

## Welcome New Chapters: A Variety of Programs Expands Offerings Across the US

Disabled Sports USA welcomes the following organizations as new chapter members.

**Bridge II Sports**  
2106 Greenwich Place  
Durham, NC 27705  
(866) 880-2742  
www.bridge2sports.org

Bridge II Sports was created to provide opportunities for children and young adults to play individual and team sports in the Triangle area.

Programs include: wheelchair tennis, wheelchair basketball, skeet and trap, boccie, Jr. Paralympic Competition.

**Courage Center**  
3915 Golden Valley Road  
Minneapolis, MN 55422  
(763) 520-0480 (Twin Cities metro area)  
(218) 726-4762 (Duluth)  
www.courage.org

A variety of seasonal sports and recreational classes, teams, and activities are available in the Twin Cities metro area, including Golden Valley, Stillwater, and Burnsville, as well as Duluth. The programs are geared for youth and adults with physical disabilities and visual impairments. Courage also offers a wide range of creative arts, Youth Leadership Academy and wellness and fitness programs at several locations for youth and adults.

Programs include: alpine and Nordic skiing, archery, boccie, curling, dog sledding, fishing clinic, fitness training, goalball, golf, handicycling and biking, horseback riding, ice fishing, kayaking, marksmanship, martial arts, Metro Sports Day Camp, Paralympic Academy Sports Camp, power wheelchair soccer, quad rugby, rock climbing, sailing, scuba, sled hockey, skating, swim team, track & field, waterskiing, wheelchair basketball, youth and adults, and wheelchair softball, youth and adults.

**Great Lakes Adaptive Sports Association**  
400 E. Illinois Road  
Lake Forest, IL 60045  
(847) 283-0908  
www.glasa.org

Great Lakes Adaptive Sports Association (GLASA) provides sports, clinics, camps and special events for people with a primary physical or visual impairment. GLASA programs operate at recreational and competitive levels; a variety of events are offered throughout the year.

Programs include: aerobics, bowling, tennis, track & field, golf, swimming, handicycling, floor hockey, scuba, dance, goalball, waterskiing, yoga, bowling, boccie, power soccer, individual training beep baseball, wheelchair basketball, sled ice hockey, hapkido/judo, kayaking, downhill skiing, and racerunner.

**Huggins Hospital Adaptive Sports Program**  
80 Academy Drive  
Wolfeboro, NH 03894  
(603) 569-3022  
www.hugginshospital.org

The Adaptive Sports Program was recently established by Huggins Hospital within the Department of Rehabilitation.

Programs include: therapeutic riding/hippotherapy, alpine skiing, adaptive snowsports, adaptive waterskiing, aquatics, children's tennis, and cycling.

**U.S. Handicycling**  
P.O. Box 3538  
Evergreen, CO 80437  
(303) 459-4159  
www.ushandicycling.org

United States Handicycling Federation, Inc. creates integrated cycling opportunities for wheelchair users and athletes with lower-mobility impairments.

Programs include: coaching and development, competitions, international cycling.

**Wheelchair Sports, Inc.**  
2200 Crestline Drive  
Winfield, KS 67156  
(620) 221-7616  
www.wcsports.org

Wheelchair Sports is dedicated to the promotion of adaptive sports and recreation in south-central Kansas.

Programs include: handicycling, wheelchair tennis, wheelchair hockey, bowling, waterskiing, snow skiing, billiards, and horseback riding.

## TASP Ski Camp for Intermediate and Advanced Skiers

The Telluride Adaptive Sports Program (TASP) has had a busy summer offering rafting, hiking, fishing, and other sports trips to a variety of participants ranging from cognitively disabled youth to Wounded Warriors and we are looking forward to another action-packed winter.

TASP is holding its 10th Annual Expand Your Horizons! Ski Camp, a mid-level development camp and race for intermediate and advanced skiers with physical disabilities, Feb. 2 – Feb. 6, 2009. The camp is open to anyone comfortable skiing at least a blue level, intermediate run. Skiers will enjoy four days of advanced level instruction, ski a variety of terrain from bumps to steeps to powder, and have the opportunity to participate in a recreational race. To register, contact TASP at (970) 728-5010 or e-mail [tasp@tellurideadaptivesports.org](mailto:tasp@tellurideadaptivesports.org).

