Surfing, skateboarding, hanging with friends. Cameron Clapp epitomized “California teen” until one night when, in an instant, his life changed. At 15, Cameron was struck by a train. He lost both legs and his right arm.

Encouraged and cared for by staff at various Hanger Clinic locations nationwide, Cameron not only learned to walk again, he now surfs, runs competitively, swims and inspires others through peer-to-peer mentoring and motivational public speaking.

With more than 700 clinics throughout the U.S., Hanger Clinic delivers orthotic and prosthetic solutions to help over 1,000,000 patients annually, like Cameron, turn their hopes and dreams into reality, break down barriers and move their lives forward.

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Photo Credit: Doug Buerlein, Courtesy of Project Healing Waters Fly Fishing

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This year, Disabled Sports USA celebrates a very special anniversary. In January of 1967, Disabled Sports USA formed, and over the past 50 years, what started as a fledgling, ragtag handful of volunteers has become one of the nation’s leading adaptive sports organizations, serving more than 60,000 youth and adults with disabilities each year.

I have been personally involved in Disabled Sports USA for 48 of those 50 years, first as an early participant after I lost my leg in Vietnam, then as a volunteer, then a chapter director, and for the past three decades as the Executive Director.

When I started in 1969, adaptive equipment was archaic and instructors were not certified. Much progress has been made!

There are many things to celebrate about the five decades of growth in adaptive sports. Advances in adaptive sports equipment and the professionalization of adaptive instruction have allowed participants to learn the basics of adaptive sports much more safely and quickly, and people with disabilities can participate in more sports today than ever before. Today, Disabled Sports USA offers more than 50 different adaptive sports; something for everyone.

Our successes during the past 50 years have only been possible thanks to our chapter network, which is made up of the best adaptive sports organizations in the country. More than 120 chapters and 20,000 volunteers are the heart and soul of Disabled Sports USA. As in every issue of Challenge, you will find a directory of our chapters (page 24) and adaptive sports events they are holding (page 27), including regional competitions you might be interested in learning more about (page 12).

In this issue of Challenge, we highlight two very popular sports: tennis (pages 20-22) and fishing (pages 10-11). More than 50 million Americans fish or play tennis in the U.S. Today, adaptations allow people of all abilities to enjoy both sports, competitively and recreationally. In this magazine, we also share profiles of two terrific adaptive athletes, three-time U.S. Paralympic medalist Lex Gillette (page 13), one of our country’s best track and field athletes, and Casey Ratzlaff (page 18), a young tennis player on DSUSA’s E-team who was a member of the winning U.S. junior team at the World Team Cup in Tokyo last year.

Much has been accomplished since 1967 and the growth of adaptive sports continues to accelerate. Can you imagine what the next 50 years will bring? Whatever that future holds, you can count on Disabled Sports USA to continue to help people discover the power of sports and live our motto: “If I can do this, I can do anything!” Bring on tomorrow!

Kirk Bauer, JD
Executive Director, Disabled Sports USA
U.S. Army (Retired)
kbauer@dsusa.org
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Teet It Up for the Troops

Ping

Sparkling Image

Wash Depot Holdings, Inc.
Equipment

Adaptive fishing equipment makes it possible for people of all abilities to fish. Many equipment adaptations exist, including:

Fishing rod mounts, harnesses and holders: All types of rod holders exist from ones that fasten to a boat or wheelchair, strap to the user’s chest or forearm, or which the user sits on. Each is designed to hold the rod comfortably for those who have limited or no use of their hands.

Electric fishing reels: People with limited or no hand function can cast and reel catches in with the touch of a button. These reels typically have power units with batteries that last for hours.

Knot tyers: For one-handed fishers, knot tyers can thread hooks, tie knots, and cut lines.

To see a variety of adaptive fishing equipment, visit www.disabledsportsusa.org/fishing.

Safety

If you are fishing from a boat, always wear a life jacket. Most, if not all, states require that boaters have enough personal flotation devices for all on board. Life jackets also are recommended for wheelchair users who are fishing from a dock or shore, as brakes can let loose or you unintentionally roll into the water. Safety glasses will protect your eyes from the elements and when casting. Bring water to stay hydrated, insect repellent, sunscreen, flashlight, and cell phone. Let someone know where you are going and when you will return.

Licenses

To protect fish populations and support wildlife programs, all states require licenses to fish, but many states offer no-fee or limited fee fishing licenses for people with disabilities and disabled veterans. To find out what your state offers, go to disabledsportsusa.org/fishing for links to each state’s fishing license information and applications.

Special focus: Fly-Fishing

If enjoying the peace and serenity of the outdoors is your goal but you are after a bigger challenge, then try fly-fishing. Fly fishing can be done from a boat, by wading into the water or safely from the dock.

With fly-fishing, artificial flies are cast with a fly rod and fly line. It’s more challenging than regular fishing, but many fishers find it more rewarding. Practice is necessary before a fisher masters the art of fly-fishing, including what type of fly to use, how and where to place it in the water, and overhead casting as the fishing line is specially weighted, yet the fly itself is nearly weightless.

While fly-fishing offers fun and enjoyment to people of all abilities, for injured combat veterans, fly-fishing has proven to be especially beneficial. “The sport of fly-fishing has many positive physical, mental and emotional therapeutic benefits. Enabling disabled veterans to fly fish, tie flies and spend time together learning how to do it builds camaraderie. Over time they become their own support group,” said David Folkerts, Chief Operations Officer of Project Healing Waters, a national leader in providing fly-fishing and associated activities specifically for disabled veterans.

Folkerts is a medically retired U.S. Army Captain who was injured by an IED while serving in Iraq in 2005. “Fly-fishing made a real big difference in
my recovery and helped flip that switch from thinking about negative things to positive things. There is a lot of peace and a lot of connecting with nature involved with fishing.”

**Adaptive Fishing Resources**

More than 40 DSUSA chapters across the country offer fishing to adults and youth with disabilities. To find your nearby chapter, go to www.disabledsportsusa.org/location-map/ and type “fishing” in the search box.

Project Healing Waters Fly Fishing operates more than 200 programs across the United States, providing no-cost services to more than 7,500 wounded, ill, and injured veterans and military service members each year: www.projecthealingwaters.org.

Fishing Has No Boundaries provides recreational fishing opportunities for all anglers with disabilities regardless of their age, race, gender, or disability: www.fhnbinc.org.
Whether you have Paralympic ambitions or would like to try competition for the first time, the regional adaptive sports events below are for you. These competitions, supported by Disabled Sports USA and hosted by DSUSA chapters, are great events to test your abilities, learn from other athletes who come from around the country, and make friends. Many also allow the opportunity to get your Paralympic classification.

April 21-23 – Turnstone Endeavor Games
Fort Wayne, Indiana
Host: Turnstone
The Turnstone Endeavor Games are in their first year in 2017 and will be the first event in the newly formed Endeavor Games Series. Seven sports will be offered: air rifle, boccia, goalball, sitting volleyball, swimming, track and field, and wheelchair basketball. A table tennis clinic will also be offered.
For more information, visit: http://www.endeavorgames.com/fort-wayne.

May 10-14 – Desert Challenge Games
Phoenix, Arizona
Host: Arizona Disabled Sports
The Desert Challenge Games are a multi-day competition for individuals ages 7 through adulthood with a physical, visual, or intellectual disability. The event will be part of the World Para Athletics Grand Prix and is the only Athletics Grand Prix event taking place in the U.S. this year. Events include track and field, swimming, archery, and air gun and rifle. There will be athletics International Classification for physical, visual, and intellectual impairment as well as National Classification for athletics (track and field), archery, and swimming.
For more information, visit: www.desertchallengegames.com.

May 20-21 – Gateway Games
St. Peters, Missouri
Host: Disabled Athlete Sports Association
This multi-sport event hosted by the Disabled Athlete Sports Association offers competition in archery, swimming, boccia, and track and field to athletes with physical or visual disabilities from around the country.
For more information, visit: www.dasasports.org under Events.

June 8-11 – UCO Endeavor Games
Edmond, Oklahoma
Host: University of Central Oklahoma’s Center of Adaptive Sports
In its 18th year, the University of Central Oklahoma’s annual Endeavor Games is one of the largest competitions for individuals with disabilities in the U.S., providing more than 300 youth, adults and military service members with physical disabilities opportunities to compete in 10 sports, including archery, air rifle, cycling, powerlifting, sitting volleyball, swimming, table tennis, track and field, wheelchair basketball, and wheelchair softball.
For more information, visit: www.endeavorgames.com/edmond.

