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Cover photo of Retired Marine Sergeant Kirstie Ennis.
Cover photo by Tim Kolczak.

Photo by Joe Kusumoto
Spring is upon us! We can begin shedding those bulky coats and migrate to our warm weather sport of choice. I, for one, will miss my first winter at Disabled Sports USA (DSUSA) and all of the new opportunities it provided me, like meeting the many fantastic athletes and dedicated volunteers on the snow and ice. I even reintroduced myself to skiing, after a thirty-year hiatus.

Often spring is associated with renewal and rejuvenation, and to that end DSUSA has engaged in strategic planning over the last two months with an eye on where we want DSUSA to be by 2028. There will be more about that in the coming months, but one element is the important area of Athlete Protection, often called SafeSport. As the national leader in community based adaptive sport programming, DSUSA has a duty to our community to ensure that we engage in best practices when it comes to protecting our athletes.

In the coming six months, DSUSA will launch a national Athlete Protection Program that outlines policies, procedures, and resources to help ensure our athletes enjoy the safest, highest quality experiences with us. As a community, we will fortify our programs and activities to be the benchmark other sports organizations look to. DSUSA will introduce our policy and requirements to our chapter leaders at the AdaptzAchieve Leadership Conference in June, and launch new chapter templates, toolkits and resources throughout the fall.

Here is what to look forward to in this month’s issue of Challenge. Paralympian and DSUSA Elite Team Member Amanda Dennis, who is blind, says that most other sports have to be adapted for her. But there is a team sport, goalball, which puts everyone on an equal playing field. You can read about this action-packed sport on pages 6-8.

Another activity, which is really for anyone regardless of ability, is horseback riding. Whether you are interested solely for recreational purposes or are interested in competing at the highest level, there are a number of equestrian opportunities that await you. Check out more information about it on pages 14-16.

Speaking of horseback riding, DSUSA Elite Team Member David Botana is gaining some momentum in his quest to be a member of the U.S. Para Equestrian Team at the 2020 Paralympic Games in Tokyo. You can see his story on page 17.

Another athlete active with DSUSA is Warfighter Sports ambassador Kirstie Ennis. She has been tacking mountains for quite some time, but recently embarked on a journey to become the first woman with a leg amputated above the knee to stand atop Mount Everest. Read about this effort on pages 9-10.

And finally, don’t forget to check out the array of adaptive sports offerings available to you from all over the country through our chapter network. Those program listing and events start on page 20.

Regards,

Glenn Merry
Executive Director, Disabled Sports USA
gmerry@dsusa.org
You are on an indoor athletic court and you can’t see. It is quiet. Suddenly, you hear a ball, with three bells on the inside, coming at you at nearly 40 mph. Your teammates are relying on you to stop it from going into the net. That is the sport of goalball.

“For any fan of team sport, goalball is addictive,” says Jake Czechowski, head coach for Team USA Women’s Goalball. “It is something you need to experience ... to see it live.” Spectators often become enamored. “The first time I watched the sport at the highest level, it blew me away.”

INTRODUCTION TO THE SPORT

Goalball was invented by Austrian Hanz Lorenzen and German Sepp Reindle in 1946 to assist visually impaired World War II veterans with their rehabilitation. The sport is wildly popular in Europe and is not a derivative of a mainstream Olympic sport.

It is played indoors on what is the size of a standard volleyball court (9 x 18 feet). A soccer-style net runs the full width, providing a wide goal area.

Every player wears opaque eyeshades (sometimes called blindfolds) at all times, ensuring fair competition. “Eyeshades level the playing field for all athletes,” Czechowski said. “It is a piece of equipment that equalizes everything.”

Amanda Dennis, a two-time Paralympian (2012 and 2016) for Team USA and a member of Disabled Sports USA’s Elite Team, agrees. “Goalball puts you on an equal playing field as everyone else,” she said.” I was used to seeing something, but goalball takes it all away.”

Hashmarks and tactile string or lines help players orient themselves on the court.

HOW TO PLAY

Teams of three (six players total) take the court. The objective is to take the ball and roll or throw it past the other team into the goal, according to Matt Boyle, head coach of the USA Men’s Goalball Team. One player is typically in the center, either up front or towards the back, and then another player on the left and right sides of the court. “Players typically spread out evenly,” Boyle said.

“Individuals can either play all positions or focus on just playing one position.”

Boyle stated that goalball games aren’t long by nature – two 12-minute halves with a 3-minute halftime. “In real time, it takes only 45 minutes to an hour to play a game.”

The ball is the size of a typical basketball, but is not pressurized. It is a heavy, three pound rubber ball that doesn’t bounce. Three bells are inside that serve an auditory purpose. Of course, there has to be silence so the ball can be heard. The ball has to be tossed or thrown on the ground, underhand style, similar to bowling or softball.

A score results when the ball makes it into the opponent’s goal. “The essence is just throwing and blocking,” Czechowski said. But, “it is an aggressive, fast-paced game.”

Offensively, there are a lot of ways to throw the ball, which primarily involves strategy.
and technique. During a game, there is a lot of action, a lot of throws, according to Czechowski. “There is typically around 95 throws per game.” There are also a lot of rules, including a 10-second rule to release the ball.

Defensively, most players use their body to stop or block the ball. “It is the opposite of dodgeball,” Czechowski said. The evolution of throwing techniques have also resulted in an enhanced defense.

To try the sport for yourself, Mark Lucas, executive director of USABA (United States Association of Blind Athletes), suggests contacting one of the 20-30 club teams (men’s and women’s) that currently exist across the country. In addition, a handful of Disabled Sports USA chapters offer goalball as one of the sports available.

A number of schools for the blind also offer the sport to their student athletes. If none of those are options in your area, do what Dennis did and start your own team. Unlike some sports, the nice benefit of the sport to individual athletes is the fact that not a lot of expensive equipment is required. Besides the player’s eyeshades, knee and elbow pads are needed and chest protectors and/or hip pads are available options that are encouraged as well.

COMPETING AT THE HIGHEST LEVEL

USABA has entered into a partnership with Turnstone Center for Children and Adults with Disabilities, a chapter of Disabled Sports USA located in Fort Wayne, Indiana, to develop the Goalball Center of Excellence. This is the first full-time resident program for Goalball athletes. “Athletes come to live and train in Fort Wayne,” said Mike Mushett, chief executive officer of Turnstone.

Turnstone’s Plassman Athletic Center, a 125,000-square-foot facility, has a dedicated gym/court for goalball, meaning it has the standard surface utilized by the sport (only such court in the United States). In addition, the athletes have access to a high-performance fitness facility beside it as well as athletic trainers and fitness instructors for strength and conditioning.

