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Cover Photo of Katy Maddry
Cover Photo by Reed Hoffmann.
2020 posed some unique challenges, many of which were not on our radar at the start of the year. If you are literally looking to turn the page on 2020, check out the new Move United 2021 photo calendar offering on page 14.

Back in March 2020, many adaptive sports programs across the country had to shutter operations or significantly modify programming due to the pandemic. All of us had to adapt, but it is fortunate that adapting is what we do.

In April, Move United launched the #AdaptAtHome initiative, providing opportunities to stay active and healthy while remaining safe at home. Although this was in direct response to the pandemic, the program is here to stay. What we have learned during these past several months is #AdaptAtHome provides flexibility to many of our community members and opens new options for those who live far from one of our 180 member organizations. The #AdaptAtHome program provides access to the type of activity that works for you, when you need it, and where you are.

While #AdaptAtHome is one example of how we move to better serve the adaptive sports community, we seek greater insight into how sports make us more. To that end, we are embarking on an ambitious survey that requires your participation. Check out the story on page 18 to learn how you can engage and help us move the dial even further in the next decade.

“As we expand our vision for the next decade, your voice needs to be heard.”

As we progress through the early months of 2021, there is optimism that we all may come together again, whether through the weekly clinic, practice, or activity; at the program in our backyard; or the game, competition, or event to test ourselves. The 2021 Move United Competition Series includes two dozen events planned for this year. These competitions take place throughout the country, and test your skills and advance your abilities. Read more on page 16.

This issue features how-to articles on two sports and activities. Looking for a solution to the pandemic challenges while adhering to physical distancing guidelines? Check out the story on snowshoeing on page 20. There was a significant uptick nationally in solo and small group activities like hiking, cycling, backpacking and similar activities in the spring, summer, and fall. Snowshoeing may be your “winter hiking” and will likely see the same rise in interest. Perhaps chess with a saber is more your thing? The sport of parafencing is engaging to watch, but even more exciting to do. Learn more by visiting page 6.

Inside this issue, there is much more to check out. You will want to read the stories about Tony Drees and Katy Maddry on pages 12 and 22 respectively. You can also find exciting updates and stories from the Move United member network and adaptive sports community.

Cheers,
Glenn Merry, Executive Director
Move United

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ON GUARD, READY, FENCE!
The Sport of Parafencing

When Byron Branch was younger, he was involved in a chess club and played a lot of chess. “I've always been intrigued by anything that is intellectually heavy,” he said. When he was 16, he decided to give fencing a try. He did pretty well. One year later, he would take third place in Ohio’s high school state championships. “I needed a sport that I could compete in year-round. Branch would compete as an able-bodied fencer from 2007-2016. After college, Branch would become a police officer and would be involved in a highway accident that resulted in the amputation of his right leg in September 2016. A friend of his recommended he get into parafencing and he is now part of the USA Parafencing Team.

“The appeal of fencing is the thought process. Can I outthink the opponent that is in front of me?”
For Branch and many fencers, it is a game of physical chess. “The appeal of fencing is the thought process. Can I outthink the opponent that is in front of me?” Branch said.

Mickey Zeljkovic, the coach for the USA Parafencing Team, also fell in love with the sport at first sight. “You work your mind and your body at the same time. It is about making really good decisions in a short period and working precisely.”

Parafencing is an individualized sport, but it can also be a lifetime sport. “We have athletes starting out at 6 years old and going up to 80 years old,” Zeljkovic said. “We don’t have the age limits that some other sports may have.”

**EQUIPMENT**

There are three styles of parafencing, all based from a chair: foil, epee, and saber. Each discipline utilizes a different type of weapon and the rules and approach vary as well, which we will address a little later.

“**We don’t have the age limits that some other sports may have.**”

The saber is the lightest weapon and has a classic saber look with half-moon guard. The foil blade is light and has a small guard. The epee is the heaviest weapon of the three. Although you are dealing with weapons, Zeljkovic says it is a very safe sport. “The equipment used and the material they are made of provides a high level of protection.” The basic protective gear includes a mask, gloves, jacket, and pants. Most local programs or clubs will have this equipment on hand for you to give the sport a try, so no need to go out and immediately buy your own.

Part of the sporting equipment includes a custom wheelchair used during competitions. The chair is a certain height and locked into place, or stationary, while fencing against an opponent. You can start out using your everyday chair, according to Team USA Parafencer Ellen Geddes. “But it is built differently than the fencing chair. When you start thinking about heading to a competition, you should consider getting your own fencing chair,” she said.

**TIME TO BOUT**

The main difference between Olympic and Paralympic fencing, according to Zeljkovic, is the fact that you are sitting in a chair and are stationary. “Instead of moving back and forth with your feet, you are moving your body instead. The technique is similar.”

When competing in parafencing, the goal or objective is to earn points through touches to your opponent. Each competitor has an electronic scoring machine attached to their equipment that helps determine who gets the touch, or point. “Once you get locked into frame, plug into the scoring machine, and make sure you are comfortable with everything, you salute the referee and your opponent and the competition begins,” Geddes said.

A typical match, or bout, lasts three minutes and the first competitor to get five points wins. How you earn the point though varies greatly depending on which discipline you are competing in.

In foil, the torso area is the only legal target. In epee, the target is anything above the waist and whoever hits first gets the point (both fencers can earn a point if they touch at the same time). In saber, the target area is the same as epee and the point is determined based who has right of way.

At a competition, fencers are broken up into pools, with four to eight competitors in each pool. “You fence everyone in your pool and if you’ve done well enough, you can qualify for the next round,” Geddes said. After the pools, fencers are ranked and placed into elimination brackets. Those bouts also last three minutes but the winner is determined by who gets to fifteen touches. The

*Continued on page 8 >>*
fencer who moves through all the elimination bouts is declared the champion.

A MENTAL GAME

Given the comparison of parafencing to physical chess, it is as much a cognitive sport as it a physical one. “I like fencing, because it challenges you mentally and physically,” said Shelby Jensen, a Team USA member and Move United Elite Team Member. “You are trying to predict the opponent’s move three steps ahead. You can be as physically in shape as you want, but opponents who have the mental game down can beat you.”

Geddes agrees. “You are trying to learn your opponent. Your opponent is very much a puzzle and you are figuring out what you can get them to react to, so you can get them to make mistakes.”

“Fencing has helped me immensely with my disability and I never thought I would go this far, but it is possible for you as well.”

TRAINING TIPS

To get started in competition, there are several local tournaments that exist around the country. Eventually, you can work your way up to international tournaments. For those that want to compete at the highest level, Zeljkovic suggested it can take two to four years of serious training to become an elite fencer. “The more experience you have, the better fencer you will be. I want our fencers to be athletes first, then fencers. And it requires training, just like every other sport.”

“If you really want to compete at the elite level, it really is a full-time job,” Branch said. Branch watches tons of footage and does lots of analysis to improve his skills. Jensen trains five to six days a week. She too has watched tons of footage. “I have watched the Rio matches twenty or more times,” she said. “I also read, meditate and visualize. Physically, Geddes balances her training between regular cardio activities, weight training to stave off muscle injury, and body work in her chair to practice different techniques and moves.

MORE INFORMATION

There are many benefits to fencing. Whether or not you want to compete, or if you are competing at the elite level, or winning or losing, Zeljkovic says it is about improving yourself. “It allows you to be a better person or do things you may not have thought you could do. It is about feeling better, having a great time, and being a part of a community. You also think faster and develop discipline.”

About a half dozen Move United member organizations offer parafencing as one of the sporting options. You can check that list out at moveunitedsport.org/chapters/location-map/. But there are dozens of parafencing clubs across the country. Go to usafencing.org/parafencing-clubs to find the closest one to you. More and more fencing clubs are becoming more accessible and offering parafencing at their facility as well.

“I would recommend giving wheelchair fencing a try,” Jensen said, “It has helped me immensely with my disability and I never thought I would go this far, but it is possible for you as well.”
Queen of the hill.

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Sports wasn’t always front and center when Army veteran and Move United Warfighters Ambassador Tony Drees was young. “My childhood was pretty tremulous, particularly for the first decade of my life or so,” Drees said. At a young age, he said he’s always been considered on the freakishly strong side, but it was a survival mechanism. “It wasn’t about sports. Being strong for me was a matter of actual physical survival.”

Drees had an interest in sports, but just wasn’t able to participate in them. By the time he was 12, he got into organized sports. He liked football and was good at track and baseball. “What I liked most about sports was belonging to a team.” Also at an early age, in his hometown of Grand Forks, North Dakota, he found himself volunteering as a gymnastics and weightlifting coach. He also served as a camp counselor for Camp Courage, a summer program for disabled youth. It was there he would discover the value of service and giving back.

Like many high school graduates, he went off to college. “After my first semester in college, I needed something else.” He gave it a try, but realized it wasn’t the right time. So he enlisted in the U.S. Army. “My grandfather was in the Air Force, my great grandfather was a Buffalo soldier in the Spanish-American War. I was born on an Air Force base. It was always in me, so if you know, you know. And I knew.” Drees served four years, from 1986 to 1990. “It changed my life forever … I got to be a part of a team.”

After that tour of duty, he returned to college. But it was once again interrupted, when in August 1990, the U.S. invaded Iraq. Pvt. 1st Class Drees returned to active duty and was deployed as part of Operation Desert Storm. On Feb. 25, 1991, he would survive the deadliest Scud missile attack of the Gulf War. “From the day I was injured, I knew this was my pivotal moment to create collective impact through the stories of my life’s adventures.”

On Feb. 9, 2018, due to complications of infection and cancer in his war wounds, the Purple Heart recipient’s right leg was amputated at the hip. That year, he would learn how to ski again as an amputee. It was important for him to do so. “My son was heavily into skiing because his stepdad is a ski instructor,” Drees said. He spent some time with several Move United member organizations, including Ignite Sports and National Sports Center for the Disabled, both in Colorado where he now lives. It wasn’t the first time he has been on skis. When he was 18 and in the military, he was asked if he wanted to sign up for a ski trip. “I’ll try anything, I’ll do anything,” he said. But once he was on the lift heading up the mountain, he asked “How am I going to get down?” He did manage to do so, but from that moment on was hooked. “Skiing is my jam … I like to go fast.”
He also uses his love for skiing and adaptive sports in general as an analogy and a way to engage others. His focus now is to inspire, motivate, and influence others to act. “To see someone do something that you would previously think is impossible is inspiration.”

“What I like most about sports is belonging to a team”

“You see a one-legged skier go by you down the mountain and you think wow. If you are at the bottom of a hill and a one-legged skier comes up to you and flips off their helmet and it’s a brown guy, I don’t care who you are but you weren’t expecting that. That wasn’t the picture of who you thought was under that helmet. Then you pay closer attention and notice I also have a little grey in my beard. Are you saying an old black guy one-legged skier ... that is equity. These are all different filters, different obstacles that I’ve been able to overcome.”

He hopes that will help others change how they view things. “I’m over 50, I’m a warfighter. I’m disabled, I’m brown ... I’ve also been homeless. I’ve been addicted to opioids. I’ve been divorced twice. I’ve had 74 surgeries. These are not things you find in a storybook. These are the people that are right next door to you.”

