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Equally as important as the growth in the number of adaptive sports is the growth and development in the technology used. I often say that the first prosthetic leg I used after losing my left leg in Vietnam was not much different than what they used during the Civil War. Now, it is amazing to see the advances in the prosthetics used for the various sports, including winter sports like snowboarding.

Snowboarding is one of the newer adaptive sports, particularly on the Paralympic level. Daniel Gale, co-founder and executive director of Adaptive Action Sports (a Disabled Sports USA chapter), along with Brian Castillo from the National Ability Center (another DSUSA chapter) and Paralympic Silver Medalist Mike Shea, share their insights on getting started in snowboarding or taking it to the next level (pages 10-12).

Paralympic hopeful Nicole Roundy, who was the first above-knee amputee, male or female, to compete in adaptive snowboarding, talks about the recent advances in both the technology and the sport of snowboarding on page 18.

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I hope to see you on the slopes!

Kirk Bauer, JD
Executive Director, Disabled Sports USA • U.S. Army (Retired)
kbauer@dsusa.org

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CHALLENGE WINTER 2017
"I had no idea what I was going to be able to do"

-2014 Snowboard Cross Silver Medalist Michael Shea Jr.
The exhilaration of whisking down a mountain of freshly groomed snow on a single board is an empowering and euphoric experience. Anyone who has tried alpine skiing should also give snowboarding a try as well. You too can enjoy a sport that is fun and exciting!

Given the advances in technology and support, snowboarding is as simple as alpine skiing and accessible to everyone, according to Daniel Gale, Executive Director of Adaptive Action Sports (AAS), a Disabled Sports USA chapter based at Copper Mountain, Colorado. Gale co-founded AAS along with Paralympic Medalist Amy Purdy. He believes there should be no lines drawn in the sand (or snow) when it comes to skiing and snowboarding.

In fact, snowboarding can be easier than alpine skiing for some individuals with physical disabilities, states Brian Castillo, Ski and Snowboard Program Manager for the National Ability Center in Park City, Utah, another chapter of Disabled Sports USA. “There’s a stigma that needs to be broken when it comes to thoughts on the sport,” he said. “It can be an effective medium for folks that may struggle with traditional skiing.” For example, Castillo has seen tremendous success for above-knee amputees as well as individuals suffering from asymmetry in their gate.

Beginner Lessons

Both Gale and Castillo point to the DSUSA website (disabledsportsusa.org) where you can find a location or chapter near you that offers adaptive snowboarding lessons. Before you get out on the slopes, Gale suggests that you go through a thorough assessment, including a review of your mobility and balance as well as the equipment and gear, each done on a case by case basis.

Also understand, like anything, there

Continued on page 12 >>
is a learning curve. “There will be success, but there will also be some spills as well,” Gale said. For this reason, it is recommended that you give it a few attempts and not just give up if you don’t master the sport your first time out. “Very few people go from zero to hero on their first attempt,” Castillo added. In fact, Castillo says that one of the jobs of the instructor is to teach people how to fall. “Gravity doesn’t discriminate,” he said. Therefore, make a plan and go back five or six times to figure out if adaptive snowboarding is right for you.

**Equipment and Safety**

The evolution in prosthetics and other equipment has grown leaps and bounds in recent years. During your individual assessment, you and the instructor will determine the proper equipment that is necessary.

At most facilities, you can demo the equipment. Regardless, Castillo suggests you don’t buy any equipment right away. If necessary, rent it first to figure out if it is the right fit for you. Depending on the needs of the snowboarder, the instructor can use an outrigger, tethers, or other supporting devices to help guide them down the mountain. There is also a Rider Bar that can be attached to the board and allows the instructor to assist with navigation and control.

Above anything else, safety must come first. Gale and Castillo both agree that helmets are a must. In addition, make sure you engage a qualified and certified instructor. “Without proper instruction, the risk factor goes up,” Gale said.

**Taking It to the Next Level**

After mastering snowboarding for recreation, the next step is to decide whether to pursue the sport competitively. “It’s different than just going out with your friends. It becomes something larger,” Gale said. One such person who transitioned to the competitive scene is Michael Shea Jr., the Snowboard Cross Silver Medalist at the 2014 Paralympic Games and a former Disabled Sports USA board member.

After suffering an accident in September 2002 that required a below-knee amputation of his left leg, he didn’t know what was going to be possible. Eventually, he met Amy Purdy and joined her at an Adaptive Action Sports camp in 2009. Until then, he had never met another amputee before and didn’t know what to expect. “I had no idea what I was going to be able to do,” Shea said.

When he first started out with adaptive snowboarding, he had nothing but leg problems. He struggled with things like the binding not being right and other issues, but the more and more he did it, the easier it became. He enjoyed the sport recreationally, as it was a nice escape from everyday life. “I debated whether to make that switch (from recreational to competitive),” he said.

In order to be competitive, Shea suggests you must have PACE (Passion, Attitude, Commitment, and Enjoyment). “You have to have a drive and desire to pursue adaptive snowboarding at the competitive level. It is also important to have the right attitude and examine how you view yourself and how others view you. You must have commitment and be willing to put in 100 percent. And you must enjoy the sport. If you’re not loving it, why are you doing it?” he said.

Shea will be competing at the 2018 Winter Paralympic Games in South Korea. He is also expected to participate in The Hartford Ski Spectacular, the Disabled Sports USA event held in Breckenridge, Colorado. Celebrating its 30th anniversary this year, it is one of the nation’s largest winter sports festivals for people with disabilities. As someone who has been a developmental coach for others, he has seen so many smiles at that event that makes it a must for him annually. “There is no event in the world that touches more people wanting to get on the mountain,” he said. After retiring from competition, he expects to continue helping others pursue their interests in adaptive snowboarding.

**Getting Started**

Adaptive snowboarding continues to grow in popularity and provides an opportunity to recreate no matter your ability. In some cases, maybe skiing doesn’t speak to you but snowboarding might. Either way, you should experience the freedom you get while cruising down the mountain. To give snowboarding a try, contact one of the 57 DSUSA chapters in over 20 states that offer adaptive snowboarding. Visit your local Disabled Sports USA Chapter at www.disabledsportsusa.org/location.
FROM AFGHANISTAN TO SOUTH KOREA: WARFIGHTER SETS HIS SIGHT ON PARALYMPICS

When the 2018 Paralympic Games in PyeongChang, South Korea, get underway, Warfighter Josh Elliott aims to proudly represent Team USA. “I want to represent my country as an athlete, just like I did as a United States Marine,” he said. The Paralympic hopeful has a goal of being in the top five, although he quickly points out that he would love nothing more than to bring home a medal.

Elliott is a para alpine skier specializing in the slalom and giant slalom. As a member of the U.S. Paralympics Alpine National Team, 2017 has been a pretty busy year for competitions leading up to next year’s Paralympics. In addition to taking the U.S. Slalom Championship title, Elliott participated in the World Cup circuit, which took him to eight countries, including the North America Cup in the U.S. and Canada, as well as races in Europe and South Korea. “Going to South Korea and being able to ski on the slopes that will be part of the 2018 Games was huge,” he said.

On the World Cup circuit, Elliott placed third in slalom at the competition in Kranjka Gora, Slovenia. He also finished sixth in both slalom and giant slalom at the 2017 World Para Alpine Skiing Championships in Tarvisio, Italy. The World Championships is the highest level of competition outside the Paralympics.

Over the summer, he participated in some Sierra Nevada summer camps allowing him to work on giant slalom and Super G training. “Mammoth Mountain had plenty of snow, which allowed us to ski well into the summer months,” he said.

His training for PyeongChang is focused on technique, strength and exercise, and diet. Elliott believes if you

"MONOSKIING QUICKLY BECAME ONE OF MY BIGGEST THERAPIES."

Continued on page 14 >>

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work on perfecting the technique, the speed will come if you are doing everything properly. “All of this work hopefully ensures that you peak at the right time,” he said.

The retired Marine sergeant got into monoskiing in December 2011 through Disabled Sports USA’s Warfighter Sports program. Just eight months earlier, Elliott was in a medically-induced coma and had lost both of his legs by stepping on an IED (improvised explosive device) during a combat tour in Afghanistan. He spent part of his rehabilitation at Walter Reed National Military Medical Center in Bethesda as well as the Naval Medical Center San Diego. “Monoskiing quickly became one of my biggest therapies,” he said.

Before his injury, Elliott enjoyed snowboarding and monoskiing seemed to be a good fit for him. “It is amazing to see how far you can take monoskiing,” he said. “When I watched folks like Laurie Stephens, Tyler Walker, and Heath Calhoun (all previous DSUSA participants), I never imagined I would be able to go that fast down a mountain as well.”