The athletes live together in two modular homes, one for the men’s team and one for the women’s team. As a result of these developments and other undertakings at Turnstone, the facility became an official Paralympic Development Training Site in May 2018, the seventh such designated facility in the country.

June 28-July 10, Turnstone will be hosting its first international competition centered around goalball, as well as judo. This event is an international qualifier for the 2020 Paralympic Games in Tokyo, Japan. “For the U.S. teams, being able to qualify for the Paralympics on your home turf would be exciting,” Mushett said. If they aren’t able to do that, they will have one more chance to try and make the Paralympic Games at the Parapan American Games in Lima, Peru, later this summer.

Since the 2016 games in Rio, the men’s and women’s teams have been rebuilding. Both Czechowski and Boyle are new to their head coaching positions. The men’s team has a lot of veterans that have been on the national team before. “We have a lot of talented players here in the U.S.,” Boyle said. Young talent also pops up at the club level. “I find new talent through club teams,” he said. “It is the easiest way to find them.” Boyle also finds that talent is becoming more concentrated, locating to a specific town or club.

Club teams are also the biggest pipeline for the women’s team. “We have a nice blend of veterans with leadership and experience mixed with some up and coming talent,” Czechowski said. One of those veterans is his wife, Lisa, who has played with the national team since 1998. “We have also added new athletes since the last Paralympic Games. Our player pool is approximately 8-10 athletes. But at some point, we would like to get that up to 18 ... maybe in five plus years.” Only six men and six women are chosen for tournaments though.

FIND A TEAM

The great thing about goalball is that it is a competitive team sport, offering blind athletes with all the benefits team sports provide. Teamwork and communication are paramount to success. “I love the team sport aspect,” said Dennis, who was on the bronze-medal winning team at the 2016 games in Rio. “You are not alone.”

It is also important to note that at the local club level (as well as school sport level), each team is allowed one sighted player. Therefore, goalball is a great way to bridge adaptive sports and able-bodied sports, according to Czechowski. “You can immerse everyone, promote inclusion, and bridge divides,” he said.

In addition to Turnstone, you can find other DSUSA chapters that feature goalball at https://www.disabledsportsusa.org/chapters/location-map/. More resources are also available through USABA at https://www.usaba.org/sports/goalball/. Lucas states that it is the goal of USABA that every child has a goalball in their hands as early as 3 or 4 years old. “It really helps with auditory and tactile sensory.” He also wants kids ready to play beginning at 5 or 6 years old.

Organizations, schools, coaches, and others interested in learning more about the sport can get a copy of “Goalball Guidelines,” a free manual that is available through Disabled Sports USA and the Athletics for All task force. Visit https://athleticsforall.net/goalball/ for more information.
KIRSTIE ENNIS TACKLING ONE MOUNTAIN AT A TIME

Retired Marine Sergeant Kirstie Ennis has tackled a number of mountains in her life and continues to tackle them. But she is also interested in helping others tackle mountains as well. As a U.S. Marine, she was a door gunner and airframes mechanic. While on her second deployment to Afghanistan, the helicopter she was manning crashed. It was June 23, 2012.

She suffered some trauma to her right shoulder, disc damage, traumatic brain injury, and after going through a period of trying to salvage her left leg, ultimately had to have it amputated above the knee.

A little over a year after that incident though, she was learning to snowboard with Disabled Sports USA. She grew up in Florida, where there is no snow, but actively played sports including softball. But she easily picked up snowboarding. “It wasn’t hard,” Ennis said. “I had a phenomenal teacher.” She would go back to Ski Spec in 2014 and 2017. Her ability caught the eye of Miah Wheeler, the former head Paralympic Snowboard Coach for the United States Paralympic Committee, who told others to “watch this girl ride.”

“He told me to not stop snowboarding,” she said. Ennis would even relocate to Winter Park, Colorado, to train with the National Sports Center for the Disabled, a chapter of Disabled Sports USA.

Snowboarding though, at least for now, has taken a back seat to mountaineering. Ennis is on a mission to summit all seven peaks (the highest mountain on each of the seven continents). On Feb. 1, she reached the summit of Aconcagua in South America. She invited a fellow veteran, David Rendon, to make the 22,841 foot climb.

Continued on page 10 >>
They flew to Argentina on Jan. 17, and the entire endeavor took about three weeks. After a three-day trek into base camp (which is at 14K), they began the ascent. It was brutally hot ... the main thing to do is just keep your head down and walk,” Ennis said. “You have to make sure your head and heart are in the right place. You see what you can put your body through.”

On Summit Day, Feb. 1, they started moving around 4 a.m. and it took approximately 14 hours to go up and six hours to get back down. “Mountaineering is a risky sport. “It is just as much a mental battle as it is physical,” Ennis said.

To prep for the experience, she focused on getting her heart rate up. “As much as you can, you have to be at altitude, so spending time on the mountain is helpful.” It helps that she lives at 7,000 feet above sea level versus a lower elevation. “As a left leg amputee, I also needed my shoulders and my right quad, so I did thousands of triceps dips and right leg lunges.”

Aconcagua was her fourth summit. Previously, she had attempted Denali. This spring, she is going to Mount Everest with the hopes to successfully reach the top. “Every one of them (the seven mountains) is so different,” she said. For Everest, more technical skills are required. “To get ready, I focused on my technical system and my prosthetics. Sometimes I am making it up as I go, but I am making sure I will be safe.” She also focused on strength and conditioning three times a week and interval training at least once a week, followed by a period of active recovery.

After Everest, Ennis plans to climb Mt. Vinson in Antarctica. She had already summited Kilimanjaro. “Every mountain teaches you something different,” she said. “You find out exactly who you are and what you are capable of. But her “Seven Summits Project” also provides an opportunity to raise funds for the Kirstie Ennis Foundation, which she established to inspire others, help fellow amputees, and change the game for prosthetics. “I joined the Marine Corps to serve people. Now I want to improve people's lives,” she said. “I want the next generation of amputees to say, ‘Kirstie did it. I can do it better, faster, stronger.’” After each climb, the all-volunteer organization meets to distribute the funds. “The idea is we want everyone to push their boundaries.”

Outside of her sports activities and foundation, Ennis is involved in a few business ventures including a t-shirt company, salon, and an art studio. She also sells real estate. In addition, she just completed the first semester of a doctorate in education program (she already holds three graduate degrees, in psychology, public administration, and business administration). There is also a potential documentary in the works.

In terms of snowboarding, she may go back to focusing on it, but climbing is the priority. There was even the thought of a Paralympic pursuit. “I want to be good at snowboarding,” she said. “Not necessarily at boardercross.”

The Warfighter Sports 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.
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 summer. Flip to page 18-19 to find your nearest chapter and see what programs are available in your area. For additional events and activities, visit warfightersports.org.