June 9-11 – Adult National Open and Great Lakes Regional Games
Lake Forest, Illinois
Host: Great Lakes Adaptive Sports Association
Each year Great Lakes Adaptive Sports Association hosts the Adult National Open and Great Lakes Regional Games, a multi-day sports competition for athletes with physical or visual disabilities. Events include: swimming, track and field, archery, powerlifting, air rifle (held on May 19) and boccia. The event is comprised of two competitions: Great Lakes Regional Games – a regional qualifying event for the USA Junior Nationals; and the Adult National Open for adults aged 23 and older, injured military veterans, and more experienced/elite athletes. Clinics will include track and jumps for the ambulatory athlete, athlete sponsorship, and wheelchair and ambulatory tennis.
For more information, visit: www.glasa.org/special-events/great-lakes-regional-games.
Imagine running as fast as you can on a thin strip of asphalt aiming for a sand pit. Right before the asphalt ends, but not a second before, you have to use all of your momentum to jump forward as far as you can, but you can’t jump too far to the left or right or you’ll land out of bounds. Now imagine that you can’t see the sand, or the asphalt, or even your guide who is giving you the commands to run and jump from more than 100 feet away.

While this may sound intimidating for most people, long jumping represents freedom for Elexis “Lex” Gillette. The 32-year-old Paralympic Athlete is a decorated long jumper, triple jumper and, sprinter, who happens to be totally blind.

“When I was growing up, I was always looking for a challenge and always looking for a way that I could push myself to the max,” Lex said.

He found that challenge in long jumping. More than that, he found freedom from a world without sight.

The freedom long jumping has given Lex has taken him around the world as a competitor and a motivational speaker. He competed for Team USA in Athens, Beijing, London, and Rio, bringing home four consecutive silver medals in the men’s long jump T11 event. He traveled to San Diego where he gave a Ted Talk about having vision. He’s visited the White House, where he says the First Family welcomed him and his teammates like they were part of the family. It’s even taken him to the record books.

In 2011, at the Desert Challenge Games in Mesa, Arizona, Lex recorded a jump of 6.73 meters. He matched that length in 2015 at the ParaPan American Games in Toronto, and he remains the only completely blind man to jump over 22 feet.

“Those are the things that you train for,” Lex said. “You go out there and compete at your best and push yourself as far as possible.”

In addition to freedom and medals, long jumping gave Lex a clear vision that he didn’t have as an 8-year-old boy who was starting to lose his sight due to recurrent retina detachments.

“At that age I was more focused on not being able to ride my bike anymore or not being able to play outside with friends or play video games,” Lex said. “I never really saw myself as going out and being an athlete and competing.”

Luckily, Lex was surrounded by a supportive group of family and teachers who had visions of him succeeding in life, despite his vision loss. He didn’t know it yet, but their support would help him come up with his motto later in life: “No need for sight when you have vision.”

For Lex that motto represents how he wants to live his life.

“It’s really about challenging people to see past their current reality,” Lex said. “It wasn’t my sight that was the determining factor in whether or not I would be successful. It was having a vision and really going out there and putting in a lot of effort, a lot of energy, and working really hard to bring that to fruition.”

So Lex put in the effort. He spends more than 20 hours a week training with his coach, Jeremy Fischer, and guide, Wesley Williams, all for a competition that can last for less than a minute.

Away from the track and field events, Lex is busy sharing his vision with youth across the country as a mentor. Using the lessons he has learned from his time in sports, he challenges students to set goals and find their own vision for their lives.

“There are so many life skills you learn through sport,” he said. “You learn perseverance, you learn how to set goals, you learn about teamwork.”

This spring he’ll return to the Desert Challenge Games, an event hosted by Arizona Disabled Sports, a chapter of Disabled Sports USA, looking to beat his mark of 22 feet. Beyond that he has a vision of himself standing on a podium in Tokyo representing Team USA for the fifth time.

“I’m still on that same track trying to get further, so we’ll see what happens. Maybe Desert [Challenge Games] will be kind to me again this year,” he said. If you would like to learn more about the Desert Challenge Games, see page 12 for more info.
E-TEAM INDUC TS 50 YOUTH ATHLETES

Disabled Sports USA is celebrating 50 years by adding 50 NEW members to the E-Team in 2017! The youth selected represent the future of adaptive sports. Representing more than 15 different Paralympic sports, Disabled Sports USA is happy to provide these athletes with grants, training opportunities, and support as they aim for the pinnacle of their game.

CONGRATULATIONS TO THE 2017 E-TEAM INDUCTEES!

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Think you’ve got what it takes to be an E-Team member? Visit disabledsportsusa.org/e-team to learn more.
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All features subject to change.
A unique train-the-trainer program is helping injured warfighters receive the experience they need to transition into the field of adaptive sports as instructors. Now in its third year, the 30-week Team River Runner On-The-Job Training (OJT) program offers opportunities for mentorship with seasoned adaptive sports professionals, adaptive sports certifications, and valuable on-the-job training.

This OJT program is tailored to the needs of each participant and allows warfighters to transition from being participants in adaptive sports programs to giving back as instructors. OJT is focused on recruiting veterans, providing paddling instruction, providing trip support, managing sports equipment, and planning events.

Ryan Keyes, a Recreational Therapist at the Grand Junction VA Medical Hospital, designed the OJT program which is managed today by retired Air Force veteran Lance Sharp.

“These warfighters are our force multipliers,” Dave Robey, a retired Navy veteran and Team River Runner program coordinator said. “Each of them turns around and helps other veterans. It’s a part of the ongoing healing process; they are healing and the veterans they help are also healing.”

Warfighters completing the OJT program have successfully transitioned to become Team River Runner chapter coordinators and even started new Team River Runner chapters, like medically-discharged Air Force veteran Jeff Allen, who completed the OJT program in November and now co-leads the Grand Junction Colorado chapter of Team River Runner.

“The OJT program allowed me to get more experience working with veterans who have injuries and it has made my life a lot better because I am not just stuck in the house. I really enjoyed it and I’m pretty much hooked.”

The TRR OJT program is funded by Disabled Sports USA through the Department of Veterans Administration Adaptive Sports Grant (ASG) which provides grant funding to organizations to increase and expand the quantity and quality of adaptive sport activities disabled veterans and members of the Armed Forces have to participate in physical activity within their home communities.
MORE THAN 10,000 SERVED THROUGH WARFIGHTER SPORTS SINCE 2003

Disabled Sports USA is celebrating its 50th year, and a proud part of our legacy is serving more than 10,000 Veterans with disabilities since 2003 through the Warfighter Sports program. Last year alone, over 1,600 severely injured, wounded or ill service members and veterans participated in more than fifty sports across the country.

“As an organization that was founded in 1967 by World War II and Vietnam veterans, and as a Vietnam veteran myself, I am very proud that we have been able to provide no-cost adaptive sports rehabilitation to 10,000 of the most severely wounded veterans and family members.” Kirk Bauer said. “We remain committed to providing the critical adaptive sports opportunities that help warfighters rebuild their lives through sports.”

If you are a veteran with a severe disability and are interested in learning more about Warfighter Sports, please visit: www.warfightersports.org.

As a part of Disabled Sports USA’s ongoing commitment to providing free adaptive sports programming to severely injured veterans and members of the armed forces, we offer the following programs free of charge through our Warfighter Sports program.

Didn’t find a program near you on the Warfighter Sports calendar? Disabled Sports USA’s chapter network has many other program opportunities free of charge for military this winter. Flip to page 24 to find your nearest chapter and see what programs are available in your area.