However, others noticed his ability and encouraged him to enter the training program in Aspen, which he did. When he first got into alpine skiing, the 2014 Paralympics were right around the corner. But he wanted to be realistic with his goals and therefore set his sight on 2018. “I decided I didn’t just want to go to the Paralympics, but to go and be a contender,” he said.

Skiing became a big part of his recovery. “Skiing helped me when I first went off medications and introduced me to a world of opportunities that I otherwise would never have known existed without Warfighter Sports,” he said. “Competitive alpine ski racing made me realize my full potential and gave me the drive to continue to live.”

After the 2018 Games, the San Diego resident plans to retire from competitive skiing and hopes to be able to help others come through adaptive sports programs. Be sure to cheer on Elliott at the Winter Paralympic Games, March 9-18, 2018.
2017-18 WINTER EVENTS (DECEMBER THROUGH MARCH)

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

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

ARIZONA

Through December
Arizona Disabled Sports
Cycling Program
Cycling, Kayaking, Dragon Boat Racing
Mesa, AZ
www.arizonadisabledsports.com

CALIFORNIA

Through March
United States Adaptive Recreation Center (USARC)
Ongoing Adaptive Snow Sports Lessons
Alpine Skiing, Snowboarding & Snowshoeing
Big Bear Lake, CA
www.usasr.org

Through August
Bay Area Outreach and Recreation Program (BORP)
Veteran and Armed Services Adaptive Sports & Recreation Program
Adaptive Cycling, Fitness, Wheelchair Basketball, Power Soccer & Goalball
San Francisco, CA
www.borp.org

January 16 - 19
Achieve Tahoe
Military Winter Sports Camp
Skiing, Snowboarding
Lake Tahoe, CA
www.achievetahoe.org

COLORADO

December 4 - 10
Disabled Sports USA/Warfighter Sports
The Hartford Ski Spectacular
Alpine Skiing, Nordic Skiing, Snowboarding, Sled Hockey, Curling, Ice Skating
Breckenridge, CO
www.warfightersports.org

January - March
Adaptive Sports Association
Winter Military Ski Program
Alpine Skiing, Snowboarding & Ski Biking
Durango, CO
www.asadurango.com

January - March
Ignite Adaptive Sports
Snowsports for Veterans Program
Alpine Skiing, Nordic Skiing, Snowboarding & Snowshoeing
Eldora, CO
www.igniteadaptivesports.org

January - February
Steamboat Adaptive Recreational Sports (STARS)
Stars & Stripes Winter Military Camp
Alpine Skiing, Nordic Skiing, Snowboarding, Ski Biking & Snowshoeing
Steamboat Springs, CO
www.steamboatathletes.com

GEORGIA

Through September
BlazeSports America
Cycling & Swimming Programs
Cycling, Swimming
Atlanta, GA
www.blazesports.org

IDAHO

December 10-16, January 7-13
Higher Ground Sun Valley
Higher Ground Sun Valley Military Program
Alpine Skiing, Snowboarding, Ski Biking & Snowshoeing
Sun Valley, ID
www.highergroundid.org

February 23-24
Adaptive Wilderness Sports of McCall (AWESOME!)
Warfighter's Ski Weekend
Alpine Skiing, Snowboarding
McCall, ID
awesomecall.org

ILLINOIS

Year Round
Dare2tri
Elite & Development Team
Triathlon
Chicago, IL
www.dare2tri.org

MICHIGAN

December - March
Disability Sports USA/Warfighter Sports
Ongoing Snowsports Lessons
Alpine Skiing, Snowboarding, Nordic Skiing & Snowshoeing
Lemont, MI
www.warfightersports.org

MINNESOTA

November - March (Ongoing Winter Sports)
January - March (Ongoing Snow Sports)
Courage Kenny Rehabilitation Institute
Ongoing Snow Lesson Program and Adaptive Curling
Alpine Skiing, Snowboarding, Nordic Skiing, Biathlon & Wheelchair Curling
Duluth, MN
www.couragecenter.org

NEW HAMPSHIRE

December - March
New England Disabled Sports
Ongoing Snowsports Lessons
Alpine Skiing, Snowboarding, Nordic Skiing & Snowshoeing
Loom, NH
www.nedisabledsports.org

January 22 - 26
New England Healing Sports Association
New England Winter Sports Clinics
Alpine Skiing, Snowboarding, Kayaking, Wheelchair Basketball
www.nehsa.org

NEW MEXICO

March 23-26
Disability Sports USA/Warfighter Sports
Bataan Memorial Death March
Marathon
White Sands, NM
www.warfightersports.org

NEW YORK

March 1-4
STRIDE Adaptive Sports
Warrior Snow Fest & Military Boot Camp
Alpine Skiing, Snowboarding
Rensselaer, NY
www.stride.org

NORTH CAROLINA

January 15 - 19
Sports, Arts & Recreation of Chattanooga (SPARC)
Alpine Skiing, Snowboarding
Ski Beech Mountain
Beech Mountain, NC
www.warfightersports.org

February - November
Bridge II Sports
Archery & Air Rifle Programs
Archery, Air Rifle
Durham, NC
www.bridgasuresports.org

OHIO

January - February
The Adaptive Adventure Sports Coalition (TASSC)
Winter Ski Lessons
Alpine Skiing, Snowboarding
Powell, OH
www.tasasc.org

OREGON

January 19 - 21
Oregon Adaptive Sports
11th Annual Heroes in Sisters
Alpine Skiing
Sisters, OR
www.oregonadaptivesports.org

TEXAS

December - March
Disability Sports USA/Warfighter Sports
BAMC Ongoing Golf Lessons
Golf
San Antonio, TX
www.warfightersports.org

UTAH

February - Ongoing
Common Ground Outdoor Adventures
Beaver Mountain Veteran Adaptive Ski Clinic & Sled Hockey Program
Alpine Skiing, Snowboarding, Sled Hockey
Logan, UT
www.ucpaadventures.org

VIRGINIA

February 2-4 and Ongoing
Wintergreen Adaptive Sports
Wounded Warrior Weekend
and “Every Day is Warrior Day”
Alpine Skiing & Snowboarding
Wintergreen, VA
www.wintergreenadaptivesports.org

WEST VIRGINIA

March 3 - 4
Challenged Athletes of West Virginia
Warfighter Winter Sports Camp
Alpine Skiing, Snowboarding & Snowmobiling
Snowshoe, WV
www.cawvtsports.org

VIRGINIA

February 27 – March 2
Teton Adaptive Sports
Jackson Hole Mountain Resort Adaptive Steep & Deep Camp
Alpine Skiing & Snowboarding
Jackson, WY
www.tetonadaptivesports.com

VARIOUS LOCATIONS

Year Round
Soldiers Undertaking Disabled Scuba (SUDS)
Scuba Certification Classes
Scuba
Various Locations Nationwide
www.sudsdiving.org

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

Take a walk through any major city, and many smaller towns and you’re likely to come across a yoga studio or see yoga advertised at the local YMCA or athletic club. The wide variety in yoga classes from Bikram (hot yoga) to restorative yoga allows yoga to appeal to an equally wide variety of people.

“I’m finding so many people are more receptive to yoga,” said Pam Greene, Program Director at the Adaptive Sports Foundation, a chapter of Disabled Sports USA. After all, there are many positives when it comes to yoga. In addition to the potential physical benefits of improved respiration, increased energy, better flexibility, and increased muscle strength, you might also experience less chronic pain, lower blood pressure, and reduced insomnia. The mental benefits include stress reduction and better concentration.

Greene has been incorporating yoga into other sport programs for more than 10 years. She finds that her competitive athletes have embraced the addition of yoga to the program, because of the benefits to their primary sport. “Yoga helps gain better body control and more accuracy of movement,” she says. “You also learn breathing techniques, which can be a huge help before a competition.”

However, it might still seem intimidating for persons with disabilities. Picturing yourself in a complicated pose with limbs bent one way and the spine perfectly straight can challenge the most flexible among us, but Greene said that no one should be intimidated to try yoga.

“Every pose has a variety of variations to it,” she said. “It’s about finding how that person’s body can adapt the pose.”

Adapting the Pose

Yoga is an easily adapted sport for a number of reasons. First, the variety in types of yoga make it possible for athletes of almost any ability level and with wide ranges of flexibility and stamina to find the class that will work for them. Secondly, many poses already have built in adaptations to incorporate beginners, so instructors are used to adapting poses and can help you get the benefit of almost any pose from a variety of positions.

