville
eaagolf.org

Massachusetts
June 6 – June 9
Sport and Spirit - Cape Cod Adaptive Adventure Weekend
Archery, Cycling, Kayaking, Tennis, Basketball, Golf, Deep Sea Fishing
CAPEable Adventures
Yarmouthport
capeableadventures.org

June 27 – Aug. 22
Summer Sports - Golf & Water-Skiing for Military and Disabled Veterans
Northeast Passage, Merrimac
nepassage.org

Michigan
July 28 – Aug. 1
Junior Wheelchair Sports Camp
Basketball, Tennis, Team Handball, Softball, Sled Hockey, Handcycling
Turnstone Center, Allendale
turnstone.org

New Hampshire
May 1 – Oct. 31
Granite State Adaptive Summer Sports for Youth
Equestrian, Cycling, Water Sports
Granite State Adaptive
Mirror Lake
gsadaptivesports.org

June 27 – Aug. 22
Summer Sports - Golf & Water-Skiing for Military and Disabled Veterans
Northeast Passage
Windham
nepassage.org

Aug. 28 – Aug. 31
Northeast Adaptive Sports Coalition Warfighter Event
Water-Skiing, Golf, Kayaking, Cycling, Surfing
New England Disabled Sports
Hampton, Ashland, and Lincoln
nedsports.org

North Carolina
May 19 – May 30
Valor Games
Air Rifle, Sitting Volleyball, Bocce, Rowing, Table Tennis, Archery, Powerlifting, Cycling, Shot Put
Bridge II Sports
Chapel Hill and Durham
bridge2sports.org

July 9 – July 13
Youth Programs
White-Water Rafting, Climbing, Scuba, Tennis, Running, Swimming, Water-Skiing, Wakeboarding
Adventue Amputee Camp
Bryson City
adventureamputee.org

Ohio
May 16 – Sept. 30
Summer Youth Sports
Kayaking, Cycling, Archery
The Adaptive Adventure Sports Coalition
Powell
taadsc.org

June 20 – Sept. 21
Military/Warfighter Sports
Water-Skiing, Cycling, Bass Fishing, Sailing, Rowing, Kayaking, Archery
The Adaptive Adventure Sports Coalition
Powell
taadsc.org

Oklahoma
June 5 – June 8
UCO Endeavor Games
Paracanoe, Cycling, Powerlifting, Wheelchair Basketball, Table Tennis, Archery, Swimming, Shooting, Track and Field, Sitting Volleyball, Paratriathlon
University of Central Oklahoma
Edmond
uco.edu

Oregon
July 8 – Sept. 23
Summer Handcycling Series for Military and Disabled Veterans
Handcycling, Tandem Cycling
Oregon Disability Sports
Portland
OregonDisabilitySports.net

July 18 – July 20
Youth Camp Weekend
Cycling, Hiking, Kayaking
Oregon Adaptive Sports, Bend
OregonAdaptiveSports.org

Pennsylvania
May 23 – Sept. 30
Ongoing Summer Program: Warfighter
Water-Skiing, Kayaking, Flying
Two Top Mountain Adaptive Sports Foundation
Morgantown
twotopadaptive.org

May 23 – Sept. 30
Ongoing Summer Program: Youth Water-Skiing, Kayaking, Flying
Two Top Mountain Adaptive Sports Foundation
Morgantown
twotopadaptive.org

Rhode Island
July 21 – July 25
5th Annual Veterans Summer Sports Clinic for Disabled Veterans
Sailing, Kayaking, Water-Skiing, Cycling, Shot Put, Archery, Discus, Javelin, Rock Climbing
New England Handicapped Sports Association
Providence and Newport
nehsa.org

Tennessee
April 14 – Oct. 13
SPARC Adaptive Cycling and SPARC Rodeo for Youth
Cycling, Sports, Arts and Recreation of Chattanooga (SPARC)
Choctawoga
tmtpinc.com/site/sparc/chattanooga/online/

Texas
Ongoing
Warfighter Adaptive Scuba Center for the Intrepid and Warfighter Sports
San Antonio Military Medical Center
disabledsportsusa.org

April 1 – Dec. 18
Operation Comfort Summer Swim Program
Swimming, Operation Comfort
San Antonio
operationcomfort.org

Utah
May 1 – Sept. 30
Summer Sport and Recreation Program for Youth of All Abilities
Cycling, Water Sports, Adaptive Horseback Riding, Climbing Wall, Archery, and more
National Ability Center
Park City
discovemar.org

July 2 – Aug. 8
Youth Adventure Leadership Program (YALP) - Summer Camp
Cycling, Rock Climbing, Canoeing, River Rafting
Common Ground Outdoor Adventures
Logan
cgadventures.org