CALIFORNIA
March 30 – April 5
Amazing Surf Adventures
Operation Surf Santa Cruz
Santa Cruz
amazingsurfatventures.org

June TBD
Achieve Tahoe
Summer Sports Camp
Sacramento
achievetahoe.org

June 1 – July 7
Amazing Surf Adventures
Operation Surf Huntington Beach
Huntington Beach
amazingsurfatventures.org

Various Dates
Achieve Tahoe
Ongoing Sports Lessons (hiking, water-ski, paddling and rock climbing)
Sacramento
achievetahoe.org

Various Dates
Bay Area Outreach and Recreation Program
Ongoing Adaptive Sports Programs (wheelchair basketball, power soccer, cycling, rowing, fitness/conditioning, archery, rock climbing, kayaking)
Berkeley
borp.org

Various Dates
United States Adaptive Recreation Center
Ongoing Water Sports Lessons (water-skiing, wakeboarding, paddle sports)
Big Bear Lake
usarc.org

IDAHO
Various Dates
AquAbility
Ongoing Therapeutic Aquatics Boise
aquability.org

ILLINOIS
June 1 - 4
Dare2Tri
Military Paratriathlon Camp
Chicago
dare2tri.org

June 9 – 11
Dare2Tri
Paratriathlon Training Camp
Chicago
dare2tri.org

KANSAS
May 17 - 21
Wheelchair Sports Inc.
Tennis Camp & Tournament Kansas City
wsi.wcsports.org

June 2 - 4
Wheelchair Sports Inc.
Handcycle Omnium
Kansas City
wsi.wcsports.org

MAINE
Aug. 18 – 21
Maine Adaptive Sports
Veterans No Boundaries Summer Sports Camp
Newry
maineadaptive.org

MARYLAND
April 15 – June 10
Disability USA
Saturday Golf Program Olney
warfightersports.org

Weekly
Disabled Sports USA
Ongoing Swim Clinics Bethesda
warfightersports.org

NEW HAMPSHIRE
July 17 - 21
New England Healing Sports Association
New England Summer Sports Clinic for Disabled Veterans
Sunapee
nehsa.org

Various Dates
New England Disabled Sports
Ongoing golf lessons
nehsa.org

NEW YORK
Aug. 17 - 20
STRIDE, Inc.
Military Boot Camp (archery, hiking, fishing, shooting and ropes course)
Chatham
stride.org

Aug. 28
Disability USA
Warfighter Sports Charity Challenge Westchester
warfightersports.org

Ongoing Weekly Sports Lessons (water-skiing, paddle sports, fishing, archery, boce, sailing, hiking, disc golf, golf and scuba)
Powell
taasc.org

OREGON
Sept. TBD
Oregon Adaptive Sports
Heroes in Summer Sports Camp (cycling, kayaking, golf, rock climbing, hiking)
Bend
oregonadapitivesports.org

Various Dates
Oregon Adaptive Sports
Ongoing Kayaking and Mountain Biking Lessons
Bend
oregonadapitivesports.org

TENNESSEE
May 6-7
Sports Arts and Recreation of Chattanooga
Paratriathlon Training Clinic Chattanooga
spartan.org

July 15
Sports, Arts and Recreation of Chattanooga
Adaptive Water Skiing, Kayaking, Stand-up Paddleboarding
Chattanooga
spartan.org

Various Dates
Sports Arts and Recreation of Chattanooga
Adaptive Cycling and Wheelchair Basketball
Chattanooga
spartan.org

TEXAS
Ongoing
Disabled Sports USA
CFI Wheelchair Basketball Program
San Antonio
warfightersports.org

OREGON
Sept. TBD
Oregon Adaptive Sports
Heroes in Summer Sports Camp (cycling, kayaking, golf, rock climbing, hiking)
Bend
oregonadapitivesports.org

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spartan.org

WARFIGHTER SPORTS 2017 SUMMER CALENDAR

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Sacramento
achievetahoe.org

June 1 – July 7
Amazing Surf Adventures
Operation Surf Huntington Beach
Huntington Beach
amazingsurfatventures.org

Various Dates
Achieve Tahoe
Ongoing Sports Lessons (hiking, water-ski, paddling and rock climbing)
Sacramento
achievetahoe.org

Various Dates
Bay Area Outreach and Recreation Program
Ongoing Adaptive Sports Programs (wheelchair basketball, power soccer, cycling, rowing, fitness/conditioning, archery, rock climbing, kayaking)
Berkeley
borp.org

Various Dates
United States Adaptive Recreation Center
Ongoing Water Sports Lessons (water-skiing, wakeboarding, paddle sports)
Big Bear Lake
usarc.org

IDAHO
Various Dates
AquAbility
Ongoing Therapeutic Aquatics Boise
aquability.org

NEW HAMPSHIRE
July 17 - 21
New England Healing Sports Association
New England Summer Sports Clinic for Disabled Veterans
Sunapee
nehsa.org

Various Dates
New England Disabled Sports
Ongoing golf lessons
nehsa.org

KANSAS
May 17 - 21
Wheelchair Sports Inc.
Tennis Camp & Tournament Kansas City
wsi.wcsports.org

June 2 - 4
Wheelchair Sports Inc.
Handcycle Omnium
Kansas City
wsi.wcsports.org

MAINE
Aug. 18 – 21
Maine Adaptive Sports
Veterans No Boundaries Summer Sports Camp
Newry
maineadaptive.org

MARYLAND
April 15 – June 10
Disability USA
Saturday Golf Program Olney
warfightersports.org

Weekly
Disabled Sports USA
Ongoing Swim Clinics Bethesda
warfightersports.org

MONTANA
Various Dates
Coalition of the Americas
The Adaptive Adventure Sports Challenge
warfightersports.org

IDAHO
Various Dates
AquAbility
Ongoing Therapeutic Aquatics Boise
aquability.org

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ATHLETE PROFILE

TENNIS SERVES TEEN WELL

“High school is a pretty hard setting to go through when you’re different than most of the people you go with. I mean it’s a rough place in general.”

Casey Ratzlaff’s outlet? Wheelchair tennis.

“Sports changed my personality a bit, because I have something that I’m competitive about, and I have this drive in me to be great at something,” Casey said. “It’s helped me grow as a person, not just physically, but mentally and emotionally.”

The 18-year-old high school senior from Wichita, Kansas, tried a number of sports before he settled on tennis. Wheelchair basketball, sled hockey, and floor hockey were some sports he attempted without serious commitment.

“I never took them very seriously,” he said.

But from the moment Casey sat in a chair and played tennis, he knew he’d found his calling.

“I wasn’t very good. I could barely hit the ball with a racket,” Casey said. “But once I hit the ball over, it started something for me. I wanted more.”

Casey, who was born with spina bifida, a condition that affects his lower limbs, had never been in a wheelchair prior to attending the clinic where he first tried wheelchair tennis. At the time, he was using crutches to assist his walking.

Luckily, Nick Taylor, the pro running the clinic and also a Wichita native, can spot raw talent when he sees it. When a guy who has won more than 300 matches in his career, including nine grand slam quad doubles victories and three Paralympic gold medals, says you have a knack for the sport of wheelchair tennis, you pay attention.

“He saw me at a young age; I think he saw potential in me,” Casey said. “That helped me, because he wanted to push me to play as much as I wanted to play. That really worked with my drive.”

A little more than a year later Casey was named to the U.S. World Cup Team. There he got to meet and compete against some of the best in the world.

“These past couple of years, I’ve gotten multiple chances to play with some of the best,” said Casey. “I think I’m lucky if I pull a number six in the world. I’ll get killed, but it’s a great learning experience.”

Playing that elite competition helped Casey improve his own game. Two summers ago, he traveled to the Netherlands with the U.S. junior team to compete in the World Cup and helped his team bring home the gold medal. Last summer, the boys’ junior team defended their title in Tokyo after defeating Chile 2-1 in the finals. He was also part of the men’s team that brought home fifth place in Tokyo.

“It was a dream come true,” said Casey. “I never thought going in that we were going to get that far and win it.”

But that success didn’t come without hard work. Casey spends nearly every day out on the court, hitting for a minimum of an hour, whether it’s playing against local club teams, his fellow high school tennis players, or working with his coach Jeff Clark, who also trained Nick Taylor.

“It’s good for me, because you get the chance to play with so many people who hit the ball differently,” he said.

While Casey said the World Cup win is the highlight of his young career so far, he also sees the team’s success as a great step in the right direction for his legacy in the sport. He believes that there is an unlimited ceiling for growth in the U.S. wheelchair tennis scene and is always looking for new talent, much like Nick was on the lookout when he found Casey.

“The ultimate goal for me is to make an impact in this country and really start something,” said Casey. “I just want to inspire people to play.”

As part of his goal to build a legacy, Casey applied for, and was accepted for the Disabled Sports USA E-Team, a program dedicated to empowering the next generation of Paralympic athletes, to help him share his story and network with more young adaptive athletes.

This spring, Casey will leave the halls of his high school behind for college. He’ll continue to play tennis and keep his sights set on the Tokyo 2020 Paralympic Games, but for that incoming freshman who might need an outlet, Casey recommends trying out a new sport.

“Don’t make your disability an excuse to not go out and try things. If you want to explore, go explore,” Casey said. “I did it, and I think it’s worked out for me so far. Just be yourself and work hard at the things you love and you’ll go places in life.”

“The ultimate goal for me is to make an impact…”
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“The people you meet through tennis are friendly, happy, optimistic and outgoing. They just want to have a good time and want others to have a good time.”
– Steve Kappes, Director of the San Diego Wounded Warrior Tennis Program and Director of Military Outreach for the San Diego District Tennis Association

With more than 250,000 courts in communities across the U.S., tennis is a widely accessible sport that more than 15 million Americans love to play, from young children to people in their 80s. One reason why tennis is so popular is because it’s a sport that is very social, both on and off the court, through tennis clubs and leagues. “In addition to the benefits of getting outside, becoming active and exercising, many of the participants like just as much meeting people, forming friendships and connecting to a tennis community that can be like a second family” said Steve Kappes, Director of the San Diego Wounded Warrior Tennis Program and Director of Military Outreach for the San Diego District Tennis Association.