ARIZONA
March - May
Arizona Disabled Sports
Air Gun
Mesa, AZ
azdisabledsports.com

May 22-26
Arizona Disabled Sports
Desert Challenge Games
Swimming, Track & Field, Archery, Air Rifle
Mesa, AZ
azdisabledsports.com

CALIFORNIA
April 11-17
Amazing Surf Adventures
Operation Surf Santa Cruz
Surfing
San Luis Obispo, CA
operationsurf.org

June 20-23
Angel City Sports
Angel City Games
Multi-Sport
Los Angeles, CA
angelcitygames.org

August 1-30
United States Adaptive Recreation Center
Warfighter Adventure Programming
Hiking, Climbing, Sailing, Outrigger Canoeing, Ropes Course
Lake Tahoe, CA
achieve Tahoe.org

Ongoing: June - August
Achieve Tahoe
Warfighter Adventure Programming
Cycling
San Francisco, CA
borp.org

Ongoing: April - September
Bay Area Outreach and Recreation Program (BORP)
Adaptive Cycling
San Francisco, CA
borp.org

August 1-30
Steamboat Adaptive Recreation and Sports
STARSS and Stripes Summer Western Adventure Camp
Steamboat Springs, CO
steamboattcamps.com

Ongoing: April - June
Golf & The Disabled Golf Programming
Denver, CO
golfthedisabled.org

CONNNECTICUT
Ongoing: July - August
Sports Association
Graduate’s Golf Class
Golfing
Danbury, CT
gaylordhospital.org

Ongoing: April - September
Chesapeake Region Accessible Boating
Recovering Warrior Sailing
Regatta
Annapolis, MD
crb sailing.org

MISSOURI
April-May
Disabled Athlete Sports Association
Adapt and Achieve
St. Charles, MO
adaptivesportsassociation.org

MONTANA
May - September
Dream Adaptive Recreation
Water Sports and Paddle Days
Water Skiing, Wakeboarding, Paddle Boarding, Kayaking, Swimming, Tubing, Boating
Bigfork, MT
dreamadapts.org

NEW HAMPSHIRE
June 13-16
New England Disabled Sports
White Mountain Warrior Experience
Golfing, Cycling, Rock Climbing, Archery, Paddling
Lebanon, NH
newhampshire.org

NEW YORK
Ongoing: May – September
New York State adaptive Sports
White Water Rafting
Adirondack Regional Park
Utica, NY
wadsworth.com

Ongoing: April - May
Adaptive Sports at Mount Snow
Veteran Winter Adventure Series
Skiing, Snowboarding
West Dover, VT
msadapts.org

Ongoing: April – May
Adaptive Sports at Mount Snow
Veteran Winter Adventure Series
Skiing, Snowboarding
West Dover, VT
msadapts.org

VIRGINIA
June 2
Boeing/Disabled Sports USA/ Warfighter Sports
The Armed Forces Cycling Classic
Biking, Handcycling
Arlington, VA
cyclingclassic.org

May 31 – June 2
Wave Warrior Surf Camp
Surfing
Virginia Beach, VA
waveridoe.org

Ongoing: April 20 – June 22
Disabled Sports USA/Warfighter Sports
Pt. Belvoir Golf Clinic Series
Golf
Pt. Belvoir, VA
warfightersports.org

Ongoing: April – September
The Therapeutic Adventures, Inc.
Operation Freedom Outdoors
Paddling, Cycling, Fitness and Conditioning
Charlottesville, VA
taonline.org

VARIOUS LOCATIONS
Year round
Soldiers Undertaking Disabled Suba
Scuba Certification Classes
Various Locations Nationwide
sudiving.org

WASHINGTON, D.C.
October 13
Disabled Sports USA/Warfighter Sports
Army Ten-Miler
Running, Handcycling
Washington, DC
warfightersports.org

WISCONSIN
Dare2tri Learn2tri
June 19
Dare2tri Triathlon
Arlington, VA
dare2tri.org/learn2tri-camp

Dare2tri Train2Race
June 21-23
Dare2tri Triathlon
Arlington, VA
dare2tri.org/train2race-camp

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.
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- Arthur J Gallagher
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  - Trijicon
  - U.S. Association of Former Members of Congress
  - Wilson Elser
  - Wilson Sonsoni

Silver

- AECOM
- AES Global Insurance
- Alston & Bird LLP
- Anthem Life
- Arthur J Gallagher
- Beaver Run Resort & Conference Center
- Breckenridge Ski and Sports
- Capital Bank
- CIGNA
- Cooley LLP
- DAV Charitable Service Trust
- Franklin Templeton Investments
- Goodwin Procter
- Greenberg Traurig
- Holland & Knight
- J.F. Lehman & Company, Inc.
  - Jackson Lewis
  - John’s Day Bridge Society
  - Lewis Brisbois, Bisgaard & Smith, LLP
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  - Swiss Re America Holding Corporation
  - Trijicon
  - U.S. Association of Former Members of Congress
  - Wilson Elser
  - Wilson Sonsoni
THE
Max has been riding since he was five years old at GallopNYC, a chapter of Disabled Sports USA. GallopNYC offers therapeutic horsemanship programs to children and adults with disabilities, including veterans. A wheelchair is the everyday mobility device for Max, but on Tuesday evenings his mom says he gets the opportunity to feel like a cowboy. “He is like, ‘look at me, I can do something you didn’t think I could do.’ He likes the attention and to make people laugh.”

“For him, it is not work,” Taveras said. “It is the best kind of therapy because it is fun.”

HORSE POWER

There is great therapeutic power in riding a horse. According to Abigail Welhouse, a PATH Certified Therapeutic Riding Instructor at GallopNYC, the benefits include:

- Builds strength in core muscles and leg muscles.
- Improves balance, particularly when it comes to the riding technique of posting (going up and down with the horse).
- Enhances focus.
- Better empathy and socialization, especially since riders form a close bond with the horse.
- Helps with communication including speech and for riders who are nonverbal.
- Increases flexibility.
- Boosts confidence, as it is empowering to “tell a giant animal what to do and they listen,” Welhouse said.

Taveras agrees, as horseback riding has helped her son get better and stronger, while having fun. “Max is able to communicate, but it is difficult (for most people) to understand. He is able to express how he feels and what he likes and dislikes. Riding has helped him with communication. It has also helped him focus, to stay on the horse and hold onto the rings as he doesn’t have great use of his hands. In addition, it has helped with his core strength and also taught responsibility (grooming and taking care of the horse),” she said.