“Sports kept me going. As a (Move United Warfighters) Ambassador, I want to share some of my experiences of how I am being active. I want people to be a part of the movement.”

“Community is critical. It is important to have coaches and mentors who give you guidance and feedback.” Drees has had the opportunity to do so much through the Move United network. In January, he will be participating in a NOLS expedition for Leaders of Color, a 40-mile trek through the Arizona desert over a nine-day period.

As a member of Move United’s Diversity, Equity, and Inclusion (DEI) Leadership Team, he wants to encourage folks in underserved communities and showcase how they adapt. “Move United is the common thread; the only common denominator I have been able to find. This is the place, this is the movement, this is the time.”

Drees, who was named the 2021 Kirk M. Bauer Scholarship Recipient by Move United, has three personal rules he lives by: “no lies, no excuses, and never quit.”
Move United uses the power of sport to push what’s possible for people with disabilities, confronting ignorance, fueling conversation, and inciting action that leads us to a world where everyone’s included. As the largest adaptive sports organization in the country, Move United serves over 100,000 youth, wounded warriors and adults annually through more than 175 Move United member organizations in 43 states and the District of Columbia.

Over 70 different adaptive sports are offered across the country, including alpine and Nordic skiing, snowboarding, sled hockey, wheelchair basketball, golf, cycling, swimming, scuba, track and field, archery, climbing, hiking, and more. To highlight the various adaptive sports available, Move United has produced the 2021 Adaptive Sports Calendar which features various athletes and adaptive sports, a listing of Move United members across the country, and other resources and information.

Move United solicited images through a nationwide photo contest. After receiving nearly 100 submissions, 13 entries were selected for this year’s calendar. Photographers include Berin Klawiter, Ereboy Photography, Kevin Hentz, Stephanie Sevilla, Jeff Hackett, Wendhy Jeffers, Maureen Bruno, John Thompson, Craig DeMartino, Tim Brown, Mike Killion, Lexi Branta Coon, and Reed Hoffmann. Featured athletes include youth, 2016 Paralympian Desmond A. Jackson, Paralympic hopefuls Danielle Aravich, and Mary Kate Callahan, wounded warfighters and other adults with physical disabilities.

Move United knows the way people view disability is far from reality. This calendar was developed to help shift the narrative and redefine what disability looks like. Sports make us more — more determined, more powerful, more ourselves. And they show the world what we can do. To download your copy of the 2021 Adaptive Sports Calendar, visit moveunitedsport.org/calendar.
Cheers to the world’s only rugged, waterproof, multi-articulating hand — now in an additional smaller size.
GRIND LEADS TO GLORY

The Move United 2021 Competition Series (previously known as the Adaptive Sports USA Series of Sanctioned Events) will include over 20 single and/or multi-sport events throughout the United States. The Series, which annually serves over 1,800 athletes with a physical, visual, and/or intellectual impairment, offers competition in Paralympic-style sports primarily in summer sports. These events, offered through Move United and the Move United member network, serve as qualifiers and/or training opportunities for national competitions including the Move United Junior Nationals, the Adaptive Track and Field USA Adult Nationals, U.S. Paralympics National Championships/Trials, NGB National Championships, the National Veteran Wheelchair Games, the Valor Games, and the Warrior Games.

Participants benefit greatly from recreational activities, yet many have a competitive edge. The Competition Series offers competitive opportunities to athletes along the pipeline from grassroots, amateur level athletes up to elite level athletes competing or aspiring to compete on the world stage. Young athletes through adults, grassroots to competitive, we welcome you as we embark on the 2021 season. This year we celebrate the 50th anniversary of a long-standing event, the Tri-State Wheelchair & Ambulatory Games, and we welcome a new event to the series, the Adaptive Sports New England Track & Swim Meet.

Below are the tentative dates for 2021 events within the Competition Series. Please note that dates are subject to change or cancellation due to COVID-19 safety concerns. Alternative virtual opportunities may exist in the event of cancellation. “We appreciate your patience and flexibility as we monitor the pandemic nationally and within our local communities as your safety is the number one priority,” said Susan Rossi, Director of Competition at Move United. “Please check Move United’s website or social media channels for updates throughout the competition season.”
Move United’s signature summer event, Junior Nationals, is included within the Competition Series. Junior Nationals is the largest, long-standing annual multi-sport event in the United States for youth with a physical, visual, and/or intellectual impairment who are classifiable under the International Paralympic Committee’s classification system. It is a weeklong national sport championship event open to athletes through the age of 22. Sports on the program include archery, paratriathlon, powerlifting, shooting, swimming, and track and field. The event serves as a platform to promote physical activity and independence for youth with a disability. The Move United Junior Nationals operate on a two-year cycle moving around the country and Move United works with a local organizing committee to plan and facilitate this signature event. To learn more about the Move United Competition Series, visit moveunitedsport.org/competition-series.
PARTICIPATE IN A NEW STUDY TO HIGHLIGHT HOW SPORTS MAKE US MORE

According to the CDC, one in 4 U.S. adults — 61 million Americans — have a disability that impacts major life activities. Of those, 47% of people with a disability ages 18 to 64, reported they get no aerobic physical activity. For many of these Americans, the benefits that physical activity can have on their whole health are not widely understood.

We do know from existing, independent, peer-reviewed academic research that adaptive sports have positive, lasting physical and psychological effects — yet more work is needed. By proving scientifically that adaptive sports have a positive impact, we can benefit the Move United community in identifying areas of need, providing direction to improve programs, and proving to funders and the community our importance.

Our goal is to make this one of the most significant studies ever completed in this field. We need to find at least 1,000 individuals with a disability to participate in this valuable survey, which will ultimately elevate offerings in the adaptive sports industry.

Move United is asking people with disabilities to participate in the questionnaire to assess the impact of sport participation. Participating takes approximately 15-20 minutes. We are asking our readers to visit www.moveunitedsport.org/adaptive-sports-survey/. If you are an adaptive sports provider, we are asking you to share this information with your own community. Information and links can also be found via Move United’s social media channels.

Questions about this project? Contact Dr. Jules Woolf at 217-300-8358 or jwoolf@illinois.edu. If you have any questions about your rights as a participant in this study or any concerns or complaints, please contact the University of Illinois at Urbana-Champaign Office for the Protection of Research Subjects at 217-333-2670 or via email at irb@illinois.edu.
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ENJOY WINTER’S SPLENDOR & Try Snowshoeing

INTRODUCTION

You may not be able to walk on sunshine or walk on water. But you can walk on snow. The sport, or activity, of snowshoeing has been around for centuries and is done all over the world. Of course, the only ingredient you really need is — you guessed it — snow. “It is fundamentally one of the easiest sports,” said Russ Myer, Executive Director of the Capital Region Nordic Alliance (CRNA), a Move United member organization based in Albany, New York. “You can literally do it anywhere in the winter.”

There are lots of reasons to participate in snowshoeing. One of them, of course, is the health benefits it provides. “It is a great aerobic workout,” Myer said. “It works out the heart, the body, and the mind.” Myer suggests that snowshoeing can provide you with a different perspective of winter. “For some, winter is cold, it is slippery outside, and it gets dark early. This allows you to experience the season in a different way.”

The opportunity to be outside and enjoy the splendor of nature is definitely another benefit. “Snowshoeing is very calming and relaxing,” said Dana Dodge, Operations Manager at New England Disabled Sports (NEDS), a Move United member organization based in Lincoln, New Hampshire. “You don’t run into a lot of people.” During a time when the country is still in the midst of a pandemic, this activity provides the opportunity to be outside, enjoy nature, get exercise, and still adhere to physical distancing guidelines and recommendations.

Dodge also believes snowshoeing provides an alternative to traditional downhill, or alpine, skiing. “If you are hesitant to go skiing or you’ve tried that sport and it isn’t for you, snowshoeing allows you to enjoy all the outdoors has to offer.”

EQUIPMENT

Snowshoeing is a relatively inexpensive sport, particularly in comparison to other winter adaptive sports. “Compared to renting or buying skis, bindings, and poles, the price is much better,” said Jeff Inouye, Ski Programs Director at Breckenridge Outdoor Education Center (BOEC), a Move United member located in Breckenridge, Colorado.

“This allows you to experience the season in a different way.”

The primary piece of equipment is, of course, the snowshoes. To give you a simple visualization, Inouye suggests envisioning putting a tennis racket on your feet. It has an outer frame, which can be made from a variety of materials including wood, vinyl, or aluminum, along with decking and a support system. “The shoe provides an enhanced surface area that allows you to walk in deeper snow versus sinking,” Myer said. “This process is called floatation and the decking gives you the floatation.” There are different sizes and lengths and selecting the one that best works for you is often based on weight. The more you weigh, the longer and wider typically.

If you come out to an adaptive sports program in the Move United network, all you normally have to do is bring yourself, as the equipment is provided. Of course, dress accordingly. “We recommend bringing two pair of sneakers and two pair of wool socks,” Myer said. “Wool is a natural fiber that is very insulated. Dress in layers with the base layer that wicks moisture away, but you don’t need all the apparel needed for alpine skiing, for example.”
You also need to bring fluids with you so you can keep well hydrated. “We sometimes forget about hydration during winter,” Dodge said. “Just because you are not hot, you are still doing physical activity.” She recommends bringing a backpack or hydration pack with you on the experience. You can also bring other core essentials you need or items you may want in case of an emergency.

There are various tools and means that can assist you, depending on your disability. Nordic or ski poles can provide additional support and balance. Outriggers can do the same and help with coordination. Applying the same technique as alpine skiing, snow sliders can also be utilized. And finally, some shoes have claws on the bottom to help with traction.

**KNOW BEFORE YOU GO**

To Inouye, snowshoeing is simply winter hiking. “If you can’t get out and do your traditional hiking (due to inclement weather or the elements), this is a great option. “There is not a lot of technique required and you can go at your own pace.”

He also suggests you don’t need to have an adaptive organization near you to partake in the activity. Myer agrees. “You can snowshoe at a local park, a golf course, nearby trails, or a wildlife preserve. You can do so in any depth of snow.”

If you are ambulatory, it is a pretty easy transition from what you are already accustomed to do to get around. Myer states to become an intermediate snowshoer, all you have to do is don your snowshoes and take your first step. “To become an advanced snowshoer, take your second step,” he stated.

Putting on snowshoes is easy. The footwear you wear or bring with you should be waterproof, so it can keep you dry and warm because sometimes your feet can still get wet. You slide the front end of your shoe under a strap and tighten or adjust the straps accordingly.

A couple things to keep in mind once you are ready to go. First, you will want to widen your walking stance because you have something bigger than a normal shoe. You will also want to make sure the snowshoes stay level. “You don’t want the front end to dig into the snow or it could lead to losing your balance and falling,” Inouye said.

**OTHER CONSIDERATIONS**

When you are just getting into the sport, Dodge recommends starting with groomed trails or walking paths until you get the hang of it. “Then you can venture out on an unbroken trail. They were originally designed to go off trail.”