With tennis, you can choose to play the occasional, neighborhood 30-minute game recreationally or play in competitive matches that can last hours. Fortunately, tennis offers numerous adaptations in instruction and equipment that allow youth and adults of all abilities to play.

**Adaptive equipment** is available to make learning and participating in tennis a fun and challenging experience right from the start.

**Tennis rackets:** Rackets come in a variety of shapes and sizes, including ones that are shorter, smaller, and lighter, which make gripping the racket and hitting the ball easier, especially if range of motion is an issue. Sometimes athletic tape or a gripping device to secure the racquet to the hand and forearm is used.

**Two bounce rule:** Allows the ball to bounce twice before a return volley.

**Tennis balls:** There are numerous kinds of tennis balls that vary in size and compression. Larger tennis balls are easier to hit and lower compression means that tennis balls will move more slowly and be less likely to bounce over your head, allowing rallies to last longer.

**Tennis courts:** Even courts can be reconfigured for adaptive tennis play. For instance, reducing the playing area means longer points and more fun. Lower tennis nets and portable nets are also available to modify the playing areas to whatever works best for learning and playing, even off the tennis court on a flat surface like a blacktop, driveway, or playground. There are also swing tee stands to practice stroke mechanics.

**Wheelchairs for Tennis:** Special wheelchairs with cambered wheel are used for better stability and maneuvering.
Athletes with any number of disabilities can enjoy tennis standing up, including athletes with limb loss and other orthopedic challenges. Because tennis tournaments are based on skill level, once an adaptive tennis player is able to continue a rally, competition in both singles and doubles tournaments is possible.

**WHEELCHAIR TENNIS**

Since its beginnings in 1976, wheelchair tennis has grown from an exhibition event to an officially-recognized Paralympic sport since 1988. But a player doesn’t need the skill level of a Paralympian to enjoy the sport. In wheelchair tennis, the only rule change is that the player gets two bounces, if needed. More than 100 competitors from around the world competed in the Rio Paralympics in 2016, including U.S. athlete David Wagner who earned a bronze medal and is currently ranked No. 2 in the world. “It [wheelchair tennis] is something I can do with my able-bodied friends.” Wagner told Gillette World Sport. “It’s pretty inclusive of all disabilities whether you are standing or sitting.”

“Tennis works very well for people with different disabilities. Lessons can be catered to anyone’s ability, so we can ensure our participants have success,” said Richard Spurling, founder and board president of ACEing Autism, a nonprofit providing children with autism spectrum disorders opportunities to play tennis. ACEing Autism serves more than 650 children with autism across 45 locations nationwide and plans to serve 1,000 youth with Autism in 2018.

**SUCCCEEDING WITH ACEing AUTISM**

When Asher Major, a 13-year-old with Autism Spectrum Disorder, first tried tennis at age nine, he had trouble focusing, staying on the court no more than 5-10 minutes. Today, Asher makes 30-minute presentations and plays tennis for 90 minutes and longer, thanks to ACEing Autism and adaptive tennis. “I do have autism, but autism is just the way I think, it’s not who I am,” he said.

Now, Asher is playing on his high school tennis team.

“Tennis gives kids the chance to feel good about what they are doing and the chance to interact with other kids. ACEing Autism has been a game changer for us. It’s night and day,” Asher said.

“I love the game of tennis. I wasn’t very good when I first started, but I never gave up. ACEing Autism gave me tennis, the love of my life.”

**GETTING STARTED**

The best place to get started playing adaptive tennis is finding your nearest U.S. Tennis Association Foundation (USTA) registered adaptive tennis program, which you can easily do by visiting its website (www.usta.com/Adult-Tennis/Adaptive-Tennis/Information/usta_adaptive_tennis_registered_programs) and look for the nearest of almost 250 programs in the U.S. From there, simply contact your nearest location and schedule an opportunity to play.

In addition to the USTA, more than two dozen Disabled Sports USA chapters offer adaptive tennis. To find your nearest chapter, go to www.disabledsportsusa.org/locations. ACEing Autism locations can be found here: www.aceingautism.org/locations.

Veterans can find and contact their local VA hospital through this link: www.va.gov/directory/guide/allstate.asp.

If you know a student interested in playing adaptive tennis in their high school, check out www.athleticsforall.net/adaptive-tennis.
“A lot of kids on the spectrum are visual learners, so we use visual schedules, specifically nine different pictures to show participants the different skills that they will work on throughout the class,” Spurling said. “There is a lot of physical prompting when we teach using hands-on techniques. Rather than using too many words, we will physically help participants hold and swing the racket so they get a feel for what the stroke is supposed to feel like. Then you fade away while they practice the right motion.”

TENNIS FOR VETERANS

Adaptive tennis opportunities are available to veterans of all ages with disabilities too. “Tennis is a lifelong sport. We serve veterans who have recently served to veterans who served in World War II. This is because we can adjust what we do to accommodate whatever their ability level is,” Kappes said.

“It’s all about having fun, where you will meet people interested in your well-being and happiness,” he said. “We want people to keep coming back for more. We offer tennis in the most accommodating, supportive way possible. Family members and friends are encouraged to join veterans at clinics to have someone close to them with whom they can play.”

VA hospitals have a recreation department or therapist on staff running adaptive sports programs, including tennis. Contact your local VA hospital to learn about what is available.