TAKING A LESSON

To experience all the benefits and thrills of equestrianism, the first thing to do is take a lesson. GallopNYC work with all ages, from 4 to 94 years with a wide range of abilities. “We get a broad range of participants,” Welhouse said. “There is no such thing as an average rider.” They have programs for veterans, programs for seniors, and other interested groups. At the height of their season, they have provided lessons to 686 riders a week and operate their program at multiple locations.

Lessons are 10 weeks in length at GallopNYC, but what is nice about horseback riding is you don’t have to commit to long term. Not a lot of supplies or equipment is required by the individual either. Typically, long pants are encouraged to avoid chaffing and closed-toe shoes with a smooth sole and raised heal are preferred. Gloves are often helpful and you can wear a chest protector if necessary as well. Helmets that are specifically for horseback riding are typically provided by the program. “Bike helmets won’t work. You are much higher on a horse so specially-designed helmets are important,” Welhouse said. “You can go all out and buy the gear, but that is not necessary.”

At the beginning of each session, or lesson, staff will work with you to determine your riding goals as well as individual life goals. “All riders are provided with a foundation, but it is really about progression and tracking...
Adaptations

Riders must have their doctor’s approval in order to get on a horse, primarily for the safety of the rider. There are a number of adaptations in horseback riding for individuals with varying abilities. For individuals that utilize a wheelchair or other mobility device, stables may have a lift to assist in getting onto the horse. Special stirrups, which are used in mounting an animal or for support while riding one, can be used for individuals with lower limb loss or challenges. For someone with cerebral palsy, a surcingle (a strap that fastens around the horse’s girth) may be needed to help stabilize the rider’s weight. If you have a visual impairment, a guide, instructor, or volunteer will provide verbal cues throughout the duration of the lesson to assist you in riding.

READY TO COMPETE

There are a number of variations and styles of horseback riding, including English and Western saddle riding, jumping, vaulting, dressage, and carriage driving. The latter two activities are Para Equestrian competition events governed by the International Federation of Equestrian Sports.

Para dressage has been a Paralympic sport since the 1996 Summer Games and involves a series of movements that riders lead the horse through. “It is like figure skating or dance, but on a horse,” said Hope Hand, president of the United States Para-Equestrian Association (USPEA) and a former member of the National Team. “It is like dancing on horseback.” It is a French term that means training and centers around the athletic movement of the horse and the relationship with the rider.

Like with any Paralympic sport, there is an assessment of ability or disability before one can fully compete. Five grades (classification levels) exist in para dressage, which “creates a level playing field on the physical aspects, not on skill level,” according to Hand.

Hand picked up dressage at an able-bodied stable around 1995 while in college. “I then worked as a groom to learn as much as I could.” She encourages those interested in taking up the sport to do the same.

The other competitive para equestrian sport is para driving, sometimes called carriage driving. “The carriage is an equalizer,” said Diane Kastama, president of United States Driving for the Disabled, a chapter of Disabled Sports USA. “I am just a person in a carriage ... no one knows I am in a wheelchair,” she said about competing. Kastama has a spinal cord injury as a result of a vehicle accident and made the national team in 2002. “In this sport, you compete against everyone else, including able-bodied drivers.”

Carriages are all modern, fully equipped with shocks and disc brakes. Horses are well-trained and carriages are safe. For example, safety features such as a quick release are in place to ensure the rider is able to get out of the carriage if necessary. “Getting in the carriage is the biggest hurdle,” Kastama said. She has to transfer out of her chair. Once that is done, she is ready to enjoy her need for speed and total and complete independence. “I’m independent, which driving allows me.” In essence, carriage driving is communicating through voice commands, taking the reins, and steering the horse where you want to go.

For those interested in para driving, Kastama encourages individuals to learn the sport. “Attend a clinic or go to an event as a competitor or volunteer. “By volunteering, you learn the rules,” she said.

GET WITH A PROGRAM

Chapters such as GallopNYC and United States Driving for the Disabled offer equestrian sports and therapeutic riding programs. For more information, check out https://www.disabledsportsusa.org/chapters/location-map/.

For para driving, contact the United States Driving for the Disabled for active programs or to help find a local driving club as a number of Learn to Drive programs exist. You can also locate the closest certified PATH International (Professional Association of Therapeutic Horesmanship) center by visiting https://www.pathintl.org/. Regardless, try it ... you might like it.
E-TEAM MEMBER DAVID BOTANA AIMING FOR 2020 PARALYMPICS

When David Botana and his family moved to Indiana, the then 11-year-old was looking for things to do. Within just a couple of days, they bought him a pony named Rocky. They kept the pony at a nearby stable and Botana was able to take regular riding lessons there, mainly in the Western style.

Two years ago when the family moved to Portland, Maine, Botana was looking for ways to continue riding. It was here he tried dressage for the first time. “It is a different style of riding,” Botana said. “I am still riding a horse, but it is a whole new sport.”

Botana was born with Vater Syndrome, a set of birth defects that can affect the vertebrae, esophagus, kidneys, and other parts of the body. He particularly has been dealing with scoliosis and as his body grows, it has caused other issues. “Western allowed me to get comfortable riding horses. But as my body has declined, dressage actually allowed me to have a connection to the horse. It is more secure,” he said.

For dressage, Rocky (the pony) wasn’t going to necessarily work. So his trainer suggested he try Lord Locksley, a Trakehener and Grand Prix breeding stallion owned by Meg Stevens. He goes up to Crystal Spring Farm in Montville on weekends to ride, which is about an hour and half drive outside of Portland. He trains with Susanne Hamilton, a United States Dressage Federation Gold Medalist, instructor, clinician and judge. “I rode him (Lord Locksley) in some local competitions and decided to go down to Florida for two weeks with him as well and try our first international competition.” Botana said.

“Dressage is a partnership between the horse and the rider through a series of maneuvers,” he explained. “It is about frame, poise, impulsion, and rhythm. It requires patience and maintaining a consistency throughout the performance. Dressage is extremely technical.”

That partnership between Botana and Lord Locksley is starting to click. In 2018, Botana was named a member of Disabled Sports USA’s Elite Team. In January 2019, he participated in his first Paralympic qualifier and was selected as Team Alternate. Throughout the event, he raised his place up to third. In March, he returned to Florida as a member of the U.S. team for another Para Dressage competition, helping to earn an all-time high team score for the United States and a decisive victory over Canada. His next competition will be in May. “I want to do well … and we are getting better as a team.”

Botana is the youngest Paralympic hopeful. “I am hoping to make the Paralympics in 2020,” he said. “It is not a young person’s sport … experience has its benefits.”

The Paralympic team won’t be announced until the end of the year. “The other competitors have been there. But I think we can achieve the scores to do that,” Botana said.