For individuals who aren’t ambulatory, Nordic skiing is the closest equivalent option. Many Nordic centers offer opportunities to engage in both activities in the same location. The biggest difference is that Nordic skiing relies on terrain that has been groomed or has existing tracks already laid down.

Myer also recommends that individuals with a leg amputation need to monitor their energy utilization as well as the impact on their residual limb and skin. “Shorter distances are good so you can check to make sure everything is okay.”

Once you have snowshoeing down pat, there are other things you can do. Myer often incorporates games such as football or soccer into their program’s activities.

In addition, there are ways you can take your love of the sport to the next level. For example, there are racing series and racing events, including 10K, 50K, and other distance races. Along those lines, snowshoeing provides a great cross-training opportunity during the winter for marathon and long-distance runners.

**FIND A PROGRAM**

Over 30 Move United member organizations across the country offer snowshoeing as one of their adaptive sports. To learn more, visit moveunitedsport.org/chapters/location-map/.

Some locations offer regular weekly programs throughout the winter season while others are able to offer it seven days a week. In most cases, reservations are required or at least highly recommended.

Since snowshoeing is a low-impact activity, for many it can become a lifelong sport. “There is much less wear and tear on the body,” Dodge said. “You can also buy one pair of snowshoes and they can last a long time.”
KATY MADDRY SETS SIGHT ON 2022 BEIJING PARALYMPICS

Katlyn “Katy” Maddry is a snowboarder on the Move United Elite Team, a program that provides emerging athletes (ages 13-24) in summer and winter Paralympic sports with opportunities to help them train and compete at their maximum capacity. Katy has participated in the race camp held annually in Breckenridge, Colorado for the past five years, having started at her first Ski Spec when she was just 13 years old.
Katy grew up in Wasilla, Alaska — one hour outside of Anchorage — as the youngest of four. Katy was born with fibula tibia hemimelia, a condition she describes as “having only two toes, and it resulted in scoliosis.” Katy was born in China and lived there until she was six years old. When she was adopted at six, Katy moved to Alaska and became a patient at Shriners Hospital in Portland. Her team of doctors felt that a below-the-knee amputation would be necessary, and Katy remembers experiencing the amputation when she was eight. “There were bandages everywhere — so many surgeries,” she recalls.

When asked what her life has been like before and after her amputation, Katy doesn’t hesitate. “Life has been so good since then — I’ve met so many more people than I would have, and I love it.” Katy didn’t participate in many sports before her amputation, but she fell in love with snowboarding on a middle school trip to her now-home mountain of Alyeska.

“My middle school took a trip to Alyeska every year,” Katy says, “and they invited me to go and work with a program there called Challenge Alaska.” Working with her coaches at this Move United member organization, Katy quickly took to snowboarding and fondly remembers her first runs on the bunny hill. Katy still trains frequently with Challenge Alaska and looks to Ski Spec in Breckenridge as one of her favorite weeks of the year. “Going to these kinds of camps with other athletes with amputations — we meet people, we create these awesome bonds.”

Because of snowboarding, Katy says, she has become more social and more connected with communities that she now thinks of as family. Katy hopes to someday compete at the Paralympic level and looks forward to graduating high school this spring. “I definitely want to go to college,” she says, and has her sights set on Arizona State University in Phoenix. “I want to go into engineering — either drafting floor plans or actually building structures,” Katy says. “ASU is near Utah, and I’ve always wanted to train with the National Ability Center at Park City.”

To any who have a disability and haven’t yet tried an adaptive sport, Katy says: “Try it out! It’s fun, and just amazing. You won’t regret it.”
Check out a Move United member organization near you.

**ALABAMA**
- Lakeshore Foundation
  - Birmingham, AL
  - lakeshore.org

**ALASKA**
- Challenge Alaska
  - Anchorage, AK
  - challengeak.org

**ARIZONA**
- Ability360 Sports & Fitness Center
  - Phoenix, AZ
  - ability360sports.org
- Arizona Adaptive Watersports
  - Dewey, AZ
  - azadaptativewatersports.org
- Arizona Disabled Sports
  - Mesa, AZ
  - arizonadisabledsports.com
- Northern Arizona Adaptive Sports Association
  - Flagstaff, AZ
  - NA.Zadaptivesports.com
- Southern Arizona Adaptive Sports
  - Tucson, AZ
  - soazadaptivesports.org

**CALIFORNIA**
- Ability First Sports
  - Chico, CA
  - abilityfirstsports.org
- Achieve Tahoe
  - Alpine Meadows, CA
  - achievevetahoe.org
- Adaptive Sports and Recreation Association
  - San Diego, CA
  - adaptationsportsandrec.org
- Angel City Sports
  - Los Angeles, CA
  - angelcitysports.org
- Bay Area Association of Disabled Sailors
  - San Francisco, CA
  - baads.org
- Bay Area Outreach and Recreation Program
  - Berkeley, CA
  - borp.org
- Central California Adaptive Sports Center
  - Shaver Lake, CA
  - centralcaladaptivesports.org
- Disabled Sports Eastern Sierra
  - Mammoth Lakes, CA
  - disabledsportseasternsierra.org
- DSUSA Los Angeles – The Uncareables
  - Los Angeles, CA
  - unrecables.com
- DSUSA Orange County – The Achievers
  - Irvine, CA
  - theachievers.org
- Far West Wheelchair Athletic Association
  - San Jose, CA
  - fwawa.org
- Operation Surf
  - San Luis Obispo, CA
  - operationsurf.org
- Triumph Foundation
  - Valencia, CA
  - triumph-foundation.org

**COLORADO**
- U.S. Driving for the Disabled
  - Arroyo Grande, CA
  - usdfd.org
- U.S. Adaptive Recreation Center
  - Big Bear Lake, CA
  - usarc.org
- Adaptive Action Sports
  - Copper Mountain, CO
  - adacs.org
- Adaptive Adventures
  - Westminster, CO
  - adaptiveadventures.org
- Adaptive Sports Association
  - Durango, CO
  - asadurango.org
- Adaptive Sports Center of Crested Butte
  - Crested Butte, CO
  - adaptivesports.org
- Breckenridge Outdoor Education Center (BOEC)
  - Breckenridge, CO
  - boec.org
- Challenge Aspen
  - Snowmass Village, CO
  - challengeaspen.org
- Colorado Discover Ability
  - Grand Junction, CO
  - cdag.org
- DuMyon Martial Arts
  - Colorado Springs, CO
  - dumyonmartialarts.org
- Foresight Ski Guides Inc.
  - Vail, CO
  - foresightskiguides.org
- Golf 4 the Disabled
  - Greenwood Village, CO
  - golf4thedisabled.org
- Ignite Adaptive Sports
  - Boulder, CO
  - igniteadaptivesports.org
- National Sports Center for the Disabled
  - Denver, CO
  - nscd.org
- Steamboat Adaptive Recreational Sports
  - Steamboat Springs, CO
  - steamboatasts.com
- Telluride Adaptive Sports Program
  - Telluride, CO
  - tellurideadaptivesports.org
- Visually Impaired & Blind Skiers
  - Colorado Springs, CO
  - coloradovibes.org

**CONNECTICUT**
- Higher Ground Sun Valley
  - Ketchum, ID
  - highergroundusa.org

**FLORIDA**
- Florida Disabled Outdoors Association
  - Tallahassee, FL
  - fdoa.org
- Hillsborough County Adaptive Sports
  - Tampa, FL
  - hillsboroughcounty.org/en/residents/recreation-and-culture/sports-and-athletics/hc-adaptive-sports
- Warrior Sailing
  - Treasure Island, FL
  - warriorsailing.org

**GEORGIA**
- Catalyst Sports
  - Atlanta, GA
  - catalystsports.org
- BlazeSports America
  - Norcross, GA
  - blazesportsamerica.org

**HAWAII**
- AccessSurf Hawaii
  - Honolulu, HI
  - accesssurf.org

**IDAHO**
- Adaptive Wilderness Sports of McCall (AWeSOMe)
  - McCall, ID
  - awesomebcmcall.org
- AquAbility
  - Boise, ID
  - aquability.org
- Boise Adaptive Snowsport Education (BASE)
  - Boise, ID
  - baseidaho.org
- Higher Ground Sun Valley
  - Ketchum, ID
  - highergroundusa.org

**ILLINOIS**
- Dare2Tri Paratriathlon Club
  - Chicago, IL
  - dare2tri.org
- Great Lakes Adaptive Sports Association (GLASA)
  - Lake Forest, IL
  - glasa.org
- North Side Archery Club
  - Chicago, IL
  - northsidearcheryclub.org
- Shirley Ryan Ability Lab
  - Chicago, IL
  - srailab.org

**INDIANA**
- Rehabilitation Hospital of Indiana Sports Program
  - Indianapolis, IN
  - rhirehab.com/our-programs/community-reintegration/adaptive-sports-program/clinics

**IOWA**
- Adaptive Sports IOWA
  - Ames, IO
  - adaptivesportsiowa.org

**KANSAS**
- Challenge Foundation
  - Derby, KS
  - challengegames.org
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NORTH DAKOTA
Prairie Grit Adaptive Sports
Minot, ND
prairiegritsports.com

OHIO
Adaptive Sports Connection
Powell, OH
adaptablesportsconnection.org

Adaptive Sports Program of Ohio
Wooster, OH
adaptablesportsohio.org

Three Trackers of Ohio
Middleburg Heights, OH
Strackers.org

Youth Challenge
Westlake, OH
youthchallengesports.com

OKLAHOMA
Oklahoma Adaptive Sports Association
Oklahoma City, OK
okasa.org

The Center for Individuals with Physical Challenges
Tulsa, OK
tulsacenter.org

University of Central Oklahoma Center of Adaptive Sports
Edmond, OK
uco.edu/wellness/sr/trainingsite/index.asp

OREGON
Adaptive Sports Northwest
Beaverton, OR
adaptablesportsnw.org

Adventures Without Limits
Forest Grove, OR
awloutdoors.org

Oregon Adaptive Sports
Bend, OR
oregonadaptivesports.org

PENNSYLVANIA
Blue Ridge Adaptive Snow Sports (BRASS)
Fairfield, PA
brassski.org

On the Edge Children’s Foundation
Gettysburg, PA
ontheedgect.org

Pennsylvania Center for Adapted Sports
Philadelphia, PA
centeronline.com

Three Rivers Adaptive Sports
Pittsburgh, PA
traspa.org

Two Top Mountain Adaptive Sports Foundation
Merricksburg, PA
twotopadapative.org

SOUTH CAROLINA
Adaptive Expeditions
Charleston, SC
AdaptiveExpeditions.org

Clemson Adaptive Sports
Clemson, SC
clemson.edu/cbsha/departments/prtm/programs/clemson-adaptive-sport-recreation/index.html

Coastal Adaptive Sports
Myrtle Beach, SC
coastaladaptivesports.org

Roger C. Peace Rehabilitation Hospital
Greenville, SC
facebook.com/events/roger-c-peace-rehab-center-greenville-memorial/roger-c-peace-adaptive-sports/763384843997012

