



move UNITED

MAGAZINE | SPRING 2022

HITTING THE STICKS

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KARI MILLER-ORTIZ LEAVING NO ONE ON THE SIDELINES

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ROW, ROW, ROW YOUR BOAT

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A close-up, low-angle shot of a person's legs as they run on a reddish-brown track. The person is wearing grey leggings and a black and white athletic shoe. Their left leg is a prosthetic, featuring a silver and black joint and a black foot with a blue accent. The background is blurred, showing a paved path and some greenery.

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Cover photo of Paralympic Gold Medalist Kari Miller-Ortiz
Cover photo by Jean-Baptiste Benavent



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Spring is in full swing at Move United! As you read this, we are in the crux of adaptive summer sport competitions, where athletes compete across the country in nearly a dozen sports. These events are some of the best multi-sport competitive events in the United States and are sanctioned by both Move United and the applicable National Governing Bodies (NGBs). Sanctioned competitions commit to follow national and, when applicable, international rules and to provide a safe, positive environment for participants, volunteers, officials, coaches, and spectators.

Move United Sanctioned Competitions are an integral part of Move United's community-based adaptive sports movement, committed to leaving no one on the sidelines. Whether you have Paralympic ambitions or are competing for the first time, these two dozen events, hosted by Move United member organizations, provide great opportunities to Push What's Possible, learn from athletes and coaches, and make new friends. A number of these games offer the chance to get your Paralympic classification as well.

The culmination of the season for athletes 22 and under is Move United Junior Nationals, which is scheduled to take place July 16-22 in Metro Denver. Athletes must qualify to compete through one of the local or regional competitions. In 2023, this event will expand to include athletes of all ages, dropping the "junior" in its title. This will promote adult athletes, warfighters, and Paralympians to join the existing juniors.

We know that competition builds character, and it also builds community. This unification of adaptive sports came due to the merger two years ago between Adaptive Sports USA and Disabled Sports USA. Now under one umbrella, the Move United ecosystem supports adaptive athletes, regardless of whether they want to compete or enjoy sports and recreation for fun and to stay active and healthy.

Speaking of competition, para rowing is a sport close to my heart that you can compete in on your own or as part of a team. Read more about para rowing on page 16. And on page 6, learn more about wheelchair lacrosse, a relatively new adaptive sport that is blossoming across the country. Inside this issue, you will also read about two serious competitors. On page 18, check out the profile of wheelchair tennis player Jeremy Boyd who is wrapping up a successful collegiate career at the University of Alabama with hopes to be in the conversation for the 2024 Paralympic Summer Games in Paris. And on page 12, read about our own Kari Miller-Ortiz, a Paralympic Gold Medalist and warfighter who is focused on making adaptive sport accessible to all. Finally, don't forget to check out the array of adaptive sports opportunities available at Move United member organizations across the country, starting on page 25.

Regards,

Glenn Merry, Executive Director

Move United



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HITTING THE STICKS: Get Into Wheelchair Lacrosse



Daniel Hersh got hooked on the high speed, fast paced nature of lacrosse. “The action didn’t stop and just kept going,” Hersh said. “The quick movement of the sport drew me in.” After attending a professional match, he went online to see if it was a sport he could play from his chair and discovered that wheelchair lacrosse is a sport that exists and is growing across the country.

A team didn’t exist locally, so Hersh and a friend started a local program, the Colorado Rolling Mammoths. The team has been in existence for around five years now and was the first wheelchair lacrosse team to pair up with professional team.

THE BASICS

Hersh describes the sport as a combination of basketball and hockey. “It is the tactics of basketball and the contact of hockey.” It is a physical sport. There is full chair contact and players are permitted, with some limitations, to hit each other with their sticks. “It is the opposite of golf. You hit everyone as much as you can and aim to get the most points.”

Barry Weintraub, who helped develop the wheelchair lacrosse program at Courage Kenny Rehabilitation Institute, a Move United member organization in

Continued on page 8 >>

A photograph of two women sitting on a beach. The woman on the right has a prosthetic left leg and is smiling broadly while holding a coconut with a straw. The woman on the left is also smiling and holding a coconut. They are both wearing casual clothing. The background is a blurred beach scene.

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Minneapolis, Minnesota, describes the sport as “hockey on land.” “You move a ball around the court versus the ice and the end goal is to put the ball at the back of the net,” he said.

“America’s game is not baseball, it is lacrosse,” Weintraub said. Indeed, the sport has been in existence for a long time. And one of the things Weintraub likes about wheelchair lacrosse is the adaptive version of the sport is pretty much the same as the stand-up version. “At a game, you see the natural flow of a lacrosse game. It is identical to the stand-up version.”

The game is typically played outside on a concrete or slatted hockey or roller rink. Each team has eight players on the court at a time, including a goalie, two defenders, three midfielders, and two attackmen. The season typically runs from May to August, according to Norm Page with Greater Buffalo Adaptive Sports, a Move United member organization based in New York. “It is a great summer sport and outdoor activity,” Page said. “But you can also play in a gym in the winter. The national tournament normally takes place the last weekend in August,



EQUIPMENT

Lacrosse is not a sport you play with your everyday chair. But an all-purpose sports chair, with the cambered wheels and front casters, can be utilized. When you first come to a local program, Page says that most of them will have a loaner chair for you so it is not something you have to go out and buy immediately. “As you advance, there are more advanced chairs and you might want it to be customized.”



Photos by Cynthia Simmons

The other pieces of equipment that players typically have or use include a lacrosse stick, a helmet and gloves, and some padding. “We want to get a stick in your hands,” Weintraub said. “If we can get a stick in your hands, we can cover the rest.” Equipment is often personal to each player, so when you reach a point where you want to start traveling and competing, you would want to make that personal investment in the necessary chair and equipment. The chairs cost a lot of money, but grants are out there to help defray or cover that expense.

In terms of padding, players typically wear arm and elbow guards. “I wouldn’t play without them because that is where the hits occur,” Hersh said. He also recommends a chest protector which, depending on the style, might also protect the shoulders. Not everyone uses them, but Hersh also recommends optional knee pads. Goalies typically wear a little bit more padding as well as shin guards.

These supplies can be purchased at a local sporting goods store. You can also go to a second-hand store and get decent used equipment at a lower cost.

Depending on a player’s ability, adaptations can be also be made to the equipment. For example, the sticks can be shortened to make it more successful and easier for the athlete to move.



GETTING STARTED

Wheelchair lacrosse is played using a no-bounce ball. It looks and feels like a normal rubber lacrosse ball but provides more control, according to Hersh. The stick has mesh netting at the top that serves as a pocket for the ball when you catch it or throw it.

When you first come to a local program, you want to get in a sports chair and feel what it is like, particularly if you have never been in one. “You can feel how quick they can turn and how stable they are,” Hersh said.

In addition to using the sports chairs, Page suggests starting with handling the stick. “There is a lot of hand-eye coordination between the ball and the stick,” Page said. So he often gets new players started with passing, catching, and shooting. But it is also about getting out there and playing. “All athletes just want to play and have a good time. So just enjoy the game and learn some of the skills as well.”

But it can be a challenging game at first. “It’s going to frustrate you early on,” Hersh said. You have to have patience and keep working at it. For a little while, you feel you are just throwing and chasing the ball.”

A typical player loves the high speed and the hitting. There are some rules of the game that will need to be learned and games are officiated by two or three referees.

“America’s game is not baseball, it is lacrosse,”

Barry Weintraub

JOIN A TEAM

The physicality of the sport is what is exciting about it. “It looks physical, and is physical, but parents shouldn’t let that be a barrier,” Weintraub said.

More than a dozen teams exist around the country right now. Many are located at Move United member organizations and the sport continues to grow. Page is working to increase the sustainability of the sport by creating a youth program. He is also increasing regional play so athletes can compete against other teams close by. “It helps reduce costs for families to participate in the sport, so travel isn’t required to keep it affordable,” Page said.

To find a local team near you, visit wheelchairlacrosse.com. Other resources and information about the sport can be found at usalacrosse.com.

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KARI MILLER- ORTIZ FOCUSED ON LEAVING NO ONE ON THE SIDELINES

Kari Miller-Ortiz always knew she wanted to serve. “Growing up, my aunt was in the military and she was a woman I looked up to. So, that is what I wanted to be.” She was also raised by a single mom and was looking for a way to pay for college, so joining the Army was a no brainer. Miller-Ortiz had a recruiter that told her to pick a military occupation that would be transferable in the civilian world and also informed her that some positions had sign-on bonuses. As a result, her military job was Transportation Management Coordinator, which focused on logistics and planning for airplanes, highways, and barges. That job took her to various different bases including Germany, Korea, and Kosovo.

While off duty, Miller-Ortiz was riding as a passenger in a car when it was struck by a drunk driver. “I was crushed from the waist down and trapped. They amputated me (her leg) on the scene.” After being treated at a local hospital, she would end up doing her rehab at the National Rehabilitation Hospital and physical therapy at the VA.

Growing up in Washington, D.C., sports were a huge part of her life. “My mom was the basketball coach at the elementary school level, so I played basketball. I also ran track in high school.” So sports were a part of her life post injury as well.

She would play wheelchair basketball at the University of Illinois and even be asked to try out for the U.S. team. “That was my goal. I wanted to be the top of the top.” Unfortunately, most of her teammates were selected, but Miller-Ortiz wasn’t. “I was dejected.”

However, a teammate of hers suggested she try sitting volleyball. “Initially, I didn’t think that was my thing. I thought it would be stupid because I was a basketball girl.” But she decided to give it a try and attended a practice in Atlanta.