This winter TASP also will conduct its 5th Annual Disability Awareness Project for local fourth and fifth grade students to expose them to people with disabilities, adaptive skiing, and TASP's many endeavors. The goal of the program is to help grade school students understand that those with disabilities are regular people who enjoy similar activities as their able-bodied peers. The program will include classroom activities and hands-on exploration of adaptive ski equipment and techniques such as mono-skis, bi-skis, blind guiding,

and more. Through the Disability Awareness Project, local children will learn and be able to ask questions about the challenges people with disabilities encounter on a daily basis, some of the attitudinal barriers imposed by society, and the positive impact programs like TASP provide to our community. This program is sponsored by the Telluride Foundation and the Just for Kids Foundation. For further information, contact Courtney Stuecheli at (970) 728-3524 or e-mail [tasp@tellurideadaptivesports.org](mailto:tasp@tellurideadaptivesports.org).

## Governor's Council Honors Vermont Adaptive Ski & Sports

Vermont Adaptive Ski & Sports, a chapter of DS/USA, is the recipient of a Vermont Leaders award from the Vermont Governor's Council on Physical Fitness and Sports, which recognizes activities that help promote healthy behavior and prevent disease. The council and Gov. Jim Douglas presented the award in October at the Work Site Wellness Conference at the Hilton Hotel, Burlington.

The council noted: "For 20 years, Vermont Adaptive Ski & Sports has empowered people with physical, cognitive, emotional and behavioral disabilities to be more independent and active by providing access to and instruction in sports and recreational activities. Vermont Adaptive's client accomplishments range from seeing a normally housebound child smile while learning to sail to giving mobility back to an Iraqi Wounded Warrior in a sit-down mono-ski. It serves the entire Vermont community of individuals with disabilities, and works closely with other nonprofits, schools, state agencies, community recreation centers, business groups and fraternal organizations throughout the state."

## Big Changes for White Mountain Adaptive Snowsports School

This year brings a new name and a new building to what was previously known as the White Mountain Adaptive Snowsports School at Loon Mountain in Lincoln, N.H. The DS/USA chapter was renamed New England Disabled Sports (NEDS) to reflect year-long sports and programming, the organization moves from a 600-square-foot basement office to an almost 5,000-square-foot new facility for the opening of this ski season. With more than 2,300 adaptive lessons last winter alone, NEDS has been anxiously awaiting the construction of this new building, a process that has spanned many years and showcases the fundraising efforts of many.

In addition to providing a home for the ski program, NEDS will be able to further year-round programming including cycling, waterskiing, kayaking, and hiking. The new facility will include an elevator, locker rooms, office space, a large reception area for students and their families, equipment storage, and a state-of-the-art database designed specifically to manage the growing number of volunteers and students.

New England Disabled Sports looks forward to being able to better serve a greater range and number of students in their new home. Visit [www.dsusa-ne.org](http://www.dsusa-ne.org) for updated information and programming.



## News from Wyoming

Teton Adaptive Sports (TAS), DS/USA's Wyoming chapter, made its first efforts to support and promote opportunities beyond skiing this summer. TAS is partnering with Rendezvous River Sports, a Jackson Hole water sports shop, to develop adaptive paddling opportunities in the Greater Teton Area. TAS sponsored American Canoe Assoc. instructor certification and hosted the first Adaptive Paddling Day at String Lake in Grand Teton National Park. Twenty participants and 15 volunteers were introduced to a variety of kayaks and canoes as well as Hobie and Native Water Craft's newest peddle power boats for those with limited upper body use. Adaptive paddling instruction is now available through Rendezvous River Sports and more group functions are being planned for early summer 2009.

With the help of a grant from the Wyoming Governor's Council on Developmental Disabilities, TAS purchased one child's and one adult's trike, plus a One Off Handcycle. The goal is to acquire a variety of adaptive cycles to be made available to locals and visitors alike. Mountain biking opportunities are available at three ski areas and on an abundance of Forest Service land. Grand Teton National Park has begun building a 26-mile bike path that will eventually connect to the town of Jackson where a number of bike paths currently exist, with more being constructed this fall.

