Adaptive Sports Programs & Resources 2018

International & National Adaptive Sports Organizations:

Cerebral Palsy International Sport & Recreation Association (CPISRA) [www.cpisra.org] CPISRA is the leading international sports organization governing and promoting sport and recreation for Cerebral Palsy (CP) and related neurological conditions throughout the World. CPISRA is one of only four International Organizations of Sport for the Disabled (IOSD) recognized by the International Paralympic Committee (IPC) to represent impairment groups. CPISRA’s vision is that all people who have CP or related neurological conditions have the opportunity to benefit from and participate in sport and recreation throughout the World.

National Center on Health, Physical Activity and Disability (NCHPAD) [http://www.nchpad.org] is positioned to effect change in health promotion/obesity management among people with disabilities through its history of providing advocacy, services and programs to numerous organizations and people throughout the country. The primary focus of the Center's approach is to collaborate with the nation's leading health advocacy and disability organizations in linking them to the hundreds of program initiatives ongoing across the nation, using this framework to build inclusion and integration into existing programs.

US Paralympic Sport Clubs [https://www.teamusa.org/us-paralympics/gateway-to-gold/paralympic-sport-clubs] U.S. Paralympics partners with community-based adaptive sport organizations from across the US to create a network of Paralympic Sport Clubs providing local sport programming for individuals with Paralympic-eligible impairments, including physical disabilities and visual impairments. While many Paralympic Sport Clubs focus on grassroots programming, many also provide opportunities at the national and international levels. By supporting Paralympic Sport Clubs with resources including coaching education and program development courses, U.S. Paralympics and its National Governing Bodies/High Performance Management Organizations have helped increase the availability of sport programming for athletes with Paralympic-eligible impairments. Currently operating in 48 states and Washington, D.C., U.S. Paralympics is committed to partnering with organizations across the United States to ensure Paralympic Sport Clubs are available in all 50 states.

Disabled Sports USA (DSUSA) [http://www.disabledsportsusa.org] - Disabled Sports USA’s mission is to provide national leadership and opportunities for individuals with disabilities to develop independence, confidence, and fitness through participation in community sports, recreation and educational programs. Disabled Sports USA is a nation-wide network of community-based chapters offering a variety of recreation programs. DSUSA sanctions and conducts competitions and training camps around the country. Please see this updated list for the local adaptive sports organizations who are part of the DSUSA chapter network [https://www.disabledsportsusa.org/chapters/location-map/]

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Adaptive Sports USA (ASUSA) https://adaptivesportsusa.org The mission of Adaptive Sports USA is to engage, evolve, and empower individuals with disabilities to be involved in adaptive sport through education, coaching and advocacy. By creating a community outreach programs, ASUSA increases sports opportunities for individuals with disabilities and is a gateway to regional, national and international multi-sport competitions. ASUSA sanctions and runs the Jr. National Championships in a number of adaptive sports including track & field, swimming, table tennis and archery.

Athletics for All Task Force http://www.athleticsforall.net Disabled Sports USA oversees the Athletics for All task force, a national coalition aimed at ensuring all athletes have access to extra-curricular sports opportunities within their own high school. The mission of the Athletics for All Task Force is to inform and provide the tools and guidelines by which coaches, athletic directors and school administrators can include students with physical disabilities in interscholastic sports.

Challenged Athletes Foundation (CAF) www.challengedathletes.org It is the mission of the Challenged Athletes Foundation (CAF) to provide opportunities and support to people with physical challenges, so they can pursue active lifestyles through physical fitness and competitive athletics. The Challenged Athletes Foundation believes that involvement in sports at any level increases self-esteem, encourages independence and enhances quality of life. CAF provides grants, camps & clinics and community education in adaptive sport.

National Wheelchair Basketball Association (NWBA) http://www.nwba.org The National Wheelchair Basketball Association (NWBA) provides qualified individuals with physical disabilities the opportunity to play, learn and compete in the sport of wheelchair basketball. The NWBA is comprised of over 200 wheelchair basketball teams across twenty-two conferences in the US consisting of eight divisions including: Division I, Division II, Division III, Women's Division, Intercollegiate Men's Division and Intercollegiate Women's Division, as well as Junior 10' (Varsity) and Junior Prep Divisions.

CP Soccer US https://www.cpsoccer.us/meet-cp-soccer/ CP Soccer's mission is to build a nationwide soccer league for kids with cerebral palsy, stroke or traumatic brain injury. Currently, there is a clear path in the US for able-bodied kids to play soccer throughout their youth and up to the highest levels, culminating in the Olympics. Paralympic Soccer is the highest level of play for people with physical disabilities, who are otherwise developmentally able. To qualify for Paralympic Soccer, players must have some sort of brain injury - cerebral palsy, stroke or traumatic brain injury. While there are national feeder systems for Olympic Soccer and Special Olympic Soccer, there hasn't been a national program for kids with CP who may qualify for the Paralympics, until now.