TENNESSEE
Sports, Arts & Recreation of Chattanooga (SPARC)
Chattanooga, TN
sparcctn.org

TEXAS
Kinetic Kids
San Antonio, TX
kinetickidsx.org

Lone Star Paralysis Foundation
Austin, TX
lonestarparalysis.org

Morgan’s Wonderland Sports
San Antonio, TX
morganswonderlandsports.com/straps

One Chair at a Time
Amarillo, TX
onechairatatime.org

Operation Comfort
San Antonio, TX
operationcomfort.org

RISE Adaptive Sports
Irving, TX
riseadaptivesports.org

Service Members Undertaking Disabled Sports (SUDS)
San Antonio, TX
sudsusa.org

Southwest Wheelchair Athletic Association
Fort Worth, TX
swaa.org

Turning Point
Terrell, TX
turningPOINtation.org

UTAH
Common Ground Outdoor Adventures
Logan, UT
cgadventures.org

National Ability Center
Park City, UT
discovernac.org

Ogden Valley Adaptive Sports
Huntsville, UT
ogdenvalleyadaptivesports.org

Salt Lake County
Midvale, UT
slco.org/adaptive

Wasatch Adaptive Sports
Snowbird, UT
wasatchadaptivesports.org

VERMONT
Adaptive Sports at Mount Snow
West Dover, VT
adaptivesportsnow.org

Bart J. Ruggiere Adaptive Sports Center
Manchester Center, VT
bartadapative.org

Central Vermont Pioneers
Montpelier, VT
centralvermontpioneers.org

EDD Adaptive Sports
Williston, VT
eddfund.org

Green Mountain Adaptive Sports
Hyde Park, VT
greenmntadaptivesports.org

NorthEast Disabled Athletic Association
Burlington, VT
disabledathletics.org

Vermont Adaptive Ski & Sports Association
Killington, VT
vermontadaptative.org

VIRGINIA
Adventure Amputee Camp
Falls Church, VA
adventureamputeecamp.org

Sportable
Richmond, VA
sportable.org

Therapeutic Adventures
Charlottesville, VA
TAonline.org

Wintergreen Adaptive Sports
Charlottesville, VA
Wintergreenadaptivesports.org

WASHINGTON
Footloose Sailing Association
Mercer Island, WA
footloosedisabledsailing.org

Outdoors for All Foundation
Seattle, WA
outdoorsforall.org

ParaSport Spokane
Spokane, WA
parasportsspokane.org

Seattle Adaptive Sports
Seattle, WA
seattleadaptivesports.org

WASHINGTON, D.C.
Medstar NRH Adaptive Sports & Fitness Program
Washington, D.C.
medstarnrh.org/sports

WEST VIRGINIA
Challenged Athletes of West Virginia
Snowshoe, WV
cawvsports.org

WISCONSIN
Dairyland Sports
Madison, WI
dairylandsports.org

Southeastern Wisconsin Adaptive Ski Program
Cedarburg, WI
sewasp.org

Sports, Therapeutic and Adaptive Recreation (STAR) Association
La Crosse, WI
couleeregionsledhockey.com

Wisconsin Adaptive Sports Association (WASA)
Brookfield, WI
wasa.org

WYOMING
Teton Adaptive Sports
Teton Village, WY
tetonadaptivesports.com
GIVING BACK DURING THE PANDEMIC
CHICAGO, ILLINOIS

It was ten years ago that Alyssa Gialamas, born with arthrogryposis, first entered the pool with Glen O’Sullivan, Great Lakes Adaptive Sports Association (GLASA) swim coach. Tentative at first, it didn’t take long for Alyssa to take to the water like a fish. Without her braces, she felt free and able to move quickly through the water. At the urging of Coach Glen, Alyssa went on to swim with her club team, the Fox Valley Swim team, Waubonsie High School team, and then for Loyola University Maryland. Alyssa’s dream of making a Paralympic team came true in 2012 when she finished 5th in the world in her 200-meter freestyle and again in 2016 where she placed 6th in the 50-meter back and 7th in the 200-meter freestyle.

We all have had to find silver linings during this pandemic. One of the most unexpected has been the ability to connect virtually with athletes who are no longer limited by geography. Alyssa, who currently lives in Arlington, Virginia, developed an online adaptive fitness program through her Instagram called AMG Fitness. She had always stayed in contact with GLASA by mentoring younger athletes and assisting with swim clinics when she was back in Illinois. During COVID, Alyssa connected with GLASA and recently began teaching one of the weekly conditioning programs on Zoom. Sharing her story as a Paralympic swimmer has motivated new adaptive athletes to become active and pursue their dreams!

For a comprehensive list of GLASA’s virtual offerings, visit glasa.org.

BIG CHEESE WHEELCHAIR BASKETBALL TOURNAMENT SET
MILWAUKEE, WISCONSIN

Wisconsin Adaptive Sports Association (WASA) is excited to host our Annual Big Cheese Classic Wheelchair Basketball Tournament in Metro Milwaukee January 30-31 at Brookfield East High School. WASA is hopeful the Big Cheese will be well attended and a huge success despite current circumstances and season barriers. One of the nation’s largest wheelchair basketball clubs, the WASA Bucks is host to the Big Cheese. In past years, the Big Cheese has hosted the Midwest Conference Championship as well as being one of the largest NWBA-sanctioned tournaments leading up to Nationals. Teams as far as California and Texas have visited Wisconsin in hopes of taking the tile, “Big Cheese.” Does your team have what it takes to take the title? Come to Wisconsin and find out!

For more information, visit wasa.org.
YOUTH CHALLENGE’S GABBY BOVA
NORTHEAST, OHIO

Youth Challenge (YC) brings together young people with physical disabilities and teen volunteers who inspire each other through adapted sports, recreation, and social growth activities. This mission was put to the test when COVID-19 put much of YC’s programs on hold. Yet, like many of its participants, YC came together despite its limitations to play, learn, and enjoy life in a safe, welcoming environment.

One of the many YC participants who represents this ability to adapt is Gabby Bova. Gabby is an alumni participant who approached YC during the summer to help her achieve smart goals that would push her both physically and mentally. Within a few months and with the help of YC staff, Gabby began participating in a strength training program focused on improving her conditioning, muscular endurance, and sport-specific goals regarding track and soccer.

According to Gabby, “The individual fitness training sessions have pushed me to become stronger and utilize adaptive equipment that I wouldn’t typically have access to.” Although training sessions looked a little different with face masks and physical distancing, Gabby has made significant gains that have not only strengthened her physique, but more importantly, she has improved her self-esteem, confidence, and self-efficacy. Gabby has proven what it means to be adept at adapting and we look forward to her fulfilling her potential going forward.

Visit youthchallengesports.com.

AWeSOMe! CELEBRATES 20 YEARS OF ADAPTIVE SPORTS PROGRAMMING
MCCALL, IDAHO

AWeSOMe! is proud to be starting our 20th season of offering high quality adaptive sports. Our regular Saturday ski and snowboard lessons begin Saturday, January 9. We also offer lessons on request as soon as Brundage Mountain opens.

This is a big year for us! We have a strong team of dedicated volunteers ready to teach, including a half-dozen PSIA-certified instructors. We offer both ski and snowboarding lessons and are excited to debut our brand new bi-ski together with our Dynamique on ET Slider. We will be following safety protocols such as masking, distancing, sanitizing equipment and limiting the number of families in our warming hut.

We look forward to another fun season on “The Best Snow in Idaho” at Brundage Mountain Resort!

Email programdirector@awesomemccall.org to place your lesson request.
ADAPTIVE SPORTS CENTER’S JAKE O’CONNOR EMBRACES INDEPENDENCE CRESTED BUTTE, COLORADO

Prior to his spinal cord injury in 2001, Jake O’Connor had never skied. Five years later he was boarding a plane for a ski trip to Argentina with a small group from the Adaptive Sports Center. He had never been out of the country before.

“It was the coolest thing I’ve ever done in my life,” says O’Connor. They visited Bariloche and San Martin, and while the skiing was epic, the trip was about so much more than skiing. “Two weeks in a foreign land took me out of my comfort zone, experiencing travel with less-than-ideal conditions for wheelchair accessibility. The trip made me more independent, and I was already pretty independent.”

Independence is a topic that comes up a lot when talking with Jake. In fact, his journey into handcycling was born out of a fierce desire to be able to do things on his own and take the road less traveled. He began as a road handcyclist and had been training for the Paralympics when he turned his attention to a relatively new adaptive sport, off-road handcycling.

Of all the adaptive sports, Jake says mountain biking provides the most independence. “I don’t have to rely on anyone else. Unlike skiing where you rely on a chairlift, with biking you don’t need anyone’s help.” It also allows him to experience more solitude on trails and really get out there.

Jake eventually started making his own bikes and in 2008 he founded ReActive Adaptations. Today his company manufactures six bike models with a new release coming soon called the Expedition, which allows him to carry 30 pounds of gear and his two-year-old daughter on multi-day camping trips, seeing where old, abandoned roads will take him.

The Adaptive Sports Center enhances the quality of life of people with disabilities through exceptional outdoor adventure activities. Based in Mt. Crested Butte, Colorado, our programs are inclusive to families and friends, empower our participants in their daily lives and have a positive enduring effect on self-efficacy, health, independence and overall well-being.

For more information, visit adaptivesports.org

44 YEARS OF WINTER ADAPTIVE ADVENTURES WITH BOEC SUMMIT COUNTY, COLORADO

Breckenridge Outdoor Education Center (BOEC) is now in its 44th winter of outdoor adaptive adventures in Summit County, Colorado ... right in the heart of the Colorado Rockies! As always, the safety of all those involved in our program continues to be our top priority. In preparation for this adaptive ski and snowboard season, BOEC worked closely with healthcare professionals and industry leaders in order to develop the protocols and policies needed to offer our participants safe access to all of our adaptive programming. With these necessary changes, however, still comes a high quality adaptive ski experience.

BOEC offers daily PSIA-certified, one-on-one, customized downhill skiing and riding experiences for those with disabilities or impairments at the world-renowned Breckenridge, Keystone, and Copper Ski Resorts, along with cross-country and snowshoeing instruction. This year, we are also offering a host of online classes such as adaptive yoga, available for those who choose not to join in person this season. The online calendar is evolving and we plan to add more options as the season goes on.

Here are some things you can expect to see from us this winter: daily health screenings, required use of face coverings, physically-distanced instruction, continuous cleaning and sanitation of the office and gear, and an evolving set of policies and procedures. We appreciate your patience as we navigate how best to offer our services in a safe and effective manner. This year all ski and ride lessons will require an advance reservation.

Start the process at our website, boec.org, or by calling our ski office directly, 970-453-5633.
**SKI AND SNOWBOARD OPPORTUNITIES FOR VETERANS**

**ASPEN, COLORADO**

Challenge Aspen Military Opportunities (CAMO) is excited to offer adaptive ski and snowboard instruction for the 2020/21 winter season. CAMO partners with Aspen Skiing Company (ASC) and the VA to provide Professional Ski Instructor of America (PSIA) instruction to active-duty and veterans with physical and/or cognitive disabilities.