For athletes that use a wheelchair or have other mobility impairments, Greene recommends going into the studio prior to your first class and talking through any concerns you might have. This will allow the instructor some time to work through options for adaptations.

For athletes with visual impairments, asking the instructor to verbally describe the pose in as great a detail as possible should provide a good experience.

It may be common for the instructor to physically adjust the student’s pose to help ensure proper form. If you have a problem with physical touch, let the instructor know prior to the start of class so they are aware and can help adjust poses through verbal instruction.

Finding Your Yoga Studio

Ready to get started? Greene said not to worry about finding an adaptive clinic or program.

“Because a yoga instructor goes through some anatomy training, any instructor should be able to adapt yoga to you,” she said.

She does recommend researching studios in your area to find the right class for you, such as an introductory level class or even a private class, which many studios will offer.

It’s not necessary to invest in a mat or any equipment prior to your first lesson. Most studios will have them available, but it’s best to check beforehand. Greene recommends arriving early for the first class and bringing a bottle of water, a small towel, and maybe a tissue or two as some poses or breath work can cause runny noses. At the end of the class it is proper etiquette to clean your own mat and help put it away. If you will need assistance, let the instructor know.

Once you’ve learned some of the basic poses and breathing techniques you’ll be able to practice yoga and get the benefits
of increased flexibility and balance in your own home, or anywhere that you can lay out your mat.

“The important thing for all of us is quality of life,” said Greene. “Yoga can help anybody maintain flexibility and balance as well as having a huge calming effect.”

**Which Yoga Style Is Right for Me?**

In the same way that cyclists differentiate between road cycling, off-road cycling and mountain biking, those that practice yoga differentiate between the variety of classes available. Some classes will focus on poses (asanas), while others will focus on regulated breathing (pranayama), and many will provide some combination of the two.

Finding the class that works for you will depend on your overall goals, workout preferences, current fitness level, and current flexibility level. Here are some of the types of classes you might come across.

- **Ashtanga Yoga:** Ashtanga is a physically demanding type of yoga that combines synchronized breathing with progressive poses intended to improve circulation, flexibility, stamina, and a calm mind. Ashtanga is considered a more athletic type of yoga and is not typically recommended for beginners.

- **Bikram Yoga:** Bikram, often referred to as hot yoga, is practiced in 95-105 degree temperatures to promote more flexibility, detoxification, and the prevention of injuries. It works on many aspects of fitness including muscular strength and endurance as well as flexibility and weight loss.

- **Hatha Yoga:** Hatha is the foundation of all yoga styles, making it a great beginner form of yoga. It incorporates postures, regulated breathing, and meditation, and can be approached at a slow and steady pace, which focuses on creating a calm, meditative mood.

- **Iyengar Yoga:** Iyengar promotes strength, flexibility, endurance, and balance using poses that focus on precise body alignment. It is one of the only types of yoga that incorporates equipment like cushions, blankets, straps, and blocks to help adapt poses for those with less flexibility. The slow pace also adds to its accessibility and makes it great for beginners.

- **Power Yoga:** Power yoga is an American interpretation of yoga where many of the poses look like other aerobic exercises including pushups and side bends. Power yoga moves at a quick pace with each pose flowing into the next to help build muscle and provide an intense aerobic workout.

- **Restorative Yoga:** Restorative yoga focuses on letting the muscles relax, so it involves much less movement than other types of yoga. Instead, large periods of time will be spent lying on blocks or blankets and focusing on breathing, making it another good option for those with limited mobility.

- **Svaroopa Yoga:** Svaroopa yoga incorporates many chair poses into its style, which makes it a great class for athletes with spinal cord injuries or who might have balance issues or problems standing for long periods of time. The focus of this style is healing.

- **Vinyasa Yoga:** Vinyasa is another very physically active form of yoga that focuses on coordinating both breath and movement.

These are just some of the types of yoga you might encounter when you start looking for a class to attend, so it is best to chat with your instructor prior to beginning any class to see what type of yoga will be practiced and whether that will be appropriate for your lifestyle and goals.

Currently, 24 DSUSA chapters offer some sort of yoga program but that number is expected to grow. To find out if one of them is in your area, visit [www.disabledsportsusa.org/location](http://www.disabledsportsusa.org/location).
At just eight years old, Nicole Roundy was diagnosed with osteogenic sarcoma, a form of bone cancer. “I went through aggressive chemotherapy and elected to amputate my right leg above the knee,” she said. Despite limb loss, she has worked her way to be consistently ranked as one of the best adaptive snowboarders in the world.

A native of Utah, her journey began in 2002 when as a visitor, she attended the Winter Paralympic Games in Salt Lake City. As she watched other athletes with disabilities compete, she saw snow sports as the way to achieve independence. She started with three-track skiing, but struggled to pick herself up from the snow. “I have a lot of respect for skiers because I found it very difficult,” she said. Two years later, she tried snowboarding through the National Ability Center, a chapter of Disabled Sports USA. Those early years for her were also the early years for adaptive snowboarding. Her equipment consisted of a board that was rigged to a prosthetic boot. Plus, her prosthesis limited her to what she could do on the slopes. It didn’t matter; she just wanted to be on the snow.

Finally, advances in prosthetic knees allowed her to pursue the sport beyond recreationally. In 2006, she became the first above-knee amputee, male or female, to compete in adaptive snowboarding. Her success led to further demands in the prosthetic knee industry and she played a large role in introducing the sport of snowboarding to the Paralympics.

Back in 2006, there were also only four or five women actively involved in the sport. That number has grown as adaptive snowboarding lessons and competitions are promoted within many DSUSA chapters.

As one of the longest standing participants, Roundy, now 31, believes that half of winning is just showing up. She has done just that. She represented the United States in the 2014 Paralympic Winter Games in Sochi and has won more than 20 World Cup medals. Recently, she won the bronze medal in Snowboard Cross at the 2017 World Championship held at Big White Resort in Canada. She is hoping to do better at the 2018 Paralympic Games in South Korea.

She is in the midst of her training, working on everything from the tactical, the mental, and the physical. Her preparation includes lifting weights and getting the muscles to move faster and react quicker as well as stretching to ensure the muscles do not become tight or restrictive. She admits she needs to improve her flexibility the most, so yoga has also become a part of her routine doing what she calls “yoga for the non-flexible.” Roundy is also working on her endurance. “If you think about it, we are on the snow for only two minutes,” she said. And although she is not a fan of cardio, anytime she is on the machine she thinks of the gold medal to get her through it.

Regardless of what happens in South Korea, this world-class snowboarder and childhood cancer survivor will be excited to be there as an athlete. The sport is as enjoyable for Roundy now as it was during her teenage years when she yearned for that sense of freedom. “Standing on top of the mountain and looking down at the fresh powder and knowing I can do whatever I want going down is a powerful feeling,” she said. “I feel enabled.” That being said, Nicole has never really thought of herself as being disabled. “It is a part of my life, a part of who I am.”
Seventeen year old Tyler Stern has been skiing since he was four years old. Diagnosed with spastic quadraplegia, a subset of cerebral palsy that affects all four limbs, Tyler had difficulty walking and with mobility in general. His parents, who are avid skiers themselves, relied on the expertise of adaptive ski instructors at Disabled Sports Eastern Sierra, a chapter of Disabled Sports USA. At his first lesson, instructor Kathy Copeland guided him down the hill using a slider, which is similar to a walker. Tyler skied that way for the next two years.

A regular at Disabled Sports Eastern Sierra, he participated in a number of its adaptive winter sports programs and camps, including the Paralympic Academy, Alpine Race Camp, Biathlon Camp, Nordic Camp, and others. “I will never forget his courage and determination and that look of glee as he felt the stoke of skiing. He is an inspiration for our other athletes, staff and volunteers,” said Copeland, Disabled Sports Eastern Sierra Executive Director. Since 2013, he’s also attended every The Hartford Ski Spectacular, an event hosted by Disabled Sports USA for 30 years.

In 2014, Tyler was recognized as a Diana Golden scholarship recipient and became a member of the DSUSA E-Team for Nordic skiing. The E-Team is designed to support and empower emerging youth athletes (ages 13-24) with disabilities who are training competitively in sports that are featured in the summer and winter Paralympic Games.

Tyler’s interest is in biathlon, a dual sport consisting of Nordic skiing and rifle marksmanship. For the past 10 years, Tyler has been participating in biathlon camps put on by Maggie Palchak, Paralympic Program Director of Disabled Sports Eastern Sierra, and BethAnn Chamberlain, a Paralympic Development Coach at the U.S. Biathlon Association.

