

**THREE RIVERS ADAPTIVE SPORTS
ANNUAL WATER SPORTS CLINIC**
Conneaut Lake, Pennsylvania



Mark your calendars for July 22, 23, 24, 25, 2019!

Come join us for some fun in the sun at our annual adaptive water sports clinic at Conneaut Lake. This 4-day event will be an instructional clinic for children and adults with physical challenges at a beginner or intermediate level. Three Rivers Adaptive Sports' group of professional, experienced volunteers will be on hand to provide instruction to participants and to train new volunteers. Registration for both skiers and volunteers will be from 8-9:00 am. New volunteer training will be provided each morning from 8:30-9:00 am, followed by hands on participation with a mentor. Skiers will ski daily from 9-4pm. *Participant and volunteer lunches will be provided free of charge.*

Volunteers are needed on land and in the water. No experience is necessary; however you must be at least 16 years old to volunteer in the water. We'll find a task to fit your abilities. Anytime you can give will be greatly appreciated. All new volunteers planning to work in the water must attend a morning volunteer training session. If you want to volunteer please fill out the attached volunteer registration form online or **mail it by July 12th** to Marcia Logan at the address below.

Skiers are asked to choose up to two days out of the four days offered. Space is limited to 15 skiers per day so please respond by July 12th to reserve your spot! If you are interested in skiing, please complete the participant registration form and waiver online or mail it with fee (made payable to Three Rivers Adaptive Sports) to:

Marcia Logan
5 Canterbury Road
Pittsburgh, PA 15202

In order to plan for food and schedule volunteers I will need a form from everyone attending the clinic – both volunteers and participants!

DATES & TIMES

July 22-25 LEARN TO WATER SKI PROGRAM

Registration 8-9:00 am. Volunteer training 8:30-9:00 am. Skiing 9:00 - 4:00

VENUE: Iroquois Boating and Fishing Club
10733 Konneyaut Trail, Conneaut Lake, PA 16316

FEE: \$20.00/day for TRAS member participants (\$10.00 for half day)
\$40.00/day for non-TRAS member participants (\$20.00 for half day)
(Refunds given for cancellations up to one week prior to event)

Note: TRAS yearly memberships are \$20.00 for individual and \$30.00 for family

WHAT TO BRING: sunscreen, sweatshirt, towel, and water-shoes. If you can bring a life-vest it would really help, since we have only a limited supply of sizes available!

DIRECTIONS TO IROQUOIS BOATING AND FISHING CLUB (from Pittsburgh)

Take I-79 North to Cochranon-Geneva Exit 141. Make a LEFT off of the exit ramp and get in the LEFT lane. You will cross I-79 and then Rt. 19 and will be on 285 West. Travel approx. 7 miles to the stop light in town of Conneaut Lake. There will be a Sheetz Convenience store on your left. Make a RIGHT onto Route 18 and drive through town and approximately 1 mile is the intersection of route 18. Make a LEFT staying on route 18 North and travel about 3/10 mile to Iroquois Road. Make a LEFT onto Iroquois Road. Go straight to the end and make a RIGHT on Konneyaut Trail. Parking is straight ahead.

OVERNIGHT ACCOMMODATIONS ** Please call for prices. Accessibility varies. Please inquire when making reservations!**

CONNEAUT LAKE AREA HOTELS/MOTELS:

Sunset View Motel (814) 382-8631 12210 State Highway 618, Conneaut Lake, PA 16316 -- www.sunsetviewmotel.com (2 blocks from Conneaut Lake Park).

Park side Motel (814)382-0182 – Next to Conneaut Lake Park & Historical Blue Streak Coaster – www.parksidemotel.net.

Just Sleep Motel (814) 382-8246 12749 Conneaut Lake Road (Rt. 322), Conneaut Lake, PA – www.justsleepmotel.com.

Camperland (814) 382-7750 Campground across the street from the park.

Irish Cove Motel (814) 382-3045 11647 State Highway 618, Conneaut Lake, PA 16316 – www.irishcovemotel.com.

Hotel Conneaut (814) 382-5115. Located in Conneaut Lake Park

LINESVILLE, PA:

Kobel's Twin Maples Cottages and Motel: (814) 683-4943 – 435 W. Erie St., Linesville, PA 16424. Open spring, summer, and fall – pets welcome.

MEADVILLE AREA HOTEL/MOTELS:

Holiday Inn Express (814) 724-6012 18240 Conneaut Lake Road, Meadville, PA 16335

Hampton Inn (814) 807-1446 - 11446 Dawn Drive Meadville, PA 16335 (by Auto Zone on Rt. 322)

Quality Inn (814)333-8883 – 17259 Conneaut Lake Road, Meadville, PA 16335

Econo Lodge (814) 724-6366 – Rt. 322, Shaw Avenue, Meadville, PA 16335. (Next to Applebee's)

All hotels are Exit 36(A) from I-79

PARTICIPANT REGISTRATION FORM 2019

Name: _____ M or F DOB: _____ Email _____

Address: _____
(street) (city) (state) (zip)

Phone (H) _____ (C) _____

Choose up to two days that you would like to ski:
____ Monday, July 22nd _____ Wednesday, July 24th
____ Tuesday, July 23rd _____ Thursday, July 25th

Choose T-Shirt Size Sm Med Lg XL

Do you plan to ski in the morning and afternoon on the days you have chosen? _____
If more days become available do you want to be considered? _____

Personal Information (please be as specific as possible):

Disability: _____ Onset: _____ Wt. _____ Ht. _____

Skiers must be 200 lbs or less and must be able to fit into an 18" wide wheelchair.

Please choose your most frequent mode of mobility:
____ walking: list any assistive devices or braces used _____
____ wheelchair: manual or electric? _____

If face down in the water wearing a life-preserver, are you able to roll onto your back independently (this is mandatory and you will have to pass a roll test prior to skiing)? _____

Previous water ski experience and equipment used (since disability): _____

Other sports you participate in on a regular basis: _____

Are you currently under a doctor's care for any condition? yes no (if yes) _____

Are you allergic to anything? (i.e., medication, food, sun) yes no (if yes) _____

Do you need to limit your activities for any reason? yes no (if yes) _____

Do you have seizures? yes no

Within the past six months, have you had any injury to or surgery on your back, spinal cord, or hips? , yes no

Do you wear a back brace or have Harrington Rods? yes no (describe) _____

Are there any special medical conditions the staff should know about (asthma, diabetes, heart trouble, etc.)? yes no _____

Please complete this form and mail it with your registration fee made payable to "THREE RIVERS ADAPTIVE SPORTS" by July 12th to: Marcia Logan, 5 Canterbury Road, Pittsburgh, PA 15202.

Participant fee at \$20.00 per day (TRAS member) or \$40.00 per day (non TRAS member)
(If you plan to ski 1/2 day only, divide the fee per day by 2)

New members are welcome!

If you would like to join now the membership fee is: Individual \$20.00 Family \$30.