Adaptive skiing opportunities are available at Jackson Hole Mountain Resort and have been since 1984. Grand Targhee Resort officially launched its "in house" adaptive program last season. Both programs operate within their respective mountain sports schools using certified instructors who are prepared to work with students of all abilities. For skiers/snowboarders visiting the area but not taking lessons both mountains offer discounted adaptive lift ticket prices. Teton Adaptive Sports supports both programs with adaptive equipment purchases, instructor training opportunities, and financial aid for participants. Grand Targhee is installing an elevator in its base lodge in their initial efforts to better accommodate their disabled guests. On the agenda at Jackson Hole for the 2008-09 season is the opening of the new tram, the first adaptive Steep and Deep Camp, the second annual Adaptive Awareness Day, and the third annual PSIA adaptive education and certification event. For more info on adaptive opportunities in the Teton area of Wyoming, contact Kurt Henry with Teton Adaptive Sports at (307) 699-3554 or e-mail [tetonadaptive@aol.com](mailto:tetonadaptive@aol.com).



## Adaptive Snowsports Instructor Rally at Windham Mountain

The Adaptive Sports Foundation at Windham Mountain presents its second annual Instructor Rally March 7-10, 2009 at the Gwen Allard Adaptive Sports Center at Windham Mountain, N.Y. This multiday event is designed for snowsports instructors who are looking for in-depth training on adaptive snowsports instruction from some of the best adaptive, alpine and snowboard clinicians in the country.

Clinics will include an in-depth look at ATS/Riding Concepts and how they are the basis for all adaptive snowsports instruction. Sessions also will include concentrations in specific areas such as three tracking (beginner through advanced), guiding versus teaching visually impaired lessons, intensive mono-ski and bi-ski clinics focusing on teaching fundamentals, how-to adaptive snowboard lessons, and keeping the culture of snowboarding intact. All sessions will be run by top alpine, adaptive, and snowboard instructors including PSIA-E/AASI Educational Staff and PSIA National Team members.

Participants who are PSIA or AASI members will receive continuing education credit. For more information and for registration, contact the Adaptive Sports Foundation at (518) 734-5070 or [aswindham@mhccable.com](mailto:aswindham@mhccable.com).

For more information on the Adaptive Sports Foundation visit [www.adaptivesportsfoundation.org](http://www.adaptivesportsfoundation.org). For more information on Windham Mountain, visit [www.windhammountain.com](http://www.windhammountain.com).



Betsy Hurley and Connor Hogan at Bromley.

## Bart Center Winter and Spring Activities in Southern Vermont

The Bart J. Ruggiere Adaptive Sports Center offers ski lessons from beginners to advanced at Bromley, Vermont's Sun Mountain, with trained instructors in adaptive skiing and the latest in adaptive equipment, including bi-skis, mono-skis, outriggers, and walkers to stand up. Bibs are available for the visually impaired and tethering devices for those who need them. Lessons are available seven days a week for individuals and groups. Reservations are recommended for all lessons.

2009 events include the third Wounded Warrior Weekend, Feb. 7 – Feb. 8, and the Diana Golden Level One race, March 7.

Post-snow season, the Bart Center offers kayaking and handcycling on southern Vermont's flat roads.

For more information, call (802) 824-5522, ext. 430, e-mail [bartcenter@comcast.net](mailto:bartcenter@comcast.net), or visit [www.bartcenter.com](http://www.bartcenter.com).



Big Mountain Sessions: Snowboarding camp coordinator, Cara Bosco, and student, Cassandra, have fun on the slopes.

## ASC-Crested Butte Debuts Snowboarding Camp

If your vocabulary includes phrases such as “backside rodeo,” “riding switch,” and “shred the gnar,” you and your snowboard will want to find your way to the Adaptive Sports Center's Big Mountain Sessions: Snowboarding camp March 20-23, 2009. This adventure camp for advanced snowboarders includes instruction on Crested Butte Mountain Resort's world-class extreme terrain, as well as a backcountry hut trip in the Elk Mountains.

The first two days of camp will be spent on the mountain, where participants can shred on the advanced intermediate or extreme terrain that Crested Butte is famous for, with guidance from ASC's instructors. The second half of the trip will take place in the nearby Elk Mountains. The group will trek out to a backcountry hut on splitboards (a snowboard that can be split into two parts and used like skis) to enjoy the peace and tranquility of the deep woods. All necessary equipment, including splitboards, avalanche beacons and other gear, will be covered. This is not a full avalanche course, but will provide participants with broad-based knowledge about some of the challenges and pleasures of trekking in the backcountry.

