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PERSPECTIVE
Glenn Merry
Executive Director

IT’S ALL DOWNHILL FROM HERE - TIME TO GO SKIING

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Cover photo of Paralympic Gold Medalist and Alpine Skier Andrew Kurka.

Cover photo by Reed Hoffmann
Another issue of Challenge means another season is upon us. We too have turned a new leaf at Disabled Sports USA as Kirk Bauer has retired after serving 36 years as the organization’s Executive Director. I am honored and excited to take the helm and look forward to building upon the remarkable legacy Kirk has built.

The Disabled Sports USA (DSUSA) board of directors has created a scholarship to honor Kirk Bauer (U.S. Army, Retired), who has dedicated 47 years of his life to providing adaptive sports opportunities to wounded warfighters, youth and other individuals with disabilities. The Kirk M. Bauer Adaptive Sports Scholarship will support individuals with disabilities who exemplify a can-do spirit and commitment to adaptive sports. If you are interested in making a contribution to this fund, please mail it to Disabled Sports USA c/o Kirk Bauer Adaptive Sports Scholarship, 451 Hungerford Drive Suite 608, Rockville MD 20850.

As the new executive director, I am energized by the “... I can do anything” motto that DSUSA champions in the sports community. My own experience in launching adaptive rowing in the United States has reinforced the value that sports bring to each life it touches. Our efforts at USRowing included the development of a robust grassroots network of local rowing clubs serving all ages, and the formation of our Freedom Rows program, introducing the sport through VA partnerships. I am eager and enthusiastic to expand on the prior success of DSUSA.

Alpine skiing, one of the most popular adaptive sports offered by our chapter network, can be adapted for just about anyone with a physical disability. We think it is time to go skiing, so check out the article on pages 8-10.

A sport growing in popularity is sled hockey, thanks in part to Team USA three-peat Gold medal performance last year in PyeongChang, South Korea. I invite you to give it a try. Learn more on pages 14-15.

We have some amazing athletes involved in our programs and within our chapter network. Read more about Warfighter Sports athlete Jen Lee on pages 11-12 and about DSUSA E-Team member Grace Miller on page 16. Both athletes represented Team USA at the 2018 Winter Paralympic Games and have not finished competing at the highest level yet.

Be sure to check out the array of winter adaptive sports offerings throughout the United States (pages 22-34) that you can participate in. Or, contact the DSUSA chapter nearest you to learn about even more opportunities (pages 18-19).

As author, speaker and nature enthusiast Anamika Mishra said, “Winter is not a season, it’s a celebration.” So go out, participate in sport, and celebrate.

Regards,

Glenn Merry
Executive Director, Disabled Sports USA
gmerry@dsusa.org
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Skiing is a liberating sport, according to Diane Barras, an alpine race coach with Maine Adaptive Sports & Recreation (a chapter of Disabled Sports USA). “You truly need to experience it to see how just how freeing it can be,” Barras said, who also served as a guide for Lindsay Ball, a visually-impaired athlete that competed at the 2014 Winter Paralympic Games in Sochi. “You're moving in a totally different way, so your body may not be used to it.” You mainly just need to have a sense of adventure if you want to try it for the first time.

**SKIING ADAPTATIONS**

No matter what your disability is, there is a skiing option and adaptation for you. For stand-up skiers, **four tracking** is one way to overcome challenges with balance and may be utilized by individuals with cerebral palsy or a brain injury and who need assistance to stabilize the body. **Three-tracking** might provide someone with an amputated leg the opportunity to ski using two outriggers which helps with balance. For
true beginners or those needing a little more assistance, a slider might be the best way to go down a mountain. Sliders are essentially walkers with skis and allow individuals to rest your arms on a platform and distribute weight evenly. It is harder to fall and can take the fear factor out as well. This method also provides an opportunity to be tethered to an instructor or coach for additional support.

**Sit-down skiing** is another method to experience the thrill of alpine skiing. With a bi-ski, you are positioned into a shell or bucket with two skis on the bottom. You are typically tethered to an instructor or stand-up skier who can assist with steering and getting you safely down the mountain.

**Ski bikes** are really useful for someone who has difficulty with balance or leg strength, including fatigue. A **mono ski** can be used by skiers who have balance in their trunk and can sit up with little support. This is a great way for individuals who can ski independently and have some upper body strength. Outriggers are used to help with balance as well as initiating turns and other movements.

**Visually-impaired skiers** are paired with a guide and use radios or speakers to communicate how to navigate safely down a mountain.

**GEAR UP**

For starters, appropriate gear will be required that will allow you to handle the weather. Layering your clothing not only provides additional insulation but may allow you to adjust for the various elements that you might endure as well. Wear something soft and comfortable under your ski gear and avoid jeans if possible. Good socks are also highly recommended (not cotton) and multiple pairs aren’t necessarily needed. Gloves or mittens, neck warmers, and other items that can help keep you warm are also important. Those are the basic items you typically have to provide or bring with you. Boots, helmets (which are mandatory), and other equipment are often available at your location. “Boots have to fit right and helmets must fit comfortably,” Barras said. She also suggests goggles for protection of the eyes from the sun and wind, particularly in higher altitudes. Other equipment will vary depending on the individual skier.

**GETTING LESSONS**

Erik Petersen, who has worked for the National Sports Center for the Disabled (a chapter of Disabled Sports USA based in Winter Park, Colorado) for the past 18 years and serves as chairperson of the World Para Alpine Skiing and Snowboard Sports Committee, encourages beginners to find a Learn to Ski program in their area. “There are so many great programs around the country,” he said. “Reach out to see what is available” (Check “Getting Started” for more info).

Once you’ve identified a program, go out with an instructor. Some skiers can have one lesson and be good to go while others work with an instructor all their lives. “There is no right answer,” Barras said. “It depends on each person.” Be sure to tell the instructor what you want to be able to do or what your goals are. Beforehand, make sure you hydrate and eat as more energy is consumed in the cold. While you are on the slopes, just relax and breathe. Often we are concentrating on other things, so don’t forget to breathe. It makes a huge difference in your experience. If you don’t have sensation in a particular part of your body, you will also want to be mindful of that area in extreme winter conditions.

**GOING COMPETITIVE**

If you reach a point where you have mastered the mountain and want to challenge yourself or want to do more, what’s next? Racing may be your next step. To compete at the highest level, you have to be technically, physically, and mentally ready, according to Kevin Jardine, Director of the Alpine Team for the United States Olympic Committee. It is also a huge commitment. “Skiing is not just a winter sport,” Jardine said. “Our athletes are year-round.”

Jardine recommends the more time you spend on the snow, the better, particularly working on the fundamentals. Four-time Paralympian and silver medalist Tyler Walker agrees. “Technique is the most important thing. You need technique first because you can’t handle speed without it.”

Strength and conditioning as well as nutrition is also emphasized. Walker suggests spending a lot of time in the gym during the summer to build strength and then maintain it through the winter. “You have a lot less time in the winter to go to the gym.” He also recommends eating more protein and make sure that you have a healthy and balanced diet.

Being ready mentally is just as important as physically and technically. “You have to be in the right frame of mind,” Jardine said. “Some athletes need pumped up and some need calmed down.” The important role sports psychology can play was first ignored by Walker. “I didn’t think it was a good use of my time until I actually needed it. I had become paralyzed by past experiences and the need to win all the time, which became a hurdle for me during the Paralympics,” Walker said. “I failed so many times, lost so many times, and crashed so many times. I didn’t know the potential it (sports psychology) could unlock until I benefited from it.”
To start racing, you will want to find a race camp or program. The NSCD Program at Winter Park as well as programs at the National Ability Center (a DSUSA chapter in Park City, Utah), and at Aspen offer elite training programs. But many others, like the one offered at Maine Adaptive, exist across the country. Disabled Sports USA also offers a race camp at the annual The Hartford Ski Spectacular each December in Breckenridge, Colorado. "Everyone should come to Ski Spec," Barras said, who happens to co-lead the camp.

If you get into racing, you will need your own boots (because you will be in and out of them a lot), helmet, and other equipment that can be fitted properly or tailored to your individual body and needs. Other things, such as a race suit, can come down the road.