The California native regularly competes in biathlons. “I like competing and I enjoy going fast,” Tyler said. When it comes to biathlons, he admits he is better at skiing than shooting. He also tends to be one of the youngest individuals in many of the competitions he enters.

Tyler doesn’t just limit himself to winter sports. He equally enjoys summer sporting events as well. Through Disabled Sports Eastern Sierra, he has participated in cycling and paddling camps. This year, he also became a dual season E-Team member by adding handcycling to the mix. Tyler competes in triathlons as well, including the June Lake Triathlon that he has entered the past eight years.

Although he hasn’t gone through the classification process yet, Tyler does plan to undertake that effort next year. Currently a senior at Murrieta Valley High School, he is very active in school, being an A student, an Eagle Scout, and an aspiring actor in his drama class. He is enjoying that aspect of his life before fully immersing into competition. Once he does, there is no doubt he will be successful. After all, his favorite quote comes from Walt Disney: “All our dreams can come true, if we have the courage to pursue them.”
### CHALLENGE CHAPTER LISTING

<p>| ALABAMA     | Lakeshore Foundation | 205-313-7400 |
| ALASKA      | Challenge Alaska     | 907-344-7399 |
| Arizona     | Arizona Disabled Sports | 949-460-6969 |
| ARIZONA     | Arizona Disabled Sports | 949-460-6969 |
| California  | Achieve Tahoe         | 530-581-4161  |
| California  | Adaptive Sports and Recreation Association | 502-370-0588  |
| California  | Amazing Surf Adventures | 805-544-7273  |
| California  | Bay Area Outreach and Recreation Program (BORP) | 510-849-4663  |
| California  | Central California Adaptive Sports Center | 559-593-2504  |
| Colorado    | Discovery Blind Sports | 203-258-2233 |
| Colorado    | Shasta Disabled Sports USA | 530-925-1531 |
| Colorado    | United States Driving for the Disabled | 909-584-0269  |
| Colorado    | Colorado Adaptive Action Sports | 719-337-0161  |
| Colorado    | Adaptive Adventures | 970-259-0374  |
| Colorado    | Adaptive Sports Center of Crested Butte | 970-426-6066  |
| Colorado    | Aspen Camp of the Deaf &amp; Hard of Hearing | 719-337-0161  |
| Florida     | Breckenridge Outdoor Education Center | 970-426-6066  |
| Florida     | Challenge Aspen       | 805-201-2944  |
| Florida     | Athens Inclusive Recreation and Sports, Inc. (AIRS) | 703-535-7463  |
| Georgia     | Colorado Discover Ability | 530-257-1222  |
| Georgia     | BlazeSports America   | 504-270-2000  |
| Idaho       | Idaho Adaptive Wilderness Sports of McCall (AWeSOME) | 208-315-4275  |
| Illinois    | Illinois Adaptive Adventures | 866-679-2770  |
| Indiana     | Special Outdoor Leisure Opportunities | 312-239-5001  |
| Indiana     | Turnstone Center for Disabled Children and Adults | 206-483-2100  |
| Iowa        | Iowa Adaptive Sports Iowa | 888-777-8881 x115  |
| Kansas      | Kansas Adaptive Sports | 703-535-7463  |
| Maine       | Central Maine Adaptive Sports | 207-784-1561  |
| Maryland    | Maryland Adaptive Recreation and Sports | 410-268-5722  |
| Massachusetts | AccessSport America | 978-264-0985 |
| Michigan    | Michigan Cannonball Challenged Ski Association | 616-847-3060  |
| Michigan    | Michigan Adaptive Sports | 412-588-7216  |
| Minnesota   | Courage Kenny Sports and Recreation | 612-775-2277  |
| Minnesota   | North Star Community Rowing | 612-588-7216  |
| Nevada      | Bennett Institute Physically Challenged Sports Program of Kennedy Krieger | 412-923-7944 |
| Nevada      | Chesapeake Region Accessible Boating | 303-341-9750 |
| Nevada      | Team River Runner, Inc. | 703-532-6070  |
| Nevada      | AccessSport America | 410-268-5722  |
| Nevada      | Michigan Adaptive Sports | 517-323-9474  |
| Nevada      | Michigan Adaptive Sports | 616-847-3060  |
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<td>MISSOURI</td>
<td>Disabled Athlete Sports Association Springfield, MO 65802 disabledathletesports.org 417-889-0622</td>
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<td>Midwest Adaptive Sports St. Louis, MO 63103 midwestadaptivesports.org 314-649-2476</td>
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<td>Eagle Mount Bozeman Bozeman, MT 59715 eaglemount.org 406-587-2981</td>
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<td>Eagle Mount Great Falls Great Falls, MT 59026 eaglemount.net 406-294-1449</td>
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<td>NEW HAMPSHIRE</td>
<td>AbilityPLUS, Inc. Glen, NH 03838 abilityplus.org 800-297-8415 x104</td>
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<td>Granite State Adaptive Mirror Lake, NH 03853 gsadaptivesports.org 603-387-1167</td>
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<td>Waterville Valley Adaptive Sports Waterville Valley, NY 13848 watervillevalleyadaptive.com 603-256-8311</td>
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<td>NEW MEXICO</td>
<td>Adaptive Sports Program New Mexico Santa Fe, NM 87502 adaptiveprogramsprogram.org 505-570-5710</td>
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<td>Ski Apache Adaptive Sports Ruidoso, NM 88355 skiapacheadaptivesports.com 575-464-3189</td>
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<td>NEW YORK</td>
<td>Adaptive Sports Foundation Windham, NY 12496 adaptivesportsfoundation.org 518-734-5070</td>
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<td>Adaptive Sports Program – Helen Hayes Hospital West Haven, NY 10993 helenhayeshospital.org/hospital-services/adaptive-sports-and-recreation 845-947-3187</td>
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<td>ASPIRE, Inc. (Amputee Program) Hartdale, NY 10530 <a href="mailto:aspirenewyork@gmail.com">aspirenewyork@gmail.com</a></td>
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<td>NORTH CAROLINA</td>
<td>Bridge II Sports Durham, NC 27705 bridge2sports.org 919-680-2742</td>
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<td>Adaptive Sports Program of North Carolina (ASPO) Dacono, NC 27510 adaptivesportsnc.org 336-895-0063</td>
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<td>The Adaptive Development Sports Coalition (TADAC) Powell, OH 43065 tadac.org 614-389-3921</td>
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<td>Three Trackers of Ohio Middleburg Heights, OH 44130 3trackers.org 440-476-9905</td>
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<td>OREGON</td>
<td>Adaptive Sports Northwest Beaverton, OR 97005 adaptivesportsnw.org 503-241-0850</td>
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<td>PENNSYLVANIA</td>
<td>Blue Ridge Adaptive Snow Sports (BRSS) Carroll Valley, PA 17320 brasski.org 717-642-8282</td>
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<td>GalloPNYC Brooklyn, NY 11215 galloPNYC.org 646-233-4507</td>
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<td>SOUTH CAROLINA</td>
<td>Adaptive Expeditions Charleston, SC 29422 adaptiveexecutions.org 843-837-7269</td>
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<td>Roger C. Peace Rehabilitation Hospital Greenville, SC 29605 ghp.org/rcp 864-455-7711</td>
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<td>TENNESSEE</td>
<td>Sports, Arts &amp; Recreation of Chattanooga (SPARC) Chattanooga, TN 37434 sparc.org 423-596-5268</td>
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<td>TEXAS</td>
<td>Kinetic Kids San Antonio, TX 78269 kinetickids.org 916-748-5860</td>
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<td>UTAH</td>
<td>Common Ground Outdoor Adventures Logan, UT 84321 cgaoutdoor.org 435-713-0288</td>
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<td>Barth J. Ruggiere Adaptive Sports Center Manchester Center, VT 05255 bartadaptivesports.org 802-824-6689</td>
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<td>Mount Snow Adaptive Sports Mount Snow, VT 05066 msadaptivesports.org 802-464-0469</td>
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<td>Vermont Adaptive Ski &amp; Sports Association Killington, VT 05751 vermontadaptivesports.com 802-780-0534</td>
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<td>VIRGINIA</td>
<td>Adventure Amputee Camp Falls Church, VA 22042 adventureamputee.com 540-545-7238</td>
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<td>Sailing 4 All Richmond, VA 23225 gosailing4all.org 804-901-4301</td>
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<td>Outdoors for All Foundation Seattle, WA 98115 OutdoorsforAll.org 206-838-6030</td>
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EXPERIENCE SKI & RIDE CAMPS THIS WINTER AT STARS!
STEAMBOAT SPRINGS, COLORADO

This winter marks the 10th year of operation for Steamboat Adaptive Recreational Sports – STARS. We are excited to host our largest number of specialty camp offerings this winter. STARS camps are designed to be accessible, affordable, and FUN for adults, youth, and wounded veterans. To ensure maximizing the camp experience for clients, we have put together an amazing team of experienced and credentialed adaptive snow sports staff for the 2017-2018 season to go along with the unparalleled community experience that Steamboat has to offer.