Outside of horseback riding, Botana is a student at Casco Bay High School, a rigorous public high school focused on expeditionary learning. “My school is amazing. The teachers and student body have been very supportive (of his endeavors).” He also enjoys alpine skiing with adaptation for his disability. “I skied a bit when I lived in Indiana.” He learned to ski through Camp No Limits and had the opportunity to participate in the Diana Golden & Mills Cup Race Series through Northeast Disabled Sports, a chapter of Disabled Sports USA, in 2015. He continues to ski at least once a year with Maine Adaptive Sports and Recreation, another DSUSA chapter.

He is excited about what the future holds. “I am growing up at the right time… with medical treatments available. It is really empowering.” Looking to the 2020 Games in Tokyo, he is seeking funding and sponsorships to help defray the expensive costs of competing at the elite athlete level. “Everyone has been so generous,” he said. We (Botana and Lord Locksley) have the makings of an amazing team – we just need the opportunity.” You can follow his journey at facebook.com/2020ParalympicDream.
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GLASA ADULT NATIONAL & GREAT LAKES GAMES LAKE FOREST, ILLINOIS

The Great Lakes Adaptive Sports Association (GLASA) is hosting the Adult National Open & Great Lakes Games (ANO GLG) June 13-June 16 at Lake Forest High School and Niles West High School, located in the northern suburbs of Chicago. These games will provide three days of competition, educational clinics and socials. GLASA is honored to host the Adult National Open (ANO) which will run in conjunction to the regional games and will include many of our injured military. The Great Lakes Games (GLG) is a qualifier for the Adaptive Sports USA, Junior Nationals (for some a first step to the U.S. Paralympics). This year, the games are partnering with the University of Illinois Wheelchair Track Program to conduct Fast Cow under the lights on Saturday evening. Both the Fast Cow and the ANO GLG track meet to be conducted on Sunday will take place on a Mondo track. Additional sports offered for the games will include boccia, swim, field, archery, and powerlifting. National classification panels will be offered in swim, track and field. Air rifles which are part of the games will be conducted on dates outside of this weekend.

The ANO GLG are unique in that they serve the beginner, first time sport enthusiast to the Paralympic hopeful athlete. This event is one of the largest competitions in the country for athletes who have a physical or visual impairment. This is an exciting year as athletes train to be selected for the World Para Junior Championships in Notwill, Switzerland, Aug. 1-4, Parapan American Games in Lima, Peru, Aug. 24-28, World Para Athletics Championships, Nov. 7-15, and World Swim Championships, July 29-Aug. 14. The ANO GLG looks to have past Paralympians and those training for the 2020 Tokyo Paralympic Games compete at the event.

The games are World Para Athletics Approved, USA Para Powerlifting Sanctioned, and sanctioned by Adaptive Sports, USA and Adaptive Track and Field, USA. The Great Lakes Adaptive Sports Association is a Paralympic Gold Sports Club which provides a continuum of developmental to elite level sports opportunities to people with a physical or visual disability.

For questions about the UCO Endeavor Games, contact Cassidhe Walker at ucoendeavor@uco.edu or 405-974-3411. For more information about the Endeavor Games, visit www.endeavorgames.com.
DARE2TRI TRIATHLON CAMPS VARIOUS LOCATIONS

**Dare2tri** is gearing up for its busy season. It does not matter if you are a novice or experienced athlete, a youth, adult or injured veteran, Dare2tri has a camp for you. Camp opportunities include:

**Dare2tri Injured Military Camp:**
May 31-June 2, Hammond, Indiana
The camp is open to any injured military or veteran with a physical disability, visual impairment, traumatic brain injury, or PTSD. Dare2tri will provide adaptive equipment, wetsuits, handlers/guides, top coaches and mentor athletes. The camp will end with participation in Leon’s Triathlon.

**Dare2tri Learn2Tri Camp:**
June 7-9, Pleasant Prairie, Wisconsin
This camp, geared towards the more beginner athlete, will focus on skill development in swimming (pool and open water), cycling/handcycling, running/pushing, transition, nutrition, equipment maintenance and more. On Sunday, athletes are invited to put their new skills to the test and cross the finish line at the Dare2tri Tri It Triathlon.

**Dare2tri Train2Race Camp:**
June 21-23, Pleasant Prairie, Wisconsin
This camp is for those athletes who have completed at least 3 triathlons. Camp will focus on race preparation, race strategy and techniques, and building upon the skills in swimming, cycling, running/pushing and transition. On Sunday, athletes will put into practice what was learned by participating in the Pleasant Prairie Triathlon.

**Dare2tri Kids Paratriathlon Training Camp:**
July 23-24, Chicago
Camp is open to youth ages 6-21 with a physical disability or visual impairment. Camp clinics include open water swimming, cycling, running/pushing, transition, nutrition, and more. Camp will end with athletes crossing the finish line at the Dare2tri Tri It Triathlon.

For more information or to register, visit [www.dare2tri.org](http://www.dare2tri.org).

**TURNSTONE HOSTS SPORTS COMPETITIONS**
**FORT WAYNE, INDIANA**

**Turnstone**, the Midwest’s Adaptive Sports Destination, is thrilled to host the Endeavor Games, a national tournament where athletes come from all over the United States to compete for their own health, for fun or for the hopes of becoming a Paralympian. After that, Turnstone will be hosting the IBSA Goalball & Judo International Qualifier where athletes from over 50 countries will be competing to qualify for the Paralympics in Tokyo 2020.

- **Endeavor Games** – April 26-28.

Contact Jaime Garzon at Jaime@turnstone.org or 260-483-2100 for inquiries and to register.

**CYCLING AND TENNIS AT WITCHITA ADAPTIVE SPORTS**
**WICHITA, KANSAS**

**Wichita Adaptive Sports**, based in Kansas, invites athletes to participate in two upcoming events:

The Wichita Adaptive Cycling Omnium is a three-race weekend beginning June 14 at 6 p.m. with a 15k Time Trial out and back course. June 15, 8:30 a.m. is the 24-mile Road Race. June 16, finishes the weekend with a .9-Mile Closed Criterium Course that lasts 35 minutes. Awards are yet to be determined. Veterans will qualify for some financial assistance to attend this event. Field limit is 35 and preference given to veterans. Contact for the race is James Watson. For details regarding registration and to apply for financial assistance, contact kansasadaptivecycling@gmail.com. Some details are subject to change.

The Air Capital Classic will be held from June 26-30. The tennis camp begins on June 26 at 5 p.m. and ends June 28, at noon. The tournament begins June 30 at 1 p.m. and ends when the last match is completed. During the camp there will be an emphasis on juniors and veterans with a cap of 25 people for the camp. National and local wheelchair tennis coaches will lead the camp. Juniors and veterans will qualify for some financial assistance to attend this event. Contact for the Air Capital Classic is Grady Landrum. For details regarding registration and applications for the camp and tournament, contact grady.landrum@gmail.com.