Virginia
April 19 – June 21
Warfighter Weekly Golf Clinics
Fort Belvoir Golf Club and Warfighter Sports
belvoirmwr.com/Features/Adaptive%20&%20Inclusive/index.php

May 30 – June 1
Wave Warriors Surf Camp
(Warfighter Sports)
Surfing, Paddleboarding
Warfighter Sports and Billabong
Virginia Beach
disabledsportsusa.org

Washington
June 1 – Sept. 20
Warfighter Watersports Series
Watersports
Outdoors for All Foundation
Seattle
outdoorsforall.org

Washington, D.C.
Sept. 14
Navy 10 Miler and Navy-Air Force Half Marathon
Running, Handcycling
Warfighter Sports
Washington, D.C.
disabledsportsusa.org

Oct. 12
Army 10 Miler
Running, Handcycling
Warfighter Sports
Washington, D.C.
disabledsportsusa.org

West Virginia
July 25 – July 28
CAWW Warfighter Sports Veterans Family Camp
Golf, Bicycling, Canoeing, Horseback Riding, Swimming, Caving, Sporting Claysh, Hiking, Fly-Fishing
Challenged Athletes of West Virginia
Davis
cawvsports.org

Wisconsin
June 6 – Aug. 31
Dare2Tri 3 Day Camp & Elite Team for Military and Disabled Veterans
Swimming, Cycling, Handcycling, Running/Wheelchair Pushing, Triathlon
Dare2tri Paratriathlon Club
Pleasant Prairie
dare2tri.org

Nationwide
April 30 – Sept. 30
Regional Paddling Trips/Clinics
Kayaking, Rafting, Stand-Up Paddleboarding
Team River Runner
Various Locations
TeamRiverRunner.org

New York
Aug. 20 – Aug. 24
Boot Camp for Military and Disabled Veterans
Archery, Fishing, Tent Camping, Aerial Adventure Park, Hiking, Shooting, Fitness Training, Boating, Swimming
STRIDE Adaptive Sports
Chatham
stridemag.org

Virginia
March 23 – Sept. 30
Adaptive Floating Classrooms for Youth
Canoeing, Kayaking, Sailing
Virginia Adaptive
Burlington
virginiaadaptive.org

vermontadaptive.org
Leaps of Faith Disabled Skiers Water Sports Programs

Soaring with the Eagles, June 24-27, is an innovative, four-day water sports day camp designed specifically for blind and visually-impaired children to teach them to water ski and wakeboard. Open to children 6-17, this camp will engage students in non-contact water sports activities from beginner to advanced levels. Safety instruction will focus on boat communication signals, proper fitting of equipment, flotation techniques, and recognizing body fatigue.

Tournament of Champions, Aug. 21-23, is a competitive grassroots water ski tournament for individuals with traumatic or chronic spinal cord injury. Sponsored in part by the Neilsen Foundation, this event will feature two days of ski instruction followed by a tournament using a regulation slalom course. Tri-State area rehabilitation hospitals are encouraged to put together a team representing their organization.

Adaptive waterskiing and wakeboarding, beginner to advanced level for all ages and disabilities, will be June 28, July 19, July 26, Aug. 9, Aug. 16, and Sept. 13.

For more information, contact Joel Zeisler at 203-426-0666 or lofskiers@gmail.com.

NEHSA’s 5th Women Veterans Ski Day

The 5th Annual Women Veterans Ski Appreciation Day at New England Handicapped Sports Association (NEHSA) marked its fifth year at Mount Sunapee Resort, Newbury, N.H.

This year 29 participants were warmly welcomed by over 60 volunteers on a brisk March 4th morning. A representative of U.S. Sen. Jean Shaheen kicked off the opening remarks by reading a letter of gratitude from the senator. This was followed by U.S. Army veteran Christy Gardner holding the flag for the Pledge of Allegiance and opening introductions.

The roster this year brought 14 participants to the clinic who never skied before. This challenge was easily met by the talented volunteer pool of the day, which included three members of the Mount Sunapee Learning Center who never participated in an adaptive lesson before. All of the participants progressed in their skiing and snowboarding ability and extended their gratitude for the opportunity to attend the event.

Bike and Race in Vermont

The 4th Annual Long Trail Century Ride will be June 21. Riders can choose from three routes (100, 60 and 20 milers) plus an après-ride party at Long Trail Brewery. Cost varies depending on the ride. Rides leave the brewery in Bridgewater Corners in the morning; après-ride party open to the public beginning at 1 p.m. Visit www.longtrailcenturyride.com.

The Vermont 100 Endurance Race, one of the oldest endurance races in the country will be July 19-29. It is part of the Grand Slam Series of Ultrarunning. Each year, 300 runners attempt to finish this hilly race over beautiful Vermont back roads and trails under the 30 hour cutoff point. Visit www.vermont100.com.