There are a number of ways to get actual race experience. It is recommended that you start local, as most camps often hold races at the end and several DSUSA chapters host races throughout the year. Jardine points out that there are several lower level races sanctioned by World Para Alpine Skiing, where you can enter open races and earn points toward international ranking. Check into NASTAR, which provides such opportunities.

Eventually, you must get classified by the International Paralympic Committee (IPC) to qualify for the World Cup. "An athlete can compete on the circuit for one year before getting classified," Jardine said. "Getting classified is part of racing," Barras said. "It has nothing to do with your ability to ski. It has more to do with how your body moves."

Barras hopes everybody who wants to race at least tries it. "It is a great way to challenge your skiing and your skills."

**GETTING STARTED**

As with any activity, don’t give up after your first try. Often weather, or other factors, can make or break your experience. So give it another shot before hanging up your skis. There are over 70 Disabled Sports USA chapters that offer some sort of adaptive skiing program. For an opportunity near you, visit disabledsportsusa.org/chapters/location-map/. If you don’t live near an adaptive program, don’t hesitate to reach out to any program about your interest in adaptive skiing.
JEN LEE WINS SECOND GOLD MEDAL

On March 21, 2009, Jen Lee’s life changed in an instant. He was riding his motorcycle back to base with a few of his fellow soldiers when he was struck by a car. As a result of the accident, the Army Staff Sergeant suffered an Above-the-Knee amputation of his left leg.

As part of his recovery, Lee participated in a number of adaptive sports activities. His first interaction with Disabled Sports USA’s Warfighter Sports program was through a golf clinic at Brooke Army Medical Center in San Antonio, Texas, in March 2010. That year he also participated in the Endeavor Games organized by the University of Central Oklahoma, a chapter of Disabled Sports USA. “I played sitting volleyball and wheelchair basketball there,” he said.

The sport he really latched onto was sled hockey. The California native grew up playing in-line roller hockey but had never played on ice. He learned of the sled hockey program in San Antonio operated by Operation Comfort, another chapter of Disabled Sports USA. “I had to try it.”

The fast-paced and aggressive nature of sled hockey is why Lee particularly enjoys the game. “It is very therapeutic and allows me to let out some aggression.”

Still on active duty, he played alongside other military athletes as part of the San Antonio Rampage, the local sled hockey club. Within a couple years, Lee made the National Team for sled hockey, and his efforts earned him two gold medals at the Endeavor Games in 2014 and 2016.

JEN LEE WINS SECOND GOLD MEDAL

The battle isn’t over. AIG is proud to partner with Disabled Sports USA to raise awareness and funds for wounded veterans in their Warfighter Sports Program.

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hockey and connected with Paralympic Silver Medalist John Register, who founded the United States Olympic Committee Paralympic Military Sport Program, which shows wounded, ill, and injured veterans how to use sport as a tool for their rehabilitation. “John told me about the U.S. Army World Class Athlete Program unit out of Fort Carson, Colorado.” Lee would be selected to participate in that program in 2012, becoming one of the first active duty military members to earn a medal as a result.

As a member of Team USA, Lee would earn a gold medal at the 2012 IPC Sled Hockey World Championships (held in Hamar, Norway) and a silver medal at that event the following year in Goyang, South Korea.

At the 2014 Winter Paralympic Games in Sochi he saw action in two games, helping Team USA bring home the gold medal. He loves his role as a goal tender on the team. “I think we (goalies) are wired differently. Most people like to try to score, but I love stopping the puck,” he said. “I love the audience reaction when you are successful … that motivation gets me going.”

Lee retired in January 2015 from active duty military service. After Sochi, he also took two years off from the sport and the team. Being part of Team USA for his second go round at the Paralympics was extra special. “I worked my butt off to get back,” he said. Lee relocated to Chicago and played with the Chicago Blackhawks Sled Hockey program sponsored by the Shirley Ryan Ability Lab, another chapter of DSUSA, to prep for his return to Team USA.

During the 2018 Winter Paralympic Games in PyeongChang, South Korea, he played in two of the five games, registering a shutout in his start against Japan and allowing just one goal in the semifinals against Italy. Since then, he has been named to the 2018-19 National Team and is gearing up for another year of international competition.

Besides sled hockey, Lee recently completed his degree in Sports Management from the University of Texas and is outreach director for a startup company that helps amputees manage pain effectively. “I want to thank you (DSUSA) for your support of soldiers and athletes over the years,” he said.
## WARFIGHTER SPORTS 2018-19 WINTER CALENDAR

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

Didn't find a program near you on the Warfighter Sports calendar? Disabled Sports USA's chapter network has many other program opportunities free of charge for military this winter. Flip to page 18-19 to find your nearest chapter and see what programs are available in your area.

### ARIZONA
- **March - May**: Arizona Disabled Sports Air Gun Air Gun
- **October - December**: Arizona Disabled Sports Adaptive Cycling

### CALIFORNIA
- **December - March**: United States Adaptive Recreation Center (USARC) Winter Sports Programming

### COLORADO
- **January - March**: Adaptive Sports Association Winter Military Ski Program

### FLORIDA
- **April 11-13**: Florida Disabled Outdoor Association SportsAbility Clinic Baseball, Golf Ball, Yoga, Tennis, Basketball, Martial Arts, Fishing, Casting, Badminton, Rockwall Climbing

### IDAHO
- **February 22 -23**: McCall (AWeSOMeS)
- **March 16 - 17**: Recreation Unlimited, Inc. Veterans on the Mountain Skiing, Snowboarding
- **February 27 – March 1**: Courage Kenny Rehabilitation Institute

### ILLINOIS
- **Ongoing**: Dare2tri Dare2tri Elite and Development Team
- **March 17 - 21**: Steamboat Adaptive Recreational Sports STARS & Stripes Winter Veterans Ski Camp #1 Sking, Snowboarding steamboatstars.com

### KANSAS
- **Ongoing**: Wheelchair Sports, Inc. Wichita Tennis Program Tennis, Wichita, KS wcsports.org

### MAINES
- **August 17-21**: Maine Adaptive Sports & Recreation

### MARYLAND
- **Ongoing**: Disabled Sports USA/Warfighter Sports Ongoing Swimming Lessons Swimming Bethesda, MD warfightsports.org

### MICHIGAN
- **January 23-27**: Steamboat Adaptive Recreational Sports STARS VI Veterans Camp Sking, Snowboarding steamboatstars.com

### MINNESOTA
- **Ongoing**: Courage Kenny Rehabilitation Institute Ongoing Swimming Lessons Swimming Minneapolis, MN allinehealth.org/adaptivesports

### NEW MEXICO
- **March 15-18**: Disabled Sports USA/Warfighter Sports Ongoing Swimming Lessons Swimming Newbury, NH nehsa.org

### NORTH CAROLINA
- **Ongoing**: Bridge II Sports Ongoing Swimming Lessons Swimming Durham, NC bridge2sports.org

### OREGON
- **Ongoing**: Ongoing Swimming Lessons Swimming Bend, OR oregonadaptivesports.org

### TEXAS

### VIRGINIA
- **Ongoing**: Ongoing Winter Sports Ongoing Swimming Lessons Swimming Wintergreen, VA wintergreenadaptivesports.org

### WASHINGTON
- **January 21-29**: Sports, Arts, and Recreation of Chattanooga (SPARC) Nordic Ski & Biathlon Camp Nordic Ski, Biathlon Minneapolis, MN allinehealth.org/adaptivesports

### WISCONSIN
- **January 25 - 27**: Courage Kenny Rehabilitation Institute Ongoing Swimming Lessons Swimming Minneapolis, MN allinehealth.org/adaptivesports

### WYOMING
- **February 27 – March 1**: Courage Kenny Rehabilitation Institute Ongoing Swimming Lessons Swimming

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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.
Sled hockey is an exhilarating sport, to watch as well as to play. For those athletes that do take up the sport, the idea of hopping on the ice, pushing around awhile, and not having any other cares at that moment is a big draw. And most would say the fact that it is a full contact sport draws them in as well.