CAMO hosts 10 veterans at each of the seven retreats scheduled for January through April 2021.

With confusion in the national ski industry this year, CAMO is grateful to work with ASC. ASC was one of the few mountains in the country to offer successful summer programs and adapted well to COVID-19 protocols. Based on their guidance, CAMO has instituted similar protocols that will keep our participants, staff and community safe and able to enjoy the beauty and challenge of skiing and snowboarding.

CAMO retreats offer disabled veterans an opportunity to spend four days on snow with one-on-one PSIA instruction. The chance to enjoy the majestic beauty of the Rocky Mountains with other veterans is a chance to challenge yourself physically and mentally. It’s also a chance to network and share experiences and resources with other veterans.

This is an amazing opportunity, especially during the pandemic, when people have been isolated and separated from their brothers and sisters. Skiing and snowboarding fit the bill perfectly when it comes to COVID-19 safety. It will rejuvenate your body and invigorate your spirit; providing you with a renewed sense of camaraderie and confidence.

Visit www.challengeaspen.org/military for retreat information, eligibility guidelines and the CAMO application.

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**REIMAGINING ADAPTIVE RECREATION THROUGH THE PANDEMIC**

**LOGAN, UTAH**

Common Ground Outdoor Adventures (CGOA) in Logan, Utah, looks forward to getting people outdoors and enjoying the snow this winter/spring! Although the pandemic has caused reimagined programs, the organization is safely providing recreation through individual skills programs (ISP) and digital programs. ISP’s allow for participants to work one-on-one with a staff member or volunteer, while staying socially distant and COVID-19 conscious. Winter ISP activities include ski lessons at the Adaptive Center at Beaver Mountain Ski Area, ice skating/sled hockey and snowshoeing/cross-country skiing. Along with our winter ISP activities, we are excited to offer ski programs both virtual and in person for veterans. CGOA has stayed true to our mission of giving individuals of all abilities the opportunity to participate by retaining low fees and working with individuals based on their financial abilities. Socially distant group meetups, ISP’s, and online activities will be offered all winter. These may include weekly exercise, wellness, cooking, craft, and nature education classes! When the weather warms, plan on digital activities and ISP programs focused on canoeing, hiking, cycling and much more! Now more than ever, it is important for individuals to get outside and enjoy the outdoors, and CGOA is grateful to be able to provide this opportunity through the pandemic.

Visit us at cgadventures.org.
WINTER SNOWSPORTS PROGRAMS AT HIGHER GROUND
SUN VALLEY, IDAHO

Winter is here and we couldn’t be more excited! Although things will be a bit different from years past, that will not stop our amazing staff and volunteers from serving our Higher Ground (HG) participants in the safest manner and to the highest quality.

Higher Ground has been providing programs for over 20 years. We want to highlight our passion and innovation of our snowsports programs for local residents, veterans and visitors to the Sun Valley area.

Our organization-wide goals are to use recreation as a catalyst to reduce symptoms of TBI, PTS, MST, and poly-trauma, improve the quality of your relationships, and improve your overall quality of life. We use the natural benefits of the outdoor experience to open new doors for therapeutic growth, which is easily transferred to your lives at home. We wholeheartedly believe recreation can be used as a means to effect positive change.

ALPINE SKIING/SNOWBOARD WEEKLONG THERAPEUTIC VETERANS PROGRAMS

January 24-30
February 21-27
March 14-20

CAMPS AND LOCAL PROGRAMS

January-March: Local ski team for individuals with intellectual disabilities (Weekly)
January-March: Local cross-country team for individuals with intellectual disabilities (Weekly)
January: CAF Idaho one-day event — TBD
January 7-10, 2021: Paralympic Youth Camp
February 21-27, 2021: Veteran Snowsports Camp with SLC V.A.

Check out all of our programs, including our Los Angeles and Western New York regions at www.highergroundusa.org.

NATIONAL SPORTS CENTER FOR THE DISABLED
WINTER PARK AND DENVER, COLORADO

The National Sports Center for the Disabled has a new look! We are rethinking everything! For more than 50 years, the National Sports Center for the Disabled has led the way in redefining adaptive outdoor experiences. We’ve helped participants reignite a passion for playing and competing in the great outdoors. We’ve re-invented adaptive equipment, technology and coaching methods. And we’ve helped our athletes, and the world, #RethinkAbility. Our participants discover a renewed sense of confidence, reignite the pure joy of play and find motivation to try new things, meet new people and believe in their own abilities. This last year we celebrated 50 years of rethinking everything. We are excited to launch our new brand and logo and continue our mission to advance the power of people with all abilities.

For this winter season, we are looking forward to reconnecting with our participants at our Adaptive Ski School in the mountains and in small group experiences along the front range. Things will look and feel a bit different as we implement health and safety procedures, limit the number of people in our facilities to ensure physical distancing, and focus on programs that can be provided under these guidelines. Our programs are life-changing and lifesaving. Participants not only discover the power of their own abilities, but they also transfer that confidence to live fuller, healthier and more independent lives. At the National Sports Center for the Disabled, everybody is able and anything is possible.

Make a reservation today at RethinkAbility.org.
STARS MOUNTAIN CHALLENGE EVENT  
STEAMBOAT SPRINGS, COLORADO

Join the 8th Annual STARS Mountain Challenge Event — a community celebration of inclusivity, courage, and hope, taking place at the Steamboat Ski Resort on Saturday, March 6, 2021.

Together with the Steamboat Ski Area, Steamboat Adaptive Recreational Sports (STARS) is confident we will be able to hold a COVID-19 friendly, in-person Mountain Challenge event this year. Luckily, our event is already held outdoors and in groups of 10 or less!

In this epic event, participants get teamed up with Olympians, Paralympians, and top-tier athletes to compete in a series of fun on-mountain ski and ride challenges all in the name of charity. 100% of proceeds from the STARS Mountain Challenge will fund STARS programs for people with cognitive and physical disabilities, wounded veterans, and cancer survivors. Prizes are awarded to top individual and team fundraisers, and the highest scorers of the “mountain challenges!”

The STARS Mini Challenge is an excellent option for families and children who want to join in on the fun. This shorter on-mountain event incorporates fun and exciting activities so everyone can participate in helping to benefit STARS and their goal to “Power the Possible” for people with cognitive and physical disabilities. To register, donate, and learn more, visit us at https://steamboatstars.com.

ADAPTIVE SKIER MADISON LYNCH SERVES AS POSITIVE INFLUENCE  
TELLURIDE, COLORADO

The Telluride Adaptive Sports Program (TASP) community would be hard pressed to find an athlete who is more supportive, positive, and hardworking than Madison Lynch. Madison started her ski career with TASP over 10 years ago and has not only improved her own personal ski skills but has grown to become an incredible supporter and positive influence for the rest of her peers.

When Madison first started skiing, it was with some apprehension. There was a lot to figure out in terms of fitting for Madison and she had to work through a steep learning curve. The beginning stages of learning how to ski a bi-ski can be intense. Even with an instructor’s best efforts, seating can become uncomfortable and something as seemingly simple as being able to balance on your own can be extremely difficult as individual body differences and learning a new skill act as challenges. That said, Madison persevered and slowly but surely began to successfully bi-ski.

At first, her instructors would seat-assist her through the Special Olympics racecourse every Saturday morning. When asked, Madison always demonstrated interest in becoming a more independent skier, so, through years of work, she mastered the skills necessary to use handheld outriggers that allowed her to be the “driver” of the bi-ski and she slipped through each gate of the practice course effortlessly and elegantly.

When asked why she enjoys skiing, Madison simply states that “skiing makes me feel like I’m a butterfly.” Thank you, Madison, for showing us how to persevere and overcome challenges!

For more information on Telluride Adaptive Sports Program, visit www.tellurideadaptivesports.org.
GET ACTIVE WITH WASATCH ADAPTIVE SPORTS IN PERSON OR VIRTUALLY!
SALT LAKE CITY, UTAH

Ski/Snowboard Program (Current to April 11):
Lessons will be offered Monday-Sunday at Snowbird. Lessons include a lift ticket, instruction, and rentals or adaptive equipment. On request, Wasatch Adaptive Sports (WAS) will provide lessons at Alta, Solitude, Brighton, Sundance, or other resorts with the approval of each.

Virtual Indoor Cycling Classes (Current to March 22):
Looking to continue pursuing your fitness goals by bike during the winter? Sign up for WAS's Virtual Indoor Cycling Lessons! Rent a stationary bike set-up and follow along online via Zoom with a WAS instructor on Mondays at 6 p.m. Open to all fitness levels!

Virtual Adaptive Yoga Classes (Current to March 31):
WAS has partnered with lululemon to offer virtual adaptive yoga classes that students can perform in the safety of their homes on Wednesdays at 4 p.m. Rent a mat, block, or strap from WAS and attend a virtual class online via Zoom led by professional yoga instructors in practices that are seated or standing!

Snowshoe Tours (Dec. 29 - March 23):
Come explore the mountains with WAS this winter at various locations around the Wasatch Front including at Alta Resort with snowshoes for rent. Tours will be held at various locations on alternating Tuesdays and Saturdays.

Learn more about each program by visiting wasatchadaptaivesports.org. Sign up by contacting 801-834-0476 or programs@wasatchadaptaivesports.org.

ADAPTIVE SPORTS FOUNDATION INTRODUCES NEW VIRTUAL ADAPTIVE FITNESS PROGRAM

Move Together Apart, ASF's Virtual Adaptive Fitness Program, takes our mission of empowering lives through adaptive sports off the slopes and into the homes of our constituency. Designed by a credentialed adaptive sports educator and delivered by a certified personal trainer, the program consists of four, six-week sessions. The sessions will occur four times a year.

Each session will have a focus in addition to core fitness activities. Each week, there will be two live Zoom classes led by the program's head trainer and host; “homework” assignments, which will be activities that can be done at home or outside in the participants’ neighborhoods; and two one-minute encouragement videos per week from the program's host. Participants will be provided with a fitness ready package upon registration that will include a water bottle, exercise/yoga ball, resistance bands, pedometer, and a tee shirt.

The ASF’s Move Together Apart program serves both physically and cognitively impaired children and adults and is offered free of charge thanks in part to a generous grant from The Far Fund.

For more information, visit adaptivesportsfoundation.org/virtualfitness.
ADAPTIVE OUTDOOR EDUCATION CENTER
CARRABASSETT VALLEY, MAINE

It’s been a black diamond run kind of year, with challenges, obstacles, and, at times, fear.

At the AOEC we’re tightening our bootstraps, gearing up for a busy winter and lots of POW, perhaps!

With programs from skiing Nordic and alpine, to snowshoeing with friends in the winter sunshine.

Dress warm as we head outside for nature education, inviting the whole family, programs are for each generation!

We also have our Race Team, led by Coach Terrie, hosting a race at Sugarloaf on the 10th of January.

We have missed seeing everyone face-to-face, but on the snow, mountains, and trails we will find space.

Our goal is FUN and to make you smile, getting outside and promoting a healthy lifestyle.