The Bolton Valley 5K, a fun 5K trail run on the Nordic trails at Bolton Valley Ski Area will be Aug. 30. Visit www.vermontadaptive.org.

The three events benefit Vermont Adaptive Ski and Sports.
**Higher Ground Military Program Camps**

Higher Ground, Sun Valley, is offering various camps for service members with PTS, TBI, and those affected by MST, from May through September. Costs are fully covered for participants and their supporters.

A trip to the Middle Fork Lodge will be held May 18-23 for female veterans and their significant others, and June 22-27 for male veterans and their supporters. This camp will include a combination of fly-fishing, horseback riding, hiking, archery, and integrated breathing and movement.

A Mackay Wilderness white-water rafting trip on the Main Salmon River will be held July 20-25 for single female service members, and Sept. 1-6 for male veterans and their significant others. Mackay Wilderness Company will lead a guided tour of the Frank Church-River of No Return Wilderness. This trip includes rafting, camping, fly-fishing, hiking, paddleboarding, and a tour of ancient Indian caves.

A camp at Petit Lake will be held July 21-26 for single male service members. Activities will include stand up paddleboarding, mountain biking, golfing, hiking, yoga, and kayaking.

Orange Torpedo will lead a white-water inflatable kayak trip for single male service members on the Lower Salmon River, Aug. 17-22. Participants will have the opportunity to navigate single kayaks on this amazing stretch of river.

A fly-fishing trip for six male veterans and their significant others will be held Sept. 14-19. Located in a remote cabin setting along Henry’s Fork of the Snake River, six couples will enjoy fly-fishing, horseback riding, golfing, and a tour of West Yellowstone.

**Enjoy Big Sky Country at Eagle Mount Bozeman**

Eagle Mount Bozeman, Mont., provides recreation opportunities for those physically or cognitively disabled throughout the summer. The aquatics program provides recreational and healing opportunities in a therapeutic temperature pool. Eagle Mount’s equine program creates a private lesson for its participants of all ages and is designed to meet their personal goals. Instructors are PATH-certified.

Big Sky Kids is a camp for kids with cancer and their families. Three camps throughout the summer for all ages. Lessons and equipment, lodging and meals are provided.

For more information, visit www.eaglemount.org or (406) 586-1781.

EMBLEM (Eagle Mount Bozeman Lasting Experiences for Military) has two stand-out camps aimed at OEF/OIF Montana veterans but others are welcome to apply.

EMBLEM’s Womens Only Camp Aug. 26-29 provides opportunities to kayak, hike, rock climb, zip line and time to journal. Meals are catered and lodging is in tents and teepees. Contact Diana at dproemm@eaglemount.org for more information. Early registration is advised.

A camp for veterans and their caregiver or spouse will be Sept. 8-12. Meals and luxurious lodging in Big Sky are provided. Contact Chad at cbiggerstaff@eaglemount.org for more information.

**UCO Endeavor Games June 5-8**

The University of Central Oklahoma (UCO) Endeavor Games – the largest multisport, multidisability sporting event in the United States – will celebrate its 15th year June 5-8 in Edmond, Okla.

Competitions include archery (indoor/outdoor), cycling, powerlifting, wheelchair basketball 3-on-3 (adult/junior), sitting volleyball, shooting, table tennis, track and field, swimming, paracanoe, and paratriathlon.

This year, the UCO Endeavor Games will offer indoor archery and track and field clinics to athletes ages 12 and under and a paratriathlon transitions clinic for all ages. U.S. Paralympics will feature their “Gateway to Gold Talent ID,” which offers cycling, powerlifting, sitting volleyball and track and field to athletes ages 13 and up.

All activities will be held at the university, Edmond North High School, Edmond Mitch Park YMCA, or the Oklahoma River.

For more information on disabilities, sanctioning and classifications of individual sports offered at the UCO Endeavor Games, or to register for competitions or clinics, visit www.ucoendeavorgames.com or contact Joe Ready at (405) 974-3154 or jready1@uco.edu.

The UCO Endeavor Games is endorsed and sanctioned by U.S. Paralympics, Disabled Sports USA and Wheelchair Sports USA.
Courage Country Championships and 2014 Wheelchair Softball World Series

Courage Country Championships, a Paralympic-style competition, consists of five sports: track and field, archery, swimming, table tennis and weightlifting.

This year’s track and field and archery competition will be June 14, at St. Louis Park (Minn.) High School. The event serves as a qualifier for the National Junior Disability Championships (NJDC), which will take place July 8, at Iowa State University in Ames.

The swimming championship will take place May 10 at St. Catherine University in Saint Paul.