January kicks off with the 13th annual Steamboat All Mountain Ski & Ride Camp. The All Mountain Camp includes both civilians and wounded military with physical disabilities. One of the highlights of the event is a backcountry powder cat trip hosted by Steamboat Powdercats on the final day.

Two Stars & Stripes veterans’ camps will be held on Jan. 19-21 and Feb. 9-11. Veterans are offered full scholarships for these camps thanks in part to the support of Disabled Sports USA. In addition, we have added a Visually-Impaired Wounded Veterans Camp in late January, led by Blind Veteran Adventurer Lonnie Bedwell, as well as the 4th annual On Target 4 Veterans Camp in early February.

Finally, we don’t want to leave out the kids, so over spring break we will host the annual Stars Youth Ski & Ride camp. This camp is for children and young adults and has hosted as many as 25 participants per year. Family members are welcome.

With two feet of snow that fell in early October, we are excited for a big winter season. Come join STARS this year in beautiful Steamboat Springs and Explore your Possibilities this season.

For more information on STARS winter camps or other programs, please contact Program Director Brett Maul at brettm@steamboatstars.com or 970-870-1950 x115.

SLED. TUBE. SKI. CONNECT. INTERNATIONAL WOMEN’S WEEK, NATIONAL SPORTS CENTER FOR THE DISABLED
WINTER PARK, COLORADO

Imagine connecting with 19 other women from around the world who share your desire to get out there and the challenges with doing just that.

Join the National Sports Center for the Disabled (NSCD) for a week of snowsports in Winter Park, Jan. 23-31. Participants will take part in daily activities that include: alpine skiing, snowboarding, cross-country skiing, dog sledding and more! This is a great opportunity to meet new people, experience new adventures and to just have fun! This trip is all inclusive, from the time we pick you up at Denver International Airport until drop off day, including lodging, meals, ground transportation, and activity fees.

All participants must be independent in self-care or bring a care provider. Friends are welcome to join!

Fees: single, $2,091; you and a friend, $3,248; you and two friends, $4,421; you and three friends, $5,627. Fee does not include airfare.

For more details and information, contact NSCD Reservations, 970-726-1518.
INQLINE is a fully tested, heavy-duty winch and restraint system featuring dual automatic retractors that double as front tie-downs; making it the ideal solution for both passenger onboarding and passenger securement.

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SPEED, SAFETY, SIMPLICITY

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VOLUNTEER VACATION EXPERIENCES AVAILABLE AT NATIONAL ABILITY CENTER PARK CITY, UTAH

Are you ready for a volunteer vacation experience that is unlike any other? Come ski some of the best snow on earth. The National Ability Center (NAC), with offices in Park City, Salt Lake City, and Moab, is actively recruiting experienced ski and snowboard instructors to join us for 10 – 30 days at Park City Mountain to work with aspiring adaptive skiers and snowboarders! Housing for instructors may be negotiable (depending on availability). Winter highlights include:

Open Adventure Programs January – April
Explore new places, make new adventure buddies and experience winter. From Military Ski Days and group Nordic ski trips under a full moon to Sunrise and Overnight Snowshoe trips in Utah’s Uinta and Wasatch mountain ranges, our open adventures are great for those looking to create outdoor memories as part of a group of fellow fun-seekers. Make it a trip by adding on a stay in our accessible lodge, just 35 minutes from Salt Lake International Airport.

Action Camp Feb. 17 – Feb. 21
This introduction to Paralympic sport camp is for youth ages 12-17 with physical disabilities and visual impairments. Campers train in Park City learning how to take their recreational abilities to the next level of competition through Paralympic activities and sports training as well as mentorship from emerging Paralympic athletes. Primarily a ski camp with an introduction to sled hockey and curling.

For more information, visit www.discovernac.org.

BACKCOUNTRY POWDER CAMP AT DREAM ADAPTIVE RECREATION WHITEFISH, MONTANA

DREAM Adaptive Recreation is proud to offer an amazing adaptive backcountry experience with Great Northern Powder Guides. You will receive three days of guided backcountry skiing/snowboarding, two days at Whitefish Mountain Resort, an avalanche safety class, an off-piste coaching session, along with all the amenities and hosting that cater to white-room enthusiasts. This event is for independent intermediate to advanced skiers and riders with permanent physical disabilities. There is a minimum skill level requirement. This camp is for people who rip! The camp fee is $825 ($400 non-refundable deposit required by Jan. 10, 2018).

Camp Details:
7 adaptive skiers and snowboarders ONLY!
6 nights of accessible lodging
5 nights of great dining provided by local Whitefish eateries and local gourmet food trucks
3 Cat-Skiing/Snowboarding days and 2 resort days at Whitefish Mountain
Avalanche Safety Training Class and Off-Piste Coaching Session
A low Skier/Rider to Powder Host Ratio
Area ground transportation

For more information, contact Lucas Grossi at 406-890-8348 or email lgrossi@dreamadaptive.org.
**CHALLENGE ASPEN SNOWMASS VILLAGE, COLORADO**

Located in beautiful Snowmass Village in the heart of the Rocky Mountains, Challenge Aspen achieves their mission of making possibilities for people with disabilities by offering unlimited winter adventures for Roaring Fork Valley locals, national and international participants, veterans, and families.

Challenge Aspen offers a wide range of activities on and off the mountain. Challenge Aspen’s Recreational, Educational, Cultural (REC) programs include a highly successful Special Olympics racing team, private ski and snowboard lessons, weeklong group camps of all ages and abilities, and customized individual and/or family vacation packages. REC programs are inclusive, with the belief that access, participation, and community integration are the keys to healing and establishing rewarding lives for those with disabilities.

Challenge Aspen Military Opportunities (CAMO) program hosts group retreats for military personnel with service-related injuries. CAMO offers an opportunity for veterans, their spouses/partners, and caregivers to reconnect with outdoor recreation activities, as well as expose them to breath work and sleep therapy, skills they can incorporate in their daily lives. CAMO plays a crucial role in helping veterans gain back self-confidence and self-esteem. This renewed outlook has a ripple effect on every aspect of a veteran’s civilian life: improved social and familial relations, improved motivation, decreased stress, anxiety, and depression.

For more information, please call 970-923-0578 or email info@challengeaspen.org.

**SKI POWDERHORN MOUNTAIN WITH COLORADO DISCOVER ABILITY GRAND JUNCTION, COLORADO**

Colorado Discover Ability (CDA) has been providing recreational opportunities to people of all abilities for over 37 years. Perched atop the Grand Mesa overlooking the Colorado River valley below, Powderhorn Mountain Resort offers a truly unique venue to host CDA’s winter ski and snowboard programs. Imagine standing on the lightest snow around at over 8,000 feet, while looking out over high desert and you’ve just started to picture our ski experience. Our goal is to facilitate empowering winter programs and to create a supportive environment that challenges each individual to achieve their highest level of independence. CDA also supports Special Olympic athletes striving for gold with our Team Powderhorn. The premier event of the year takes place on March 23 with our annual “Chef’s Dinner” fundraiser where local culinary experts provide an exceptional taste of western Colorado cuisine paired with the finest Grand Valley wines.

For more information, visit www.cdagj.org or contact Daniel Brown at daniel@cdagj.org.
IGNITE SPARKS PASSION FOR ADVENTURE IN ONE LITTLE GIRL
BOULDER, COLORADO

On Jan. 1, Ignite Adaptive Sports will officially kick off its 43rd season, providing adaptive winter sports lessons for children and adults with disabilities in partnership with Colorado’s Eldora Mountain. Thursday through Sunday, Ignite’s team of over 200 highly trained volunteers work with students ranging in age from 6 to well beyond 60 years old, offering them the opportunity to learn how to ski, snowboard, and/or snowshoe their way.

One of those students is Oriah, a sweet 6-year-old girl with a bright smile and a contagious laugh. She loves the Disney movie “Moana” just as much as she loves cheetahs. She also has difficulty hearing.