The sport has grown in popularity in recent years, partially due to the reasons above, but also for a couple other reasons. First, it is being offered in more locations across the country. More than 30 Disabled Sports USA chapters offer sled hockey as one of their adaptive sport activities and other sled hockey programs also exist. The popularity of the sport at the Paralympic level is another reason it is growing among individuals with physical disabilities. After all, Team USA has now won three straight gold medals during the Winter Games.

GIVE IT A TRY

You don’t have to be a fan of ice hockey or even be knowledgeable about the sport in order to give it a try. “I knew nothing about hockey beforehand,” said Rachel Grusse who plays with the Gaylord Wolfpack (a Connecticut chapter of Disabled Sports USA) as well as with the U.S. Women’s Development Sled Hockey Team.

“My friend Kelly (Lavore), who was on the team, recommended sled hockey to me. I tried it and loved it,” she said. Seven years later, she is still enjoying the sport.

Retired Army Sergeant Chris Leverkuhn, who is a below-the-knee amputee as a result of an injury suffered in Iraq, agrees. While rehabbing in San Antonio, he tried sled hockey during a trip he took to Sun Valley. “I didn’t want to do it at first, but I tried it and loved it,” he said. Prior to that, “I knew who Wayne Gretsky was and that was the extent of my hockey knowledge.”

Leverkuhn met Operation Comfort, a chapter of Disabled Sports USA in San Antonio, and began playing with the Rampage sled hockey team in 2007, the first year of the team. “It has made a big impact on me. As a former military member, who had a jarring incident happen, this has been an outlet for my frustration and anger or emotions.” Sled hockey is definitely good for stress relief.

Kevin McKee, a two-time gold medalist with Team USA’s sled hockey team was also drawn into the physical nature of the sport. “It is a very physical sport, the most physical one I know of,” he said. “I just want to get on the ice and hit someone.” He describes the contact sport as “little mini car crashes.” But McKee also appreciates how freeing it can be. “I love being able to glide around the ice ... I feel like a normal hockey player.”

Grusse, Leverkuhn, and McKee are also attracted to the fast-paced nature of the sport. “It is both a mental and physical sport, which I really like,” Grusse said. The sport involves physicality as well as strategy. “You have to be able to think quickly,” McKee said.

Another element the three players enjoy about sled hockey is the team aspect. It is a tight-knit community and there is a lot of camaraderie. I have made some good friends through this sport,” Grusse said. Playing for Operation Comfort, which is primarily a team comprised of active-duty service members and veterans, Leverkuhn also enjoys the “military style mentality when it comes to team.”

EQUIPMENT/RESOURCES NEEDED

Your first time out on the ice, you will mainly just need to wear something you are comfortable sweating in, according to Leverkuhn. You will undergo a full fitting to get the right gear and equipment that works best for your body. Sleds, and the buckets you sit in, can be customized to the individual. “Sometimes it is a rough start and there needs to be sled adjustments,” Leverkuhn said. A good sled is real snug and sleds can be accommodated to individual bodies.
You will also be outfitted with a chest protector, elbow pads, hockey boots and/or shin guards if applicable, and a helmet with face protection. You will also receive two hockey sticks, each having a blade on one end (which is used to make contact with the puck) and spikes on the bottom that helps maneuver players around the ice. The good news is that all sled hockey programs typically provide the equipment required to participate in the sport.

**FUNDAMENTALS OF THE GAME**

Derek Daniels, the manager of adaptive sports at Shirley Ryan AbilityLab, a chapter of Disabled Sports USA in Chicago and McKee’s club team, suggests the first thing you have to develop is your sled skills. “You have to get familiar with the equipment and how to maneuver your sled on the ice,” he said. “We teach players how to push and how to turn and steer.” You will also most likely start out with wider blades to match your ability and comfort level. Wider blades, which go up to six inches, will help with balance and stability but limit speed and maneuverability. Getting to a blade that is 1.5 to 2 inches is good. Of course, you use the sticks to propel yourself around the ice.

After mastering the sled, you can then concentrate on puck handling, including hand passing and shooting. “Don’t get frustrated, although it is easy to do so,” Grusse said. “No one is amazing overnight. It took me a year to get used to the sled and a little longer to learn the sticks.” After that, you can focus on the actual game concepts and developing your hockey IQ by doing research and expanding your knowledge of the game. Two basic things you should know: games consist of three periods, each fifteen minutes long and teams consist of a set of offensive players (forwards), defense, and goalies.

Sled hockey is a sport that can accommodate a variety of disabilities and is for individuals who can’t be in upright skates, according to Leverkuhn. Players are often affected by amputations, paralysis, multiple sclerosis, spinal cord injury, cerebral palsy, traumatic brain injury or other lower extremity disabilities. “If you have legs, legs get in the way in this sport,” Leverkuhn said. “It is the one time you can say you are fortunate to be a double amputee.”

Daniels, from Shirley Ryan AbilityLab, also points out that a number of adaptations are available for various impairments. Straps for legs may be needed or higher backs on the sled for those with a spinal cord injury, for example. Individuals with CP or TBI may not be able to use sticks. Push bars are available so a stand-up skater can assist with movement.

Even though it is a contact sport, Daniels also assures that it is pretty safe. “There is a lot of padding that helps to protect players.”

**FIND A PROGRAM**

Sled hockey is a sport where you are right in the action and right in the play, even more so than stand-up hockey as the ice and puck are only a foot or two away. It is also a sport for players of various backgrounds. Grusse, one of two females on her Gaylord team, said that the male players might take it easy on you at first. “But once you show you are not afraid to hit them, that changes.” And at Shirley Ryan, the age range of players goes from 19 years old to 68, including four guys in their late 60s.

If you are interested in the sport, Grusse suggests watching sled hockey or para ice hockey online to get a feel for it. Then, give it a try for at least one or two years. To find a Disabled Sports USA chapter that offers sled hockey, visit https://www.disabledsportsusa.org/chapters/location-map/. For other locations or resources, visit https://www.usahockey.com/disabledhockey.
ELITE TEAM MEMBER GRACE MILLER LOOKING AHEAD TO 2022

Grace Miller represented Team USA at the 2018 Winter Paralympic Games in PyeongChang, South Korea, but she is already looking ahead four years. That is because the 2022 games will be held in China. You see, the Palmer, Alaska, native was adopted from China when she was three years old. Since then, skiing has always been a big part of her life. “My mom was a biathlon coach, so I began skiing at the age of four,” she said.

In Alaska, there are plenty of opportunities and plenty of reasons to ski. “Alaska is so dark and skiing gives me a reason to be outside. Plus, it has snow like 60 percent of the time,” she said. “I like being in nature and I also enjoy the physical exertion.”

The Nordic skier was born without a left forearm, which has not been much of an obstacle. She skied on her high school team and trains regularly at Government Peak Recreation Area. A couple of years ago, Miller came to a realization. “Yeah, I can compete (at the highest level), I just need to train harder.” In January 2017, she attended an athlete identification camp where she met BethAnn Chamberlain, the U.S. Paralympics Nordic Development Coach. “Grace immediately impressed me with her focus, attentiveness, and athleticism,” Chamberlain wrote in her nomination of Miller to Disabled Sports USA’s Elite Team, a program designed to support and empower emerging young athletes (ages 13-24) with disabilities who are training competitively in sports that are featured in the summer and winter Paralympic Games.

In December 2017, Miller would compete at the Para Nordic World Cup in Canmore, Canada. Miller would finish 12th out of 15th in the World Cup race. “Losing races is upsetting,” she said. “I’m inexperienced.” That being said, she was selected to go to the Paralympics in a wild card slot. “It was completely unexpected, but it was truly an honor to represent the U.S. and be part of the Olympic community.”

In PyeongChang, the E-Team member would end up competing in the 7.5 km cross-country, the open 4x2.5 km cross-country, and the 15 km cross-country, where she earned her best finish (10th).

Miller graduated from high school earlier this year and is attending the University of Fairbanks as a junior, since she earned several college credits as part of a dual high school-college program she participated in. She plans on majoring in biology, with expectations to go to medical school. Miller was also named to the 2018-19 U.S. Paralympics Nordic Skiing Team and admits down the road it could be challenging to balance being a full-time med student and a full-time athlete.