<< Continued from page 21
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<td>New Hampshire Adaptive Sports Foundation</td>
<td>Nashua, NH 03060</td>
<td>nhafs.org</td>
<td>603-525-4700</td>
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<td>New England Healing Sports Association</td>
<td>Mt. Sunapee Resort, NH 03754</td>
<td>nhhsa.org</td>
<td>603-763-9158</td>
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<td>Northeast Passage</td>
<td>Durham, NH 03824</td>
<td>nepassage.org</td>
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<td>Waterville Valley Adaptive Sports</td>
<td>Waterville Valley, NH 03215</td>
<td>watervilleadaptive.com</td>
<td>603-236-8311</td>
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<td>NEW MEXICO</td>
<td>Adaptive Sports Program New Mexico</td>
<td>Santa Fe, NM 87502</td>
<td>adaptivesportsprogram.org</td>
<td>505-570-5710</td>
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<td>Ski Apache Adaptive Sports</td>
<td>Ruidoso, NM 88355</td>
<td>skiapachedaptiveSports.com</td>
<td>575-464-3193</td>
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<td>NEW YORK</td>
<td>Adaptive Sports Foundation</td>
<td>Windham, NY 12496</td>
<td>adaptivesportsfoundation.org</td>
<td>518-734-5070</td>
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<td>Adaptive Sports Program – Helen Hayes Hospital</td>
<td>West Haverstraw, NY 10993</td>
<td>helenhayeshospital.org</td>
<td>hospital-services/adaptedsports-and-recreation</td>
<td>845-947-3187</td>
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<tr>
<td>ASPIRE, Inc.</td>
<td>(Amputee Program)</td>
<td>Hartsdale, NY 10530</td>
<td><a href="mailto:aspirenewyork@gmail.com">aspirenewyork@gmail.com</a></td>
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<td>Cape Ability</td>
<td>Outrigger Ohana, Inc.</td>
<td>West Henrietta, NY 14586</td>
<td>adaptivecanaoeing.org</td>
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<td>Greek Peak</td>
<td>Adaptive Snowsports</td>
<td>Apalachin, NY 13732</td>
<td>gpadaptive.org</td>
<td>607-835-6111</td>
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<td>Lounsbury Adaptive Ski Program</td>
<td>Burlington, VT 05401</td>
<td>lounsburyadaptive.org</td>
<td>802-824-6849</td>
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<td>Move Along</td>
<td>Oswego, NY 13126</td>
<td>movealonginc.org</td>
<td>315-263-1705</td>
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<td>Rochester Accessible Adventures</td>
<td>Rochester, NY 14623</td>
<td>rochesteraccessibleadventures.org</td>
<td>585-491-6011</td>
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<td>NORTH CAROLINA</td>
<td>Bridge II Sports</td>
<td>Durham, NC 27705</td>
<td>bridge2sports.org</td>
<td>866-880-2742</td>
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<td>OHIO</td>
<td>Adaptive Sports Program of Ohio (ASPO)</td>
<td>Dalton, OH 44618</td>
<td>adaptivesportsohio.org</td>
<td>330-985-0085</td>
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<td>South Carolina Adaptive Expeditions</td>
<td>Charleston, SC 29422</td>
<td>adaptivesexpeditions.org</td>
<td>843-837-7269</td>
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<td>Three Tracks of Ohio</td>
<td>Middleburg Heights, OH 44130</td>
<td>3tracks.org</td>
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<td>OKLAHOMA</td>
<td>UCO Center of Adaptive Sports</td>
<td>Edmond, OK 73034</td>
<td>uco.edu/wellness/sr/training/index.asp</td>
<td>405-974-3140</td>
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<td>Oregon Adaptive Sports</td>
<td>Bend, OR 97703</td>
<td>oregonadaptablesports.org</td>
<td>541-306-4774</td>
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<td>PENNSYLVANIA</td>
<td>Blue Ridge Adaptive Snow Sports (BRASS)</td>
<td>Carroll Valley, PA 17320</td>
<td>brasski.org</td>
<td>717-642-8282</td>
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<td>STRIDE, Inc.</td>
<td>West Sand Lake, NY 12196</td>
<td>stride.org</td>
<td>518-598-1279</td>
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<td>NORTH CAROLINA</td>
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<td>Rhode Island Access2Adventure</td>
<td>Tiverton, RI 02878</td>
<td>access2adventure.org</td>
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<td>SOUTH CAROLINA</td>
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<td>ROGER C. PEASE</td>
<td>Rehabilitation Hospital</td>
<td>Greenville, SC 29605</td>
<td>ghs.org/rcp</td>
<td>864-453-7711</td>
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<td>TENNESSEE Sports, Arts &amp; Recreation of Chattanooga (SPARC)</td>
<td>Chattanooga, TN 37434</td>
<td>sparctn.org</td>
<td>423-596-5268</td>
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<td>TEXAS</td>
<td>Operation Comfort</td>
<td>San Antonio, TX 78209</td>
<td>operationcomfort.org</td>
<td>210-826-0500</td>
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<td>UTAH</td>
<td>Common Ground Outdoor Adventures</td>
<td>Logan, UT 84321</td>
<td>cgdadventures.org</td>
<td>435-713-0288</td>
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<td>National Ability Center</td>
<td>Park City, UT 84060</td>
<td>discovernc.org</td>
<td>435-649-3991</td>
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<td>VERMONT</td>
<td>AbilityPLUS, Inc.</td>
<td>Mont. Snow, VT 05604</td>
<td>abilityplus.org</td>
<td>800-287-8415 x103</td>
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<td>Bart J. Ruggiere</td>
<td>Adaptive Sports Center</td>
<td>Manchester, VT 05255</td>
<td>bartadaptive.org</td>
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<td>Friends of Stowe</td>
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<td>Hyde Park, VT 05655</td>
<td>friendsostowe.org</td>
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<td>Vermont Adaptive Ski Sports Coalition</td>
<td>Killington, VT 05751</td>
<td>vtadaptablesports.org</td>
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<td>WISCONSIN</td>
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<td>Cedarburg, WI 53012</td>
<td>sewap.org</td>
<td>414-533-7934</td>
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<td>WYOMING</td>
<td>Teton Adaptive Sports</td>
<td>Jackson, WY 83001</td>
<td>tetonadaptivesports.com</td>
<td>307-699-3554</td>
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<td>WASHINGTON, D.C.</td>
<td>DC Fire Fighters Burn Foundation</td>
<td>Washington, DC 20017</td>
<td>dfburnfoundation.org</td>
<td>202-528-3989</td>
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<td>WEST VIRGINIA</td>
<td>Challenger Athletes of West Virginia</td>
<td>Snowshoe, WV 26209</td>
<td>cawvsports.org</td>
<td>304-572-6708</td>
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<td>WISCONSIN</td>
<td>Southeastern Wisconsin Adaptive Ski Program</td>
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<td>Jackson, WY 83001</td>
<td>tetonadaptivesports.com</td>
<td>307-699-3554</td>
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Introducing the **ENDEAVOR GAMES** Series

Now offered in two locations:
Turnstone - Fort Wayne, IN
University of Central Oklahoma - Edmond, OK

*Endeavor Games Series is grateful for Disabled Sports USA's commitment as a national partner.*

[www.endeavourgames.com](http://www.endeavourgames.com)

405.974.3140
TELLURIDE ADAPTIVE SPORTS OFFERS LOCAL AND INTERNATIONAL PROGRAMS – TELLURIDE, COLORADO

Telluride Adaptive Sports Program (TASP) is excited to offer two extremely unique and contrasting experiences this summer. Join us in the desert of Utah, or if you prefer to live the year-round winter life, escape with us to Chile and ski the days away.

May 17-21, we will lead an unforgettable off-road handcycle camp in the rugged desert of Moab, Utah. Rides through Slickrock, dirt track, and dramatic canyons are sure to satisfy every adventurous craving. This handcycle experience is designed for intermediate to advanced riders only and costs $185.

If you’d rather beat the heat this summer, TASP is offering you the chance to ski on the biggest mountain in Chile Aug. 2-11. Experience the legendary powder stashes firsthand, enjoy local food and culture, and share in this memorable International Freeride Camp with fellow athletes ready to push their skiing/riding to the next level.

For more information about these excursions, or other summer adventures, visit www.tellurideadaptivesports.org or contact Tim McGough at programs@tellurideadaptivesports.org or 970-728-3865.

TRY A NEW SPORT WITH THE NATIONAL SPORTS CENTER FOR THE DISABLED – DENVER AND WINTER PARK, COLORADO

Be active, have fun and make new friends! The National Sports Center for the Disabled (NSCD) offers a wide variety of exciting camps and programs in both the mountains and Denver Metro area during the spring and summer months. Activities include: horseback riding, rock climbing, rafting, camping, sailing and much more. Each camp and program offered by the NSCD is instructed by qualified and trained staff while using cutting-edge adaptive equipment. Whether you want to explore the Rockies around Winter Park or have an urban adventure closer to Denver we have a program for you.

All programs are designed for individuals, families, and groups and are available for all levels of ability, from beginner to advanced. We look forward to seeing you or your group in 2017.

For more information on programs and camps and how you can get registered or involved with the NSCD, visit www.nscd.org.

TETON ADAPTIVE SPORTS GEARING UP FOR SUMMER 2017 – JACKSON, WYOMING

With a new location at the base of Jackson Hole Mountain Resort, Teton Adaptive Sports (TAS) continues to support, promote, and develop outdoor sports and recreation opportunities for people with disabilities in Wyoming. This new location allows adaptive athletes to easily enjoy all the recreation opportunities Jackson Hole Mountain Resort has to offer such as riding the aerial tram, climbing, biking, wildlife viewing, and hiking with the support of adaptive equipment and trained staff.

Want to check out more of Wyoming’s natural beauty? Participants can enjoy the network of bike paths leading from the office to Grand Teton National Park or through the valley to the heart of Jackson Hole. Hiking in the Bridger-Teton National Forest is just a stone’s throw away. On hot summer days you can cool down with a host of outdoor water sports, including rafting down the wild and scenic Snake River and visiting the Grand Teton National Park lakes to stand-up paddleboard, kayak or paddle boat.

Whatever your activity, TAS is here to help you have a fun, safe, and empowering outdoor experience. Friends, family, and caregivers are welcome to join the adventure.

For more information, visit www.tetonadaptivesports.com, check out our Facebook page, or contact Cherene Vanian at summerprograms@tetonadaptivesports.com.
NATIONAL ABILITY CENTER EXPANDS PROGRAMMING THROUGH PARTNERSHIP WITH SPLORE – PARK CITY, UTAH

The National Ability Center and Splore have joined forces to become one of the nation’s most extensive providers of adaptive outdoor recreation and adventures from their home base in Utah. Splore’s programming will be operated by the National Ability Center offering a unique combination of programs, which will significantly increase opportunities for individuals and families of all abilities to get out and explore. Over the past four decades, both organizations have positively impacted hundreds of thousands of lives through adaptive recreation programs.

Based on a 26-acre ranch in Park City, the National Ability Center provides more than 35,000 adaptive experiences each year through a network of partner venues including Park City Mountain, Deer Valley Resort, Solitude Mountain Resort, Brighton Resort, and Jordanelle State Park. Through this new combined business partnership, Splore will provide a mobile arm to the organization’s operations helping individuals of all abilities to access and experience adventures in addition to destinations in Salt Lake City, Moab, across Utah’s Wasatch Front, the Uintas, western Colorado and beyond.

To get involved in the National Ability Center’s broad range of programs, visit www.discovernac.org.