The 2014 Wheelchair Softball World Series is a competitive event showcasing 16-20 top wheelchair softball teams from around the world. The tournament is expected to bring 250-300 players, plus coaches, officials, family, and friends to the Twin Cities. The tournament will take place at the state-of-the-art Todd Anderson Field in Brooklyn Park from August 13-16.

GLASA Hosts Event for Competitive Athletes

Great Lakes Adaptive Sports Association (GLASA) 2014 Adult National Open and Great Lakes Regional Games will take place Friday, June 13, through Sunday, June 15, at Lake Forest High School (East Campus), 1285 N. McKinley Road, Lake Forest, Ill. Competitions include archery, track, field, table tennis, weightlifting, boccia, swimming, and cycling. Sports clinics and social activities also will be offered. Athletes up to age 22 can qualify for National Junior Disability Championships at the games. There are no qualifying standards in order to participate in the games. All athletes (youth, adult or injured service member) with a physical disability or visual impairment are encouraged to attend. For more information, contact Nicole Verneuille at (847) 283-0908 or nverneuille@glasa.org.

Military and Veterans Events at TAASC

The Adaptive Adventure Sports Coalition (TAASC) Columbus, Ohio, will host a Warfighter WaterSports Weekend, June 20-22. Activities include golf, water-skiing, kayaking, fishing, cycling and archery for military or veterans and others with disabilities.

A Veterans Fishing and Sports Event for veterans with disabilities will be held Sept. 20-21. For details on either event, visit www.taasc.org or contact info@taasc.org.

Turnstone Hosts Sports Clinics, Tennis Open

Turnstone, Fort Wayne, Ind., has scheduled the following programs:
- Wheelchair Tennis Clinic, Saturday, May 3, 9 a.m.-3 p.m.
- IPFW Wheelchair Tennis Open, Friday-Sunday, May 30, 31 and June 1
- Kayaking Clinic, Saturday, Aug. 9, 10 a.m.-4 p.m., Hursttown Reservoir, Grabill, Ind.

For registration information and costs, contact Drew Achenbach, drew@turnstone.org. Visit Turnstone at www.turnstone.org.

Noah Barbknecht, 16, received the Pathfinder Award from the Northeast Indiana Chapter of Safari Club International. The award is presented to an individual who is faced with overcoming a physical challenge or disability with a “never quit” attitude. Noah, a paraplegic as a result of a skiing accident, is an avid hunter, and will travel to Africa with the Safari Club. To read more about Noah, visit journalgazette.net/article/20140209/SPORTS09/302099965/0/SEARCH.
DSES Paralympic Sport Mammoth Lakes Summer Fun

Disabled Sports Eastern Sierra (DSES) - Paralympic Sport Mammoth Lakes has much to offer this summer season.

Wednesdays from June through October the Summer Cycling Series tours the Eastern Sierra. Rides are progressive with opportunities to work on skills, participate in time trials or simply ride the distance of your choice. Join us for one ride or the entire season.

Cycling highlights include:
- Sierra Cycle Challenge July 26-28, a three-day, 155-mile fully-supported fundraising ride circumnavigating the Glass Mountains.
- Pedal-Paddle Campout Aug. 8-10, features cycling, kayaking and paddleboarding as well as camping. DSES has a new adaptive, wheelchair-accessible paddleboard from OnIt Ability Boards.
- High Sierra Fall Century and Gran Fondo Sept. 6. Ride options range from 42, 70, or 102 miles of some of the best cycling routes in the country.
- Other DSES events include: Summer Wounded Warriors Camp, June 2-6; camping, cycling, rock climbing, paddling and more! June Lake Triathlon July 12 includes sprint, Olympic and half-Ironman distances.

For more information contact Maggie Palchak at mpalchak@disabledsportseasternsierra.org.

USARC Enters Second Quarter Century

After 25 years of delivering quality adaptive programming, the United States Adaptive Recreation Center (USARC) is readying for yet another summer of wet or wild thrills on the waters of, or the hills surrounding, Big Bear Lake, Calif.

With activities like water-skiing, wakeboarding, kayaking, stand-up paddleboarding, sailing, fishing and Jet Skiing, the USARC can cover virtually any level of excitement. To complement the aquatic experiences, there is even a camping option available in August for those who enjoy clear, starry nights and a crackling orange fire.

In August, the USARC will once again partner with Casa Colina Rehabilitation Center’s Land Meets Sea Sports Camp in Long Beach Aug. 6-8.

For those who opt to stay dry, and pending the opening of certain compatible mountain biking trails, the USARC will renew its exciting gravity-powered off-road wheelchair program.

The 20th Annual Peak to Peak Pedal, an amazing five-day cycling adventure from Mammoth to Big Bear will be Oct. 8-12.

Summer sessions are offered during July and August, space is limited, and reservations are required. For information, contact the USARC at (909) 584-0269, email@usarc.org, or check out other activities and events at www.usarc.org.