“You don’t realize how scary the sport can be until you



see a flying ball coming at your face at a million miles an hour from a six-foot-tall woman. That is when I realized I loved this sport. It was about being able to get your aggression out, being able to be free.”

“For me, every day I am kind of hindered. When I walk or do something, I have to have prosthetics on. I am always encumbered. When you are playing sitting volleyball, you take all that off. It’s just you, the court, and the ball.”

At that time, the team was getting ready to go to Athens. “I thought I would just get to make that team. That wasn’t the case. But she would practice, get better, and make the team. She would play in her first world championship in 2006 and then be a part of three Paralympic teams. In 2008 and 2012, the U.S. would earn silver medals. In 2016, it was time. The team did win gold. “The competition grew over that four-year period, but the U.S. team grew more ... you don’t practice for second.”

“A lot of times people think adaptive sports means easier. It does not. Sometimes we (adaptive athletes) do ourselves an injustice because we make it look easy or effortless.”

She would try other adaptive sports along the way. “Once you take that step past what you are comfortable with, it opens you up. I ended up liking something beyond what I knew.” She would attend a VA event and

“For me, every day I am kind of hindered. When I walk or do something, I have to have prosthetics on. I am always encumbered. When you are playing sitting volleyball, you take all that off. It’s just you, the court, and the ball.”



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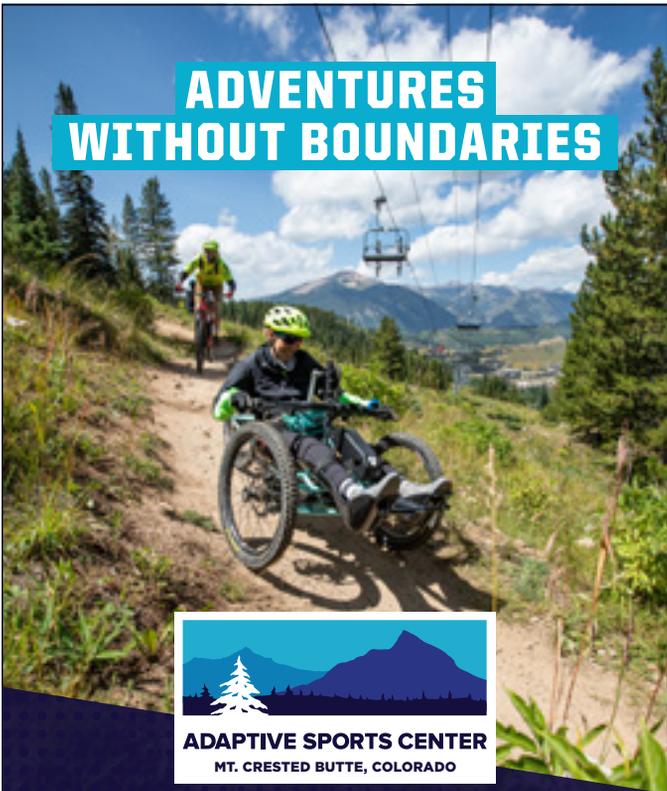
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enjoy shooting and other individual sports. “I love archery and rowing.”

Although Miller-Ortiz would earn an undergraduate degree in biology with the intent of being a veterinarian, her career path has been significantly different. She would help set up the Paralympic Military Program at Walter Reed Hospital in Bethesda. “I was focusing on all the things they could do rather than all the things they couldn’t.” She would help train other facilities and staff across the U.S. how to teach adaptive sports. “I learned a bunch of different adaptive sports — I may not be good at them all, but I do know how to play just about everything.”

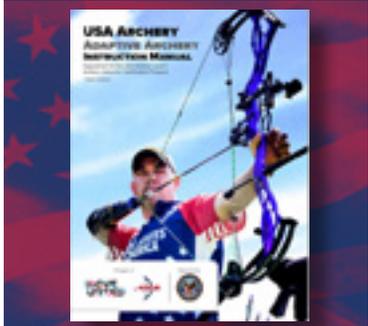
After the 2012 Summer Paralympic Games in London, Miller-Ortiz ended up creating the Air Force Wounded Warrior Program. She also hosted clinics and coached. Then after the 2016 Rio Games, she started a sitting volleyball program in Texas where she lives.”

But recently, she became the Director of People and Culture at Move United and is looking forward to expanding those that are served through adaptive sports. “Move United has been, from the beginning, one of the organizations I have always turned to for help. I have always had them to lean on. So to be able to be a part of the people that people lean on is a no brainer.”



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ROW, ROW, ROW YOUR BOAT: The Sport of Para Rowing



There is nothing like gliding across the water or the solitude of being outside. With the sport of rowing, you get to enjoy both. On top of that, the sport provides a great upper body workout and cardio activity.

Jennifer Fitz-Roy, an athlete who has been training with USRowing's high performance team, became interested in para rowing because she loved the intensity of the sport. She also was interested in a sport that she could regularly participate in as well as the sense of community it provided. "It was a way to stay healthy as well as a way to connect," she said.

Some rowers gravitate to the sport because they are fascinated with what is difficult, according to Ellen Minzner, the para high performance director for USRowing. "It's like golf in that there is a mystery around mastery. In golf, you are aiming for that perfect swing or that perfect stroke. In rowing, you are aiming for that perfect catch (the beginning of the stroke when the oar blade goes into the water)."

"It's beautiful to be out on the water. But it is also beautiful when you have perfected your craft," she said.

Another unique aspect about rowing is you can enter the sport at any age and still be successful. "You don't have to start at a young age to be successful. It is one of those late-start sports, but it is a life sport," Minzner said. "We have competitors still into their 80s. You can enter any point in your life."



GETTING STARTED

One thing you need to know is that rowing is different than canoeing or kayaking. These boats are light in the water and require more balance than the other two aforementioned activities. It is also different than what most people know of as a rowboat. The hull or shell is very narrow and typically longer.

If you haven't rowed before, it is recommended you start on a rowing machine. "It is easy and a lot of adaptations are available," Minzner said. "You can learn the basics of the rowing stroke and get the feel for the technique." The other benefit to rowing machines, which were once seen as the off-season activity, is that they are more readily available. There are indoor rowing studios as well as gyms

and other training facilities that have rowing machines.

“Some people prefer the erg (ergometer) than to be outdoors,” said Fitz-Roy. “For some people who have high-level disabilities, the erg is one of the ways they can safely row and be as independent as possible.” In fact, Fitz-Roy suggests that indoor rowing has almost become a sport by itself.

While on the machine, you pull on a handle with a chain and the motion mimics what you would do on water. “You feel that resistance,” Fitz-Roy said. “Going through the motion over and over again helps to develop muscle memory.”

Before you get on the water, there is also a whole language to learn. “There is a shared language and set of commands between the team and coach.” So you need to know what terms like catch, port, stern, starboard, and others mean.

It is also important to have the appropriate set-up and equipment and to know proper safety and boat handling. “You need to respect the water,” Minzner said. For example, passing a swim test is very important. If not, some clubs will allow you to row with a life jacket on. But on the water, you have to always be aware of the water conditions, weather, and environment.

Like any sport, rowing requires focus and discipline. You also need the appropriate technique. “There is a bit of physics involved,” Minzner said. “Think force is mass times acceleration. It is cool to use your body to propel a boat.”

ADAPTATIONS

There are a number of adaptations. Individuals who may have a visual impairment, upper or lower body amputation, spinal cord injury or other disability all compete in the sport. Athletes who have functional movement in their legs and a larger range of motion may use a sliding seat, which can provide additional leverage to propel the boat.

If you use a wheelchair for your everyday mobility, rowing provides an opportunity to get out of the wheelchair, leave it on the deck, and get in a boat. Depending on the disability, there are variations in the hull that could give some athletes greater stability and the use of pontoons to assist with stability as well.

“Every athlete is different, in terms of their strength and body type and use different adaptations,” Fitz-Roy said. Fitz-Roy, who has spina bifida, uses a rounded seat that cradles her hips. Athletes may use foam underneath their knees or other cushions. “I have a specialized foot plate that was created so my feet are secure and comfortable.”



Photo courtesy of USRowing

WANNA COMPETE?

For those interested in taking their interest in rowing to the next level, technique is important. But you also need power and endurance. It is both a power as well as an aerobic and endurance sport. Cycling, swimming, and triathlon are good cross-training activities.

Rowing is a repetitive sport as you work on perfecting the technique. “Every stroke you have a new chance to make it better,” Fitz-Roy said. “There is always something to work on ... that is what I love about the sport.” The more meters you get in, the more your body is conditioned.

Because you are doing that repetitive motion over and over again, it is very much a meditative sport for Fitz-Roy. “It helps me leave whatever problems I am having on land or in life and just focus on making that next stroke better. You get lost in that moment. You can’t be thinking about the past. You have to be in that moment.”

At the Paralympic level, individuals can compete solo (singles), with a partner (doubles), or in groups of four or eight athletes in a boat. But this depends on your classification. There are three distinct categories, including PR 1, PR 2, and PR 3. The latter category, PR3, has the most mobility and can use a sliding seat. Athletes typically have functional movement in the lower extremity area and use standard equipment with very few adaptations and might include amputees or athletes with a visual impairment or have short stature. PR2 athletes have more restricted range of motion but may have some use of trunk. PR1 athletes have the highest level of impairment and might use a wheelchair as a mobility device. They typically use a fixed seat and may have legs and chest strapped in and just row with arms and shoulders.