Oriah started at Ignite last year, skiing with the help of tethers and what she affectionately called a “thing-a-majig,” – a modified bungee cord that keeps the tips of her skis together. On her second day, however, she wanted to challenge herself. At the top of the first slope, she chose to go without tethers. Soon after she was taking the lead. Oriah improved her balance technique when her instructors told her to imagine carrying a tray with cups of ginger ale down the mountain. She had a passion for adventure, tackling obstacles like Fun Gulley and the rollers at the Tenderfoot Terrain Park.

When asked what she likes best about skiing, she responded, “Exercise and stopping.” Next time she’s at Ignite, she wants to work on the ski lift because “It’s fun and you get to take a ride!”

For more information about lessons or to schedule a lesson: 303-506-8007 or email scheduler@igniteadaptivesports.org. For more information about our Veterans Program: veteransprogram@igniteadaptivesports.org.

ENJOY SKI MAGAZINE’S #2 RANKED MOUNTAIN IN ALL OF NORTH AMERICA WITH HIGHER GROUND SUN VALLEY KETCHUM, IDAHO

At Higher Ground Sun Valley (HGSV), we enhance quality of life through inclusive therapeutic recreation and education for people of all abilities. HGSV is proud to offer another winter season chock full of amazing programs and opportunities. We hope to see you in Sun Valley, Idaho – Ski Magazine’s #2 ranked mountain in all of North America!

For kids ages 7-18 interested in competing in the Paralympics, we are thrilled to offer our fourth annual Paralympic Youth Camp from Jan. 4-7. With guest coaches Muffy Davis, Lacey Heward, and Matt Perkins, we’re confident you’ll leave this camp shredding better than ever.

For adult thrill seekers, our Backcountry Monoski Camp from Feb. 8-11 might be for you. This camp is designed for monoskiers who are prepared to leave groomed and off-piste runs behind – and are stoked to explore the backcountry. With the assistance of backcountry guides, participants will explore the mountains of Idaho in style via snowcat.

And finally, veterans and active duty service members with symptoms of post traumatic stress (PTS), traumatic brain injury (TBI) or military sexual trauma (MST) qualify for our Military Programs. We are offering four recreational therapy-based snow sports camps this winter. Programming includes alpine skiing/riding, cross-country skiing, snowshoeing, and a fun-filled day on the rink playing sled hockey. We proudly serve those who have served!

In addition, be sure to check out our programs in our new Los Angeles and New York locations by visiting our website, www.highergroundsv.org, or give us a call at 208-726-9298.
**DAILY SKI & SNOWBOARD LESSONS AT TWO TOP MOUNTAIN ADAPTIVE SPORTS FOUNDATION MERCERSBURG, PENNSYLVANIA**

Two Top Mountain Adaptive Sports Foundation is offering ski or snowboard lessons daily by reservation only throughout the winter season. Warfighters and disabled veterans please call for free daily lessons; ask us about extended stays.

Two Top will host its Second Annual Warfighters Winter Sports Camp with Adaptive Adventures at Whitetail Resort in Mercersburg, Wednesday, Jan. 31 through Sunday, Feb. 4. In addition, on Saturday morning, Feb. 3, we will have a powerpoint presentation on the benefits of snow sports for doctors and therapists.

For more information or to make a reservation, contact Bill at 717-507-7688 or twotopadaptive@yahoo.com.

**WINTER FUN IN THE MOUNT WASHINGTON VALLEY WITH ABILITYPLUS GLEN, NEW HAMPSHIRE**

The Adaptive team of AbilityPLUS offers alpine skiing and snowboarding at Attitash and Wildcat Mountain Resorts, Nordic skiing with the Jackson Ski Touring Foundation, Jackson, N.H., and snowshoeing opportunities in the valley as well. We have instructors, equipment and terrain for beginners through black diamond levels. We teach and work with all people regardless of their age, disability or financial constraints.

We have many exciting things happening and have a volunteer opportunity for everyone no matter their interests or skill level.

We offer weekend and midweek lessons for alpine, boarders, and snowshoers whenever the snow is available (typically after mid-December to beginning of April). Nordic events will be held on Jan. 21, Feb. 25, and March 18.

Our Springfest fundraising celebration is on March 10 at Attitash Mountain Resort. This is a fabulous and fun family day with lessons, buffet, silent auction, raffles and more.

For more information, call 603-374-2688 and talk with Liz Wehmeyer, program director, or Kate Ricci, assistant administrator. Visit www.abilityplus.org.

**JOIN THE FIRST WOMEN’S WHEELCHAIR BASKETBALL TEAM IN NEW ENGLAND VIA CHAPTER 126 SPORTS & FITNESS BRISTOL, CONNECTICUT**

Come out and join the first women’s wheelchair basketball team in New England! The Chapter 126 Women’s Wheelchair Basketball Team is a one of a kind team coached by Paul Weiland, who has extensive experience in wheelchair basketball. Weiland was on the USA Paralympic Wheelchair Basketball Selection Committee in 2008. As a part of this team, you will have the opportunity to participate in many games and tournaments around New England and the country. This season, the team will be pushing to participate in the 2018 National Wheelchair Basketball Women’s National tournament in California at the end of March.

For more information about this exciting opportunity, please email Paul Weiland at paul.weiland@oakhillct.org.
ENJOY WINTER AND SPRING IN SOUTHERN VERMONT WITH THE BART ADAPTIVE SPORTS CENTER MANCHESTER CENTER, VERMONT

The Bart J. Ruggiere (BART) Adaptive Sports Center offers ski lessons at the sun mountain, Bromley Ski Resort. On those cold days, when the sun is shining, it helps to take the bite out of the cold. And the sun always shines on Bromley.

We are proud to announce a new program to the BART Adaptive Sports Center, race training during the midweek. We will work on skills, tactics and gate training. This is for the intermediate and advanced skier who wants to enhance their racing skills.

Our annual Wounded Military Hero’s weekend to honor those that have given so much will be Jan. 26, 27, 28. Please contact the chairperson, Nancy Hurley, at hurley1128@comcast.net for more information. Check out our website for more information on these and other programs that we offer.

If you are looking to learn or enhance your skiing and riding abilities, the BART Adaptive Sports Center has the latest in adaptive equipment and training to make that happen. If you are thinking about making a trip to Vermont for a vacation, come to BART Adaptive Sports Center. We can accommodate groups or individuals that want to learn or just go out and rip it up. You should include your family and friends. Share the experience of skiing or riding in Vermont. If you have never been on snow before, this is a great place to learn and Bromley is a family mountain. The Bart Center has opportunities for lessons seven days a week.

We strongly recommend reservation for all programs. For more information, go to www.bartadaptive.org or call 802-824-6849. You can drop us a note at programs@bartadaptive.org.

PARTICIPATE IN THE 33RD ANNUAL SKI-A-THON THROUGH MAINE ADAPTIVE NEWRY, MAINE

Join Maine Adaptive Sports & Recreation at its 33rd Annual Ski-A-Thon March 24 at Sunday River. The Ski-A-Thon raises over half of Maine Adaptive’s annual operating funds, which provide equipment and year-round instructional programming, free of charge, to nearly 500 adults and children annually.

One of the largest single-day nonprofit events in the state, the Ski-A-Thon engages groups of five who commit to supporting Maine Adaptive by securing donations and pledges as members of a Ski-A-Thon team. This year’s theme, Sun Splash, recognizes that the Ski-A-Thon, Maine Adaptive’s annual celebration of its winter season, also serves to kick off its summer programming. Maine Adaptive’s entire community of volunteers, participants, and supporters enjoy meals, a costume contest, a family-modified giant slalom race, and activities for all ages. At the end of the day, awards are given to exemplary athletes and volunteers.

The Ski-A-Thon will once again feature the final uphill/downhill race of the New England Rando Race Series. A benefit for Maine Adaptive, the race also is open to adaptive and non-adaptive athletes who want to “earn their turns.” Randonnee races involve skinning uphill on telemark or alpine touring gear, and skiing down.