RIDE THE ROCKIES THIS SUMMER – CRESTED BUTTE, COLORADO

Air rushes through helmet holes, providing a refreshing breeze on sweat drenched hair. Passing truck engines muddle the sound of rubber crunching over asphalt. Arms are burning with fatigue and adrenaline alike in the excitement and epic scale of the traverse. Screaming biceps fight to keep the wheels turning but steady progress ensues over yet another mountain pass and through evergreen forests.

This summer the Adaptive Sports Center will help a small team of veterans take on this 400-mile, six-day ride. The Ride the Rockies team of veterans with disabilities use handcycles to complete the ride, with the support of a SAG team made up of dedicated staff members from the Adaptive Sports Center.

Nestled away in the cascading valley mountains of Crested Butte, the Adaptive Sports Center has been dedicated to providing accessible outdoor recreation for people with disabilities for nearly three decades. Whatever preferences, skill levels, and goals people have in mind, from skiing and snowshoeing to rock climbing, rafting, and biking, the Adaptive Sports Center is committed to making it possible. There’s nothing quite like the stunningly beautiful and endlessly loving town of Crested Butte to get in touch with physical exertion.

For more information on the Ride the Rockies team or other summer programs, visit www.adaptivesports.org.

GET AWESOME! THIS SUMMER IN IDAHO - MCCALL, IDAHO

Starting Memorial Day, Adaptive Wilderness Sports of McCall (AWeSOMe!) will offer lake kayaking throughout the summer season. This will be the beginning of another season of growth for the program that has offered high-caliber winter adventures since 2002. All kayak trips start from Payette Latte, the pristine gem of McCall, and we invite you to join in the fun or just come out and view the fun from the scenic shoreline. Given the wild nature of Idaho, you might be able to catch a glimpse of a moose, deer, elk, otter, mink, eagle or osprey along with all of the smiling faces in the water. Programs are available to people with disabilities of all ability levels and family and friends are encouraged to join.

For more information or to register, visit www.awesomemccall.org.

ENJOY THE OUTDOORS WITH COMMON GROUND OUTDOOR ADVENTURES – LOGAN, UTAH

Common Ground Outdoor Adventures in Northern Utah provides year-round outdoor recreational opportunities for athletes with disabilities, all adapted to meet the needs of the participants’ abilities. This summer and fall we are offering our clients an exciting opportunity to increase skills in cycling, hiking, and more in our new adventure activity series. Each set of activities will focus on a specific sport and provide opportunities to build skills and confidence.

We are also providing overnight trips to some of the American West’s most beautiful public lands. Cycle in Moab and Arches National Park, white-water raft in Idaho, and camp under the stars in Grand Teton National Park.

For more information or to register, give us a call at 435-713-0288.
BLAZESPORTS ALL-STAR CAMP AND OLYMPIC DAY TRACK & FIELD MEET – ATLANTA, GEORGIA

BlazeSports All-Star Camp, June 4-9, allows children ages 7-17 with physical disabilities the opportunity to experience the joy of sports and recreation. Spend a fun week with us at our overnight summer camp where every day is an adventure as campers run through a gauntlet of adaptive sports and recreation, including wheelchair basketball, outdoor archery, swimming, track and field, rock climbing, kayaking, and so much more. In addition to the physical aspect, campers also have the chance to grow their self-confidence, independence, and leadership skills. Children eligible for camp must have a physical disability such as cerebral palsy, spina bifida, acquired brain injury, dwarfism, amputation, spinal cord injury, visual impairment, muscular dystrophy or other related physical disabilities. For registration and more information, visit www.blazesports.org/what-we-do/camps/blazecamp.

BlazeSports will host its 3rd Annual BlazeSports America Olympic Day Track & Field Meet June 17. This open meet for youth and adult athletes with physical disabilities, both ambulatory and wheelchair, is a one-day sanctioned meet that also doubles as a Paralympian meet and greet. Track events included are 100m, 200m, 400m, 800m, and 1500m. Field events included are shot put, javelin, long jump, and discus. Registration is $30 and closes June 13, 2017. Contact tliscomb@blazesports.org for more information.

For more information about BlazeSports programs, visit www.blazesports.org.

THIS IS YOUR YEAR TO GET ON THE WATER AND GO SAILING – ANNAPOLIS, MARYLAND

For anyone saying, “This is the year I want to get on the water and learn to sail,” Chesapeake Region Accessible Boating (CRAB) has opportunities for you. Our mission is to bring the thrill and freedom of sailing to all persons with disabilities. Don’t be left on the dock!

All recovering and wounded warriors are welcome to race with their family or a friend on the Chesapeake Bay Saturday, April 22, at the Recovering Warrior Sailing Regatta. The event will take place at the National Sailing Hall of Fame in Annapolis. On June 17, the Don Backe Memorial CRAB Cup will be held at the Annapolis Yacht club for our civilian population. All of CRAB’s fleet is specially outfitted to accommodate persons with limited mobility. Sailing is safe, secure, and really fun on a CRAB sailboat with our experienced skippers.

Go to www.crabsailing.org to learn more about these events and additional opportunities to go sailing this summer.

SPORTSABILITY TALLAHASSEE RETURNS APRIL 6-8 – TALLAHASSEE, FLORIDA

Join Florida Disabled Outdoors Association for a celebration of ability and sport at the 27th Annual SportsAbility Tallahassee April 6-8 from 10 a.m. – 3 p.m. Enjoy everything from rock climbing to sit water-skiing, kayaking, tennis, scuba, and much, much more. SportsAbility provides people of all ages and abilities, their family/friends, hands-on recreational activities to improve overall wellness at no cost thanks to community support and sponsors. Special recognition will be given to participating veterans for their service.

David Lowe, a program participant and veteran says this about SportsAbility.

“Over the past 15 years, SportsAbility has given me many opportunities. After I had my accidents, participation in Florida Disabled Outdoors Association programs helped rebuild my strength and my personality.”

To register, become a sponsor, or for more information go to www.fdoa.org or contact the Florida Disabled Outdoors Association (FDOA) at info@fdoa.org or 850-201-2944.
GET OUT AND GOLF WITH MAINE ADAPTIVE SPORTS & RECREATION – NEWRY, MAINE

Interested in golf? Maine Adaptive Sports & Recreation offers a robust schedule of ongoing golf lessons and playing opportunities during the summer. With experienced staff and volunteers, Maine Adaptive’s golf program offers people with physical disabilities the chance to learn and perfect their skills and enjoy the social benefits of a day outside with others. All equipment and instruction is free of charge. Thanks to the generous support of the Toddy Brook Golf Course, The Bethel Inn, and Maple Lane Golf Course, there are no green fees.

On July 23, Maine Adaptive and the Amputee Association of Maine will offer an instructional clinic at the Freeport Country Club, sponsored by Harris Golf. The clinic will be the kickoff to the First Annual Maine Amputee Golf Tournament at the Falmouth Country Club in Falmouth. The clinic is open to all amputees, whether or not they choose to play in the Amputee Tournament, and will be staffed by PGA professionals.

In August, golfers can also participate in the Annual Portland Pie “Fitzy” Memorial Tournament at the Woodlands Country Club in Falmouth, Maine, which honors the legacy of a former participant and volunteer Ryan Fitzpatrick. The Fitzy, is open to all and helps raise funds to support Maine Adaptive’s programs.

For more information on Maine Adaptive’s golf programs and other summer sports, contact us at info@maineadaptive.org or visit www.maineadaptive.org.

SET SAIL WITH SAILING 4 ALL – RICHMOND, VIRGINIA

Ahoy! Sailing 4 All welcomes you, your family and friends aboard our 24-foot wheelchair accessible pontoon boat. This summer will mark our fifth season providing cruises on the James River, departing from our dock in Richmond. While our knowledgeable crew and skipper make sure you are safe and well taken care of, you can enjoy nature, bird watching, history, photography, fishing, and more. You could even celebrate your birthday on the boat.

Cruises take place mornings, afternoons, and evenings in May through October. Prior reservation is required.

Contact Sailing 4 All at www.gosailing4all.org to make your reservation.

JOIN A VARIETY OF SPRING AND SUMMER PROGRAMS WITH SPORTABLE – RICHMOND, VIRGINIA

Sportable is launching a new batch of spring and summer programs for athletes with disabilities in the Richmond area. On April 1, we will kick off our racing season with the Monument Avenue 10K. Later that week, we’ll begin our adaptive archery and wheelchair tennis season. At the end of May, we’ll start kayaking again and continue through the end of summer. Wheelchair lacrosse and power wheelchair soccer will both start in June and run through August.