AAC Offers Camping Experience to Youth

Adventure Amputee Camp (AAC), offers a traditional overnight camp experience to young amputees ages 8 to 17. The camp will be July 9-13 at the Nantahala Outdoor Center in Bryson City, N. C.

AAC offers a spectrum of activities that range from physically and mentally challenging to relaxing and entertaining. River rafting, high ropes and water-skiing are physically demanding and introduced to broaden the physical, mental and emotional resources of the camper.

Bowling, crafts, and swimming may be less physically demanding, yet, force campers to cognitively re-assess what is obtainable or imaginable.

At camp, interaction within a majority allows young amputees to alter perceptions of their amputation and to develop confidence. Conversations with volunteers who have amputations further this confidence and heighten personal expectations and begin to shift connotations of ‘normal’ and uproot insecurities accompanied by perceived ‘abnormality.’

To apply for the camp, visit www.adventureamputeeccamp.com. New camper registration fee is $25; repeat camper is $50.

AAC this year also introduced a winter program at Wintergreen Resort in Virginia with indoor and outdoor activities including skiing, snowboarding, swimming, and arts and crafts. The 2015 camp will be Jan. 4-7.
Rafting with the NSCD in Colorado

One of the most popular activities offered by the National Sports Center for the Disabled (NSCD) in the summer is white-water rafting on the Colorado River near Kremmling. There are calm sections on the river that allow for spotting bald eagles, and if you are lucky you may spot a black bear that has been seen a few times in the area. Upon entering the Lower Gore Canyon is where the exciting class 2 white-water rapids are encountered.

The NSCD uses 16-foot self-bailing rafts, which have adaptive paddling devices that can assist a person so they can join their team paddling down the river. If a person’s disability makes it difficult or physically taxing to paddle, the NSCD Certified River Guide will use oars to guide the boat down the river. Innovative adaptive seating systems will accommodate almost any disabled person who wants to experience that thrill of white-water rafting.

NSCD offers four-mile or 10-mile trips. Some rafting highlights include: the Colorado River’s rapids, wildlife, 1,500 foot canyon walls, scenic views, and enjoying the camaraderie of your boat mates.

For more information on booking a trip, contact NSCD at (970) 726-1540 and visit www.nscd.org.

NAC Offers Training and Education Programs

One of the five core programs at the National Ability Center is Training and Education. Our training and educational opportunities go well beyond our own staff and volunteers to include local, national, and international families, for profit and nonprofit organizations, schools, government programs and community members. Programs range from one-hour educational sessions to multi-week international programs, student and professional internships, continuing education credits, certification preparation and more. Each program can be adapted to a variety of abilities.

Upcoming Trainings:

- Region 9/10 Professional Association of Therapeutic Horsemanship (PATH) Conference, May 30–June 1
- Anat Baniel Method Workshop, June 20 and 21
- Internships for Students of All Abilities

For more information contact Tracy Meier at tracym@discovernac.org.

Scholarships available.

Recreational opportunities include:

- Camp X-treme/Camp Vision for children and teens 12-18 who have physical disabilities or visual impairment will be July 28-Aug. 2
- Summer Action Camp, designed to support the development of youth athletes ages 10-17 who have amputations and spinal cord injuries in Paralympic Sports, will be Aug. 2-7.

Learn about these camps and other summer programs at www.discovernac.org/programs/camps. Scholarships and financial aid up to 100 percent are available.

The Summit Challenge will be Aug. 23. The benefit ride welcomes cyclists of all ages and abilities to ride together in an 18-, 52-, or 100-mile course through mountains and town of Northern Utah. Registration is free for riders with disabilities. Learn more at www.summitchallenge100.org.
Challenge Aspen Weeklong Summer Camps

Challenge Aspen has created summer camps for the music, art and dance enthusiast, and the outdoor adventurer in your family. The weeklong camps provide the perfect setting, a knowledgeable staff and, for camps, a safe, natural community where our participants are free to create memories to share at the end of a beautiful Colorado day.

We have three ChAMP (Challenging Autism & Making Possibilities) Camps for youth and adults on the autism spectrum: Magic of Music & Dance Camp for those of all ages and disabilities, which will wrap up with a full production of "Little Mermaid;" a camp for teens only; and a camp for adults with physical disabilities. We also welcome private groups that would like to participate in the amazing outdoor opportunities in the Roaring Fork Valley. For a full list of camps, prices, scholarship, private group, and registration information, visit www.challengeaspen.org or contact Sally Anne Harrell at sallyanne@challengeaspen.org.