For more information on Maine Adaptive’s Ski-A-Thon or to register a team, contact events@maineadaptive.org or visit our website, www.maineadaptive.org.
COME ON OUT & GIVE ADAPTIVE SPORTS A TRY AT MOVE ALONG, INC. OSWEGO, NEW YORK

Move Along, Inc. supports many adaptive and inclusive activities in Central New York. Our CNY Sled Hockey Flyers team is back and heating up with many upcoming home and away games concluding with our home sled hockey tournament in March! After the holidays, our adult wheelchair basketball program will begin at McChesney Park in Syracuse, NY, and our youth program will begin at Granby Elementary in Fulton, NY. Also, in the spring we will hold OrangeAbility, an adaptive sports expo, in cooperation with Syracuse University. We welcome the Syracuse community to join us at the event to give adaptive cycling, wheelchair basketball, sled hockey and other adaptive sport programs a try! Aside from regularly-scheduled programs, Move Along holds a number of pop-up clinics in tennis and cycling throughout the warmer months in partnership with Parks and Recreation. Our popular cycling program now includes tandem cycling for blind and visually-impaired riders of any skill level! We will hold a spring adaptive cycling clinic indoors in March at the SRC arena. Our adaptive horsemanship program is always interested in new riders. Finally, we always invite the community to volunteer and support programs by showing up and cheering on Team Move Along!

For more information, visit www.movealonginc.org.

GO SKIING, SNOWBOARDING, OR SNOWSHOEING WITH NEW ENGLAND DISABLED SPORTS LINCOLN, NEW HAMPSHIRE

The 2017-2018 ski season marks 30 years of teaching adapted sports to persons with physical and/or cognitive disabilities at New England Disabled Sports (NEDS). Join our amazing staff and volunteers for alpine and Nordic skiing, snowboarding, and snowshoeing. Programming is offered seven days a week in the beautiful White Mountains at Loon Mountain in Lincoln and Bretton Woods Resort in Carroll, N.H.

NEDS will be offering its 2nd annual “Sports for Life Weekend” for individuals with a disability that have not previously participated in our winter programming. Apply today by emailing DanaR@NEDisabledSports.org. NEDS is proud to support all of our military veterans. Any veteran with a disability can participate in our winter programming at no cost. Please contact the main office at 603-745-9333 to reserve a lesson time. See you on the snow!

For more programming information, visit www.nedisabledsports.org.

INDOOR KAYAKING OPPORTUNITIES EXIST WITH TEAM RIVER RUNNER FORT BELVOIR, VIRGINIA

Each Wednesday throughout the winter and spring the children and parents of the Exceptional Family Member Program (EFMP) meet at the Benyaurd Pool at Fort Belvoir to learn kayaking skills with the veteran and community staff members of Team River Runner (TRR). The EFMP program works with military families who have children with special needs.

The monthly session allows parents to spend time having fun with their children in kayaks. “An important aspect of this program is having parents involved to give their kids a sense of familiarity while they’re in the water,” said Eric Guzman, a veteran and co-coordinator of the Fort Belvoir Chapter of TRR. “Water can be a scary thing for children who don’t have much experience with it. So, having parents in the water makes it easier for them. This program brings families together.”

All TRR chapters in the country are encouraged to provide community support to disabled groups or individuals, both veteran and non-veteran if the chapter has the resources available to support those programs.

Veterans giving back to the community helps everyone both heal and become empowered and connected.

For more information, visit www.teamriverrunner.org or call 301-534-4877.
NEW ADAPTIVE FACILITY PLANNED AT STRIDE ADAPTIVE SPORTS
WEST SAND LAKE, NEW YORK

STRIDE is excited to announce the first unique adaptive facility for fitness programs designed for individuals who have special challenges. STRIDE Health and Recreation Education Center is essential for STRIDE Adaptive Sports to continue to grow and commit to being a leader in the adaptive community. STRIDE is building a multi-purpose program space, with a warrior and family lounge, conference room, and an adaptive fitness area in West Sand Lake. Here’s why:

**Multi-purpose Program Space**
- Expand new programs, such as a Warrior yoga for PTSD; tumbling for tots; Zumba, and wellness/fitness classes; bocce for wheelchair users; teen dances.
- Adaptive Fitness Equipment to allow personal training for students with health-compromised body types.
- Empower people with disabilities to reach their highest level of fitness and discover that fitness is their path to a better and healthier life.

**Warrior & Family Lounge**
- Wounded Warriors look to STRIDE for support far beyond adaptive recreation.
- An intimate lounge area to partner with local veteran organizations for programming we cannot provide, such as counseling or employment.
- Camaraderie resource and respite area for military personnel.
- Family waiting area for parents while their children participate.

**Conference / Training Room:**
- STRIDE relies on over 350 skilled volunteers to coach and provide a safe environment for learning. A large space with audio, video and internet capabilities will allow STRIDE to better train our volunteers.

For information: mwhitney@stride.org.

CHAPTER EVENTS NORTHEAST

CHAPTER EVENTS MIDWEST

MORE SPORTS OPPORTUNITIES NOW AVAILABLE AT MIDWEST ADAPTIVE SPORTS
DEARBORN, MISSOURI

Midwest Adaptive Sports (MAS) is a therapeutic recreational and competitive Paralympic Sport Club for individuals with disabilities. Our objective is to have fun, build independence, self-esteem, confidence, physical development and socialization. We strive to enhance active participation in all aspects of community by promoting the concept of ability through integration, public awareness, and education. MAS has added four sport programs in the past year – wheelchair basketball, wheelchair softball, wheelchair tennis, and youth sports camp. MAS also offers wheelchair rugby, alpine skiing, snowboarding, and water sports.

If you are interested in participating please visit:
www.midwestadaptaiveports.org or
www.facebook.com/midwestadaptaiveports.

CHECK OUT SLED HOCKEY WITH GLASA
LAKE FOREST, ILLINOIS

On Sunday, Jan. 28, the Great Lakes Adaptive Sports Association (GLASA) Falcons Sled Hockey Team will take to the ice at the 7th annual Sleds Are Coming hosted at Lake Forest College. A campus-wide event, the GLASA Falcons will compete against the Lake Forest College men’s and women’s hockey teams.

The GLASA Falcons are coached by former renowned Lake Forest College coach Tony Fritz. GLASA has a strong relationship with Lake Forest College and its student body as GLASA conducts a number of its programs on campus and also provides opportunities for college students who have a disability to partake in a number of adaptive and Paralympic sports, volunteer opportunities and internships.

The Great Lakes Adaptive Sports Association provides a continuum of developmental to elite level sports serving the greater Midwest and beyond. The GLASA motto is “Let No One Sit on the Sidelines!” GLASA believes that the quality of life should never be limited by a physical or visual disability.

More information on the Sleds Are Coming or GLASA can be found at www.glasa.org or contact Cindy Housner, GLASA Founder and Executive Director at 847-283-0908 or chousner@glasa.org.
**HIT THE SLOPES WITH ACHIEVE TAHOE**
**ALPINE MEADOWS, CALIFORNIA**

**Achieve Tahoe** is preparing to hit the slopes for a winter full of adaptive ski and snowboard lessons (and hopefully as much snow as last year)! Building on the success of record-breaking seasons over the past two winters as well as over 50 years of experience in providing recreational adaptive opportunities, Achieve Tahoe is ready to set you up for success.

Adaptive ski and snowboard lessons are available to individuals with physical, cognitive or sensory challenges at all ability levels and in all adaptive disciplines. Lessons include one-on-one instruction by trained professionals and volunteers, adaptive equipment if necessary and a lift ticket. Lessons are available every day from mid-December to mid-April at Alpine Meadows, Squaw Valley, and Northstar, with minor exceptions.

Achieve Tahoe also hosts a variety of events throughout the winter season, including an adaptive winter military sports camp for Disabled American Veterans and their guests in January and the Ability Bash on Feb. 10. Everyone is invited to join in our season-long fundraising effort, the Ability Challenge! It culminates in a fun, inclusive on-hill day at Squaw Valley in April to celebrate snowsports athletes of all disciplines and abilities.

For more information, contact us at 530-581-4161 x206 or info@achievetahoe.org, or visit achievetahoe.org.

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**GET TAILORED LESSONS AT ADAPTIVE SPORTS NEW MEXICO**
**SANTA FE, NEW MEXICO**

The **Adaptive Sports Program New Mexico (ASPNM)** has provided adaptive ski lessons for over 33 years. Our 250+ volunteer instructors love to share their knowledge and passion for skiing and snowboarding with anyone who wishes to learn. Each lesson is tailored for each student’s needs in order to ensure that they have a fun and successful experience. We would love to have you join ASPNM on the slopes this winter! ASPNM operates multi-week ski and snowboard programs at both Ski Santa Fe (Santa Fe) and Sandia Peak (Albuquerque). The multi-week programs begin Jan. 18 and end March 4 and cost $240. ASPNM also provides private ski and snowboard lessons from mid-December through March. Private sessions cost $100 for a half-day lesson and $150 for a full-day lesson. If you are planning on a ski vacation this year, consider coming to New Mexico and enjoying the beautiful southwestern climate, interesting and unique cultural experiences, wonderful food, and some truly amazing skiing for the whole family!