In terms of her athletic training, she is always working to improve her strength as well as endurance. “I am trying to push myself to the maximum,” she said. “I want to feel total exhaustion (at the end) and haven’t done that yet.” She also says it helps to have a set schedule, an hourly plan. “There is always some way to improve.” After all, she looks up to four-time Paralympian Oksana Masters, one of the best female Paralympic athletes, as her role model.
CONGRATULATIONS TO THE 2018 ELITE TEAM ATHLETES!

The Disabled Sports USA’s Elite Team is designed to support and empower emerging athletes (ages 13-24) with disabilities who are training competitively in sports that are featured in the Summer and Winter Paralympic Games. DSUSA is happy to provide these athletes with grants, training opportunities, and support as they aim for the pinnacle of their game.

Think you have what it takes to be an Elite Team member? Visit disabledsportsusa.org/e-team to learn more.

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Katie isn’t about to let limb loss get between her and her goals. In 2015, she discovered an unusual mass behind her right knee. She was diagnosed with an extremely rare and aggressive type of cancer. The only way for doctors to stop the disease from spreading was to amputate Katie’s leg above the knee.

“It’s a difficult thing to be an active young person and learn that you’re going to be losing a limb,” she says.

Rather than focusing on the loss, Katie concentrated on finding ways to keep her life moving forward. Just a few months after her amputation, she was fitted with the Ottobock C-Leg®, a microprocessor-controlled prosthetic knee designed to reproduce the function of a biological knee.

Katie’s C-Leg keeps her moving forward through life as a small business owner and an equestrian. As the owner of a small dental practice, Katie’s goal is to be the best boss and business owner she can be. She also wants to compete in the 2020 Paralympic Games in Tokyo. With her C-Leg, she can climb the stairs to her dental practice and navigate the soft, uneven terrain of the riding area.

“I could not do the things I do without my leg,” she says. “It’s a necessity.”

C-Leg is just one of the products in the Ottobock mechatronics portfolio. Mechatronic technology has allowed for the creation of advanced microprocessor-controlled prosthetic devices that come closer than ever to mimicking biological function and help people get back to doing the things they love.

PAIN-FREE WITH EMPOWER

The Empower™ prosthetic foot is helping Rob to move forward in his life without pain. He experienced so much pain with his previous prosthesis that he couldn’t walk without the assistance of a cane and took pain medication daily.

“Everything just got worse and worse over time. I ended up having to leave work for a while,” he says.

The only ankle and foot prosthesis with powered propulsion, Empower allows people to walk farther and faster more comfortably and with less fatigue. After being fit with the Empower, Rob no longer experiences pain while walking. Today, he is back at work and can walk without the assistance of a cane. Activities that might have exhausted him before are normal tasks once again.

Rob’s goal was to get back to the activities he was doing before his amputation. He has reached that goal and is now moving forward. With the Empower, he says, “I’m able to almost do more than I could before. It’s given me my life back.”

INDEPENDENT WITH MERIDIUM

The Meridium® microprocessor foot is helping Diana reach her goal of getting back to her day-to-day life and regaining the freedom she had before she lost her foot. She lives on her own, so she needs to be able to do everyday things like walk around the grocery store and carry shopping bags from her car to her home.

“I would like to continue being totally active in my life,” she says. “Now that I have the Meridium, I am able to confidently walk and move and carry things—heavy things.”

Diana especially likes how quickly the Meridium adjusts to variations in walking speed and ground conditions. “It almost thinks what you’re thinking,” she says.

WORRY-FREE WITH BEBIONIC

As a busy working mother, Mandie is determined to keep up with her everyday activities. The bebionic® hand helps her reach her goal of living life without the worry of limitations, especially when it comes to raising her four-year-old daughter. With the lifelike bebionic, she can do things other people take for granted, like hold her daughter’s hand or type on a computer keyboard and use a mouse at the same time.

Mandie says she doesn’t have to struggle because the hand does what she wants it to do when she wants it done. “I didn’t realize how easy this could be, because it’s always been hard.”

Even her daughter loves the bebionic hand. “She likes to hold the bebionic hand when we go into stores,” Mandie says. “She really enjoys it.”

All four of these people rely on the power of Ottobock mechatronics to move forward.

Start moving forward today. Contact Ottobock to request a free trial of one of our mechatronic prosthetic devices or visit ottobockus.com/forwardtogether for more information about our mechatronic product line.
QLK is the only wheelchair docking system that gives everyone true peace-of-mind.

**DEALERS ❤️ QLK**
- Custom options: advanced stabilizer, wireless release, adjustable height floor mounts...and more!
- Quick and painless installation
- Exclusive wheelchair brackets

**DRIVERS ❤️ QLK**
- Complete independence to drive your vehicle
- More wheelchair clearance
- Improved user experience

**WE ALL ❤️ QLK**
- Certified iQ Crash Testing forward, backward and sideways
- Packed with exclusive features
- Proven durability and reliability

**THE SYSTEM WITH...**

**MORE HEART.**

FEEL THE LOVE AT: [QSTRAINT.COM/QLK-150](QSTRAINT.COM/QLK-150)
HIGHER GROUND (HG) announces another fun and inclusive winter snow sports season! “Our” Sun Valley Bald Mountain, aka “Baldy,” opened Thanksgiving Day. Check out the amazing programming we offer:

- Dec. 8: HG Ski Club is a 11-week program, for kids with cognitive disabilities. Small group lessons where participants ski together on Bald Mountain. One-on-one mornings; plus afternoon sessions for three weeks.
- Dec. 9-15: Our first veterans and caregivers one-week therapeutic recreation snow sports camp!
- Jan. 2: Special Olympics Alpine and Nordic programs begin.
- Jan. 2-6: Paralympic Youth Ski Camp.
- Jan. 6-12: Veterans and caregivers snow sports camp.
- Jan. 27-Feb. 2: Veterans and caregivers snow sports camp.
- Jan. 30-Feb. 3: Backcountry Mono-ski Camp.
- Feb. 24-March 2: Veterans and caregivers snow sports camp.
- March 10-16: Veterans and caregivers snow sports camp.

Throughout the season, HG provides programming to local school Special Education classes; once per week for four weeks. HG provides Idaho School for the Deaf and Blind various classes throughout January, February and March. At HG, we proudly use recreation, therapy, and continuing support to give people of all abilities a better life. Together we bridge the gap between disability and belonging. It’s not about pity; it’s about inclusion.

For more information, call monty@highergroundusa.org. For recreation programs, contact cara@highergroundusa.org. You can also visit HigherGroundUSA.org.

IGNITE SPARKS PASSION FOR ADVENTURE ON THE SLOPES EDLORA, COLORADO

Ignite Adaptive Sports will kick off its 44th season on Jan. 1 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 more than 210 highly trained volunteers work with students ranging in age from 5 to 90 years old, offering them the opportunity to learn how to ski, snowboard, and/or snowshoe their own way.

Each Saturday, Ignite partners with EXPAND, an adaptive program run by the City of Boulder Parks and Recreation. Each EXPAND student is unique in ability and disabilities. They are also distinct in personality and learning style. Ignite instructors tune into these differences to meet each student where they are, creating the best experience for their students.

Of course, the best part about Ignite for many EXPAND students is being on the slopes. Sometimes, Ignite instructors plot a neon brush marked racecourse especially for them on the Snail ski run. Some friends have competitions to see who can finish first. But at the end of the day, it’s not just recreation for the EXPAND students. It’s people – their buddies, instructors, and caregivers – that are brought closer together through each laugh, each run, each story.

For more information, call 303-258-1166 or email programdirector@igniteadapivesports.org.
For over 40 years, Breckenridge Outdoor Education Center (BOEC) in Breckenridge, Colorado, has been changing lives by empowering people through adaptive sports. As a national leader in outdoor adventure, our programs provide an opportunity to explore Breckenridge and Keystone Resorts, and quaint mountain-town living. Our nonprofit strives to serve people of all abilities who want to enjoy the experience of skiing, snowboarding, mono-skiing, bi-skiing, and more.