Big Mountain Sessions: Snowboarding is a new camp from the ASC, which evolved from a similar and very popular camp for skiers.

“What I like about snowboarding in Crested Butte is the incredible diversity of terrain,” said ASC participant Ryan Kelly, a pilot with PHI Helicopters in Lafayette, La., and a below-knee amputee. “There was a wealth of experience that ASC instructors brought to the table (during my visit), which shortened the learning curve considerably.”

For more information about this and other ASC winter 2009 camps, call (866) 349-2296 or visit [www.adaptivesports.org](http://www.adaptivesports.org). Pricing for this camp was not available at press time. Backcountry hut trip is dependent on conditions.

## BOEC to Host Wounded Warriors and Their Families

The Breckenridge Outdoor Education Center (BOEC) and Keystone Adaptive Center, a program of the BOEC, will host two main events bringing recently wounded soldiers to the mountains for three to five days of skiing and/or snowboarding.

The 2nd Annual Soldier Spring Ski Week will be held April 12-18, 2009. Unique to this event, immediate family members are invited to attend and share the experience. With the focus on family-oriented activities, soldiers, spouses and their children are provided with time to have fun, share the experience of learning something new and see growth in their relationships.

In addition, the Keystone Adaptive Center, a program of the BOEC, will once again partner with Adaptive Adventures to host the 2nd Annual Adaptive Ski/Ride Camp at SnoFest, January 21-25, 2009. SnoFest, a military-hosted family ski weekend, provides a perfect opportunity for soldiers to encourage and support each other.

## Exploring the Great Outdoors with Common Ground

Common Ground Outdoor Adventures in Northern Utah provides year-round trips including adaptive downhill skiing, dog sledding, snowshoeing, climbing, whitewater rafting, adaptive cycling, and camping trips to National Parks in the West.

Upcoming events include:

**Dog Sledding at Jackson Hole** – Jackson Hole, Wyo., Feb. 20-22 and March 13-15, 2009. Activities include time at the Teton Science School, cross-country skiing, snowshoeing, and learning about the area. One day is spent dog sledding with an opportunity to drive the sled.

**Arches National Park Trip** – March 24-26, 2009. Hiking, cycling, and sightseeing on adaptive cycles and trails.

**Adaptive Ski Program at Beaver Mountain** – throughout the ski season. Common Ground will provide all necessary adaptive ski equipment and instruction. We work with participants with blindness/low vision, physical disabilities, and cognitive disabilities. Equipment includes three- and four-track skis, bi-skis and mono-skis.

All trips and activities are adapted to meet the needs of all abilities. There is an accessible shuttle available to Logan from Salt Lake City International Airport. Friends, family, and volunteers can attend for a reduced rate.

Contact Bryce Patten for more information at (435) 713-0288 or [programs@cgadventures.org](mailto:programs@cgadventures.org) for more information.

## International Va'a Federation World Championships for Adaptive Paddlers

The 2008 IVF World Sprint Championships in Sacramento, Calif., was a historical event for outrigger canoe paddlers with physical disabilities. For the first time in the history of the sport, races in the V12, V6 and V1 divisions for Adaptive Paddlers were offered as world championships events. East Coast Outrigger Racing Association's 12-person team earned two silver medals and one bronze medal in the team events and one gold medal in the solo race. Team members included veterans Dan Gilyeat, Joshua Stein, Rosemary Salak, and Matt Proffitt.

Adaptive paddlers from California, ECORA, England, Germany, Hawaii, Italy and New Zealand competed in the new world championship races.

The next IVF World Championships will be held in New Caledonia in 2010. For information, contact Jan Whitaker, President of Cape Ability Outrigger Ohana, Inc. at [janwhitaker@hotmail.com](mailto:janwhitaker@hotmail.com)



**Team Photo:** (from left to right)

**Back Row:** My Lien Nguyen, Dan Gilyeat, Jan Whitaker (coach), John Kee, Jamey Parks, Adrianna Parra, Matt Proffitt, Rosemary Salak, Tammy Jopson  
**Front Row:** Joshua Stein, Sue Beck

**Missing:** Augusto Perez, Melynda Baker

## The Unrecables Plan Ski Trips to Mammoth Mountain

The Unrecables announces its schedule for winter adaptive ski trips to Mammoth Mountain. The 2009 dates are: Jan. 23-25; Feb. 20-22; March 20-22; April 24-26; and May 15-17.