LOCAL LOCATIONS

More than a dozen Move United member organizations offer rowing as a sport. You can check out one of those programs at moveunitedsport.org/locations and search for “rowing.” In addition, at least 60 rowing clubs across the country offer adaptive rowing. To locate a program near you, visit usrowing.org. Minzner encourages athletes who are willing to try something new to consider para rowing.



JEREMY BOYD GRINDING ON THE TENNIS COURT

The first organized sport Jeremy Boyd played was baseball, when he was about 8 years old. “Sports have been a relatively consistent staple in my life,” Boyd said. He played baseball through the eighth grade because it was a whole other level in high school. “That was when I learned there are people who actually play these sports and want to play for a long time. My first taste of elite level competition was when I tried out for the high school baseball team.”

However, he had started playing football in the seventh grade. “One sport wasn’t really enough for me until I got to high school. Then that became my focus.” Boyd attended Hoover High School, which has been on the map for quite a while in regards to their football program. “That is where

I learned my work ethic in sports. I learned how to push yourself beyond what you think you can do and dedicate time and energy to building your craft.”

Boyd rode football out until his freshman year in college. “Football and I decided to part ways,” he said. “I was going a different route in life and becoming more career-oriented.” So that is where his pre-injury sports career ended.

On December 8, 2016, Boyd was shot in the side. “The bullet clipped my L3 vertebrae and left me with an incomplete spinal cord injury.” He has fairly complete control over the left side of his body, but loses sensation and function starting at the hip and tapering down to the knee. “After the knee I lose virtually all function and sensation.”

After spending about three weeks in the hospital, Boyd would move from Birmingham, Alabama, up to Tuscaloosa to live with his brother’s family. While doing his rehabilitation, the staff would suggest he participate in sports as part of that process. “They threw me in a basketball chair and within three seconds I was on the ground.” But nothing immediately clicked.

One day, two people rolled up to Boyd at a farmers market and asked if he played sports. “That was the day my life



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changed.” Those two individuals ended up being wheelchair tennis players Shelby Baron and Lauren Haneke-Hopps, who ultimately became Boyd’s teammates. They invited him to give the sport a try.

It took him a couple weeks to warm up to the idea. “When you first get into a wheelchair, it is a whole new world. I was still nervous about meeting new people and not comfortable with being in that realm.

But as soon as Boyd hit the tennis court at that community clinic, he was in love. “I couldn’t get enough of it. It gave me an outlet to vent the frustration that I had. Obviously, when you spend your whole life able-bodied and then you are not, that is a big change ... tennis did a big thing to help save my life and get me on a healthy track and make me want to do more with my life than just sitting around.”

So it was around April 2017 that he started playing wheelchair tennis. “It has been wheels burning, wheels turning ever since.”

“That opened up a whole new world of sports for me. It made me realize that I could still compete at a high level even though I had mobility issues.”

One of the reasons Boyd likes the sport is because of the variability of it. “Every ball is going to be different. Every point is going to be different. Every match is different. You have to be so locked in because the margin of error is so small.”

Boyd plays in the Men’s A division right now, the highest level. “It is getting to the point where it (the game) is more about strategy as opposed to just being flat out better than somebody. I liken it to chess, where I was playing checkers before. Some higher-level players are like ‘you’re still playing checkers buddy.’ I’ve picked up the learning manual to start playing chess in my game.”

Now Boyd is focused on outthinking his opponent. “That is what is starting to drive me now. Training my mind and not just my body. That is the next chapter of my career and I am really excited about it.”

He has basic expectations that he has set for himself. “Those expectations create frustration... I’m my own worst critic.”



But at the University of Alabama, he is fortunate to have great coaching and sports staff around him. The program has won a couple championships since Boyd has been there, and won the collegiate wheelchair national championship last April. “As long as I am willing to do the work and grind it out, the sky’s the limit.

“I don’t lose very well. I do everything I can to not lose.”

So when it comes to training, Boyd suggests you have to be patient with yourself and with your teammates. It is about being flexible and being able to adjust if something is not working. “You prepare the best you can and let the game come to you. I focus on what I can control versus being controlled by what is happening.”

Workouts at the university are typically three days a week. "Our strength and conditioning coach is intense, he wears us out." In addition, the players put the hours in on the court with four team practices and one individual practice. The practices vary. Some days are focused on drills and some days they are focused on grinding it out, hitting tons of forehands, tons of backhands, and tons of serves. "Tennis is about reps, reps, reps." Other days are more match-oriented where the athletes on the team play each other. "You still have to get that game feel."

According to Boyd, chair skills also don't get enough attention. "I have been beat by people who don't play tennis because they have way better chair skills."

The University of Alabama has quite a facility for its adaptive sports program. "We are very fortunate here," Boyd said. "To the best of my knowledge, there is not another adaptive program that has a completely dedicated space for them. Brent Hardin and Margaret Strand commonly state that they want us to get the same experience that any other athlete would get on campus."

But the athletes still have to put in the work. "It's not given to you, you gotta grind for it. I love that word ... you just gotta keep on grinding even when it's hard. Grinding is about removing. You are losing things ... shaving it off. I like to think it is a refining process. That's all we do. Constantly trying to refine our game."

Competing in the Paralympics is definitely a goal for Boyd. "I'm hoping to be in the conversation for Paris. And if not by then, I will be there for the next one. I've got work to do, but I'm putting it in. It is a matter of how bad do I want it."

When it comes to disability, Boyd doesn't accept the limitations that others put on him. "I'm not defining myself by how people treat me or what people think I can do. I don't measure myself by that. As a black man, I know what it's like to not be accepted. So I don't live by what people expect of someone in a wheelchair or someone with a disability."

"I also check people when they say, 'you are such an inspiration.' Why? You can do this to."

Boyd is now in his senior year in college, majoring in African American Studies. "I am entertaining the idea of getting my Ph.D and becoming a professor," he said. "My mother was a teacher and I swore I would never teach. But the more I realize the role some of my professors have had in my development and the way I see the world, I want to be able to do that for others."

You can find Jeremy on Facebook or follow him on Instagram at @jointchiefsofstaff. You can also check out alabamaadaptiveathletics.com or follow [alabamaadaptiveathletics](https://www.facebook.com/alabamaadaptiveathletics) on Facebook as well.

A CHANGE FOR THE BETTER

The Ferrier Coupler allows you to change your prosthesis quickly and easily. Simply remove one pin, and your prosthesis is disconnected. EASY, QUICK and CONVENIENT!

- The Coupler allows for a complete disconnect immediately below the socket in seconds without the removal of clothes.
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- The Coupler provides ease in exchanging various limbs/specialty feet.
- The Coupler allows for a temporary replacement limb.
- Disconnect limb for comfort

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"As a disabled, multi-sport athlete, the Ferrier Coupler has allowed me to compete on a more level playing field." – **Luis Alicea, Paralympic and World Champion Swimmer**

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Join a Move United member organization near you.

ALABAMA

Lakeshore Foundation
Birmingham, AL
lakeshore.org

ALASKA

Challenge Alaska
Anchorage, AK
challengeak.org

ORCA Program – Southeast Alaska Independent Living Inc.
Juneau, AK
sailinc.org/orcarecreation-services

ARIZONA

Ability360 Sports & Fitness Center
Phoenix, AZ
ability360sports.org

Arizona Adaptive Watersports
Dewey, AZ
azadaptivewatersports.org

Arizona Disabled Sports
Mesa, AZ
arizonadisabledsports.com

Northern Arizona Adaptive Sports Association
Flagstaff, AZ
NAZadaptivesports.com

Southern Arizona Adaptive Sports
Tucson, AZ
soazadaptivesports.org

CALIFORNIA

Ability First Sports
Chico, CA
abilityfirstsports.org

Achieve Tahoe
Alpine Meadows, CA
achievetahoe.org

Adaptive Sports and Recreation Association
San Diego, CA
adaptivesportsandrec.org

AmpSurf
Pismo Beach, CA
ampsurf.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
centralcaladaptive.org

Disabled Sports Eastern Sierra
Mammoth Lakes, CA
disabledsportseasternsierra.org

DSUSA Los Angeles – The Unrecables
Los Angeles, CA
unrecables.com

DSUSA Orange County – The Achievers
Irvine, CA
theachievers.org

Far West Wheelchair Athletic Association
San Jose, CA
fwvaa.org

Operation Surf
San Luis Obispo, CA
operationsurf.org

SoCal Adaptive Sports
Palm Springs, CA
socialadaptivesports.org

Triumph Foundation
Valencia, CA
triumph-foundation.org

U.S. Driving for the Disabled
Arroyo Grande, CA
usdfd.org

U.S. Adaptive Recreation Center
Big Bear Lake, CA
usarc.org

COLORADO

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
Snow Mass Village, CO
challengeaspen.org

Colorado Discover Ability
Grand Junction, CO
cdagj.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
igniteadaptiveports.org

National Sports Center for the Disabled
Denver, CO
nscd.org

Paradox Sports
Eldorado Springs, CO
Paradoxsports.org

Steamboat Adaptive Recreational Sports (STARS)
Steamboat Springs, CO
steamboatstars.com

Telluride Adaptive Sports Program
Telluride, CO
tellurideadaptiveports.org

Visually Impaired & Blind Skiers
Colorado Springs, CO
coloradovibes.org

CONNECTICUT

Gaylord Sports Association
Wallingford, CT
gaylord.org/sports

Leaps of Faith Adaptive Skiers
Newtown, CT
lofadaptiveskiers.org

Oak Hill Adaptive Sports and Fitness
Hartford, CT
sportsandfitness.oakhillct.org

FLORIDA

Central Florida Chapter of Paralyzed Veterans of America
Sanford, FL
pvacf.org

Central Florida Dreamplex
Clermont, FL
cfldreamplex.com

Endless Possibilities
Lakewood, FL
Endlesspossibilitiespbs.org

Hillsborough County Adaptive Sports
Tampa, FL
Hillsboroughcounty.org/en/residents/recreation-and-culture/sports-and-athletics/hc-adaptive-sports