In addition, you can participate in a 5k race in Augusta, Kansas, (roughly 8 miles east of Wichita) on Aug. 10.

For more information, visit [www.wichitaadaptivesports.org](http://www.wichitaadaptivesports.org).
CHAPTER EVENTS
MOUNTAIN

PADDLE, ESCAPE, AND EXPLORE WITH BOEC
BRECKENRIDGE, COLORADO

Over the last 42 years, the 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 trips provide an opportunity to explore the amazing sights of the western United States. Our nonprofit strives to serve all people of all abilities who want to enjoy the experience of rafting, rock climbing, hiking, cycling, canoeing, a ropes course and more.

This summer, we will offer a series of outdoor retreats for wounded military, individuals, family members, and a women's only trip. We have also added a new program for adults living with spinal cord injuries. Programs range from overnight river trips, to outdoor activities based out of our accessible mountain lodge. Enrollment criteria may vary per retreat. We serve individuals ages 8 and up, families, and groups.

Programs include:
• Heroic Family 4-day Retreat in Breckenridge, June 29- July 2
• Ruby Horse Thief/Westwater Heroic River Trip, July 28-Aug. 2
• Heroic Family San Juan Family Retreat – July 1-7
• Wheel Wild Adventures 4-day Retreat in Breckenridge, Aug. 6-9
• Ruby Horse Thief/Westwater Heroic Women's Retreat, Aug. 17-22

For a full listing of our programs, visit www.boec.org or contact Claire DiCola, Admissions Director, Claire@boec.org, 970-453-6422.

RECREATE THIS SPRING AND SUMMER
WITH COLORADO DISCOVER ABILITY
GRAND JUNCTION, COLORADO

Colorado Discover Ability (CDA) is located in Grand Junction, Colorado, 28 miles east of the Utah border at the junction of the Colorado and Gunnison Rivers. Grand Junction is an oasis in the desert nestled between towering rock formations and beautiful, lush mountain ranges.

CDA has been providing outdoor recreation opportunities to people with disabilities for over 30 years. We offer year-round integrated adventure opportunities to educate people with disabilities, their families and friends about the power of outdoor activities. We design our programs to provide you with an opportunity to challenge yourself physically and mentally in the stunning surroundings of the high desert of western Colorado and eastern Utah.

New this summer, we will be adding day camps for adults to complement our incredibly successful weekly youth day camps. Day camp activities include rock climbing, flat water paddle sports, river rafting, equestrian and cycling. Day camps run every week on Tuesdays and Wednesdays beginning June 4 and finishing on Aug. 7.

CDA will once again offer a multitude of opportunities for veterans through our partnerships with the U.S. Department of Veterans Affairs and our local chapter of Team River Runner. These opportunities include multi-day river trips on the Green and Colorado Rivers as well as competitive and recreational cycling with our veteran cycling group, “Team Ability.” A highlight of our summer veterans’ programs will be our annual four-day rafting trip on the Gates of Lodore section of the Green River Aug. 27-30.

For more information, visit http://www.cdagj.org or call 970-257-1222.

For more information, visit http://www.cdagj.org or call 970-257-1222.
A VARIETY OF SUMMER CAMPS AT THE NATIONAL SPORTS CENTER FOR THE DISABLED VARIOUS LOCATIONS, COLORADO

The National Sports Center for the Disabled (NSCD) offers camps for all ages and abilities. Join us for a Sports Mini Camp in Colorado’s Front Range! Activities may include a day at the lake, rock climbing, paddle sports, archery and the NSCD Moves! course. The camp for ages 8 and up will be held June 17-19, July 15-17, and Aug. 5-7 from 8 a.m. to noon. Cost is $250 for three days, or $100/day.

The NSCD also offers summer camps in the Rocky Mountains of Colorado. These include:

Summer Woods Adventure Camps for Adults with a Developmental Disability, June 11-14, July 23-26, Aug. 20-23. Activities may include rafting, hiking, camping and Winter Park Resort activities. Cost is $850 (add horseback riding for $60).

Therapeutic Horseback Riding Camps for ages 10 and up, July 2-5, Aug. 6-9, Aug. 27-29. Activities may include horseback riding, cookouts, campfires and tent camping. Cost ranges from $650-$800.

Veterans Family Camp Out for ages 5 and up, Aug. 2-4. Activities may include rafting, lake fun, Winter Park Resort activities, NSCD Moves! and campfires. Cost is free for veterans, $125 per adult, and $75 for children ages 5+.

Women’s Weekend Camp for Adults with a Physical Disability, Aug. 15-18. Activities may include rafting, hiking, camping and Winter Park Resort activities. Cost is $850.

Veterans Camp, Aug. 30-Sept. 2. Activities may include whitewater rafting, kayaking, hiking, Winter Park Resort activities and fishing. Cost is $25 refundable deposit.

For more information or to sign up for activities, call 435-713-0288, email alex.cgoa@gmail.com, or visit www.cgadventures.org.
TEAM RIVER RUNNER AND ADAPTIVE SPORTS ASSOCIATION PARTNER IN SAN JUAN RIVER WOMEN’S CLINIC MEXICAN HAT, UTAH

The San Juan Women’s Clinic is a collaborative adventure between two non-profits, Adaptive Sports Association (ASA) and Team River Runner (TRR). Eight female veterans with a documented disability (of any kind) are selected through an application process where TRR chapter coordinators encourage participants from their chapter to apply along with any ASA participant recommendations. The participants along with female guides and volunteers make up a total group of around 15 to come together as a team to navigate 55 miles of beautiful San Juan River while camping for a five-day stretch. There is a large focus on leadership and teamwork throughout the clinic and everyone works together and steps up as a leader in different ways depending on the individual’s skills and capabilities. The group works as a whole to set up camp, cook meals, and each person has the opportunity to paddle the river using rafts, paddleboards, inflatable kayaks, and hard-shell kayaks. The daily fireside chats are an important key to the success of the clinic where a leadership module is laid out and the team has specific goals to resonate with each day. This clinic is extremely unique and it can be hard to describe the benefits of the experience. After the 2018 clinic, participant Bridgette Ruppenthal said, “This trip gave me hope. This trip inspired me. This trip saved my life. The five days on the San Juan with this amazing group of women reignited my flame.” The 2019 trip will take place May 13-20.

For more information, contact Brandy Brune at brandy.brune@gmail.com or visit www.teamriverrunner.org.