Common Ground Outdoor Adventures in Logan, Utah

Upcoming summer activities at Common Ground Outdoor Adventures in Northern Utah include white-water rafting, water-skiing, adaptive cycling, canoeing, and camping trips. All trips are adapted to meet the needs of all abilities, and accessible airport shuttles are available from Salt Lake International Airport to Logan, Utah. Equipment, meals (during trips), and transportation from Logan are included in the cost. Scholarships are available and private activities can be scheduled for groups or schools.

Events include:
- Youth Adventure Leadership Program (YALP), a summer intensive camp for youth that introduces young people with disabilities to educational and vocational opportunities in outdoor and nature resources fields. This is the pilot year for the program, which will include educational hands-on activities through June and July as well as planning and executing a multiday camping trip. Upon completion of the program there will be various internships available for the youth. For more information contact: Keili.cgadventures@gmail.com
- Awesome trips happening this summer include: rafting the Snake River in Jackson, Wyoming, the Salmon River near Redfish Lake; horseback riding and canoeing in Logan Canyon; cycling and beach play at Bear Lake and camping and fishing along the Nebo Scenic Loop.

Moab Mania Off-Road Arm Bike Camp!

Get your dirt on at the Telluride Adaptive Sports Program’s annual off-road arm bike adventure in Moab, Utah, Sept. 25-30. Designed for those with physical disabilities who desire a challenging, yet rewarding athletic experience in a gorgeous destination. Three days of mountain biking on world famous trails, experiencing views of sandstone formations, natural bridges, and canyons, this trip is all inclusive and fully guided with bike manufacturers like ReActive Adaptations as a partner on-camp. TASP is the only adaptive sports program commercially permitted to guide on Moab’s finest trails. The trip will also feature one day of white-water rafting on the Colorado River with local adaptive guide service SPLORE. While One-Off experience is not necessary, a reasonably high fitness level is required as the activities will be physically demanding.

Cost is $1,000 per person, which covers permits, food, ground transportation, activities, and equipment. TASP has scholarships available for interested participants.

To register, contact Tim McGough at (970) 728-3865, e-mail programs@tellurideadaptivesports.org or visit www.tellurideadaptivesports.org.
Check out a Chapter near you!

Alabama
Lakeshore Foundation
Birmingham
lakeshore.org
info@lakeshore.org
205-313-7400

Alaska
Alpine Alternatives, Inc.
Anchorage
alpinealternatives.org
alpinealternatives@arctic.net
907-561-6655

Challenge Alaska
Anchorage
challengealaska.org
info@challengealaska.org
907-344-7399

Southeast Alaska
Independent Living
Juneau
sailinc.org
info@sailinc.org/orcarecreation-services
907-586-4920

Arizona
Arizona Disabled Sports
Mesa
arizonadisabledsports.com
mainoffice@arizonadisabledsports.com
480-835-6273

California
Adaptive Athletics Association
Mountain Access
adaptiveathletics.org
aaalake@adaptiveathletics.org
213-925-8638

Adaptive Sports and Recreation Association
San Diego
adaptivesportsandrec.org
info@adaptivesportsandrec.org
619-336-1806

Bay Area Outreach and Recreation Program (BORP)
Berkeley
borp.org
nick@borp.org
510-849-4663

Disabled Sports USA
Far West
Citrus Heights
dusafw.org
dusa@disabledsports.net
530-581-4161

Disability Sports USA Los Angeles
The Unrecables
Los Angeles
unrecables.com
info@unrecables.com

Disability Sports USA Orange County
The Achievers
Fullerton
theachievers.org
dsocietiesinc@gmail.com
949-660-6909

Discovery Blind Sports
Kirkwood
discoveryblindsports.org
775-677-3141

Shasta Disabled Sports USA
Mount Shasta
shastadadusa.org
info@shastadadusa.org
530-925-1531

US Adaptive
Recreation Center
Big Bear Lake
usarc.org
perceval@usarc.org
909-524-0299

Colorado
Adaptive Action Sports
Copper
adacs.org
info@adacs.org

Adaptive Adventures
Boulder
adaptiveadventures.org
info@adaptiveadventures.org
303-396-1339

Adaptive Sports Association
Durango
asadorango.org
info@asadorango.org
970-259-0374

Adaptive Sports Center of Crested Butte
adaptesports.org
info@adaptesports.org
970-349-2296

Aspen Camp of the Deaf & Hard of Hearing
aspencamp.org
info@aspencamp.org
970-923-2511

Breckenridge Outdoor Education Center
boec.org
boec@boec.org
970-453-6422

Challenge Aspen
Snowmass Village
challengeaspens.com
possibilities@challengeaspens.com
970-923-0578

Colorado Discover Ability
Grand Junction, CO 81502
coloradodiscoverability.org
ron@coloradodiscoverability.org
970-257-1222