Shifting Gears United
Tequesta, FL
shiftinggearsunited.org

SportsAbility Alliance
Tallahassee, FL
sportsability.org

Warrior Sailing
Treasure Island, FL
warriorsailing.org

GEORGIA

Catalyst Sports
Atlanta, GA
catalystsports.org

BlazeSports America
Norcross, GA
blazesports.org

HAWAII

AccessSurf Hawaii
Honolulu, HI
accessurf.org

IDAHO

Adaptive Wilderness Sports of McCall (AWeSOME!)
McCall, ID
awesomemccall.org

Boise Adaptive Snowsport Education (BASE)
Boise, ID
baseidaho.org

Higher Ground Sun Valley
Ketchum, ID
highergroundusa.org

ILLINOIS

Chicago Park District-Special Recreation Department
Chicago, IL
chicagoparkdistrict.com/special-recreation-programs

Dare2Tri Paratriathlon Club
Chicago, IL
dare2tri.org

Great Lakes Adaptive Sports Association (GLASA)
Lake Forest, IL
glasa.org

Lincolnway Special Recreation Association
New Lenox, IL
lwsra.org

North Side Archery Club
Chicago, IL
northsidearcheryclub.org

Shirley Ryan Ability Lab
Chicago, IL
sralab.org

Synergy Adaptive Athletics
Carol Stream, IL
synergyaa.org

INDIANA

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

Special Outdoor Leisure Opportunities (SOLO)
South Bend, IN
skisolomichiana.org

Turnstone Center
Fort Wayne, IN
turnstone.org

IOWA

Adaptive Sports IOWA
Ames, IO
adaptivesportsiowa.org

KANSAS

Wichita Adaptive Sports
Wichita, KS
wichitaadaptivesports.org

LOUISIANA

Louisiana GUMBO
Pineville, LA
sites.google.com/site/louisianagumboinc

S.M.C.L. Foundation & Associates Inc. Adaptive & Disability Sports Organization
New Orleans, LA
samaritanactsnorleans.org

MAINE

Adaptive Outdoor Education Center
Carrabassett Valley, ME
adaptiveoutdooreducationcenter.org

Central Maine Adaptive Sports
Auburn, ME
centralmaineadaptivesports.org

Maine Adaptive Sports & Recreation
Newry, ME
maineadaptive.org

MARYLAND

Baltimore Adaptive Recreation and Sports
Parkton, MD
barsinfo.org

Bennett Institute Physically Challenged Sports of Kennedy Krieger
Baltimore, MD
kennedykrieger.org

Chesapeake Region Accessible Boating (CRAB)
Annapolis, MD
crabsailing.org

Maryland Therapeutic Riding
Crownsville, MD
HorsesThatHeal.org

Team River Runner
Rockville, MD
teamriverrunner.org

MASSACHUSETTS

AccessSportAmerica
Acton, MA
accessportamerica.org

Adaptive Sports New England
Austin, MA
adaptivesportsne.org

Community Rowing
Brighton, MA
Communityrowing.org

Spaulding Adaptive Sports Centers (Spaulding Rehabilitation Network)
East Sandwich, MA
sasc.spauldingrehab.org

Waypoint Adventure, Inc.
Lexington, MA
waypointadventure.org

MICHIGAN

Cannonsburg Challenged Ski Association
Ada, MI
skicssa.org

Mary Free Bed Wheelchair and Adaptive Sports
Grand Rapids, MI
maryfreebed.com/rehabilitation/sports-rehabilitation/wheelchair-adaptive-sports/

Michigan Adaptive Sports
Detroit, MI
michiganadaptivesports.com

Michigan Sports Unlimited
Essexville, MI
misprtsunlimited.com/
misprtsunlimited.com

Rehabilitation Institute of Michigan Foundation
Detroit, MI
Rimfoundation.org

University of Michigan Adaptive & Inclusive Sports Experience (UMAISE)
Ann Arbor, MI
medicine.umich.edu/dept/pmr/patient-care/therapeutic-other-services/university-michigan-adaptive-inclusive-sports-experience-umaise

MINNESOTA

Courage Kenny Rehabilitation Institute
Golden Valley, MN
allinahealth.org/adaptivesports

Exercisabilities
Rochester, MN
exercisabilities.org

PVA Minnesota Chapter
Minneapolis, MN
mnpva.org

Twin Cities Adaptive Cycling
Minneapolis, MN
tcacycling.org

U.S. Electric Wheelchair Hockey Association
New Hope, MN
powerhockey.com

MISSOURI

Disabled Athlete Sports Association (DASA)
St. Peters, MO
dasasports.org

Midwest Adaptive Sports
Dearborn, MO
midwestadaptivesports.org

MONTANA

DREAM Adaptive Recreation
Whitefish, MT
dreamadaptive.org

Eagle Mount Billings
Billings, MT
eaglemount.us

Eagle Mount Bozeman
Bozeman, MT
eaglemount.org

Eagle Mount Great Falls
Great Falls, MT
eaglemount.net

NEVADA

City of Reno
Reno, NV
reno.gov/government/departments/parks-recreation-community-services/adaptive-recreation

Nevada Paralyzed Veterans of America
Las Vegas, NV
nevadapva.org

NEW HAMPSHIRE

Adaptive Sports Partners of the North Country
Franconia, NH
adaptivesportspartners.org

Crotched Mountain Accessible Recreation and Sports
Greenfield, NH
cmars.org

Granite State Adaptive
Mirror Lake, NH
gsadaptive.org

Lakes Region Disabled Sports at Gunstock
Gilford, NH
lradaptive.org

Mount Washington Valley Adaptive Sports
Bartlett, NH
mwvas.org

New England Disabled Sports
Lincoln, NH
nedisabledpsports.org

New England Healing Sports Association
Newbury, NH
nehsa.org

Northeast Passage
Durham, NH
nepassage.org

Waterville Valley Adaptive Sports
Waterville Valley, NH
watervilleadaptive.com

NEW JERSEY

Children's Lightning Wheels
Mountainside, NJ
childrens-specialized.org/sports-connection

Navigators Adaptive Sports Club
Bayonne, NJ
navigatorsadaptivesports.com

NEW MEXICO

Adaptive Sports Program New Mexico
Santa Fe, NM
adaptivesportsprogram.org

Ski Apache Adaptive Sports
Ruidoso, NM
skiapacheadaptivesports.com

NEW YORK

Adaptive Sports Foundation
Windham, NY
adaptivesportsfoundation.org

Adaptive Sports Program – Helen Hayes Hospital
West Haverstraw, NY
helenhayeshospital.org/hospital-services/adapted-sports-recreation

Burke Rehabilitation Hospital Adaptive Sports Program
White Plains, NY
burke.org/community/adaptiveprograms

Capital Region Nordic Alliance
Albany, NY
capitalregionnordicalliance.org

Charles T. Sitrin Health Care Center
New Hartford, NY
sitrin.com/adaptivesports

GallopNYC
Forest Hills, NY
gallopnyc.org

Greater Buffalo Adaptive Sports
Hamburg, NY
sledhockeyfoundation.org

Greek Peak Adaptive Snowsports
Endwell, NY
gpadaptive.org

Lounsbury Adaptive Ski Program
Ellicottville, NY
lounsburyadaptive.org

Move Along Inc.
Oswego, NY
movealonginc.org

Rochester Accessible Adventures
Rochester, NY
rochesteraccessibleadventures.org

Rochester Community Inclusive Rowing
Rochester, NY
rochestercommunityinclusiverowing.org

STRIDE
Wes Sand Lake, NY
stride.org

Western New York Watersports
Grand Island, NY
wnyadaptivewatersports.org

NORTH CAROLINA

ACCESS of Wilmington
Wilmington, NC
accessilm.org

American Disability Darts Association
Denver, NC
addadarts.org

Bridge II Sports
Durham, NC
bridge2sports.org

ComMotion- Community In Motion
Raleigh, NC
Commotionnc.org

NORTH DAKOTA

Dreams in Motion
Mandan, ND
facebook.com/dreamsinmotioninc

Prairie Grit Adaptive Sports
Minot, ND
prairiegritsports.com

OHIO

Adaptive Sports Connection
Powell, OH
adaptivesportsconnection.org

Adaptive Sports Program of Ohio
Wooster, OH
adaptivesportsohio.org

Three Trackers of Ohio
Middleburg Heights, OH
3trackers.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
adaptivesportsnw.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
brasski.org

IM ABLE Foundation
Wyomissing, PA
imablefoundation.org

On the Edge Children's Foundation
Gettysburg, PA
ontheedgecf.org

Pennsylvania Center for Adapted Sports
Philadelphia, PA
centeronline.com

Three Rivers Adaptive Sports
Pittsburgh, PA
traspa.org

Two Top Mountain Adaptive Sports Foundation
Mercersburg, PA
twotopadaptive.org

SOUTH CAROLINA

Adaptive Expeditions
Charleston, SC
AdaptiveExpeditions.org

Clemson Adaptive Sports
Clemson, SC
clemson.edu/cbshs/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
sparctn.org