CHALLENGE ASPEN OFFERS CAMPS FOR KIDS ASPEN, COLORADO

Challenge Aspen is dedicated to impacting lives through year-round adaptive experiences for individuals faced with cognitive and/or physical disabilities. Challenge Aspen creates life-changing opportunities by encouraging participation in activities designed to redefine limits, recognize abilities, and transfer newfound courage to everyday life.

Challenge Aspen programs offer individuals and groups with cognitive and/or physical disabilities diverse opportunities to experience all that the Roaring Fork Valley has to offer. These recreational, educational, and cultural activities are designed to boost confidence and self-esteem while broadening horizons for all ages.

Challenge Aspen has created summer camps for the music, art, and dance enthusiast and the outdoor adventurer in your family. Our weeklong camps provide the perfect setting, a knowledgeable staff and, for kids’ camps, a safe, natural community where they are free to create memories of their own.

The Magic of Music and Dance Camp, Challenge Aspen’s longest running camp, will take place July 22-July 26. Music and Dance Camp provides artists of all ages with disabilities the opportunity to release their creative spirits and express themselves through dance, movement, singing, and acting. Participants create and rehearse a full stage production with dialogue, songs, costumes, and dance. Afternoon activities include swimming, whitewater rafting, and a family BBQ. The camp culminates with a magical performance of the production for the local community. Lunch will be provided to participants Monday, Tuesday, and Thursday.

For more information and to register, visit challengeaspen.org, email Deb@challengeaspen.org, or call 970.923.0578.
ABILITYPLUS ADAPTIVE SPORTS
MOUNT WASHINGTON, NEW HAMPSHIRE

Here in the Mount Washington Valley, AbilityPLUS Adaptive Sports is mostly known for an amazing alpine skiing program. And while skiing is a way of life, we are much more than just making turns! We are a year-round organization offering hiking, kayaking, and biking in the non-snowy months. From reaching the tops of our highest peaks to biking the trails throughout the valley, we are there to promote independence, support inclusion and help everyone discover their full social, mental and athletic potential.

Weekly mountain bike rides take place at the base of Mount Washington at Great Glen Trails. The terrain here offers something for everyone, from meandering carriage roads to challenging single track. We will also tackle all 6,288 feet of the tallest mountain in the northeast United States at Seek the Peak on July 20. Kayak and canoe tours run throughout the warm months.

AbilityPLUS programs are open to everyone. We teach and work with people regardless of their age, disability or financial constraints and all lessons and programs operate out of the Mount Washington Valley of New Hampshire with partnership and affiliate programs throughout New England.

For more information, visit abilityplus.org.

SUMMER FUN WITH THE AOEC
VARIOUS LOCATIONS, MAINE

Maine’s motto isn’t “Vacationland” for no reason! Join us this summer by participating in one of the Adaptive Outdoor Education Centers (AOEC) fantastic outdoor recreation programs happening throughout the state.

Our Horizons Sailing program is a great way to get out on the water and enjoy summer by the sea. The program offers people of all abilities and ages the opportunity to learn how to sail and teaches seamanship. Starting June 10th, we offer sailing at two locations in Maine, at SailMaine in Portland on Casco Bay or at Camp Capella in Dedham on Phillip’s Lake.

Another water-based activity is our annual Water Sports Camp weekend, held September 6-8. Taking place on North Pond in Rome, Maine, this camp provides an array of water activities ranging from waterskiing and paddleboarding to pontoon boat rides and rowing. It’s a weekend jam-packed with fun in the sun!

If water isn’t your thing then try your skills at the Horizons Climbing program. We have partnered with three gyms across the state to provide adaptive climbing for individuals and groups. The program is also expanding this coming summer to offer monthly outdoor climbing sessions, leading up to our annual camp and climb weekend at Acadia National Park, September 27-29!

Don’t miss out on experiencing “The way life should be,” with the AOEC this summer!

For more information, visit www.adaptiveoutdooreducationcenter.org.
MAINE ADAPTIVE CLIMBING PROGRAM AND CERTIFICATION COURSE NEWRY, MAINE

Climbing to new heights requires training to new heights! Maine Adaptive Sports & Recreation will host an indoor climbing wall instructor course (CWI) – accredited by the American Mountain Guide Association. The CWI program is the national standard to train and evaluate climbing wall instructors. May 14-16 we will offer this training to 12 staff members and volunteers with the goal of increasing the level of professionalism and climbing instruction in our adaptive climbing program. The course will consist of the technical knowledge needed to manage an indoor instructional climbing program, on the wall skill demonstrations, and evaluations.

For more information about this training opportunity, our adaptive climbing program or other adaptive offerings, visit www.maineadaptive.org, contact info@maineadaptive.org, or call 207-824-2440.

29TH ANNUAL ADAPTIVE WATER SPORTS CLINIC CONNEAUT LAKE, PENNSYLVANIA

The 29th Annual Three Rivers Adaptive Sports (TRAS) Adaptive Water Sports Clinic for people with disabilities is planned for July 22-July 25 at Conneaut Lake. This year’s event will be held at the Iroquois Boating and Fishing Club (10733 Konneyaut Trail) on Conneaut Lake’s east side. The Adaptive Water Sports Clinic is open to people with any type of disability, including leg and arm amputation, spinal cord injuries, arthritis, cerebral palsy, spina bifida, orthopedic disabilities, polio and survivors of stroke and brain injury and is Western Pennsylvania’s premier adaptive water sports program. The clinic will include state-of-the-art adaptive waterskiing, kayaking and canoeing equipment and instruction. This year’s clinic will include adaptive water ski instruction and cutting edge adaptive kayaks and canoes, which feature adaptive seating and paddle systems and outriggers for increased balance/stability.

The Adaptive Water Sports Clinic begins at 8 a.m., and concludes each day at approximately 4 p.m. There are also several social events planned for Monday through Wednesday evenings for clinic participants, their families, friends and volunteers.

For a registration form and clinic details, call 412-848-8896 or visit traspa.org.
OUTDOORS FOR ALL’S NEW ACCESSIBLE MOUNTAIN BIKING PROGRAM
PUGET SOUND REGION, WASHINGTON

With funding from the United States Department of Veterans Affairs, Outdoors for All inaugurated its mountain biking program for wounded active duty and recovering military veterans in 2018. With the addition of 12 Transition Mountain Bikes, recovering military veterans were able to discover their community and abilities in the outdoors. The program will be expanded in 2019 through the addition of five adaptive off-road hand cycles via ReActive Adaptations. Four will be funded thanks to support from the Craig H. Neilsen Foundation and the fifth through Disabled Sports USA. This will be the first time Outdoors for All will be able to offer adaptive mountain biking programs accessible to all abilities in Puget Sound Region. The program starts May 25 and runs for six weeks, ending on June 29.