So join us this winter as we all do our best, to find moments of enjoyment that leave us less stressed.

It may be a new normal that we are learning to adapt to, but there’s no-one we’d rather learn with than YOU!

To learn more about the AOEC and our winter programs, visit adaptiveoutdooreducationcenter.org.

TRAIL ORIENTEERING NOW AVAILABLE TO THE VISUALLY IMPAIRED/BLIND
CAPITAL REGION, NEW YORK

Capital Region Nordic Alliance Inc. (CRNA) has entered into an innovative initiative with Microsoft Soundscape and several agencies in creating a new format of Trail Orienteering (Trail O) for those with visual impairment/blindness as well as improving safe daily orientation and mobility.

The Soundscape app harbors authored virtual courses on the iPhone with compatible Bluetooth compatible glasses/hearing aids/headsets enabling VI/Blind athletes to compete in Trail O in 360 degrees vs. the iPhone one-dimensional sound. Different sound patterns direct the athletes to locate multiple virtual controls on a virtual course. Partners in the initiative are Northeast Assoc. for the Blind at Albany (NABA), Central Assoc. for the Blind and Visually Impaired (CABVI) in Utica, and the VA VISOR program for veterans with VI/Blindness.

Courses are created in any setting for the entire community. With 70%+ of the VI/Blind population on the sidelines ... sometimes forever, CRNA is attempting to reverse that percentage to “0.”CRNA is grateful to have the faith and confidence of Microsoft and its partners as it forges ahead with what is without a doubt a new sport that will permit so many to fully engage and participate in what is hoped a fitting Paralympic sport.

CRNA and its partners are proceeding with beta testing of the sport ensuring that it will be reliable and accurate leading to national and international demonstrations and sanctioned events in spring 2021 in Albany and beyond.

It is the goal to have virtual Trail O become a World Championship and summer Paralympic sport for the VI/Blind.

Call CRNA at 315-396-9967 for further information.
GETTING STARTED AT A YOUNG AGE
BALTIMORE, MARYLAND

The Bennett Blazers Physically Challenged Sports Program of Kennedy Krieger Institute offers a Motor Development Sports Program for children ages two to seven. Established in 1989 and originally designed for athletes ages five and up, the program has expanded to include those as young as 20 months to capture the opportunity to “teach children they can, before they are told they cannot ...” Participation in the program is often the first time athletes and families are given good news about all their child can accomplish. Basic sports skills such as throwing, catching and striking are practiced as are movement skills for both ambulatory and wheelchair participants. The young athletes work their way through skill stations as they navigate a course with a variety of obstacles and climbing apparatus. Athletes utilize baseball bats, tennis rackets, lacrosse sticks, and hockey sticks as well as nerf and playground balls, footballs, baseballs and soccer balls to complete their skill stations. Equipment such as scooters, foot- and hand-powered bikes, sports wheelchairs and sled hockey sleds are also available for the athletes to develop more skills. As the participants grow older more challenging sports activities are offered accompanied by fitness activities.

The 45-minute gym program is followed by 45 minutes of aquatics instruction in the therapy pool which is maintained at 92 degrees. After developing swim skills and completing independent swim across our therapy pool, many athletes progress to the lap pool for more advanced instruction.

For more information, contact hermangw@kennedykrieger.org.

MAINE ADAPTIVE COMES TO THE RESCUE WITH ITS ON THE ROAD & ABILITY EQUIPPED PROGRAM
VARIABLE LOCATIONS, MAINE

Ethan is 16 years old, and lives in Brunswick, Maine. When he was born, he suffered a stroke, which left him with lasting health ailments. He is visually impaired and has cerebral palsy. As a result of his stroke, he has poor balance and has been unable to ride a two-wheeled bicycle. His parents visited their local bike shop and got his bicycle outfitted with adult training wheels to aid balance. His mother, Shannon, shared that Ethan really enjoyed the ability to ride around their neighborhood and was improving his skills. Unfortunately, one day while he was cycling, a younger neighbor began to bully him and make fun of his training wheels. This really upset Ethan, who gave up trying to bike and despite his parents encouraging him to return to cycling he refused to do so.

Shannon saw our equipment loan program on Instagram and reached out to inquire about borrowing a recumbent tricycle for Ethan. The Trident Spike Trike seemed like a great fit for him. Our staff delivered the bike curbside, and he took off down on the Androscoggin River Bike Path in Brunswick with a huge smile. Having the bike allowed Ethan freedom to be outside, bike with his family, friends, and neighbors. Before the loan he had spent a lot of time cooped up inside because of the COVID-19 pandemic.

His confidence has grown, and they are working to find a grant to be able to purchase Ethan a bike of his own. Now more than ever, the opportunity to find joy through independence and sport are essential.

For more information about Maine Adaptive’s current programming, visit www.maineadaptive.org.
ATHLETE HAS FREEDOM WHEN SKIING WITH NEW ENGLAND DISABLED SPORTS
LINCOLN, NEW HAMPSHIRE

Meet Amanda! The first time Amanda came to NEDS was with the Can Do MS organization three years ago. They offered a one-day scholarship to try adaptive skiing. She shared, “I was so excited about my first lesson with NEDS because I used to be a skier before I became disabled. Of course, I was tethered for that lesson. It was very exciting to be taken to the top of the mountain and ski down with an instructor. I cried the whole day because I was so happy to be on a mountain again. I never thought that I would be. My commitment to learning was made on that day.”

Amanda has so many favorite moments from skiing with NEDS, but the best thing is being able to ski together with her family. The second-best thing is all the wonderful friends that she has made through NEDS. Amanda shared that having freedom of movement through skiing is wonderful. To any new students or those wondering about getting involved with NEDS, she wants you to know, “Adaptive sports will change your life. It takes away the feeling of being disabled and allows for a feeling of freedom. Don’t give up and have fun.”

Amanda has been keeping active during the pandemic by swimming, using a recumbent stepper machine, stretching, and gardening. She is ready to get back on the mountain this winter!

Visit nedisabledsports.org.

ATHLETES PAYING IT FORWARD WITH ON THE EDGE CHILDREN’S FOUNDATION
MULTIPLE LOCATIONS

Ben Lankford was injured in a motorcycle accident. He lost his arm and had head injuries that affected his memory. Ben was recommended to contact On The Edge Children Foundation’s (OTE’s) adaptive programs. He was so inspired and he quoted, “It gave me a reason to live and a life’s purpose to give back.” Ben became a certified exercise trainer and he helps OTE. He is following his passion for wakeboarding and volunteers at watersports events.

Gavin Brodie has Down Syndrome, is a high school athlete, and is a member of the Special Olympics in gymnastics. His dad asked OTE if it was possible for Gavin to stand-up ski after being successful with a sit-ski. Gavin learned to stand-up ski, wakeboard and wakesurf. Gavin said, “I want to help.” Gavin created a pushup challenge on social media this year to keep people active during quarantine and isolation of COVID-19.

Both Ben and Gavin love the sport of water skiing and continue to participate with OTE. Their ability to pay it forward is impressive, and both are giving back with online exercises challenges and lessons, and volunteering to inspire others with challenges to enjoy the sport of water skiing!

OTE 2021 programs include activities in the winter/spring in Florida and move north for their annual summer events in Maryland, Pennsylvania, Virginia, Ohio, etc. Visit ontheedgecf.com.
STRIDE SEES SILVER LINING IN A COVID-19 WORLD!
WEST SAND LAKE, NEW YORK

COVID-19 has turned our sport programs and organizations upside down. Additional planning and re-inventing have been required, and yet uncertainty still remains as winter approaches. Staff, coaches and athletes have been on a roller-coaster ride since March 2020 when our ski season abruptly ended. It has been unprecedentedly chaotic. The list of lost opportunities is endless, but let’s reflect for a moment and look positively at what the pandemic has done for us. That is right, what benefits have been realized from the pandemic?

Reflection: All of us have had more time to reflect on important values we hold. At STRIDE, we reflect on our passions about health, teaching kids, or working with veterans. We reflect daily on how to reach people and keep their spirits up.

Time: We all were given time — time to take care of ourselves and loved ones. Volunteers who give so much to others, have time to focus on themselves, allowing to care for themselves by slowing down, exercising and embracing what is in front of them. It is extremely important to use this time to focus on goals. Time is also important for families to enjoy meals together, outdoor activities and realize things taken for granted.

Technology: With isolation and quarantine comes more online technology to connect, and the Zoom craze was born! Zoom (and other platforms) became a household word overnight. Online face-time platforms are commonplace, which brought about more educational and business meetings from the comfort of your home. Training seminars are recorded, which reaches many more volunteers than ever before. Information dissemination is better than ever.

Family: The pandemic has forced families to cohabit together in a deeper, richer way. As our programs slowly came back to outdoors in summer, we asked family members to take volunteer roles for touchless lessons in golf, tennis, kayak, archery and all other sport programs where volunteer one-to-one was necessary. Family connections and involving parents in learning our individual lifetime sports together promotes more time practicing and playing together away from STRIDE.

Cleanliness: We all know the importance of washing hands and sneezing in your elbow, but how often did we think about it before the pandemic? Everything is now more purposeful and deliberate, such as ensuring things are wiped down and disinfected. The reality of what is learned should carry over into the next generation.

Appreciation: We have learned to just appreciate being together, whether doing a sport; volunteering and helping in a small role; or having a job to come to. STRIDE is resilient. As much as some of our goals previously may have selfishly been about competition, winning, or other exterior motivators; now greater appreciation can be experienced. The idea of doing even one STRIDE activity per week, unsure when the pandemic may end is now the goal. Volunteers appreciate their role to participate and parents feel pure thankfulness to watch kids play again.

Adaptation is what we do; letting creativity occur in how we transform one activity or event into something totally new that meets the new COVID-world protocols. We dreamed of having hiking and snowshoeing programs, and now its real. Fundraisers became virtual, and we still raised money. Virtual online chair yoga, family camping experiences at our private camp, individual fitness sessions, and new and different twists are reaching more people. We teach ADAPTIVE by example.

Opportunity: Rather than submerging in the unending emotions of negativity, let’s find the good in what we are experiencing. Is your glass half full? As this pandemic continues to unfold, reflect on what you have learned and what has become important.

COVID-19 has certainly given its share of “lemons” — let’s make lemonade together.

For more information, visit stride.org.
**PADDLING HELPS MARINE VETERAN WHO IS AN ALS PATIENT**

**POTOMAC RIVER, MARYLAND**

Master Gunnery Sgt. Roger Brannon medically retired from the Marine Corps after a 28-year career due to the onset of ALS in 2017. Pictured, Roger is preparing to paddle with his son, CJ, on the Potomac River with the Southern Maryland Chapter of Team River Runner (TRR). Roger exemplifies the never give up, always go forward mentality of the Corps every single day. Roger learned of TRR in 2019 at the annual VA Summer Sports Clinic in San Diego. Due to upper body weakness, Roger contacted Team Semper Fi to get funding for a Hobie Pedal kayak so he can continue to get on the water with his kids. Roger plans to paddle with the TRR Southern Maryland Chapter this winter, as well as go kayak fishing and crabbing, with his son and daughter.