TEXAS

Kinetic Kids
San Antonio, TX
kinetickidstx.org

Lone Star Paralysis Foundation
Austin, TX
lonestarp paralysis.org

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

One Chair at a Time
Amarillo, TX
onechairatime.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
Swaasports.org

Turning Point
Terrell, TX
turningPOINTnation.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
adaptiveatsnow.org

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

Central Vermont Pioneers
Montpelier, VT
centralvermontpioneers.org

EDD Adaptive Sports
Williston, VT
eddfund.org

Green Mountain Adaptive Sports
Hyde Park, VT
greenmtadaptive.org

Northeast Disabled Athletic Association
Burlington, VT
disabledathletics.org

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

VIRGINIA

Adventure Amputee Camp
Falls Church, VA
adventureamputeecamp.org

Lake of the Woods Watersports
Locust Grove, VA
adaptivewatersports.org

Patriots For Disabled Divers
Occoquan, VA
patriotsfordisabledivers.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
parasportspokane.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

Paralyzed Veterans of America - WI Chapter
Waterloo, IA
wisconsinpva.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

KAYAKING DAY TRIPS ON LAKE SUPERIOR MINNESOTA AND WISCONSIN

Courage Kenny Northland offers professionally guided trips off the shores of Lake Superior. Explore and paddle with assistance for a day at either of our destinations. These include the colorful Sea Caves on the south shore or the iconic Split Rock Lighthouse on the north shore. Wave and wind conditions can always be a factor and destination changes may occur. While we can't guarantee good weather, we can promise a great time.

The Split Rock Lighthouse trip, near Beaver Bay, Minnesota, is July 17 from 7:30 a.m. to 6 p.m.

The Sea Caves trip, near Bayfield, Wisconsin, is Aug. 3 from 7:30 a.m. to 6 p.m.

Preregistration is required. For more information or to register, contact program coordinator Mark Hanna at 218-726-4834, ext. 2 or mark.hanna@allina.com.



GLASA ADULT NATIONAL OPEN & GREAT LAKES GAMES LAKE FOREST, ILLINOIS

The Great Lakes Adaptive Sports Association (GLASA) is hosting the Adult National Open & Great Lakes Games (ANO GLG) Presented by The Hartford from June 9-12 in the northern suburbs of Chicago.

This event will serve as one of largest multi-sport competitions in the country for athletes who have a physical, visual and/or intellectual impairment that meets IPC classification eligibility, providing four days of competition, educational clinics, and socials. The Great Lakes Games (GLG) is a qualifier for the Move United Junior Nationals, which for many is the first step to Paralympic competition. GLASA is honored to host the Adult National Open (ANO) for track and field, which will run in conjunction with the Games and will include injured military personnel. Adaptive sports offered will include track, field, air rifles, field, boccia, swim, archery, powerlifting and clinics for additional adaptive sports.

The ANO GLG are unique in that they serve the beginner, first-time sport enthusiast to the Paralympic elite athlete, following the GLASA motto of "Let No One Sit on the Sidelines." The GLG are seeking World Para Athletics approval. Track and field are sanctioned by Adaptive Track and Field, USA. National classification panels will be offered in swim, track and field. This event is part of the Move United Sanctioned Competition series.

For more information, visit GreatLakesGames.org or call 847-283-0908.



GET INTO ROWING WITH TURNSTONE FORT WAYNE, INDIANA

Since October 2012, Turnstone has teamed up with Glorious Gate (G2) Rowing Association to bring an adaptive indoor rowing program to northeast Indiana and surrounding communities. By August 2017, outdoor rowing opportunities launched as well. Under the instruction of G2 Rowing Association, the 2022 rowing season is now underway. The rowing program finished their indoor season on March 28 and will transition into their outdoor season on June 6.

During the indoor season, participants train using indoor rowing ergs. They work through rotating circuits of stretching, free weights/resistance bands, rowing, and walking/running.

In the upcoming outdoor season, participants use outdoor rowing in boats (shells). They are able to row in singles or doubles as the individual's abilities dictate. This program is a great work out and opportunity to cross train. Sessions will be held on Tuesdays during the weeks of June 6 through Aug. 19. Sessions will be split into two five-week increments with no sessions the week of July 4. Each five-week session costs \$150.

Turnstone's rowing program is tailored for individuals 13 and up with either a physical disability or visual impairment. Athletes in this sport compete in specific divisions based on their level of mobility or visual impairment.

Those interested in joining Turnstone's outdoor adaptive rowing program should contact Kevin Hughes at kevin@turnstone.org by June 1. Limited spots are available.



MILITARY VETERANS CAN RAFT THE SAN JUAN RIVER SOUTHEAST UTAH

Telluride Adaptive Sports (TASP) is once again partnering with the Breckenridge Outdoor Education Center (BOEC) this summer! We will be hosting a rafting trip for interested military veterans on June 7-12, which includes our travel days to and from the river! It will be a multi-day rafting trip through the upper portion of the San Juan River, located in southeast Utah, from the Sand Island drop-off to Mexican Hat take-out point.

During this trip, there will be tons of opportunity for whitewater rafting, inflatable kayaking, paddleboarding, and even the occasional dip in the river to cool off (and believe us, it's needed)! During our nightly stops at campgrounds along the way, there are multiple archaeological sites to hike to and lots of history found in the surrounding area. And throughout the adventure, camaraderie and connections with our military veterans is the most important aspect, and lifelong memories are made.



For more information and to register, contact TASP's Program Director, Tim McGough, at programs@tellurideadaptivesports.org.

CHALLENGE ASPEN HOSTING CAMO RETREATS THIS SUMMER ASPEN, COLORADO

For the 16th summer season, Challenge Aspen Military Opportunities (CAMO) will be hosting summer adaptive recreational retreats. CAMO hosts eight week-long summer retreats. Each retreat has 10 spots available for active-duty or retired service members diagnosed with a physical and/or cognitive disability. Each day focuses on outdoor physical wellness activities and mental health and wellness sessions. Some of the retreats are activity specific; the four-day archery retreat or the four-day fly-fishing retreat. A few are open-enrollment, co-ed retreats with four days of various activities including adaptive mountain biking, climbing, or equine therapy.

After a day of fresh air and fun instruction outside, we spend time with professional life coaches who teach veterans with disabilities in the areas of yoga, breathwork, sleep therapy, and emotional intelligence. At CAMO, we

believe that positive behavioral changes work when both the mind and body are taught to work together. Good mental health and physical fitness practices lead to a happier outlook

on life, a better ability to handle stress, and the ability to cope with life's challenges. Improvement in these areas also has a ripple effect for the betterment of a veteran's family, friends, and community.

For more information, call 970-923-0578 or visit challengeaspen.org.



ADAPTIVE MOUNTAIN BIKING OPPORTUNITIES WITH WASATCH ADAPTIVE SPORTS SNOWBIRD, UTAH

Join Wasatch Adaptive Sports starting in May for adaptive mountain biking programs! Go off-road at mountain biking programs at local trail systems along the Wasatch Front and try our new fleet of eAssist off-road handcycles. Bikes and

private instruction provided for riders from new beginners through advanced cyclists. Learn more at wasatchadaptivesports.org/ participate.

Sign up by contacting 801-834-0476 or programs@wasatchadaptivesports.org.



COMMON GROUND OUTDOOR ADVENTURES FOR VETERANS LOGAN, UTAH

If you are a United States Veteran who loves the great outdoors and enjoys staying active, then Common Ground is the place for you. Since 1993, Common Ground Outdoor Adventures has been providing specific programming for veterans, including day events and multi-day trips. Common Ground specializes in adhering to the needs of veterans who have become physically disabled and thanks to Move United, these events are free of charge.

Among the activities that we at Common Ground offer through this special program include but are not limited to, skiing, hiking, whitewater rafting, fishing, etc. Our participants who join us love the atmosphere and the joy that comes from engaging in outdoor recreation.

We are excited to announce that our next Warfighter activity will be offered in the second week of August. We will be participating in a multi-day river trip. Some of the activities that we will be holding include water skiing,



paddleboarding, and beach games.

We cannot wait to join you this summer! Please contact us to reserve your spot or get more information at 435-713-0288 or Alex@cgadventures.org.

ENJOY THE OUTDOORS THROUGH THE NATIONAL SPORTS CENTER FOR THE DISABLED WINTER PARK, COLORADO

At the National Sports Center for the Disabled (NSCD), participants rethink ability through personal challenges that are enriched by being outdoors. Through these experiences, participants can learn important lessons about themselves such as find new, healthy hobbies and activities, increase overall fitness and quality of life, meet new friends, and most of all — have fun!

From the scenic stables in Winter Park to calm waters in the Front Range, the NSCD is ready with your summer adventure. Participants with developmental disabilities can laugh and learn in Grand County while

hiking, practicing archery, horseback riding and fishing at our Summer Woods Camp for youth (July 25-28h), teen (Aug. 8-11) and adult (Aug. 22-25h) participants.

Experience the best of Denver’s outdoor rock climbing, water sports and more at Adventure Camp for youth (Aug. 8-11), teen (Aug. 1-4) and adult (May 16-19). Learn to groom and ride horses at our Therapeutic Horseback Riding Camp, July 6-8 and Aug. 17-19. At our camps, you can learn, build or practice new skills with our highly trained instructors.

Learn more and register today at nscd.org/ participate.