ALPINE ADVENTURES CLOSE TO HOME
BIG BEAR LAKE, CALIFORNIA

Just a short drive away, wounded warriors, veterans and others with physical disabilities have, for 30 years, come to the summer programs of the United States Adaptive Recreation Center (USARC), Southern California’s original adaptive program.

With its time-tested formulas, USARC continues its legacy of facilitating access to, and proficiency in, summer recreation in the nearby San Bernardino Mountains, all at the lowest cost of any comparable program in the west, with every lesson including a full or partial scholarship!

USARC offers waterskiing, wakeboarding, kayaking, stand-up paddleboarding, sailing, fishing and Jet-Skiing, and in so doing can address virtually anyone’s excitement level. Add a couple nights spent camping by a glowing campfire under clear, starry skies and it’s the icing on the cake of your water sports fun.

If your tastes include water with higher salinity, the USARC again partners with Casa Colina Rehabilitation for three days (Aug. 13-15) in Long Beach.

Lastly is October’s 25th Annual Peak to Peak Pedal between Big Bear and Mammoth, a life-changing five-day cycling adventure. You can reference Peak to Peak Pedal ride information at http://usarc.org/peak-to-peak-pedal.

Summer sessions are in July and August, and space is limited so reservations are required. Contact USARC at 909-584-0269, mail@usarc.org, or www.usarc.org.
Great winters lead to amazing summers in the Sierra Nevada. With more than fifteen years experience changing lives through adaptive sports, Disabled Sports Eastern Sierra (DSES) offers a wide range of opportunities for athletes of all abilities to experience our beautiful backyard.

Youth and adults can discover new abilities or improve their skills on daily lessons in a variety of sports including road cycling, mountain biking, kayaking, stand-up paddleboarding and climbing wall and ropes course challenges at the Mammoth Mountain Adventure Center. We also host a weekly cycling group that rides Wednesdays from June through October.

During the summer months, DSES works closely with community partners to host Operation High Altitude, a week-long camp for military athletes and their families, and Pedal~Paddle, a weekend for families to enjoy together. The upcoming calendar includes:

- **June 10-14** – Operation High Altitude, a Camp for Wounded Warriors. Join other military athletes and their families for a week of camping and camaraderie, including road and mountain biking, flatwater paddling, fishing, rock climbing, and evenings around the campfire.
- **June 23** – Mammoth Half Marathon
- **July 13** – June Lake Triathlon
- **July 27-29** – Sierra Cycle Challenge. Challenge yourself on a three-day, 150-mile ride on the beautiful byways of Mono County while supporting DSES. This fully supported ride circumnavigates the Glass Mountains while climbing more than 10,000 feet in elevation.
- **TBD** – Pedal ~ Paddle. Bring your family for a weekend biking and paddling along the gorgeous lakes, roads, and trails of the Eastern Sierra.

Disabled Sports Eastern Sierra is thrilled to announce expanded adaptive mountain biking opportunities in the Eastern Sierra. The organization has made significant investments in mountain biking programs recently including professional certifications for instructors and updated terrain options. With six new adaptive mountain bikes, including four with e-assist technology, purchased with support from the Craig H. Nielsen Foundation, DSUSA, and the Department of Veterans Affairs, DSES is stoked to hit the trails this summer and fall. DSES offers morning and afternoon mountain bike lessons daily beginning in June 2019.

For more information visit DisabledSportsEasternSierra.org, email info@disabledsportseasternsierra.org, or call 760-934-0791.
FOOTLOOSE DISABLED SAILING SEATTLE, WASHINGTON

Footloose introduces sailing as recreation and sport to disabled people of all ages. Their family, friends and caregivers are also welcome to participate. We have big and small sailboats available for our day sails out of the North Leschi Marina on Lake Washington. Our events are scheduled on the average of twice a month throughout the spring, summer and early fall, and once every summer we sail across Puget Sound for an overnight camping trip at Blake Island.

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

Come join us! The Footloose motto is “Leave Your Disability at the Dock.”

Opening day is May 4th with day sails about every other Saturday after that. The full schedule can be viewed at footloosedisabledsailing.org/events.

For our event schedule and more information, visit www.footloosedisabledsailing.org and on Facebook, https://www.facebook.com/FootlooseSailingAssociation.
Adaptive Sports and Recreation’s 33rd Annual Junior Adaptive Sports Camp is almost here! This camp was created for kids ages 4-18 with physical challenges such as spina bifida, cerebral palsy, amputations, spinal cord injuries, and more to help cultivate a love for sports. The camp will take place July 22-27. During this unique week, campers work with committed volunteers and sports instructors who share a passion for adaptive sports, while learning the fundamentals of activities such as wheelchair basketball, tennis, archery, swimming, handcycling, waterskiing and more. Campers develop important skills to help them stay active and healthy while fostering positive self-esteem, leadership, independence, and establish a desire for lifelong activity.

Learn more about camp and see last year’s camp video at www.adaptivesportsandrec.org.
Sportable’s 2019 Youth Sport Series aims to introduce youth athletes with physical disabilities or visual impairments to a variety of adaptive sports and activities, to provide opportunities to meet peers, and to help athletes see beyond their disabilities. Sportable enables young athletes to develop their true potential through recreation, sport, social integration, and community involvement. Youth program instruction is provided in small groups so everyone can learn at their own pace, no matter their experience level. Sports opportunities include swimming, wheelchair racing/running, wheelchair basketball, wheelchair lacrosse, wheelchair tennis, and cycling. Participants will have the chance to learn more about each sport and to try out adaptive sports equipment. These events are a great entry point to adaptive sports for kids who are interested in becoming a competitive or recreational athlete. Six events will be offered, on May 18, June 29, July 13, Sept. 28, Oct. 5, and Nov. 16. These events are free and open to all youth athletes, not just Sportable members.

To register or learn more, email info@sportable.org or call 894-340-2991.

**SPORTABLE YOUTH SPORT SERIES RICHMOND, VIRGINIA**

Discover **PROTEOR USA**. Delivering an extensive, progressive product line that includes everything today’s active amputees need to live the life they love. Offering an innovative portfolio that includes everything from the virtually indestructible RUSH Foot collection to the world’s first microprocessor-controlled hydraulic 4-bar knee with both stance and swing functionality – the ALLUX. The EASY RIDE, multi-use extreme sports knee to the KEASY, renowned prefabricated cones, the K2 GERY foot to the flexible, all-terrain, DynaTrek foot. Discover the exciting PROTEOR USA product line today! #HumanFirst. Visit proteorUSA.com.

**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!
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AK ReBELLE Stephanie Gunsalus, hyTrek knee, RUSH Foot ROVER

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AK Rebel Joseph Roybal, EASY RIDE knee, RUSH Foot LoPro