Social hours are held on the second Tuesday of the month at 6:30 p.m. at Mi Ranchito Family Restaurant in Culver City, Calif.

For more information or to download a newsletter or trip forms, e-mail [unrecables@earthlink.net](mailto:unrecables@earthlink.net) or visit <http://home.earthlink.net/~unrecables>.



Photo courtesy of Brett Groehler

## Mono-ski Madness Hosted by Courage Center Duluth

Courage Center Duluth will host the annual Great Lake Monoski Madness camp Feb. 25, 26 and 27, 2009, at Spirit Mountain on the shores of beautiful Lake Superior in Duluth, Minn. The camp is open to beginner through advanced mono-skiers.

Clinic topics include mono-skiing instruction, movement analysis, personal skiing development, and race techniques. Monoski Madness also includes personalized video analysis, as well as an opportunity to train in racing gates and to run an actual racecourse.

Monoski Madness provides individuals from the Midwest sequential hours on the hill and access to trained and

experienced instructors who can offer specific and individualized skill development exercises for intermediate and advanced skiers.

Matt Feeney of Adaptive Adventures, a PSIA (Professional Ski Instructors of America) certified Level II mono-ski instructor, said, "I've been to various adaptive ski camps all over the country, and Monoski Madness at Spirit Mountain is not only better attended, it's more fun. Such a diverse group of participants,

from senior citizens to young children, all sharing the same passion, it's always been a great experience for me."

Monoski Madness camp participants also get the opportunity to try different brands and types of adaptive equipment on some of the longest ski runs in Minnesota. And with each mono-ski costing between \$2,000 and \$5,000, many students are eager to try everything before purchasing their own equipment.

In addition to the three-day camp, Courage Center Duluth also offers a 10-week ski program at Spirit Mountain as well as a number of other winter programs including curling, archery, indoor tennis, ice hockey, and more.

For more information regarding Monoski Madness or other Courage Center Duluth programs, contact Eric Larson at (218) 726-4762. To see a highlight video of the camp visit [www.CourageCenter.org](http://www.CourageCenter.org) and click on Sports and Recreation, then Alpine Skiing. For more information about Spirit Mountain, visit [www.SpiritMt.com](http://www.SpiritMt.com).

## 4th Annual Disabled Sports Eastern Sierra Springtacular

Disabled Sports Eastern Sierra and Mammoth Mountain Ski Area are hosting the 4th Annual Disabled Sports Springtacular at Mammoth Mountain April 21- 24, 2009. Expected are more than 60 athletes with cognitive disabilities, who are called Stars during the four-day event featuring ski and snowboard lessons. Activities also include a Wednesday evening dance hosted by Lonnie Newbry and Dylan Pratt, and a Thursday night awards banquet to celebrate all students' abilities.

Volunteers are needed to teach and assist all abilities on skis or snowboards, assist with inside organizing, events,

and more. Base operations are in The Mountainside Conference Center at Main Lodge, Mammoth Mountain, from 8 a.m. to late afternoon. Call (760) 934-0791 or e-mail [csouza@disabledsportseasternsierra.org](mailto:csouza@disabledsportseasternsierra.org). For more program information, visit [www.disabledsportseasternsierra.org](http://www.disabledsportseasternsierra.org).

## Disabled Sports Eastern Sierra's Mono-Ski Madness March 17-19

Disabled Sports Eastern Sierra's third annual Mono-Ski Madness 2009 will be held on Mammoth Mountain, Calif., March 17-19, 2009. This three-day event will cover many aspects of mono-skiing from personalized fitting to off-trail skiing techniques.

Leading the event will be PSIA National Demo Team Coach, Bill Bowness. He has been a member of the U.S. Disabled Alpine Ski Team, a multiple gold medalist in the 1992 U.S. Nationals, a multimedalist in several Paralympics, and an X-Games participant. Several PSIA certified mono-ski instructors will assist with the clinic.

Mono-Ski Madness is open to mono-skiers of all levels and abilities from first time beginners to advanced skiers who want to hone their skills and expand their skiing horizons.

For more information, contact Maggie Palchak at (760) 934-0791, e-mail [mpalchak@disabledsportseasternsierra.org](mailto:mpalchak@disabledsportseasternsierra.org) or visit [www.disabledsportseasternsierra.org](http://www.disabledsportseasternsierra.org).