BOEC OFFERING PROGRAMS FOR VETERANS AND INDIVIDUALS WITH SPINAL CORD INJURIES BRECKENRIDGE, COLORADO

The Breckenridge Outdoor Education Center (BOEC) provides unique opportunities to explore the amazing sights and sounds of the Western United States through a variety of programs. This summer, BOEC’s Heroic Military Program includes a series of classic western river trips designed specifically for men and women who served our country in the line of duty and are now faced with the challenge of accepting and living life with a disability. A river trip is the

ideal setting to reintegrate, acquire new knowledge and skills, build new bonds, have fun together, and escape from every day routines and life’s distractions. One may also rediscover their strength and solidity as we travel down the beautiful canyons of the Colorado River. Dates: June 7-12 San Juan River in partnership with Telluride Adaptive Sports (TASP), July 24-29 (veterans and family members), August 15-20, & September 19-24 (women veterans only).

New this summer, BOEC has added a few adaptive retreats specially designed for individuals living with spinal cord injuries. These four-day events offer physical challenges, time outside and comradery amongst peers. Activities include a ropes course challenge, paddling, cycling, climbing and fishing. Dates: June 23-26 and Sept. 15-18.

Visit boec.org or email Claire@boec.org for up to date details.

RAFTING, RECREATIONAL ACTIVITIES THROUGH THE NATIONAL ABILITY CENTER MOAB AND PARK CITY, UTAH

Summer is for red rocks and river days. Beginning in April, The National Ability Center heads to Moab for adaptive whitewater rafting on the Colorado and Green Rivers! Sleep under the stars and wake to a camp-cooked breakfast in the fresh desert air. Or, just get your feet wet with a quick day trip. Questions about if rafting is for you, or how we adapt on the river? Our team is happy to talk you through it!

Meanwhile, in Northern Utah, once the snow melts, we hit the trails! Visit us in Park City, Utah for miles of adaptive mountain biking and cycling. And, archery, indoor climbing and water sports on the reservoir make this a perfect spot to recharge, outside with family. If you choose to stay at our

lodge the fun starts right outside your door.

For adaptive recreation professionals, we want you in on the fun! We are hiring raft guides, a lead raft guide, Southern Utah Operations

Manager and more in Moab. Plus check out camps, admin and adventure roles up north at discovernac.org/careers.

For more information, visit discovernac.org.



OPPORTUNITIES ABOUND AT HIGHER GROUND MULTIPLE LOCATIONS

Higher Ground is gearing up for a full spring and summer including opportunities to kayak, rock climb, fish, and cycling - to just name a few! Visit our website to see more about what we are offering in spring and summer 2022.

Higher Ground – Veteran Weeklong Programs

April 18-24: Ocean Sports Program (Laguna Beach, California)

April 20-26: Horsemanship Program (Warsaw, New York)

May 1-7: Water Sports Program: (Fay Island, California)

May 11-17: Gravel Biking Program (Wood Ranch, Texas)

May 23-29: Ranch Rode Equine Program (Bellevue, Idaho)

June 5-11: Ocean Fishing Program (Yakutat, Alaska)

June 15-21: Kayaking and Watersports Program (Java Center, New York)

July 26 – Aug. 1: Family Program (Java Center, New York)

July 24-30 - Scuba: (Catalina, California)

Aug. 9-15: White Water Rafting Program (Boise, Idaho)



Adaptive Day, Multiday and Weeklong Programs (Idaho)

June-August: Fishing, adaptive mountain biking, yoga, disc golf, hiking, golf, and camping

July 17-22 (week-long): Collaborative Camp with Adaptive Training Foundation

Visit HigherGroundUSA.org or call 208-726-9298.

WARM WEATHER SPORT AND RECREATION ACTIVITIES AROUND LAKE SUNAPEE NEWBURY, NEW HAMPSHIRE

New England Healing Sports Association (NEHSA) is looking forward to resuming our warm weather activities this spring and summer. Hiking will pick back up this spring and continue into summer and fall. We can't wait to get outside on a wide range of trails in the Lake Sunapee Region. Hiking is accessible to all with the support of our TrailRider equipment provided to us through the Ability Equipped Program from The Hartford and Move United.

NEHSA will be planning safe kayaking and paddleboarding opportunities beginning mid-

June and will continue into early October! NEHSA serves individuals of all ages and a wide variety of disabilities and diagnoses by providing paddling opportunities at a variety of venues around the Lake Sunapee Region. NEHSA also partners with several area VAs for group paddles on surrounding lakes and rivers in New Hampshire and Massachusetts. Volunteer training will take place in April for hiking and June for our paddle sports program. For more information or to sign up, please contact us at info@nehsa.org, 603-763-9158, or nehsa.org.



SAIL THE CHESAPEAKE WITH CHESAPEAKE REGION ACCESSIBLE BOATING ANNAPOLIS, MARYLAND

Chesapeake Region Accessible Boating (CRAB) has made the majestic beauty of the Chesapeake Bay and the joy and freedom of sailing for people with disabilities a reality for more than 30 years. This year CRAB will be hosting sailing programs like Family Sails, Group Sails (nonprofits), Clinics, and Regattas from Sandy Point State Park while simultaneously completing the development of its Adaptive Boating Center.

Upcoming Family Sail Sundays are scheduled on: April 24, May 22, June 26, July 17, and Aug. 28.

The Adaptive Boating Center will be located on Back Creek and will have a 16-slip floating dock that will exceed ADA standards. The new facility will allow CRAB to increase its programs for people with disabilities. New program offerings will include the opportunity to learn advanced sailing skills, earn a Maryland Boating Certificate, radio-



controlled sailing, and receive job training.

There is no charge to participate in CRAB's boating programs. Sailing with friends, family, and service dogs is easy and enjoyable for all. We hope to see you soon!

For more information about sailing with CRAB, please visit crabsailing.org.

PARTICIPATE IN THE DREAM BIG 5K ESSEX, VERMONT

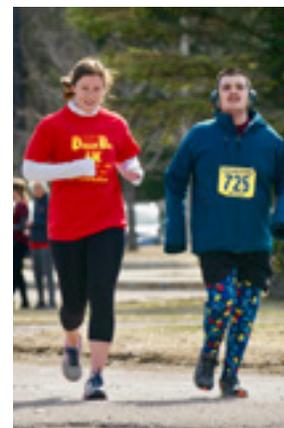
Looking for a race to add to your spring training plan? Sign up for the 6th Annual Dream Big 5K: Run, Walk, Roll and support Move United member EDD Adaptive Sports! The #DreamBigVT hybrid race has in-person and virtual divisions. It is open to runners, walkers and rollers with and without disabilities. The race is an opportunity for athletes with disabilities to run in a supportive setting. It is also a chance to raise awareness for adaptive sports.

Move United members are invited to join the #DreamBigVT virtual event and race on your

favorite local 5K trail. Complete your virtual race from anywhere between April 24 - May 8, 2022. The top three finishers in each division will get special recognition. Sign up soon to get great SWAG and fun prizes!

Create a team with your family or co-workers and enjoy some friendly competition along the way. Registration is \$35; discounted student rate available. Sign up at: <https://runsignup.com/dreambig5krunwalkroll>.

Find more EDD Adaptive Sports programs at eddfund.org.



INCLUSIVE, ADAPTIVE GYM AND FITNESS CLASSES AT STRIDE WEST SAND LAKE, NEW YORK

Fitness is for everyone! STRIDE Health and Recreation Education (SHARE) center is a two-story community center that is completely ADA compliant and has a fully adaptive gym located in New York's Capital Region. With equipment like the Alter G Anti-Gravity Treadmill and typical gym equipment like leg extension machines and kettlebells, the SHARE center is prepared to get you moving and sweaty!

Athletes with any diagnosis can reserve the gym to exercise alone, with friends, or with one of our personal trainers. If you're looking for more motivation or a group atmosphere, group fitness classes are held all throughout

the week. Classes include barre, HIIT, kickboxing, weight circuit, Pilates, and yoga. Our instructors all have certifications in adaptive fitness, first aid, CPR, and AED.

Some instructors offer personal training sessions to keep you motivated and challenged. Though donations are encouraged, these services are always free to our athletes!

For more information, visit stride.org.



ADAPTIVE KAYAKING NORTHERN VERMONT

The Northeast Disabled Athletic Association's adaptive kayaking program is getting prepared for the 2022 kayaking season. In our 6th season, we offer biweekly outings at The Waterbury Center State Park, as well as other quiet bodies of water in Northern Vermont.

Fully adapted kayaks, with outriggers, high back seats with side supports, supported paddles

and hand/wrist adaptations. American Canoe Association certified adaptive kayaking instructor with a trained group of supportive volunteers. Program runs from June thru October. Pre-registration required.

For more information, or questions, visit NDAAdaptivekayaking.wixsite.com or email kayak@disabledathletics.org.



KAYAKING, PADDLEBOARDING, CYCLING, GOLF, AND MOUNTAIN BIKING WITH NEDS WHITE MOUNTAINS, NEW HAMPSHIRE



Come out and enjoy the many opportunities that New England Disabled Sports (NEDS) has to offer in the beautiful White Mountains of New Hampshire. Our summer activities will begin in late May. Our knowledgeable staff and volunteers will provide you with the proper equipment, instruction and support to actively participate in kayaking, paddleboarding, cycling, golf, and mountain biking. We offer all adapted disciplines and serve all disabilities for the above activities.

We will be hosting our Warfighter Week in June, open to all veterans with a disability. This event covers housing, food, and two days

of activities. Applications can be found on our website listed below. We also offer a monthly golf outing for veterans at the Mt. Washington Resort.

Check out our website at nedisabledsports.org for a full listing of events and regular programming or email info@nedisabledsports.org for additional information. Please call to make reservations at 603-745-9333. Scholarships are available on a need basis; please contact prestons@nedisabledsports.org to apply. As always, there is never a charge for veterans with a disability to participate.