Not sure which sport is right for you? Come check out one of our Paralympic Experience Days to try out a variety of sports. April 8, we will be hosting the event at Western Albemarle High School and on April 14 we’ll be at Virginia Commonwealth University (VCU) for another Paralympic Experience Day. Both days allow athletes who might be new to adaptive sport the opportunity to try multiple sports in a low-pressure setting with trained volunteers who can assist you in making the experience great.

For more information regarding events and programs, contact us at info@sportable.org or visit our website at www.sportable.org.

2ND ANNUAL ADAPTIVE SPORTS FEST – WALLINGFORD, CONNECTICUT

The Sports Association of Gaylord Hospital, in collaboration with Southern Connecticut State University, will host its second annual Adaptive Sports Fest Sunday, April 9. Come out and try wheelchair rugby, wheelchair tennis, boccia, wheelchair lacrosse and wheelchair basketball. You can also learn about dozens of other sports available from local providers including: kayaking, archery, golf, running, cycling, sled hockey and more.

This is just the kickoff event for the summer. On Saturday, May 9, we will host our annual Adaptive Cycling Clinic. Monday, June 12, the Ken Murphy Memorial Golf Tournament welcomes all golfers with disabilities, and Saturday, June 24, marks the return of the Gaylord Gauntlet, a 5K obstacle trail run. In addition to these special events we have adaptive cycling, golf, water-skiing, archery, boccia, paratriathlon and tennis regularly scheduled throughout the summer.

For more information, visit www.gaylord.org/sport. To register, contact us directly at 203-284-2772 or sports@gaylord.org.
**7TH ANNUAL LONG TRAIL CENTURY RIDE – KILLINGTON, VERMONT**

Come pedal and party for a cause in this great bike ride! On Saturday, June 24, Vermont Adaptive Ski & Sports will host a century ride in the Long Trail Brewery/Killington Region. There will also be 60- and 20-mile loops for those who might be newer to cycling, and a family-friendly 5K route for the younger riders. All adaptive athletes ride for free, and all proceeds from the ride benefit this chapter of Disabled Sports USA. Last year more than 600 cyclists, including 40 adaptive athletes participated, and we’re expecting an even bigger turnout this year. Post-ride, you can sit back and relax with other riders, enjoy a Long Trail beer at the brewery, listen to live music, and enjoy a vendor village, silent auction, BBQ, kids’ activities and much more.

For more details or to register, visit [www.longtrailcenturyride.com](http://www.longtrailcenturyride.com).

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**HELP ACHIEVE TAHOE CELEBRATE 50 YEARS OF SERVICE WITH SUMMER SPORTS FUN – NORTH LAKE TAHOE, CALIFORNIA**

Achieve Tahoe celebrates 50 years of service this year! We are proud to be the founding chapter of Disabled Sports USA, and our North Lake Tahoe-based chapter has an exciting summer of adaptive sports programs planned to help us mark the anniversary, including 4 Wheel Drive adventures, water-skiing, paddle sports, and military sports camps.

4 Wheel Drive Adventures will take participants through the rugged Sierra Nevada backcountry along 4WD routes with experienced drivers. Want to get out on the water? Consider water-skiing with our experienced and trained instructors. Want even more speed? We’ve got boating, Jet Skiing, and tubing at Donner Lake, along with some calmer sports, including sailing, canoeing, and kayaking. Are you a veteran interested in participating? We have multi-day, multi-sport camps free of charge for veterans and their family members.

To learn more about any of these programs, visit [www.achievetahoe.org](http://www.achievetahoe.org).

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**BORP SPORTSFEST RETURNS APRIL 23 – BERKELEY, CALIFORNIA**

Try three adaptive sports in one day when Bay Area Outreach and Recreation Program (BORP) once again hosts SportsFest in Berkeley Sunday, April 23. At this annual multi-sport outdoor recreation festival for athletes with disabilities, you can scale an outdoor rock climbing wall, kayak around Berkeley’s Aquatic Park, and ride one of the adaptive cycles from our extensive fleet of handcycles, tandems, trikes, recumbent, and more. Challenge yourself in new ways while having a fun outdoor adventure.

The event is held at BORP’s Cycling Center, home to one of the country’s largest and most diverse collection of cycles for use by people with physical disabilities, along with an accessible dock for kayak launches and an adaptive climbing wall. BORP staff and volunteers will ensure you are properly fitted into all equipment and teach you the basics of kayaking, climbing, and cycling. No experience is necessary!

Participation is free, but pre-registration is required. To register or learn more, visit [www.borp.org](http://www.borp.org).

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**LEARN TO RIDE A BIKE WITH OUTDOORS FOR ALL FOUNDATION – SEATTLE, WASHINGTON**

Outdoors for All Foundation has operated for over 30 years in Seattle and offers an array of adaptive outdoor activities. These programs are all-inclusive for children and adults with disabilities and welcome family members, friends and caregivers.

One program growing in popularity is Learn to Ride a Bike. This three-week series is geared toward all ages of all abilities with the goal to get students successfully riding a standard upright two-wheel bicycle by the third lesson. Volunteer instructors start with basics and progress the student through targeted instruction and additional tools. So far, Outdoors for All has taught over 40 children and teens with and without disabilities to ride upright bikes through this program.

“... I have never seen Chloe happier or more proud of herself than that moment when she first peddled past me on her bike.”

– Amy Schley, mother of Chloe Burton, Outdoors for All Learn to Ride a Bike Student

Two series of Learn to Ride a Bike will be offered this spring.

For more information on Outdoors for All Foundation and adaptive recreation programs, visit [www.outdoorsforall.org](http://www.outdoorsforall.org) or contact info@outdoorsforall.org or 206-838-6030.
GET OFF THE DOCK WITH FOOTLOOSE SAILING – SEATTLE, WASHINGTON

Footloose Sailing is an American Sailing Association sailing facility. Our motto is ‘Leave Your Disability at the Dock’ as we introduce sailing as recreation and sport to people with disabilities of all ages. Their family, friends and caregivers are also welcome to participate. We have big and small sailboats available for our day sails out of the Leschi North Marina on Lake Washington. Our events are scheduled twice a month throughout the spring, summer, and early fall, and once every summer we sail across Puget Sound for an overnight camping trip at Blake Island.

Footloose is an all-volunteer organization and is always looking for volunteers to help with shoreside tasks, on the docks, and out on the water. It’s good, clean, and safe family fun!

For our event schedule and more information, check out our Facebook page at www.facebook.com/footloosesailingassociation or visit www.footloosedisabledsailing.org.

JOIN DISABLED SPORTS EASTERN SIERRA THIS SPRING – MAMMOTH LAKES, CALIFORNIA

Disabled Sports Eastern Sierra/Paralympic Sport Mammoth Lakes is looking forward to a fabulous spring season. With a record month of snowfall in January and more storms lining up, we are anticipating this incredible ski season will last into July. We invite military and civilian athletes of all ages to come join us for daily lessons in alpine skiing, Nordic skiing, snowshoeing, biathlon training, snowboarding, and more this spring. Beginning in June and running through October, we also offer daily lessons in cycling, rock climbing, paddling sports, and more.

In addition to daily lessons, we will host a number of camps this spring and summer. April 25-28 is Springtacular Camp for athletes with intellectual disabilities. Four days of skiing or snowboarding in a great social environment make this one of our most fun camps of the year. For our military population, Operation High Altitude for Wounded Warriors camp will take place June 12-16 kicking off our summer season. Camping, cycling, rock climbing, paddling, fishing, and more in the beautiful Eastern Sierra are offered in this very popular camp. Next up is the June Lake Triathlon, known as ‘the toughest race in the most beautiful place!’ with Sprint, Olympic, and Half Iron Man courses available.

All camps and events have limited space, so reach out early. For more information, contact Maggie Palchak at 760-934-0791 or www.disabledsportseasternsierra.org

USARC AQUATIC ADVENTURES AWAITS – BIG BEAR LAKE, CALIFORNIA

After a quarter century of providing adaptive athletes with expert instruction using state-of-the-art equipment in small class sizes, the United States Adaptive Recreation Center (USARC) continues its legacy of facilitating access to, and proficiency in, a variety of summer water sports on the sparkling blue gem known as Big Bear Lake in California’s San Bernardino Mountains.

This summer, USARC provides water-skiing, wakeboarding, kayaking, stand-up paddleboarding, sailing, fishing and Jet-Skiing, addressing virtually anyone’s excitement level. For those interested in adding star gazing or a warm glowing campfire to this mix, USARC offers a pair of two-day, two-night sessions in late July to satisfy those desires. If your tastes include water with higher salinity, the USARC will again partner with Casa Colina Rehabilitation in Long Beach Aug. 8-10.