Foresight Ski Guides, Inc.
Vail
foresightskiguide.org
info@foresightskiguide.org

Golf 4 The Disabled
Englewood
golf4thedisabled.org
fanmartenerrell47@gmail.com
303-221-1184

Ignite Adaptive Sports
Boulder
igigniteadaptivesports.com
scheduler@igniteadaptivesports.com
303-506-6738

National Sports Center for the Disabled
Denver
ncsc.org
info@ncsc.org
303-316-1518

Steamboat Adaptive Recreational Sports
Steamboat Springs
steamboattc.com
info@steamboattc.com
970-870-1950

Telluride Adaptive Sports
Telluride
tellurideadaptivesports.org
director@tellurideadaptivesports.org
970-728-5010

US Handcycling
Evergreen
ush.org
ahortman@romega.us
720-239-1360

Visually Impaired & Blind Skiers
Colorado Springs
coloradovises.org
719-337-0116

Connecticut
Leaps of Faith Disabled Waterskiers Club
Sandy Hook
leapsoffathwater-skiers.com
908-426-0666

Sports Association of Gaylord Hospital
Wallingford
gaylord.org/Home/WhyGaylord/
SportsAssociation.aspx
sports@gaylord.org
866-429-5673

Florida
Florida Disabled Outdoors Association
Tallahassee
fdoa.org
info@fdoa.org
850-201-2944

Idaho
Adaptive Wilderness Sports of McCall (AWoSEM!)
McCall
awesomeidaho.org
contact@awesomeidaho.org
208-315-4275

Higher Ground Sun Valley
Ketchum
highergroundedus.org
info@highergroundedus.org
208-726-9298

Recreation Unlimited, Inc.
Boise
recreation-unlimited.org
Robert@recreation-unlimited.org
208-345-6262

Illinois
Adaptive Adventures
Wilmette
adaptiveadventures.org
joel@adaptiveadventures.org
847-251-8445

Dare2Tri
Chicago
dare2tri.org
info@dare2tri.org

Great Lakes Adaptive Sports Association (GLASA)
Lake Forest
glasa.org
info@glasa.org
847-283-0908

Indiana
Special Outdoor Leisure Opportunities
South Bend
skisolomichiana.org
paul.raven@lfserv.com
269-244-8016

Turnstone Center for Disabled Children and Adults, Inc.
Fort Wayne
turnstone.org
info@turnstone.org
260-483-2100

Kansas
Wheelchair Sports, Inc.
Wichita
wcspports.org
james_watson@wcspports.org

Sports Association of Gaylord Hospital
Wallingford
gaylord.org/Home/WhyGaylord/
SportsAssociation.aspx
sports@gaylord.org
866-429-5673

Maine
Central Maine Adaptive Sports
Auburn
cmasports.org
info@centralmainesports.com
207-784-1561

Maine Adaptive Sports & Recreation
Newry
maineadaptive.org
info@maineadaptive.org
207-824-2440

Maryland
Baltimore Adapted Recreation and Sports
Sparks
barsinfo.org
478-227-7386

Chesapeake Region
Accessible Boating
Annapolis
armsailing.org
410-626-0273

Soldiers Undertaking Adaptive SCUBA (SUDS)
Bethesda
sudsdiving.org
sudsdiving@gmail.com
202-341-9750

Team River Runner, Inc.
Rockville
teamriverrunner.org
joebuck@teamriverrunner.org
703-532-6070

Massachusetts
AccessSport America
Acton
accesssportamerica.org
ross@accesssportamerica.org
978-264-0985

CAPEable Adventures, Inc.
Sandwich
capeableadventures.org
capeableadventures.org
508-566-3298

Michigan
Cannonsburg Challenged Ski Association
Ada
ccompass.com
info@compass.com
616-847-3060

Michigan Adaptive Sports
West Bloomfield, MI 48323
michiganadaptablesports@gmail.com

Minnesota
Courage Kenny Sports and Recreation
Minneapolis
couragecenter.org
sportrec@couragecenter.org
763-588-0811

US Electric Wheelchair Hockey Association
Minneapolis
powerhockey.com
479-337-4736

Missouri
Disabled Athlete Sports Association
St. Peters
dasports.org
kellyb@dlassports.org
314-477-0716

New York
The Club at Lake Placid
Lake Placid

Faster Than Ever
Lake Placid

Faster Than Ever
Lake Placid

Faster Than Ever
Lake Placid

Faster Than Ever
Lake Placid

Faster Than Ever
Lake Placid

Higher Ground successfully held its first Advanced Ski Camp on March 7-9 in Sun Valley, Idaho. Through the generous support of a Disabled Sports USA grant, HG hosted six intermediate adaptive skiers, ranging in age from 9 to 15 years old, from the Idaho and Washington region. This three-day advanced adaptive ski camp provided intermediate skiers with physical disabilities the opportunity to advance their skiing skills in order to gain independence, confidence, and further their enjoyment in the sport of skiing. In addition, this camp promoted and advocated Paralympic sports and training through education and participation.