A WHOLE HOST OF SUMMER ADVENTURE PROGRAMS WITH VERMONT ADAPTIVE BURLINGTON, VERMONT

Vermont Adaptive offers a whole host of summer adventure programs for all abilities during the summer and fall months. From adaptive mountain biking on dirt roads and trails to kayaking, canoeing and more on Vermont's waterways, trained guides and instructors take participants into the Green Mountains for all types of adventures. Advance reservations are required. Visit vermontadaptive.org for more details.

Veteran Ventures Programs

Vermont Adaptive continues to offer a variety of summer programs specifically designed for injured service members, veterans with disabilities, and their families. Since the organization's inception in 1987, Vermont Adaptive has

worked with veterans with disabilities and evolved its programs to match the changes in the needs and interests of men and women who have been injured in the line of duty. Veterans participate free of charge and are encouraged to join weekly outings in Burlington, Vermont or for one of the many retreats offered, including one at Killington Resort during Veteran's Day. For more details, contact Vermont Adaptive's veteran program coordinator Ret. SSG Misha Pemble-Belkin at veterans@vermontadaptive.org or visit vermontadaptive.org.



MOUNTAIN BIKING FESTIVAL CARRABASSETT VALLEY, MAINE

Accessibility into the woods has been limited for people with mobility impairments. There is nothing like riding deep into the woods, winding through the ever changing single track trails, the only sounds are leaves rustling in the wind, birds chirping, and the sound of tires coursing through the trail. Spaulding Adaptive Sports is collaborating with New England Mountain Bike Association (NEMBA) to build accessible trails, educate the mountain bike community, and to promote inclusivity for anyone with any ability to participate.

For the first time ever, there will be an adaptive section at “NEMBA Fest” (New England Mountain Bike Association Festival), a three-day event Aug. 5-7 in Carrabassett Valley, Maine. Spaulding is reaching out to the New England-based adaptive programs to join in on this event.

There will be trail rides, vendors, food and fun. Such a great opportunity to be part of the greater mountain bike community, see what new technology is out there, and to try the different bikes available on the market today! Keep an eye on Spaulding Adaptive Sports Facebook page for upcoming details. Check out upcoming events on <https://sasc.spauldingrehab.org>, or contact Terry Downey at tdowney@partners.org.



SPRING SPORTS SPECTACULAR BALTIMORE, MARYLAND

The Bennett Blazers Physically Challenged Sports Program of the Kennedy Krieger Institute in Baltimore will be offering an array of activities for the junior athlete ages 3-18 this spring. Activities for the ambulatory athlete include: baseball, tennis, track and swimming. An athlete who needs to or chooses to participate in a wheelchair can sign up for wheelchair

softball, tennis, lacrosse, track and field, or swimming. All athletes with a diagnosed physical disability are welcome to participate. Competitive opportunities in tennis, swimming and track will also be offered.

For more information, contact Gwena Herman at Hermangw@kennedykrieger.org.



VIRTUAL DANCE CLASSES OFFERED BY COMMOTION ANYWHERE

There's a new way to have fun and get moving! We at ComMotion (Community in Motion) host virtual dance classes for everyone — no matter your age, ability, fitness level, or location. We would love to have you join us from your favorite dancing floor or chair.

Wait ... dancing chair?! — Yes! We also offer adaptive movement, so you can participate in our classes while standing or sitting.

But I have “two left feet.” — No problem! Our classes are not about being a great dancer, they're about having fun, relaxing, and safely enjoying the benefit of movement. Dance has shown to improve strength and flexibility while also reducing pain and stress.

We provide you with a virtual journey around the world through the power of music and dance, exploring the rhythms of the Cha Cha, Cumbia, Samba, and more. We would love to have you join us for a single Zoom session or a whole series!

Our classes are free or low-cost, and our students have included veterans, cancer survivors, seniors, and children. Classes are available in both English and Spanish.

To learn more and to sign up for classes, visit ComMotionNC.org.



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32ND ANNUAL SPORTSABILITY EXPO SAMPLER PROGRAMS THROUGHOUT FLORIDA

Join SportsAbility Alliance for waterskiing, tennis, fishing, scuba, horseback riding, kayaking, boating and more at the 32nd Annual SportsAbility EXPO! SportsAbility Sampler programs will be held throughout Florida April and May 2022. Adults and children with and without disabilities are encouraged to experience these free events!

In addition, a virtual conference may be accessed from anywhere with education sessions on adaptive recreation and an Expo with access to a variety of providers. Families will learn about opportunities to engage in recreation together.

Looking for something you have never tried before? Virtual Reality SportsAbility Park is available 24 hours a day. Events will be held in the park or you can access it any time on your own. Have a virtual snowball fight, toast a marshmallow by the fire or rock climb from your computer or from a VR headset. A great way to meet people and have fun with friends.

SportsAbility provides experiences and education in a fun, easy way. Virtual and live activity providers will showcase recreation and sport with adaptations to ensure everyone is included. For information and registration, visit sportsability.org or contact at info@sportsability.org or 850-201-2944.



CATALYST SPORTS TO HOST ADAPTIVE CLIMBING TOUR TO VISIT MULTIPLE CITIES SOUTHEAST UNITED STATES

Beginning in April, we will travel throughout the southeast, to bring adaptive climbing to your local gym. Each stop on the tour will provide an opportunity for anyone with a physical disability and/or visual impairment to come and try rock climbing. Our trained team of volunteers and adaptive equipment provide the support for climbers to reach new heights. After visiting nine different gyms, with even more having the possibility of being added, we will finish up with an adaptive climbing festival at the Red River Gorge in Kentucky. This world class climbing area boasts beautiful rock and great access for anyone interested in transitioning from plastic to real rock. These events are all free to attend with will be largest tour in the country of its kind.

Tour Dates:

April 30: Greater D.C., SportRock Climbing

June 4: Franklin, Tennessee, The Crag

June 18: Knoxville, Tennessee, Riversports

July 9: Louisville, Kentucky, Rocksport Climbing

July 23: Atlanta, Georgia, Stone Summit Atlanta

Aug. 6: Birmingham, Alabama, High Point Climbing

Aug. 20: Asheville, North Carolina, The Riveter

Sept. 17: Chattanooga, Tennessee, High Point Climbing

Oct. 15: Adaptive Climbing Festival, Red River Gorge

To learn more about this event and register, visit catalystsports.org/adaptive-climbing-tour.



RIVER CITY SLAM WHEELCHAIR TENNIS TOURNAMENT

RICHMOND, VIRGINIA



Sportable made national headlines in 2021 thanks to the overwhelming success of the first annual River City Slam wheelchair tennis tournament presented by the Abstract Athlete. Wheelchair tennis players were eager to get back on the courts to compete, with nearly 60 athletes from

coast-to-coast converging in Richmond to play at the state-of-the-art Williams-Bollettieri Tennis Center.

This year, the River City Slam is June 10-12 and registration is available now at Sportable.org. Sanctioned by the United States Tennis Association (USTA), the River City Slam is open to all levels, including first-time players in divisions A, B, C, D, and Juniors. All proceeds will directly impact Sportable's mission to make sports accessible and inclusive for individuals with physical disabilities and visual impairments.

Boasting the largest juniors division in the country, the River City Slam will also be included in the USTA Junior Wheelchair Tennis Tournament Series, a group of nationally-ranked tournaments focused on providing level-based play opportunities for junior wheelchair players.

For more information about the River City Slam Wheelchair Tennis Tournament, including registration and sponsorship opportunities, contact Tournament Director Forrest Lodge at forrest@sportable.org or 804-340-2991.

LAKESHORE FOUNDATION OFFERS VARIOUS SUMMER CAMPS FOR YOUTH

BIRMINGHAM, ALABAMA

Lakeshore Foundation is preparing for summer camp season and will be offering three youth camps this year. Inclusion Camp is set for June 6-9 and is for youth with a physical disability and their sibling or friend. Campers participate in recreational activities, field trips to a park or recreational venue. A 1K Fun Run for campers and family members is also held on the last day of camp.

Lakeshore will also have two editions of Camp Strive, our family camp, one in June and the other in August. Camp Strive offers a weekend of outdoor activities including swimming, adapted water skiing, fishing, and kayaking. The camp is held at Children's Harbor on Lake Martin, Alabama. Dates for the camps are June 17-19 and August 5-7.

For more information on any of the camps and to register, email Lori Watkins at loriw@lakeshore.org. For more information about Lakeshore Foundation, go to www.lakeshore.org.



ACCESSURF HOSTING HAWAII ADAPTIVE SURFING CHAMPIONSHIPS WAIKIKI BEACH, HAWAII

Once a year, nestled in the playground of ancient Hawaiian surfers at Waikiki beach, an epic gathering of the world's best surfers come together to compete in the Hawaii Adaptive Surfing Championships (HASC).

Like much of the surfing world, HASC traces its roots back to the great ambassador of a waterman, Duke Kahanamoku. In 2007, AccesSurf teamed up with Duke's Oceanfest and adaptive surfing developed a competitive form. Over the years, athletes kept coming and the contest became independent.

Adaptive surfing adapts the surf style, equipment, or support so that people of wide-ranging abilities can learn and compete in this life-changing sport. Over 90 surfers with disabilities from 16 nations will be competing in seven divisions — all coming together to share the love of surfing with Aloha paving the path to be included into the Paralympics.

This year, HASC will be held from June 6 to June 12 and will be the first stop in the inaugural Adaptive Surfing World



Tour in collaboration with Stoke for Life and Oceanside, California.