This winter, we will offer a series of programs specifically designed for military veterans and their family members, individuals living with Parkinson’s disease, multiple sclerosis, and brain injuries.

Brain Injury Alliance (BIA) Frozen Assets, Jan. 14-18: BIA Frozen Assets offers the perfect chance for survivors of brain injuries to get back out on the slopes. A five-day trip in Breckenridge includes adaptive skiing or snowboard lessons, lodging in our accessible Scott Griffith Lodge, meals, and plenty of time to enjoy the beautiful mountain scenery.

Outdoor Active Retreat (OAR), Jan. 20-24: Outdoor Active Ski Retreat is a five-day program designed for individuals living with Parkinson’s disease. Participants will enjoy skiing, adaptive yoga, stretching and movement exercises, and companionship. Attendees are invited to bring a spouse, friend or other guest who provides them with support.

Mono Camp, Jan. 27-Feb. 1: Mono Camp is a four-day program specific to mono-skiing. Mono Camp focuses on athletes who are looking to learn and refine skills in a faster-paced environment than a typical lesson. Based on athletes in attendance, racing technique may be incorporated. This camp is open to all mono-skiers, but we invite and sponsor veterans through funding from BOEC’s Heroic Military Fund.

Adventures Within (AWI), Feb. 23-27: Enjoy three full days of alpine skiing and snowboarding with Adventures Within, a ski retreat specifically designed for adults living the multiple sclerosis.

Contact Claire Dicola, Claire@boec.org or 970-453-6422 for more information.

Adaptive Wilderness Sports of McCall (AWeSOME!) provides opportunities for adaptive skiing and snowboarding in the “Best Snow in Idaho” at Brundage Mountain Resort. We offer regularly scheduled Saturday lessons from January to March, and mid-week lessons by appointment throughout the season. As we begin our 18th season, our dedicated team of volunteers and PSIA certified instructors are committed to providing a quality, safe and fun experience for our students. We are also honored to be hosting our annual Warfighter Sports Ski and Snowboard Event for wounded warriors Feb. 22-23.

Visit awesomemccall.org for more information.

Join the Telluride Adaptive Sports Program (TASP) to experience the legendary slopes of the Telluride Ski Resort. With everything from winding cruisers with breathtaking vistas to powder laden chutes and steeps, the Expand Your Horizons! ski camp caters to all desires, abilities, and all manner of snow sport disciplines. TASP’s adaptive ski and ride camp is designed for intermediate to advanced level skiers with disabilities and offers them opportunities to expand their skill base, comfort level, and exposure to unique terrain and training.

Participation in Expand Your Horizons! includes four days of skiing – Feb. 24 to March 1 – with TASP’s instructional staff and 5 nights of lodging.

To receive more information and to register for this unique adventure, contact Tim McGough at 970-728-3865, email programs@tellurideadaptivesports.org, or visit tellurideadaptivesports.org.
CHAPTER EVENTS MOUNTAIN REGION

CHALLENGE ASPEN MILITARY OPPORTUNITIES ASPEN, COLORADO

One can only imagine how difficult it can be for a young military couple to meet, fall in love, exchange vows, only then to have one or both partner(s) return from a deployment with a life-altering physical and/or cognitive disability. Most marriages are left shattered, even destroyed.

CHALLENGE Aspen Military Opportunities (CAMO) strongly believes that successful recovery requires the spouse's active participation as well as the veteran’s.

During our Couple's Retreats, the spouse and veteran engage together for effective physical and mental rehabilitation. CAMO has found there is a far better chance the impact will be greater if the spouse has the chance to share the life affirming and healing experience.

Veterans with disabilities and their spouses are invited to

Snowmass, Colorado, for five-day retreats to participate in outdoor activities in the stunning beauty of the Rocky Mountains. Adaptive instruction is provided for a variety of activities such as skiing, ski biking, snowboarding, fly-fishing, climbing, hiking, mountain biking, camping, and archery. Mental wellness sessions are included in conjunction with our physical activities because exercising the mind and body together greatly enhances the rehabilitation process. The couple then returns home with new techniques and renewed outlooks to aid them as they navigate the difficult road of disability together.

For more information, visit challengeaspen.org/military.

WINTER WONDERLAND IN SKI TOWN USA STEAMBOAT SPRINGS, COLORADO

Come join STARS this winter in beautiful Steamboat Springs, Colorado, and experience Steamboat’s one of a kind Champagne Powder. Alpine skiing, snowboarding, cross-country, and snowshoeing are all available through daily full and half-day private lessons. STARS also offers several multi-day specialty camps for youth, adults, and veterans throughout the winter. Our specialty camps are expected to boom next year with the opening of the STARS Ranch, a fully accessible facility that provides overnight lodging, kitchen and meeting facilities, program opportunities, and more. The Ranch will focus on groups from around the country as well as some new specialty camps beginning winter of 2020.

Key dates for STARS Specialty Camps :
- Jan. 6-11 - All Mountain Ski and Ride Camp
- Jan. 17-21 - STARS and Stripes All Ability Veterans Camp 1
- Jan. 23-27 - STARS and Stripes VI Veterans Camp
- Feb. 7-11 - STARS and Stripes All Ability Veterans Camp 2
- March 23-25 - Youth Ski and Ride Camp

STARS is also excited to have been chosen as a demo center for the new Tetra Ski, which was invented by Dr. Jeff Rosenbluth at the University of Utah. The ski will offer an increased level of independence on the snow for quadriplegics and other severe mobility impairments. It can be maneuvered with a joystick or simply by breathing. Stay tuned for the dates that this amazing piece of equipment will be available in Steamboat!

For more information, visit Steamboastars.com.

LEARN TO SKI FOR FREE DURANGO, COLORADO

For the past 35 years, Adaptive Sports Association (ASA) has been providing life-changing experiences for people with disabilities. During the winter months, ASA runs a ski and snowboard school based at Purgatory Resort in Durango. At the heart of our winter programs are learn-to-ski scholarships.

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

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

For more information about specific programs, visitasadurango.com. Contact Klancy Nixon at 970-259-0274 or klancy@asadurango.com for learn-to-ski scholarships, individual or group lessons.
Adaptive Alpine Ski, Snowboard and Ski Bike Lessons
Various Colorado Locations

At the National Sports Center for the Disabled (NSCD), we provide private lessons with highly trained adaptive instructors. Lessons are tailored to meet the needs or goals of each individual participant. Lessons are available for two-track, three-track, four-track, slider ski, ski bike, mono-ski, dual-ski, bi-ski and snowboard. Full-day and half-day lessons are available.

Family lessons are also available and provide an opportunity for a parent or adult to learn proper techniques for assisting the family member with special needs while on the slopes. Family member must be a proficient and independent skier with a higher level of ski or snowboard ability than the participant. One adult member with the participant maximum.

Family lessons are held in Winter Park throughout the Winter Park Resort season. Age level is five years old and up. Full-day lessons meet at 9 a.m., break for lunch from noon-1 p.m. and end by 4 p.m. We do not provide lunch or supervision during lunch. Half-day morning lessons meet at 9 a.m. and end by noon. Half-day afternoon lessons meet at 1 p.m. and end by 4 p.m.

Adaptive Cross-Country Ski and Snowshoe Lessons
At the NSCD, we also offer a sensory-friendly alternative to downhill skiing. We can accommodate stand and sit skiers with our cross-country ski and snowshoe programs. Family lessons are also available at Devils Thumb Ranch, Tabernash, from December-March for ages 5 and up.

Additional programs are available in the Denver metro area for rock climbing, paddle sports and customized activities.

For more information, call 970-726-1518 or visit nscd.org.

National Ability Center
Park City, Utah

Ride the best snow on earth as you work! The National Ability Center (NAC) is actively recruiting experienced adaptive ski and snowboard instructors to join us at Park City Mountain! Apply at: www.discovernac.org/employment.

Our winter programming includes the following events.

Holiday Overnight Family Camp Dec. 20-23 – A Park City winter experience for the whole family. This overnight camp will include ski and snowboard lessons, indoor climbing, crafts and more. Lodging and food included. For families that have a member with a disability, ages 3+.