Knowing the importance of maintaining physical health, Roger pedals a trike to keep his fitness and ALS at bay, as well as play adaptive golf in Olney, Maryland. Roger would like everyone to know that one in six individuals with ALS is a veteran; no one knows the reason.

To promote awareness, Roger serves on the Veterans Affairs Team of I AM ALS. He would appreciate it if you would learn more by visiting iamals.org. TRR is honored and inspired every time we are on the water with relentless Roger.

To find a chapter near you, visit teamriverrunner.org.

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**ADAPTIVE SPORTS VOLUNTEER TRAINING AVAILABLE**

**PITTSBURGH, PENNSYLVANIA**

While the world of adaptive sports and recreation is exciting and accepting, volunteers often need some fundamental training. Recognizing this need, the University of Pittsburgh, in collaboration with Three Rivers Adaptive Sports under a grant from the VA, have designed and produced the Essentials of Volunteer Training in Adaptive Sports & Recreation, or EVoTAS.

“The course was designed in multiple phases,” says Karl Kemmerer, one of the developers from Pitt’s team. “First, we scoped out adaptive recreation events and talked to volunteers and participants to see what we needed to address.” This scoping phase found that while volunteers were enthusiastic to participate, most did not have a background working with people with disabilities or training in healthcare.

Research shows that adaptive sports gatherings are critical to maintaining quality of life in people with disabilities, and quality volunteers are essential in making these events a success. With this in mind, the team decided to develop an entry-level, online course that volunteers could complete prior to engaging at events.

The final product was the EVoTAS: a 75-minute, fully online course consisting of a combination of client interviews and video case studies. Content is divided into three core areas: disability etiquette, assistive technology, and medical aspects of disability. It concludes with a post-test, and those who complete it receive a certificate of completion.

The best part? EVoTAS is free for everyone.

Details can be found here: https://propel.shrs.pitt.edu/courses/evotas.

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**SKIING AND SNOWBOARDING AT MOUNT SUNAPEE RESORT**

**NEWBURY, NEW HAMPSHIRE**

New England Healing Sports Association (NEHSA) is gearing up for another wonderful winter season at beautiful Mount Sunapee in Newbury, New Hampshire. NEHSA provides outdoor recreation opportunities for individuals of all ages with physical and cognitive disabilities. We are so excited to be opening our newly renovated lodge for our 48th winter season!

At NEHSA, we believe that confidence ignites confidence!
BlazeSports America has released the updated Certified Adaptive Recreation and Sports Specialist I (CARSS™) and the new CARSS II. The CARSS certifications were developed with the expertise of professionals in the adaptive sports and recreation field. CARSS now offers two levels of certification training on the most relevant, practical information for developing and implementing adaptive sports and recreation programs for people of all ages with various physical disabilities.

CARSS is fully online and is perfect for anyone currently in or interested in entering the adaptive sports field. A recent CARSS certificant said of the program, “The course pointed out many things that can be overlooked — legal complications, requirements, items to check when doing an accessibility study of a facility.” Another said, “I found your course helpful in looking at the big picture of marketing, networking and risk.”

CARSS includes nine core areas of adaptive sports and recreation, including new sections on program development, implementation, and evaluation; marketing and communications, accessible facilities, and partnership development.

BlazeSports America, a Move United chapter, is the legacy organization of the 1996 Atlanta Paralympic Games. Our mission is to change the lives of individuals with physical disabilities through adaptive sport and recreation. Building the capacity of adaptive sport, recreation and physical activity practitioners through the BlazeSports Institute for Adaptive Sports and Recreation is a strategic priority and CARRS, the only certification of its kind, is one of the offerings of the Institute.

Register for CARSS at blasesportsinstitute.org or contact Ashley Fallaize at afallaize@blazesports.org.

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31ST ANNUAL SPORTSABILITY SCHEDULED APRIL 8-10, 2021
TALLAHASSEE, FLORIDA

Join Florida Disabled Outdoors Association for three days of waterskiing, tennis, martial arts, rock climbing, scuba, and more at the 31st Annual SportsAbility held by the Florida Disabled Outdoors Association. The event will be April 8-10, 2021. Adults and children, both with and without disabilities are encouraged to experience this hybrid event with both virtual and hands-on recreation activities for no cost thanks to our friends and sponsors.

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. Virtual and live activity providers will showcase recreation and sport adaptations to ensure everyone is included. Some activities include golf, scuba, waterskiing, art, boating, tennis, archery, biking, horseback riding, rock wall climbing, and more!

For information and registration, visit fdoa.org. You can also contact us at info@fdoa.org or 850-201-2944.
PARALYMPIC GOLD MEDALIST RICO ROMAN GOT HIS START AT OPERATION COMFORT
SAN ANTONIO, TEXAS

Retired Staff Sgt. Rico Roman grew up in Portland, Oregon, playing multiple sports. Upon graduating, Rico joined the U.S. Army. On Feb. 22, 2007, he was on his third deployment to Iraq, finishing work at a security checkpoint at Sadar al Yusuf. His Humvee led the vehicular caravan back to the base when it was struck by an IED. Rico was left with damage to both his legs. The pain in his left leg became so unbearable that a year later he opted to have it amputated just above the knee.

While recovering at Brooke Army Medical Center in San Antonio, Rico was approached by Chris Leverkuhn with Operation Comfort, a nonprofit organization that provides adaptive sports programs to wounded, ill and injured service members. When Rico was introduced to sled hockey, he took to the ice as if he had been playing his whole life.

In 2011, he became the first war-wounded veteran to land a spot on the U.S. National Sled Hockey Team. He has since represented the U.S. at the 2014 and 2018 Paralympics, winning gold at both.

For more information on Operation Comfort, visit operationcomfort.org.

SMCL FOUNDATION SERVING VETERANS AND OTHER ADAPTIVE ATHLETES
NEW ORLEANS, LOUISIANA

Established in March of 2006, the Samaritan Multi-Services Centered on Living (SMCL) Foundation & Associates, was formed to improve the quality of life for military veterans and citizens with disabilities, as well as others who are economically challenged. With a home base in New Orleans, Louisiana, SMCL develops and conducts adaptive and Paralympic sports including air rifle, wheelchair basketball, boccia, fencing, goalball, golf, softball, table tennis, wheelchair tennis sitting volleyball, and yoga.

The SMCL Foundation & Associates partners with the New Orleans VA Medical Center Recreation Therapy Department to provide adaptive recreation & sports experiences for veterans all across Southeast Louisiana, as well as the Mississippi and Alabama Gulf Coast. These veterans are in action from February to May. For more information, contact coordinators Glenis Thompson, VA Recreation Therapist or Rev. Julius Lee, S.M.C.L. Adaptive Sports Director.

For more information, visit http://www.samaritanactsneworleans.org/
BORP’S NEW SCI RECREATION AND FITNESS EXPANSION PROJECT
BAY AREA, CALIFORNIA

Bay Area Outreach and Recreation Program (BORP) launched its SCI Recreation and Fitness Expansion Project, funded by a generous grant from the Craig H. Neilsen Foundation. This exciting new program aims to significantly increase opportunities for fitness and recreation for those in the spinal cord injury community, but is open to all.

PROGRAM HIGHLIGHTS INCLUDE:

• Virtual programming (strength training, cardio dance, Tai Chi, yoga, virtual hikes and climbing adventures).
• In-person classes following CDC guidelines.
• Adaptive cycling at BORP’s Cycling Center and other Bay Area locations.
• Kayaking.
• Interpretive hikes.
• Indoor rock climbing.
• Mentoring.
• Sports clinics.
• Adaptive Sports & Recreation Festival.

BORP launched its virtual programming in late March to address the needs of the disability community during the pandemic. Currently, it offers six virtual fitness classes a week. In June, the organization safely reopened its outdoor cycling program and continues to explore ways to safely provide new adaptive sports, recreation and fitness programming. All programming will implement the strictest procedures to mitigate the risk of spreading COVID-19.

Says Cynthia Noonan, the BORP SCI Program Manager, “Living with a spinal cord injury myself, I know from firsthand experience how getting involved in the BORP community can be life changing. We are really excited to launch this initiative and would love to get input from the SCI community so we can best serve their needs and interests.”

Cynthia can be contacted at cynthia@borp.org. For more information about BORP, visit borp.org.

CHALLENGING INJURY DIDN’T DAMPEN HER SPIRIT
SHAVER LAKE, CALIFORNIA

Following a brutal fall that left Mia Gonzalez paralyzed nearly three years ago, doctors told her the chances of her walking again were very slim. It was just the challenge the 23-year-old from Fresno, California, needed to hear.

After graduating from high school, Mia became a firefighter in Northern California. She loved every minute of it but, as fire season ended, she made the decision to move back home to attend Fresno City College’s Firefighter I Academy.

On September 2, 2017, her love for the outdoors drove her to go hiking in Sequoia National Park with a cousin. A misplaced step caused her to tumble 50 feet off a cliff. When the dust settled, Mia had sustained a T-9 Complete Spinal Cord Injury.

It’s been a long recovery process, but Gonzalez is not backing down from any challenge — whether that’s skiing, mountain biking, skydiving, or even walking again.

Gonzalez first joined the Central California Adaptive Sports Center as a participant; she is now the marketing coordinator.

“Skiing was gnarly — leaning into turns, it was so beautiful, a sense of freedom,” described Gonzalez.

“You’ve definitely got to try it at least once,” she said. “Sometimes we are too afraid to get out of our comfort zone, but once we do there is no stopping us. We can’t live being afraid just because of what happened in the past.”

To learn more about programs, visit centralcaladaptive.org.
The City of Reno Parks, Recreation and Community Services Department in Reno, Nevada, the High Fives Foundation in Truckee, California, and the Adaptive Training Foundation in Dallas, Texas, are teaming up for the sixth year to host a program called Military to the Mountains. Twenty-two injured U.S. military veterans will train at their respective facilities for nine weeks preparing them for a week of skiing at Squaw Valley/Alpine Meadows in Lake Tahoe, California, from March 14-20, 2021.

The Military to the Mountain program is inspired by the High Fives Foundation, which focuses on preventing life-changing injuries and provides resources and hope if they do happen. The program is fueled by a VA Adaptive Sports Grant, private contributions, corporate sponsors, and funds raised through the sale of Squaw Valley/Alpine Meadows active military passes.

“The goal of the program is to offer wounded war-fighters an opportunity to tap back into their physicality by pushing through mental and physical barriers. Experiencing the mountains for the first-time post-injury redefines their limits and ignites new passion to take ridge lines they no longer thought were possible,” said David Vobora, founder of the Adaptive Training Foundation.

Prior to the week of skiing and snowboarding, each veteran will go through a nine-week training program (the standard length of military boot camp) at the Adaptive Training Foundation or the City of Reno Parks, Recreation and Community Services Department (Double Diamond Athletic Club and Title Boxing), to ensure they are physically prepared for a week on the mountain. Each workout is geared specifically towards creating strength, balance, and confidence for skiing and snowboarding.