If you would like more information please contact Jason Cline at 505-570-5710 or jcline@AdaptiveSportsProgram.org.

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**ACCESS TO ADVENTURES, USARC-STYLE!**
**BIG BEAR LAKE, CALIFORNIA**

Continuing its nearly 30-year leadership role of providing access (programmatic and financial) to challenging adapted outdoor sports, **USARC** is keeping its successful formula the same, while improving aspects of its service delivery.

Thanks to new resort ownership, USARC’s little building with the big name on it has seen its outdoor patio area expanded during the off-season. Not that people will be sitting around in the sun much thanks to USARC’s fees that are the lowest of any comparable program in the west.

Winter sports lessons are provided every day from early December through March, except a couple holidays or instructor training sessions. “Walk-in” or “roll-in” athletes are welcome, but due to the high demand for USARC services, reservations are highly recommended.

Available on a full-day or half-day basis, every lesson includes private instruction, equipment and lift ticket, as well as a partial scholarship as part of its low cost. Groups of ten or more from facilities and organizations serving people with disabilities may qualify for lower rates.

As a member school of the **Professional Ski Instructors of America (PSIA)**, and having literally written a large part of the first PSIA Adaptive Manual, USARC instructors employ standardized adaptive teaching techniques and, when needed, amazing adaptive equipment from both contemporary and classic manufacturers.

With the large population base surrounding the USARC, interested athletes should contact the USARC as early as possible! For reservations, call USARC at 909-584-0269. For general information, please check out www.usarc.org or email mail@usarc.org.
FULFILL YOUR DREAM OF SKIING IN ALASKA WITH CHALLENGE ALASKA ANCHORAGE, ALASKA

Have you always wanted to go skiing / riding in Alaska? Do you yearn for advanced terrain in a wild and beautiful place? **Challenge Alaska** Adaptive Ski and Snowboard School is located at Alyeska Resort in Girdwood and we’d love to make your dreams come true with our VIVA Alaska program! Come stay with us for up to two weeks; we’ll provide slope-side lodging, airport shuttles, lift tickets, and lifelong friendships.

Visiting Athletes -

The visiting athlete program is an excellent opportunity for people with disabilities to come to Alaska and ski challenging and variable terrain with great coaches. Whether you’re an intermediate rider looking to take it to the next level or an expert skier wanting to go cat, heli, or snowmachine skiing, Challenge Alaska can take you there. Call for pricing. Those interested in the visiting athlete program must have your own ski / ride equipment and can competently ski intermediate runs.

Visiting Instructors -

The visiting instructor program promotes the sharing of adaptive program information and facilitates instructor development. Instructors will get a chance to see how our program runs on and off the hill and is a great opportunity to experience Alaska skiing. Your only costs will be airfare and food. For visiting instructors, we require a minimum of PSIA Level 1 certification (adaptive preferred) and a recommendation letter from your ski school director.

Contact Jodi for further information: 907-783-2925 or ski@challengealaska.org.

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PARTAKE IN A PARALYMPIC SPORTS CAMP THROUGH DISABLED SPORTS USA EASTERN SIERRA MAMMOTH LAKES, CALIFORNIA

Disabled Sports Eastern Sierra/Paralympic Sports Mammoth Lakes is gearing up for another epic winter! We offer daily lessons open to all athletes (any age and any disability) in alpine skiing, Nordic skiing, biathlon, snowboarding, and more. Reservations are required.

In addition to daily lessons, we host a series of Paralympic Sports Camps throughout the season. Our Alpine Ski and Race Camp, Feb. 7-11, offers world-class coaching in alpine skiing and racing drills at gorgeous Mammoth Mountain Ski Area. Athletes get a chance to test their new skills with a timed fun race at the end of the camp. Our Nordic Ski and Race Camp, Feb. 23-25, helps athletes improve their cross-country skiing. Whether learning the basics or sharpening your techniques, we can help you meet your goals while enjoying the beauty of Tamarack Cross Country Ski Center.

Mono Ski Madness, March 2-4, features professional coaches lending their tips and techniques to mono skiers of all levels. Biathlon Camp, March 14-18, prepares athletes for participation in the Mammoth Biathlon with world-class coaches and focused practice sessions.

Space is limited in camps and events so apply early! For more information or to apply for any of these camps, visit www.disabledsportseasternsierra.org, call 760-934-0791, or contact Maggie Palchak, mpalchak@disabledsportseasternsierra.org.

Disabled Sports Eastern Sierra and Mammoth Mountain Ski Area are proud to host the U.S. Canadian Para Alpine Nationals for a second year. From March 26-30, North America’s top racers will compete for a chance to qualify for the Paralympics while showcasing their awe-inspiring strength and skill in Slalom, Giant Slalom, and Super G events.

For more information contact Disabled Sports Eastern Sierra at info@disabledsportseasternsierra.org.

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KICK OFF THE WINTER SEASON WITH SAN ANTONIO XTREME AND KINETIC KIDS SAN ANTONIO, TEXAS

San Antonio Xtreme is excited to offer a sports division that provides the ultimate level of coaching and programming for competitive athletes. This division is designed for athletes with both the skill and desire to compete at higher levels with peers of similar abilities. Xtreme athletes are ages 6-18 who live with any physical disability such as visual impairments, spina bifida, amputations, cerebral palsy, etc. They are dedicated, determined, and driven to fulfill an active lifestyle by participating in weekly practices as well as tournaments. Sports offered include swimming, track and field, and wheelchair basketball that are coached by experienced athletes themselves. Swimming is held year-round on Sunday afternoons and wheelchair basketball is held on Thursday nights, continuing throughout February. The 2018 track and field season will launch in January. Competition fees for all sports are covered by Kinetic Kids and scholarships are available to assist with registration fees.

For more information, please contact Adaptive Sports Director, Jenna Malsbury at 561-797-7041 or jenna@kinetickidstx.org.

TRY EVERY RECREATION PURSUIT IMAGINABLE THROUGH THE FLORIDA DISABLED OUTDOORS ASSOCIATION TALLAHASSEE, FLORIDA

Enjoy everything from rock wall climbing to sit water-skiing, kayaking, tennis, scuba and much more at the 28th Annual SportsAbility Tallahassee through the Florida Disabled Outdoors Association. The program will be held April 12-14. People of all ages and all abilities, and their family/friends will experience three days of hands-on recreation activities at no cost thanks to community support and sponsors.

Families will learn together how they can participate in the many options available. SportsAbility enables people to try about every recreation pursuit imaginable. Providers are experienced and have assistive technology available for individuals that may need an accommodation. Some of the activities are: golf, art, martial arts, scuba, rock wall climbing, sit water-skiing, pontoon boat rides, sailing, tennis, basketball, kayaking, biking, archery, target shooting, nature trail rides, horseback riding, and more!

To register or for more information go to www.fdoa.org or contact the Florida Disabled Outdoors Association (FDOA) at info@fdoa.org or 850-201-2044.
FILLAUER’S ALLPRO FOOT

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

INTRODUCING M-FINGERS FROM COLLEGE PARK

M-Fingers are simple to operate and controlled by the user’s own motion, allowing the patient to perform tasks more effectively, responsively, and with optimized precision. They conform around objects to provide a secure and confident grip for the user. M-Fingers were designed with high strength, inject molded composite materials to deliver the durability and longevity needed for daily use. Manufactured by Partial Hand Solutions and distributed by College Park Industries; visit www.college-park.com/fingers for more information.

PROFLEX SLEEVES BY OTTOBOCK

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This soft, yet tough, sealing sleeve is designed with a more flexible fabric and smoother proximal seam. It features 15 degrees of flexion for easier bending and less bunching behind the knee; a preformed knee cap for lower stress on the patella; and a conical shape for improved thigh fit and tighter shape at the bottom for enhanced socket sealing. Talk to your practitioner to learn more and visit ottobockus.com.

THE WORLD’S MOST ADVANCED DOCKING SYSTEM

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.

TRY OUT VARIOUS ADAPTIVE SPORTS AT ROGER C. PEACE REHABILITATION HOSPITAL GREENVILLE, SOUTH CAROLINA

Roger C. Peace Rehabilitation Hospital wants to help individuals engage in activities they are passionate about. Providing experiences that are inclusive and empowering, we are proud to serve individuals with physical disabilities and our local disabled veterans. Programs include alpine skiing and snowboarding, broomball, sled hockey, cycling, golf, and fencing.

To find a full list of activities offered or to keep up with local events visit: http://www.ghs.org/rcp.communityevents or www.facebook.com/RogerCPeace.
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