Action Camp Feb. 16-Feb. 20 – Discover the best adaptive activities springtime has to offer in Park City. Activities may include indoor climbing, horseback riding, indoor swimming, and community activities. Campers are encouraged to bring a friend or sibling of any ability.

Uinta Snowshoe Overnight March 23-24 – Get off the beaten path as you snowshoe 1.5 miles through the Uinta-Wasatch-Cache National Forest to camp overnight in our yurt with like-minded adaptive adventurers!

For registration and more information, visit discovernac.org.
CHAPTER EVENTS MOUNTAIN REGION

FUN IN THE SNOW WITH COLORADO DISCOVER ABILITY
GRAND JUNCTION, COLORADO

Colorado Discover Ability (CDA) will be on the slopes offering ski and snowboard lessons for participants of various ages and adaptive needs. We are proud of our mission to provide adaptive outdoor recreational opportunities regardless of one’s financial situation. Through fundraising and generous donor support, we are able to offer financial assistance to make each experience as affordable as possible.

CDA partners with the Recreational Therapy Program through our local Veterans Administration, increasing the number of veterans who participate in our winter sports offerings. Several school groups, local rehabilitation agencies, our Special Olympics Team Powderhorn and individuals also join us for fun in the snow.

Check us out! Come visit us at our new building located at 601 Struthers Ave. in Las Colonias River Front Park. CDA Day at Powderhorn Resort is an Open House in February welcoming the public to our Powderhorn Resort location. It is a great time to connect with our board members, staff and volunteers to learn what we do.

Dream Adaptive Recreation and Great Northern Powder Guides offer an amazing adaptive backcountry experience. During camp, 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. On every run, we also offer a low skier/rider-to-powder host ratio to assist you in the deep stuff as needed. You will be miles deep into the Montana wilderness! It is a true backcountry experience!

This camp is for independent intermediate to advanced skiers and riders with permanent physical disabilities. Powder and advanced terrain experience is required! No backcountry experience necessary! There is a minimum skill and equipment requirement that needs to be met before you can attend this event. This camp is for people who rip!

Camp Dates and Schedule: Feb. 10-16
- Sunday: Arrival – Meet and mingle at The Great Northern Bar!
- Tuesday: Cat-skiing.
- Wednesday: Cat-skiing.
- Thursday: Recovery and Relaxation Day or another on-snow day at Whitefish Mountain Resort.
- Friday: Cat-skiing.
- Saturday: Departure.

Camp Fee: $825 ($400 non-refundable deposit is required to hold your seat on the Cat. Full payment needs to be paid by Jan. 27, 2019.)

For more information, visit us at coloradodiscoverability.org.
JOIN DISABLED SPORTS EASTERN SIERRA THIS WINTER
MAMMOTH LAKES, CALIFORNIA

Disabled Sports Eastern Sierra/Paralympic Sport Mammoth Lakes is looking forward to a fabulous winter season. With indications of an early winter and a calendar full of Paralympic development camps we are excited about an incredible ski season to help us bring our programs to military and civilian athletes of all ages! Come join us for alpine skiing, Nordic skiing, biathlon training, snowboarding, and more this winter.

Our Nordic offerings include two Paralympic development camps. Nordic Camp, Feb. 7-10, is open to military and civilian athletes of any age and any cross-country skiing ability. Our stellar guest coaches and instructors can introduce the skills of Nordic skiing to beginners, as well as help higher level athletes hone their racing skills with three full days of on snow instruction. Biathlon Camp is March 13-17. Intermediate level Nordic skiing skills and a reasonable level of fitness are required for this five-day skills building camp.

Alpine Ski offerings also include two Paralympic training camps. Alpine Ski & Race Camp, Jan. 9-13, consists of four full days of on-snow coaching. This camp is open to military and civilian athletes of any age. The camp will include instruction, as well as racing drills and skills, gate training, and will wrap up with a fun race. Intermediate level alpine skiing skills are required for this four-day race camp. Mono Ski Madness, March 1-3, is open to mono skiers of all levels. This is a great opportunity to work with other mono skiers and to learn from some of the best!
We will be offering winter lessons daily as appropriate terrain is available.

Photo by Shannon Bagshaw

Space is limited so apply early! To apply for any of these camps or for more information about our daily programming, contact Maggie Palchak 760-934-0791.

BRINGING ADAPTIVE SPORTS TO THE SCHOOLS
SEATTLE, WASHINGTON

Outdoors for All is excited to start a pilot program with Shoreline School District (north of Seattle). Although a long history of partnership exists for adaptive recreation cycling events, this school year will bring Outdoors for All into the classroom for more ongoing adaptive recreation programs designed to enrich the lives of children with disabilities.

Outdoors for All will assist with current adaptive physical education curriculum and delivery, introduce inclusive and adaptive therapeutic recreation, and coordinate activity planning alongside physical therapists, occupational therapists, adaptive P.E. instructors, and resource/special education educators.

Through Outdoors for All’s use of instruction by certified and experienced staff, adaptive equipment, and focus on social development and increased level of functional independence; students can enhance their skills in actively participating in recreation-based programs through their school curriculum.

The Shoreline School District was identified for this program due to its history of working with Outdoors for All and the strength and support of the physical therapy, occupational therapy and physical education departments within the district. Thanks to private grant funding, no costs will be passed on to the school district, students or families who will be participating.

Outdoors for All would like to thank another DSUSA chapter, Northeast Passage, for its work in New Hampshire modeling this pilot program. Networking through DSUSA helped Outdoors for All to learn of life-enriching outcomes for students with disabilities in the Northeast and resulted in a goal to develop and deliver a similar program framework in the Northwest.

For more information about these and other Outdoors for All programs, visit outdoorsforall.org or call 206-838-6030, ext. 200.
CHAPTER EVENTS WEST

ADAPTIVE SPORTS PROGRAM NEW MEXICO
SANTA FE, NEW MEXICO

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

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

If you would like any further information, contact Jason Cline at 505-570-5710 or jcline@aspnm.org.

CALIFORNIA DREAMING: CLOSE AND AFFORDABLE!
BIG BEAR LAKE, CALIFORNIA

For the United States Adaptive Recreation Center (USARC) this winter marks three decades of providing state-of-the-art instruction and adaptive equipment to those who seek to live an exciting lifestyle and redefine the concept of limitations.

Sharing its love for winter adventures, USARC provides financially affordable opportunities to feel the freedom of gliding down snowy trails at Bear Mountain and Snow Summit without having to drive six or more hours or to another state! USARC’s unassailable heritage includes having influenced and mentored other programs and providers in the establishment and provision of their services. That same template for success remains in place at USARC, a member school of the Professional Ski Instructors of America (PSIA) and contributor to PSIA’s original adaptive manual.

Ultimately, perhaps no credentials are as important as USARC’s commitment to access, a concept that applies as much to program fees as it does to the latest adaptive ski equipment. A recent survey showed USARC’s fees to be lower than any comparable regional program!

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

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

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

HIT THE SLOPES WITH ACHIEVE TAHOE
TAHOE, CALIFORNIA

Achieve Tahoe is preparing to hit the slopes for a winter full of adaptive ski and snowboard lessons! Building on the success of record-breaking seasons over the past three 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 highly trained professionals and volunteers, adaptive equipment and a lift ticket.

Lessons are available every day from Dec. 1 through April at four resorts: Alpine Meadows, Squaw Valley, Northstar, and Sugar Bowl. Achieve Tahoe also hosts a variety of events throughout the winter season, including adaptive winter military sports as well as NASTAR race events, “women’s only” events and “extreme” events.

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

OPERATION FREEDOM OUTDOORS MCGAHEYSVILLE, VIRGINIA

Therapeutic Adventures (TA), Charlottesville, Virginia, is hosting a special event – Operation Freedom Outdoors – serving our disabled military heroes. This is a weekend of adaptive skiing/snowboarding, reunion, fellowship, and healing. The event will take place at Massanutten Resort in McGaheysville, Feb. 15-17.

Each winter, throughout the season, Massanutten Adaptive Snow Sports (MASS) provides adaptive instruction for disabled veterans including 2-Track, 3-Track, 4-Track, mono-ski, bi-ski, guiding for blind, and snowboard as well.