“Adaptive skiing/snowboarding will be one of the greatest physical tests some of these athletes will have faced post injury. Our trainers are delivering specific workouts to meet the needs of each athlete's limitations, preparing them for the rigors of the mountain,” said Jonny Wright, Reignite Program Director at the Adaptive Training Foundation.

All “on-hill” snow sports will be instructed by the professionals. The 22 veterans will be navigating the snow in multiple modalities based on injury. Some participants will be using mono-skis or bi-skis, some will be donning stand-up skis, boots, and poles provided by K2 Sports, and some will be on snowboards provided by Squaw Valley Demo Shop.

Many of the veterans traveling from Dallas have not skied or snowboarded, and some haven’t even seen snow. Along with the introduction to adaptive snow sports, alternative mountain-style activities are offered in the program as well. This winter we are hoping to spend a day jumping on trampolines and navigating ramps at Woodward Tahoe/Boreal Mountain in California along with group yoga taught by Sherry McConkey. “When I teach these guys, I walk away feeling like anything in life is possible. The Military to the Mountains crew is the most inspiring, humorous and brave group of people I have ever met. I am honored to pass along my love for yoga to this amazing group,” stated McConkey.

It is hoped that each participant takes something away from the program; whether that’s becoming physically stronger, finding a new love for snow sports, making a lifelong friend, or sharing laughter with existing friends. “Military to the Mountain instills hope by promoting health, wellness and positivity. I’m honored to be a part of this program that assists disabled United States veterans in exceeding expectations of what is thought to be possible,” said Jim Kemper, a 2017 Military to the Mountain participant.
WINTER FUN IN CALIFORNIA’S EASTERN SIERRA
MAMMOTH LAKES, CALIFORNIA

Disabled Sports Eastern Sierra (DSES) is ready for an exciting winter in the mountains skiing, snowboarding, and playing in the snow. Adaptive athletes of all ages with any disability can pursue outdoor sports and adventures with DSES. First-time winter retreaters to advanced athletes welcome!

PSIA and AASI trained instructors look forward to helping provide athletes with the freedom and thrill of winter sports on the incredible terrain at Mammoth Mountain or Tamarack Cross Country Ski Center. Lessons are offered daily in alpine skiing, snowboarding, cross-country skiing, and snowshoeing. Advanced reservations and compliance with all COVID-19 safety precautions are required. Visit DisabledSportsEasternSierra.org or call 760-934-0791 for more information on options or to book a lesson.

Athletes interested in the serenity and athletic challenge of cross-country skiing are invited to attend a Nordic Ski and Race Camp Feb. 11-14, 2021. This camp welcomes cross-country skiers of any level to three full days of on-snow training at the beautiful Tamarack Cross Country Ski Center. Mono skiers of any skill level can join DSES March 5-7 for two days of all mountain training with a focus on fun and exploration of the varied terrain available at Mammoth Mountain during the Mono Ski Madness. Camp space is limited! Dates and availability are subject to change. For more information about winter sports camps or Paralympic training opportunities, contact Info@DisabledSportsEasternSierra.org, or call 760-934-0791.

Disabled Sports Eastern Sierra is a proud partner of Mammoth Mountain Ski Area and a chapter of Move United. DSES looks forward to providing safe, fun experiences for adaptive athletes this winter!

Disabled Sports Eastern Sierra 2021 camps are held at Mammoth Mountain Ski Area and Tamarack Cross Country Center in Mammoth Lakes, California. Don’t miss out on these opportunities to enjoy the thrill and exhilaration of outdoor winter sports in the beautiful Eastern Sierra and ski with some of the best!

For more information, contact Info@DisabledSportsEasternSierra.org.

PARASPORT SPOKANE USING STRENGTH, CONDITIONING TO BUILD CONNECTIONS
SPOKANE, WASHINGTON

As the lockdown began in Washington state, ParaSport Spokane made a large pivot to move training online. Daily sessions targeting upper body range of motion became a focus and were then followed by breathing, relaxation and meditation exercises. Athletes were often encouraged to remain online to socialize and keep connected. Senior athletes were tasked with leading sessions of their favorite exercises to share with their peers.

As cases in the state started to decline and restrictions have eased, ParaSport Spokane’s volunteer staff worked closely with medical professionals to create safe space and check-in protocols as well as athlete monitoring strategies. Thanks to 3-D printed training masks from the University of Illinois, the strength and conditioning program has recently transitioned back indoors. Participants are separated into small group training pods and complete circuit-based training with individualized equipment and aggressive sanitation strategies.

According to Teresa Skinner, Executive Director of ParaSport Spokane, “The greatest benefit is the connection they have sustained with their peers. Laughing together, speaking about what is on their minds, and hearing others impacted similarly is a powerful tool. We need to be looking beyond the sport and connecting with the human side of our athletes even more than what we are used to typically doing. Our athletes need us, they need each other to get through this together.”

A cohesive community in which an athlete feels supported and safe are the bedrock for ParaSport Spokane which has a mission of “Utilizing Sport as a Catalyst for Life.”

For more information, visit parasportspokane.org.
The United States Adaptive Recreation Center (USARC) is committed to teaching people with disabilities outdoor therapeutic recreation. The winter program runs between December and March and offers skiing and snowboarding lessons at Bear Mountain. Full-day and half-day lessons are available. Lessons include lift tickets, equipment and instruction. Prices are $135 for full day and $90 half day. If you’d like more information or to make a reservation, call 909-584-0269.

Volunteers are needed to help these programs be successful. Volunteers enhance the lives of children and children-at-heart living with physical or intellectual disabilities who come to the USARC to challenge themselves through outdoor recreation, and leave having transformed those challenges into achievement and self-discovery. For more information, visit our website at usarc.org or email mail@usarc.org.

SAVE THE DATE! MARCH 13, 2021

USARC’s favorite winter FUNdraiser is coming in March! The Ski-A-Thon is a day on the slopes of Bear Mountain while raising essential funds for the USARC. Teams of four raise $500, and receive lift ticket, line cutting privileges, goodie bag, event T-shirt, and lunch voucher. For more information please call 909-584-0269.

**CHALLENGE ALASKA OFFERING VIRTUAL AND IN-PERSON ACTIVITIES**

**VARIOUS LOCATIONS, ALASKA**

Alaska may be the Last Frontier, but Challenge Alaska is working to stay at the forefront of return to play efforts. We are continually working to create an adaptive response towards COVID-19, maintaining a safe environment for new and returning programs.

Challenge Alaska has introduced Virtual Chair Yoga for participants of any age and will be continuing the program into the new year. This group provides physical exercise and welcoming virtual space for positive connections amongst participants.

Hockey is an Alaskan staple that we are diligently trying to maintain a standard season for. Our teams include Alaska Warriors Hockey for disabled veterans and Alaska Avalanche Sled Hockey for adults and youth with physical disabilities. We are currently offering practices, games, and hopes of attending national tournaments in the spring.

We will be outdoors with Nordic skiing opportunities in Anchorage every week, weather permitting. We are able to provide equipment to accommodate sit-or standing-skiers, and we have a core group of experienced volunteers to provide both social opportunities and instruction to improve technique.

Challenge Alaska’s Adaptive Ski and Snowboard School will also be open and working one-on-one with participants to provide quality adaptive alpine ski and snowboard instruction at Alyeska Resort in Girdwood, Alaska. Our facility has the equipment, instructors, and access to glide out of the building and directly onto the slopes to get you moving in no time.

For more information or to register for a program, contact jeff@challengealaska.org
able to save I’m scared for my future.

Prepare for today or invest for tomorrow in a simple, affordable and tax-advantaged ABLEnow® account that won’t impact certain disability benefits.

Scan here for a chance to win a $500 ABLEnow account or visit able-now.com/win for details and official rules.
FREEDOM TO SAVE FOR THE FUTURE

Many Americans with disabilities think old rules still apply — that they can’t save for the future if they are receiving disability benefits. However, ABLEnow savings accounts remove these limitations, offering financial peace-of-mind for millions of eligible individuals and their families. Save for today’s needs or invest for tomorrow in a simple, affordable and tax-advantaged account that won’t impact certain disability benefits. ABLEnow funds may be used for a wide variety of qualified disability expenses related to maintaining health, independence and quality of life. Learn more and open an ABLEnow account online at able-now.com.

MOTION CONTROL’S NEXT GENERATION ETD2

A U.S. Department of Defense contract awarded to Motion Control of Salt Lake City partially funded development of a new Electric Terminal Device and wrist system.

For many in U.S. military hospitals, the ETD is the first choice hand replacement for function and versatility. The ETD is the only device that achieves true resistance against water, dirt, dust, and grease. The next generation ETD2 is available now. Learn more at Fillauer Motion Control, fillauer.com/etd2.

PROCARVE – PURE SPORT

ProCarve provides you with targeted support to take on the challenge of extreme sports. It also meets the highest demands of performance you require on the slopes. Designed specifically for skiing and snowboarding with extreme carving, the integrated high-performance dampers control movements for above- or below-knee amputees.

Pneumatic spring and hydraulic unit dampers make it easy to take a break by disengaging the unique lock mechanism to sit comfortably — like in a chair lift.

The ProCarve system combines the ProCarve Prosthetic Knee Joint and the ProCarve Prosthetic Foot along with accessories like the footshell shaped for snowboard boots, the blocking clip that allows for walking without spring action and the high-pressure air pump for adjusting the air pressure in the knee joint and foot component.

Experience a never-ending rush, fresh winter air and freedom with the ProCarve. Contact your healthcare provider to learn more about the ProCarve by Ottobock today!
QLK-150 PERSONAL WHEELCHAIR DOCKING SYSTEM.

The next step in independent wheelchair securement, Q’STRAINT’S QLK-150 offers more features and options you won't find in any other system: more ground clearance, a seamless dash control, an advanced stabilizer, and 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: qstraint.com/qlk-150.

RUSH ROGUE PROVIDES REALISTIC FOOT AND ANKLE MOTION

The PDAC approved RUSH ROGUE® provides the most realistic and dynamic foot and ankle motion available. The Vertical Loading Pylon (VLP) provides vertical shock relief while offering +/- 8° torsion, allowing the user to push the foot and themselves to the limits. The RUSH ROGUE® is made of our advanced fiberglass composite which is 3X more flexible than conventional prosthetic feet. The roll through characteristics of the foot provide exceptional energy return with no “dead spot”. The RUSH ROGUE® is also available in the EVAQ8 elevated vacuum and H2O models. #goROGUE

DYNAMIC SUPPORT GROUP FOR FINGER AND PARTIAL HAND LOSS

Historically, there's been very little support for the finger and partial hand amputee population. Naked Prosthetics wanted to change that.

That's why we introduced a new online support group, and why we invite you to join in the discussions.

“I searched for something similar after my accident without luck. Having the opportunity to help others in the same position is wonderful. I look forward to connecting.” Jacqueline

Visit, facebook.com/groups/fingerandpartialhandamputees.
LIVE THE #RUSHLIFE

VERTICAL LOADING SHOCK ABSORPTION AND +/- 8° OF TORSION!

Also available in EVAQ8 and H2O models!