All six participants arrived Friday evening and kicked off the weekend with a pool party at the YMCA to get everyone familiarized with one another and excited about the upcoming events. The next two days incorporated a series of activities including skiing as a group on Dollar Mountain with a one-to-one athlete to instructor ratio, light swimming aerobics, and moderate gym exercises to encourage the development of advanced skills. This well-rounded camp was spearheaded by two-time Paralympic medalist, Lacey Heward, who used her expertise to collaborate with HG’s highly trained instructors in order to provide each participant with the opportunity to improve their skiing ability and give them the tools to reach the next level. The objectives for this camp were uniquely structured in that the goals were not about shredding the biggest mountain or getting down the fastest, but instead concentrated on teaching these athletes balance and proper skiing techniques that would enhance their skiing ability for the long-term. Becoming an advanced adaptive skier was only half of this camp, however; the other component focused on increasing social dynamics among participants. Since these children typically need one-on-one instruction, they rarely have the chance to ski with their peers. Higher Ground staff, therefore, incorporated a social element into all activities, from the mountain to the workout to the meals, the most important part was forming bonds with one another and having as much fun as possible!

Throughout the weekend, each participant achieved numerous accomplishments and made great strides in athletic and social endeavors. For instance, Mikey, an 11-year-old with spina bifida, had just received a new mono-ski before he arrived in Sun Valley. He was already a confident intermediate skier who had been skiing for several years, but he had never skied unassisted or been able to ski with his peers because he had always been tethered to an instructor. This camp took what had once been considered out of reach for Mikey and made it possible. By the last day of camp, Mikey had skied with his peers, shred the mountain unassisted, and proclaimed, “Today was the best day of my life!”
Absolute Sleeve from Fillauer LLC

Features include:
- Preflexed suspension sleeve
- Maximum comfort
- Slides against clothing
- Available in extra soft
- Available in black or beige fabric
- Made of Thermoplastic Elastomer and covered with a reinforced Lycra® type material. The inside is also reinforced with Lycra®.


Harmony E2

The Harmony E2 is the newest addition to the Ottobock family of Harmony volume management systems. The quietest suspension option helps keep your limb comfortable and builds confidence in your suspension. Lightweight and easy-to-adjust.

Ask your prosthetist how the E2 can maximize the function of your prosthesis.

College Park’s New Tempo Foot

New for 2014! Our latest K2 foot provides a good range of motion and high weight limit in a lightweight and affordable product. This service-free design also has a full-length toe lever for excellent stability and performance.

For more information, call (800) 728-7950 or visit www.college-park.com.

Endolite Mercury

The Mercury is Endolite’s strongest hydraulic knee making it the ideal choice for active individuals seeking a knee to meet the demands of their lifestyles. The durable urethane kneeler pad, reinforced hydraulic unit and mode switch for cycling makes this knee versatile for all walks of life – from gardening, to maneuvering around the office to bike rides with the kids. The Mercury was made to help you get busy living.

FLAG – Force Limiting /Auto Grasp for Motion Control ETD and Hand

A new feature is now available for Motion Control terminal devices (MC ETD and MC Hand ProPlus versions).

Force Limiting stops grasp force at approx. 2 lb., allowing the grasping of delicate objects and reducing the fear of injuring someone due to overgripping.

Each “pulse” increases the gripping force by approx. 2 lb.

Auto Grasp detects a socket or electrode “slip”, and automatically increases grip force.

Suggested L-Codes: L6881, L6882, L7009, & L7499.

For more information and availability, contact Motion Control, a Fillauer Company, at (888) 696-2767 or info@UtahArm.com.

Vari-Flex® XC Rotate™ by Össur®

Go anywhere, do anything with the Vari-Flex XC Rotate. Increasingly, many amputees desire a prosthetic foot that can keep up with their busy lifestyle. Whether they’re at the office or the gym, they want the convenience of using a single foot throughout the day. By combining smooth rollover and dynamics with vertical and rotational shock absorption, Vari-Flex XC Rotate offers the flexibility that these active individuals require to pursue a life without limitations.

To learn more about Vari-Flex XC Rotate by Össur, call (800) 233-6263 or visit www.ossur.com today.
From the occasional jogger to the avid marathon runner, the bladeXT assists users in meeting the requirements of their fitness routine. Wearers can quickly transition from cardio to weight training without sacrificing safety, stability or performance.

The bladeXT is a cross trainer style foot designed to provide demanding users the versatility to achieve their fitness goals and get busy living.

To learn more, visit endolite.com or contact your local practitioner.