For more information email Mark Andrews at adaptive.guide@gmail.com or visit www.TAonline.org.

28TH ANNUAL SPORTSABILITY TALLAHASSEE, FLORIDA

Join Florida Disabled Outdoors Association for three days of waterskiing, tennis, martial arts, rock climbing, scuba, and more at the 28th Annual SportsAbility April 11-13. Adults and children, both with and without disabilities are encouraged to experience hands-on recreation activities at no cost thanks to our friends and sponsors in the community!

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

For information and registration, visit fdoa.org, email info@fdoa.org or call 850-201-2944.

PLAY BOCCIA WITH BRIDGE II SPORTS CHAPEL HILL AND CARY, NORTH CAROLINA

Bridge II Sports offers boccia for adults and youth two days a week during the winter and spring. Boccia is held on Tuesdays from 4:30-5:30 p.m. in Chapel Hill and on Sundays from 3-5 p.m. in Cary. The boccia program is open to all of our athletes with a special focus on those with individuals with disabilities affecting motor skills that can compete competitively.

In July 2018, three Bridge II Sports athletes traveled to Illinois to compete at the USA Boccia Nationals. Deja Barber, a long-time Bridge II Sports athlete has been tapped to represent the United States on the National Boccia Team that competed in November 2018 in Argentina.

Visit bridge2sports.org/boccia to learn more.

NEW RUGBY PROGRAM AT SPORTABLE RICHMOND, VIRGINIA

Sportable, Richmond, Virginia’s largest adaptive sport club, is pleased to announce the inaugural season of its wheelchair rugby program. Wheelchair rugby adds a new sport to Sportable’s list of program offerings. Sportable’s rugby program will launch in early 2019 at a facility in the greater Richmond area. More details on the program can be found on the Sportable website in late 2018.

Along with launching wheelchair rugby, Sportable will expand opportunities throughout 2019 for its 12 other sports programs. Participants in the Richmond region can expect to have increased access to adaptive sport training programs, recreation activities, and equipment rentals.

If you are interested in playing wheelchair rugby or joining Sportable for adaptive sports, contact info@sportable.org to get involved.
CHAPTER EVENTS NORTHEAST

SKI, CLIMB AND STAY WITH AOEC
CARRABASSETT VALLEY, MAINE

Located in the High Peaks region of Western Maine, the Adaptive Outdoor Education Center (AOEC) is lucky to call Sugarloaf its home mountain and backyard playground. Our Horizons Ski program partners with Sugarloaf Ski School to combine professional ski instructors with our adaptive expertise to create an inclusive program for children with autism. This winter season we are psyched to expand to include adults, providing a ski experience for any age to enjoy! The Horizons Ski program takes place every weekend from January through March.

With the exception of the Horizons Ski program, the AOEC aims to offer our programs for all abilities and ages. During the winter months participants can warm up in the gym with our Horizons Climbing program, offered at three locations throughout Maine. The climbing program is a great physical and mental workout, pushing participants to step outside their comfort zone to reach new heights!

The Adaptive Outdoor Education Center doesn’t just provide programs but also offers cozy fully-accessible, hostel style lodging at a low cost for all people with disabilities and their family and friends. We package together skiing and climbing to offer a weekend of fun in the mountains, with a comfortable place to call home after a long, exhilarating day!

Visit us here in Maine and experience how we are “Your Adaptive Gateway to the Outdoors!”

For more information, visit adaptiveoutdooreducationcenter.org.

10TH ANNUAL CAMP SNOW LIMITS AT SUNDAY RIVER SKI RESORT
NEWRY, MAINE

Are you an athlete who has a limb loss or limb difference? Maine Adaptive wants you to know about its partnership with Camp No Limits and the offering of Camp sNOw Limits, an adaptive skiing and adaptive snowboarding camp.

For 10 years, Maine Adaptive and Camp No Limits have collaborated to provide athletes (and families) from across the nation with the ability to access winter recreation. The partnership has been invaluable with program volunteers and staff sharing their passion for outdoor recreation and providing a fun, safe, and educational experience for attendees and their family members. Friendships and bonds are strengthened as attendees learn new skills for a sport that they can enjoy together for years to come. In fact, Camp sNOw Limits has paved the pathway for campers as they have joined Maine Adaptive’s Race Team and traveled the nation competing in events.

Thanks to the generous support of Maine Adaptive community members, children and adults can learn to ski and ride or perfect their skills during multiple lessons. This year’s Camp sNOw Limits will be held on Feb. 28-March 3, allowing for four days of skiing at a time when the snow in Western Maine is at its peak.

For more information about participating or volunteering, email info@maineadaptive.org or call 800-639-7770.

For more information, visit adaptiveoutdooreducationcenter.org.

SKIING AND SNOWBOARDING AT MOUNT SUNAPEE RESORT
NEWBURY, NEW HAMPSHIRE

For more than 40 years, New England Healing Sports Association (NEHSA), has provided recreation opportunities for children and adults with physical and cognitive disabilities. We are located at beautiful Mount Sunapee Resort in Newbury, New Hampshire. Our winter programs consist of adaptive alpine skiing in all disciplines (stand up and sit down), snowboarding and Nordic skiing. NEHSA provides alpine skiing and snowboarding seven days per week beginning on December 26, through early April, or as conditions prevail. Lessons are taught in a safe and supportive environment by our highly trained volunteers. Whether you are brand new to skiing or an experienced skier needing a little assistance, we have the lesson for you! Watch our calendar for announcements on clinics and other events.

NEHSA always welcomes new volunteers. If you have the desire to enrich your life through sharing time with an incredible population, please contact us. We have ongoing training, no experience necessary! Join us and “Witness the triumph of the human spirit.”

For more information, or to schedule a visit contact info@nehsa.org, call the lodge 603-789-9158 or visit nehsa.org.
Adaptive Sports at Mount Snow (ASMS) wrapped up its inaugural summer programs and is excited to move into our second year of winter programs. Located at the amazing Mount Snow Resort in Southern Vermont, ASMS provides an accessible means to enjoy all the fun the mountain has to offer! With skiing or snowboarding, standing or sitting we have something for everyone. Starting Dec.15 and running to March 31, ASMS has a variety of experiences available to make the most of your visit! Our opportunities range from one-on-one lessons to lending in-class support to a Mount Snow Ski or Snowboard standard group lesson. We also host the Bluebirds Special Olympics Ski and Ride Team. If you are located in the Southern Vermont region, we offer a seasonal lesson pass, giving you access to 36 lessons for one low price. For veterans and service members with disabilities, we offer a reduced pricing structure. Scholarships are available to those who would otherwise not be able to participate.

On Feb. 23, join the fun at our second annual Winterfest. Kicking off with a ski-till-you-drop-athon and wrapping the day up with a gala dinner accompanied by live entertainment and a live auction, it’s a day you don’t want to miss!

See more information about lessons, the Bluebirds, or Winterfest at msadaptive.org.

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

C.O.R.E. Connections Wellness Camp, Feb. 20-22, Pico Mountain, Killington, Vermont: Join us for an adventure-filled week of camp that emphasizes whole body health and is open to all ages and abilities. The camp includes an initial individualized lifestyle analysis and moves on to personalized goal setting, nutrition, fitness and mindfulness. Activities include farm-to-table field trips, cooking, fitness modalities, creative arts and music, and season-related adventures including skiing, snowboarding, snowshoeing, indoor rock climbing, yoga and more.

The 12th Annual United States Association of Blind Athletes Winter Festival, Feb. 8-11, Pico Mountain: Vermont Adaptive will host more than 30 athletes from across the country who are blind or visually impaired at Pico Mountain Resort. Athletes will learn to and participate in alpine skiing, snowboarding and Nordic skiing plus snowshoeing. The event continues to be the largest annual gathering of skiers in the U.S. who are blind and visually impaired. In some cases, this will be a participant’s first time skiing without sight. Saturday and Sunday will be filled with alpine skiing with the option to participate in Nordic skiing. Saturday will also see participants given the opportunity to try air rifle with an auditory rifle system, the same system used for Paralympic biathlon competitions. No matter the lesson, Vermont Adaptive’s team of highly trained instructors will work with attendees to improve their skills. More details at usaba.org.