For those not interested in water sports, our Chariot program features exciting gravity-powered off-road wheelchairs, and the 23rd Annual Peak to Peak Pedal five-day ride from Big Bear to Mammoth will take place this October. For details, visit www.usarc.org/peak-to-peak-pedal.

Summer sessions only occur during July and August, so space is limited and reservations are required. For information, contact USARC at 909-584-0269, mail@usarc.org or check out the website at www.usarc.org.
ENDEAVOR GAMES NOW IN TWO CITIES – EDMOND, OKLAHOMA, FORT WAYNE, INDIANA

For 17 years, the model of the University of Central Oklahoma (UCO) Endeavor Games has proven to be successful in providing a high standard of competition for athletes with physical disabilities where Paralympic, emerging, and novice athletes can compete together in the same venue, at the same time. Expanding the Endeavor Games has been a dream for years, and now, that dream is becoming a reality with the addition of the Turnstone Endeavor Games in Fort Wayne, Indiana, April 21-23, the first event of the newly created Endeavor Games Series.

The 2017 Turnstone Endeavor Games, presented by Parkview Physicians Group, will feature sports competitions for seven sports, including air rifle shooting, boccia, goalball, sitting volleyball, swimming, track and field, and wheelchair basketball. Registration opens Feb. 1 at www.endeavorgames.com.

The 18th annual UCO Endeavor Games in Edmond, Oklahoma, will be June 8-11, offering 10 sports, including archery, air rifle shooting, cycling, powerlifting, sitting volleyball, swimming, table tennis, track and field, wheelchair basketball, and wheelchair softball. Registration will open later in the spring.

For more information about the Endeavor Games Series, visit www.endeavorgames.com.

CHECK OUT HIGHER GROUND – SUN VALLEY, LOS ANGELES AND WESTERN NEW YORK MILITARY PROGRAMS

This summer, Higher Ground will host several week-long programs at its three locations in Sun Valley, Idaho, Los Angeles, and Western New York. Our mission is to enhance quality of life through inclusive therapeutic recreation and education for people of all abilities. Our staff of certified therapeutic recreation specialists is ready to ensure that you can get outside and participate this summer. If you want to recreate in the beautiful outdoors and gain a better understanding of activities that can help you achieve a more fulfilling quality of life, come check out Higher Ground!

Summer programs include white-water rafting, fly-fishing, horseback riding, kayaking, mountain biking and yoga. All programs are free of charge. Significant others are always invited to attend with the veteran or service member.

For more information about all Higher Ground programs, contact Monty Heath at monty@highergroundsV.org or 208-726-9298.

TEAM RIVER RUNNER EXPANDS PROGRAMS TO CHILDREN WITH VISUAL IMPAIRMENTS – VARIOUS LOCATIONS NATIONWIDE

This summer, Team River Runner is expanding its Kids are Outtasight (KOAS) program to all interested locations. The KOAS program is an offshoot of the Outtasight Clinic series, in which visually-impaired or blind veterans paddle in all types of water while being guided by sighted veterans. The program promotes leadership and paddling experience on flat-water river and lakes, oceans, and white-water, and even some kayak football games and kayak racing. Since the program's beginning in 2011, Team River Runner has hosted more than 15 Outtasight Clinics across the country.

Initially developed by the Susquehanna Valley Chapter of Team River Runner with the help of Vision Corps, the expansion of the KOAS program will allow even more youth to get out and experience the power of paddle sports. When sighted veteran instructors are able to help children paddle, the result is magical.

For more information, please contact Team River Runner at www.teamriverrunner.org.
COURAGE KENNY REHABILITATION INSTITUTE EXPANDS PROGRAMMING WITH WHEELCHAIR LACROSSE – MINNEAPOLIS, MINNESOTA

Courage Kenny Rehabilitation Institute is launching a new wheelchair lacrosse program this spring. Join us for a new and challenging game for players interested in fast-paced action. This sport packs a punch and involves speed, finesse, and team work. Wheelchair lacrosse is played on a roller hockey rink or box lacrosse pad. It is eight players per side; two players must remain in the offensive half and three in the defensive half at all times. Wheelchair lacrosse is played using a no-bounce ball and sports chairs or rugby chairs. Wheelchair lacrosse offers the complete package – physical, high demand, lightning fast, fun.

Not up for a lacrosse game? Join us for adaptive cycling in the Twin Cities or northern Minnesota. Cycling is a sport for all abilities. Bring your own bike or use one of our tandem bicycles, handcycles or recumbent trikes. Instructors are ready to teach you how to ride in a safe, fun, and efficient way. We ride primarily on asphalt-paved designated bike trails throughout Minnesota. Ride at your own pace with a volunteer instructor. Riders may bike anywhere from one-25 miles per day. All riders must provide their own helmet, which must be worn at all times during the rides.

For more information on the lacrosse or cycling programs, contact ckrisportsrecreation@allina.com.

GLASA TO HOST ADULT NATIONAL OPEN - GREAT LAKES REGIONAL GAMES JUNE 9-11 – LAKE FOREST, WILMETTE, ILLINOIS

The Great Lakes Adaptive Sports Association (GLASA) will host its annual Adult National Open - Great Lakes Regional Games June 9-11 in Lake Forest and Wilmette. Competitions will include powerlifting, archery, swimming, boccia, and track and field. An archery competition will be held on May 19. Track and field competitors will be competing in an International Paralympic Committee-approved race on a fast Mondo track, which means national and international records might be broken. All events are open to youth, adults, and injured military who have a physical or visual disability, and are appropriate for beginners or 2020 Paralympic hopefuls.

In addition to the competition, training clinics will be held in track and jumps for the ambulatory athlete, athlete sponsorship, and wheelchair and ambulatory tennis. There will also be training for those interested in becoming medical or technical classifiers for track and field.

For more information, contact Cindy Housner at 847-283-0908, chousner@glasa.org, or www.glasa.org.
If you enjoy running or sprinting, the new Blaze Foot from Fillauer is for you! A first of its kind, the Blaze’s split-blade design allows you to take corners on the track with ease and to run the trail with confidence. In the world of high performance prosthetics where flexibility rules, the new Blaze will propel you effortlessly through any running activity. Contact your prosthetist today to find out if the Blaze is the right foot for you! Visit www.fillauer.com or call 423-624-0946.

The Soleus® foot from College Park provides natural movement with a progressive, 3-staged response and superior range of motion. Saltwater tested for 2 million cycles, plus with an antimicrobial and UV inhibited foot shell, the Soleus performs flawlessly at the pool, lake, ocean or outback. See the foot in action at www.youtube.com/CollegeParkInd.

The Dynamic Vacuum System (DVS) bridges the gap between valve and Harmony socket technology. Integrating innovative design with simplicity, the DVS reduces the movement between the limb and socket associated with limb volume fluctuations. The DVS generates vacuum during walking and maintains this elevated vacuum in both swing and stance phase. This sets it apart from passive systems, such as valve, where a vacuum is only generated in the swing phase. Increased suspension forces and intimate fit enhances the user’s perception of the ground beneath them. Dynamically, it adjusts to the user’s activity level. Talk to your prosthetist or visit ottobockus.com for details.

Manufactured in the USA by Tamarack Habilitation Technologies, GlideWear® Prosthetic Liner Patches are made from a patented, dual-layer fabric designed to protect skin and soft tissue from the harmful effects of rubbing/friction. When installed beneath the prosthetic liner each day; wherever redness and skin breakdown occurs, GlideWear Patches provide immediate relief and lasting skin protection to help amputees enjoy walking, running, and sports activities for longer duration and in greater comfort.

GlideWear Prosthetic Liner Patches are used and recommended by prosthetists and amputees around the world and are available in three sizes. For more information, visit www.glidewear.com or email info@glidewear.com with any questions.

Virtually indestructible even in the most extreme conditions. Maintain a natural gait even in the most rugged or uneven terrain. One foot for all adventures. Water? Mud? Sand? No problem. Carbon feet can’t say the same.

To learn what RUSH™ Foot is right for you or your patient, visit www.rushfoot.com.

Q’STRAINT’S QLK-150 boasts features and options you won’t find in any other system: more ground clearance, a seamless dash control, an advanced stabilizer, and much more. QLK-150 is the perfect solution for mobility users who drive their own vehicle or want to quickly secure their wheelchair. And, along with a complete lineup of brackets for today’s most popular wheelchairs, QLK-150 is the only docking system with a range of exclusive brackets for chairs that can only be secured with the QLK-150. Learn more: www.qstraint.com/qlk-150.
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Increased performance, comfort and now featuring +/- 8° of torsion.

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