AccesSurf will forge ahead organizing competitions and holding monthly events throughout the year for all to learn adaptive surfing, paddling, and swimming.

FUN IN THE SUN WITH ACHIEVE TAHOE LAKE TAHOE, CALIFORNIA

Experience the beauty of the Sierra Nevada this summer with Achieve Tahoe! Our affordable and inclusive adaptive summer programs include climbing, equestrian, hiking and archery, kayaking, paddle-boarding, sailing, and waterskiing. Our trained staff and volunteers will adapt each experience to your ability, to help you achieve your goals and improve your health, confidence, and independence.

Achieve Tahoe is especially excited to start the summer with a new array of adaptive equipment to make the outdoors more accessible than ever before. Our two GRIT Freedom chairs (all-terrain manual wheelchairs) allow hikers of all mobility levels to get out on the trail, and are available for use during our hiking program and can be rented out throughout the summer. In addition, our Hippocampe beach wheelchair is available to all participants at our day camp on Donner Lake to make transfers from land to water as seamless as possible. We also eagerly anticipate the arrival of our Tetra Sailboat, which will allow those with complex mobility impairments to harness the power of the wind on Lake Tahoe.

Half and all-day programs are available for children and

adults of any ability, as well as multi-sport and/or multi-day camps for small groups by arrangement. We encourage friends and family to join all of our summer programs!

To sign up or learn more, visit AchieveTahoe.org, call 530-581-4161 ext. 6, or email info@AchieveTahoe.org.

Photo by Tom Zikas



EXPLORE SPRING & SUMMER AT HIGH ALTITUDE IN CALIFORNIA'S FABULOUS EASTERN SIERRA MAMMOTH MOUNTAIN, CALIFORNIA

Whether you are a seasoned winter sports enthusiast interested in fine-tuning your skills, or if you've never experienced spring on snow, Disabled Sports Eastern Sierra (DSES) has a team of highly trained instructors excited to support people of all ages having fun outside. Skiing, riding, flat-water kayaking, biking, rock climbing, and hiking are all part of the adventure with DSES. Adaptive athletes of all abilities can experience the thrill of outdoor sports through personalized private lessons or camps. DSES also provides skilled guides to support guests at the Mammoth Mountain Adventure Center activities including the climbing wall, zip line, bungee, and ropes course.



Photo by Paloma Criollo and Peter Markle

Special dates for 2022 Spring/
Summer:

April 26-29: Springtacular — a skiing & riding camp for kids and adults with cognitive disabilities.

June 5-10: Operation High Altitude — military sports camp.

August 12: Pedal~Paddle — a weekend cycling, paddling alpine lakes, fishing, and camping with friends and family.

Our sensational scenery and famous California sunshine make our location an irresistible place to recreate.

Reservations with DSES are required, and more information is available at DisabledSportsEasternSierra.org or 760-934-0791.

SOCAL ADAPTIVE SPORTS STARTING WHEELCHAIR SOFTBALL ANAHEIM, CALIFORNIA

On April 9-10, SoCal Adaptive Sports is teaming up with the Miracle League Field of Orange County in Anaheim, USA Wheelchair Softball, Triumph Foundation and Angel City Sports to offer a clinic and the opportunity for athletes to try/play wheelchair softball. This is a free event for athletes.

There are no wheelchair softball teams in southern California and we hope to start at least one using this clinic as a launching pad. Further, there are minimal consistent adaptive sports offered in Orange County and we also want to use this as an opportunity to begin starting programs.

The wheelchair softball clinic will be conducted by USA Wheelchair Softball members who will provide expert coaching in the game rules, batting, fielding, strategy, and more. From this two-day opportunity we hope to build at least one Southern California Wheelchair Softball Team.

The timing of this clinic has been planned to coincide with the opening of the Miracle League season taking place on April 10 to bring further awareness about adaptive sports.



For further information, and to register, contact Mike Rosenkrantz at 760-469-9207 or mike@socaladaptivesports.org.

CAMPABILITY — FACILITATING ACCESS THROUGH PROGRAMMING IN OREGON STATE PARKS VARIOUS LOCATIONS, OREGON

Summer is the season for outdoors and camping in the Pacific Northwest. Move United Chapter, Adventures Without Limits, based out of Forest Grove, Oregon, has teamed up with local partners at Oregon Spinal Cord Injury Connection, David’s Chair Outdoor Mobility Systems, Oregon State Parks, REI, and the Craig H. Neilsen Foundation to host “Campability” — an adaptive camping series designed to create a safe and welcoming environment for Oregonians with disabilities to experience the mental, physical, and social health benefits of time spent in nature.

Each event highlights accessible features in public parks

throughout the state, as well as adaptive outdoor rec activities, including kayaking, canoeing, hiking, beach combing in action track chairs, and more! This summer, AWL welcomes campers with spinal cord injuries and their families to spend 3 days, 2 nights under the stars in Oregon, with five unique destinations to choose from: the dunes of the Oregon Coast, the lush forests of the Willamette Valley, scenic views of the Columbia River Gorge, rustic cabins along the John Day River, or the high desert of Central Oregon.

Visit awloutdoors.org/campability to learn more.

FOOTLOOSE DISABLED SAILING SEATTLE, WASHINGTON

Footloose introduces sailing as recreation and sport for disabled people of all ages and disabilities. Family, friends and caregivers are also welcome to participate. We have big and small sailboats available for our day sails out of the north Leschi marina on Lake Washington. We also have the capability for sailors in need of joystick or sip and puff control of the tiller and sails on our Martin 16 sailboats. In a normal year, our events are scheduled on the average of twice a month from the first week in May to the last week in September and once every summer we sail across Puget Sound for a two night camping trip at Blake Island. In 2021, we had limited events due to Covid and hopefully we can have an expanded season this year! Footloose is an

all volunteer organization and always looking for volunteers to help with shoreside tasks, on the docks and out on the water. It’s good, safe family fun! Come join us! The Footloose motto is “Leave Your Disability at the Dock.”

For more information: footloosedisabledsailing.org; facebook.com/FootlooseSailingAssociation.



SKI APACHE ADAPTIVE SPORTS EXPANDING TO DOWNHILL BIKING MESCALERO, NEW MEXICO



Ty Bonnell and his wife, Tina, have a new vision for Ski Apache Adaptive Sports (SAAS): they plan to expand the nonprofit adaptive ski and snowboard school that has been operating at Ski Apache, New Mexico, since 1976, to include a summer program giving individuals with limited mobility, access to mountain and forest trails and the thrills of downhill biking.

The Tessier-made Cimgo is a 4-wheel adaptive mountain bike piloted by a Tessier certified coach for dependent riders. Bonnell, certified in adaptive ski and snowboard, paraglider and power paraglider, plans to be trained by

Tessier this May, becoming the first certified U.S. Cimgo trainer and coach. He plans to then develop the first U.S. Cimgo training center in New Mexico.

In addition to adaptive mountain biking with the Cimgo, SAAS summers will include adaptive zip lining, fishing, trail walks and bike touring, highlighting the natural and cultural surroundings of the Smokey Bear District of the Lincoln National Forest and the Mescalero Apache Tribe.

Anyone interested in adaptive summer sports and training contact us at 575-937-6954 or visit skiapacheadaptivesports.com.



NAKED PROSTHETICS — IT'S ALL ABOUT FUNCTION

Our mission at Naked Prosthetics is to assist finger and partial-hand amputees by positively impacting their lives by providing functional, high-quality finer prostheses to get people back to work and doing the things they love.

We offer four functional high-quality designed finger prostheses. Our custom devices are designed within millimeters of a patient's unique amputation and hand structure.

Visit npdevices.com

SAY HELLO TO MOVAO!

Movao is a community platform where amputees and their loved ones can connect locally, and globally, with like-minded people who have similar interests and challenges. Movao focuses on making everyday moments



attainable with the support of your community cheering you on as you meet personal goals. During Limb Loss and Limb Difference Awareness Month and beyond, there's nothing more important than community. Together, we Move As One. Join today. Visit movao.community

THE FREEDOM SHOCKWAVE

The Freedom ShockWave™ utilizes the industry-leading classic Freedom foot design with its proprietary EnduraCore® hybrid composite technology and incorporates a Spherical Shock Unit (SSU). The SSU provides both vertical shock absorption and axial rotation giving K3/K4 patients a shockingly natural and comfortable experience during both every day and high impact activities. Learn more at proteorusa.com/.



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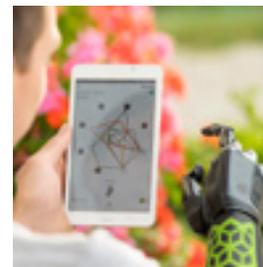


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Spherical Shock Unit (SSU)

- Ultimate vertical shock absorption
 - Eases stress on the residual limb for a more natural gait
- Axial rotation of +/-15 degrees
 - Reduces socket pressure
 - Allows quick pivoting in a seamless motion

EnduraCore® Technology

- Unique layup of carbon fiber and fiberglass
- Ideal durability, flexibility, and strength
- High energy return, less fatigue, and more natural motion improves gait

Full-length Heel and Keel

- Exceptional ground compliance maximizes energy return
- Eliminates dead spots
- Effortless rollover



L5987 + L5984

Split Keel and Heel

- Increases inversion/eversion and works in harmony with the SSU
- Improves stability, comfort, and confidence on varied terrains



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- Eliminates dead spots and weak structural areas
- More reliable and lighter foot



Sandal Toe

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