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

Visit vermontadaptive.org for reservations and more information.
DAILY PROGRAMS AT TWO TOP MOUNTAIN
MERCERSBURG, PENNSYLVANIA

Two Top Mountain Adaptive Sports Foundation is looking forward to its 12th season. We are hoping for a long winter with cold weather and an abundance of man-made snow. As soon as Whitetail Resort opens in Southern Central Pennsylvania, our daily program will begin. Our goal is to teach skiing or snowboarding to people with disabilities in our region, and help them build confidence, self-esteem and independence that carries over into everyday life. All ski or snowboard lessons are by reservation only and available daily for children and disabled veterans.

Our disabled veterans and their family members are welcome to attend for one day or multiple days of skiing or snowboarding lessons. Our lessons, lift tickets, equipment, lunches and lodging are always free for disabled veterans and their immediate family.

The smiles we create on the faces of our students reassures us we have done our job, and when they return again and again we know we have new friends that will enjoy the sport for the rest of their lives.

Two Top will host our 3rd Annual Warfighters Snow Sports Camp Jan. 30-Feb. 3. Adaptive Adventures will be joining us again this winter along with Brian Bartlett. Check out our website for registration and more details.

For more information, visit twotopadaptive.org, phone 717-507-7668, or email bill@twotopadaptive.org.
ENJOY THE MOUNTAINS OF NEW HAMPSHIRE
LOON MOUNTAIN AND BRETTON WOODS, NEW HAMPSHIRE

**NEW ENGLAND DISABLED SPORTS (NEDS)** has several opportunities for you to get out and enjoy the beautiful White Mountains of New Hampshire. Winter is upon us and the skiing/riding season will begin on Dec. 15. Our knowledgeable staff and volunteers will provide you with the equipment, training, and support to actively participate in alpine skiing, Nordic skiing, and snowshoeing.

**Veteran Ski Days at Bretton Woods** – Jan. 5 and Feb. 8: All veterans invited for a day on the slopes at Bretton Woods under the shadow of Mount Washington.

**Veteran Ski Days at Loon Mtn.** – Jan. 27 and March 3: All veterans invited for a day on the slopes at Loon Mountain.

**Sports for Life** – March 15-17: This is a scholarship opportunity for anyone that is new to NEDS. Any age or disability is accepted. Includes two days of skiing/riding with lift ticket, equipment, and lesson. Housing is included with the scholarship.

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

Check out our website at nedisabledsports.org for a full listing of events and regular programming or email info@nedisabledsports.org or infobw@nedisabledsports.org. For all scholarship opportunities contact danar@nedisabledsports.org. As always, veterans participate in all of our activities at no charge.

SLED HOCKEY, PICKLEBALL, BASKETBALL AND MORE
ROCHESTER, NEW YORK

**Rochester Accessible Adventures (RAA)** supports adaptive sports teams and trains recreation businesses to operate inclusively. Some winter offerings include the following:

**Sled Hockey:** In collaboration with Rochester Sled Hockey and the City of Rochester Recreation Centers, sled hockey clinics will be held throughout the winter and will serve a dual purpose: 1) To allow youth with and without disabilities to play together, and 2) To serve as recruitment for players who may wish to play competitively. Free monthly clinics will be offered and posted on the Event page of rochesteraccessibleadventures.org.

**Inclusive Pickleball:** Pickled Power will offer workshops and instructional classes throughout the winter at various Rochester area locations. Trained by RAA, Bob Stokes provides a fun and engaging approach to the game of pickleball, which is highly adaptable for a large variety of people. Bob works with beginners to experts, and offers private and community-based instruction for people with SCI, Parkinson’s disease, MS, I/DD, TBI/stroke, and more!

**Wheelchair Basketball:** The Rochester Wheels Div III adult team practices weekly in Rochester and travels to regional competitions. RAA will be starting a YOUTH recreation group this winter with plans to develop a competitive youth team.

**Whizzing Nerf:** Our Community Health Inclusion partner, the Town of Hamlin Recreation, has created a new inclusive adaptive game called Whizzing Nerf! It’s Nerf battles on wheels, with every player seated in a sports chair and whizzing around barricades while alluding their opponents! Stay tuned to hamlinrec.org for dates/details.

For more information, visit rochesteraccessibleadventures.org.
CHAPTER EVENTS NORTHEAST

WINTER AND SPRING RECREATION OPPORTUNITIES IN VT PERU, VERMONT

The Bart J Ruggiere Adaptive Sports Center offers ski lessons at the Sun Mountain, Bromley Ski Resort. The sun always shines on Bromley.

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 the training to make that happen. We can accommodate groups or individuals that want to learn or just go out and rip it up. Share the experience of skiing or riding in Vermont with family and friends. 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.

The annual Wounded Military Hero’s weekend to honor wounded veterans that have given so much will be held Jan. 25-27. Please contact the chairperson, Nancy Hurley, at hurley1128@comcast.net for more information.

Once the snow melts in the spring, we offer cycling and kayaking in Southern Vermont. We strongly recommend reservations for all programs.

See you on the slopes or on the roads.

For more information on our programs, visit bartadadaptive.org, call 802-824-6849, or email programs@bartadadaptive.org.

CHAPTER EVENTS MIDWEST

16TH ANNUAL GREAT LAKE MONO SKI AND RACE CAMP DULUTH, MINNESOTA

Courage Kenny’s 16th Annual Great Lake Mono Ski and Race Camp will be held Feb. 27-March 1 at Spirit Mountain in Duluth, Minnesota. This amazing three-day event is the largest mono-ski camp in the Midwest for youth and adults with disabilities.

Skiers and instructors from the Midwest and beyond come together to advance the participant’s mono-ski skills. Skiers gain confidence, take steps at independence as a skier and have the ability to learn about Paralympic racing opportunities. Instructors from Adaptive Adventures, Adaptive Sports Center, Breckenridge Outdoor Education Center, and Courage Kenny Ski and Snowboard Programs come together to provide skiers with group instruction based on ability.

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

For more information or to register, contact Mark Hanna, Mark.hanna@allina.com, 218-726-4834 ext. 1 or Tara Gorman tara.gorman@allina.com, 218-726-4834 ext. 2.

WINTER TOURNAMENTS ABOUND AT TURNSTONE FORT WAYNE, INDIANA

Competition season is in full swing at Turnstone as team practices begin and the calendar rounds the corner on upcoming tournaments. A number of regional tournaments are slated for the 2018-2019 season with Turnstone as the host location.

• Wheelchair Basketball Prep-Varsity Regional Tournament – Jan. 26-27
• DII Wheelchair Basketball Adult Tournament – Feb. 2-3
• Silver Stick Sled Hockey Tournament – Feb. 2-3
• Sled Hockey Adult Tournament – Feb. 16-17
• Power Soccer League Day – March 2-3

Contact Jaime Garzon at Jaime@turnstone.org or 260-483-2100 for inquiries and to register your team. Interested volunteers for any events can sign up for select shifts at Turnstone.org/Support/Volunteer.
**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. 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 at qstraint.com/qlk-150.

**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 your activity list, this “do-it-all” foot easily transitions from the gym to the tennis and basketball courts, as well as the slopes. Play like a pro!

**WHAT IS JAWS?**

JAWS is a powerful, VO, body-powered prehensor with variable force adjustability from TRS Prosthetics. JAWS can be used with or without a cable-harness system for versatility and is adaptable to myoelectric arms. JAWS will “snap on and off” objects from tool handles to handlebars and is perfect for riding vehicles like ATVs and snowmobiles. JAWS will be available for shipment before the end of March 2019 but can be pre-ordered to guarantee first production delivery. Visit www.trsprosthetics.com or call 800-279-1865.

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With Ottobock’s Quickchange adapter, you can switch between different prosthetic feet in just a few steps - just click, twist and go. Going running with colleagues right after work, or shopping at the supermarket on the weekend followed by a swim with the family – you’re always prepared with the Quickchange adapter. Visit www.ottobockus.com – 800 328 4058.

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