USA Adaptive Climbing http://www.usaclimbing.org/Disciplines/Adaptive.htm USA Adaptive Climbing provides access for athletes with physical disabilities to compete in both bouldering and sport climbing. USA Adaptive Climbing builds camaraderie, community, and opportunity through clinics, workshops, and other programming. USA Climbing sanctions the Adaptive Climbing National Championship.
Commit to Inclusion  http://committoinclusion.org  Commit to Inclusion supports the implementation of the Guidelines for Disability Inclusion to assist in the updating of community health program and policies to be inclusive of the needs of people with disability.

Inclusive Fitness Coalition (IFC)  http://incfit.org  The mission of the IFC is to facilitate coordination of organizations and individuals to address the complexity of personal, social, cultural, political, and economic factors that influence the participation of people with disabilities in physical activity, fitness, sports, and recreation. The IFC promotes equitable access to, and safe use of, fitness and recreational equipment, facilities, and programs, to help reduce debilitating secondary conditions associated with disability and a sedentary lifestyle.

American Association of Adapted Sports Programs  http://www.adaptedsports.org- The American Association of Adapted Sports Programs (AAASP) represents a standardized approach to interscholastic sports programming for students with physical disabilities. AAASP is a nonprofit association dedicated to developing adapted school-based sports programs in partnership with national, state and local education agencies in order to provide student with physical disabilities access to competitive sport within the school setting.

The National Consortium for Physical Education for Individuals with Disabilities (NCPEID)  http://www.ncpeid.org  The mission of NCPEID is to promote research, professional preparation, service delivery, and advocacy of Physical Education for individuals with disabilities. Membership is open to all persons who are or have been involved in professional preparation, demonstration, or research activity related to physical education and recreation for individuals with disabilities. University faculty in adapted physical education as well as public school and residential facility personnel are encouraged to become members.

US Youth Soccer TOPSoccer  http://www.usyouthsoccer.org/programs/TOPSoccer  US Youth Soccer TOPSoccer (The Outreach Program for Soccer) is a community-based training and team placement program for young athletes with disabilities, organized by youth soccer association volunteers. The program is designed to bring the opportunity of learning and playing soccer to any boy or girl, who has a mental or physical disability. Various disabilities (both cognitive and physical) play together and are placed by ability rather than age.

Special Olympics  http://www.specialolympics.org  The Special Olympics use the power of sports to help people with intellectual disabilities discover new strengths and abilities, skills and success. Special Olympic athletes inspire people in their communities and elsewhere to open their hearts to a wider world of human talents and potential.
US Rowing - Adaptive Rowing http://www.usrowing.org/adaptive-rowing/ More than 60 US Rowing member organizations now offer adaptive rowing across the US. Expanded adaptive rowing opportunities mean more children and adults with physical disabilities also are able to participate, bolstering the quality of their lives and those of their teammates and communities.

National Alliance of Accessible Golf https://www.accessgolf.org/grants/funded_programs.cfm The National Alliance for Accessible Golf (Alliance) is a leader in inclusion—working to ensure the opportunity for all individuals with disabilities to play the game of golf. Formed in the summer of 2001, the Alliance is represented by major golf, recreation and therapeutic organizations in the United States.

US Sailing - Adaptive Sailing https://www.ussailing.org/education/adult/adaptive-sailing/ People with physical disabilities gain a sense of independence and self-confidence while sailing. There are a wide range of adaptive sailing programs across the U.S.

Adaptive Martial Arts Association (AMAA) https://www.adaptivemartialarts.org The Adaptive Martial Arts Association provides free resources & support to students & instructors for adaptive martial arts training, including a national directory of martial arts schools willing to train adaptive students.

Local and Regional Adaptive Sports & Recreation Programs

The Carol and Paul Hatfield Cerebral Palsy Sports and Rehabilitation Center at St. Louis Children's Hospital: www.stlouischildrens.org Providing a variety of sports activities year-round and special events throughout the year including year-round dance classes and swim classes. Also offered is Camp Independence, an intensive sports camps for young people with cerebral palsy, as well as Tri My Best Adaptive Triathlon the Sunday after Labor Day. This is an adaptive swim, cycle and run/walk/push wheelchair/drive power wheelchair event.

National Ability Center http://www.discovernac.org-The National Ability Center is located in Park City, Utah offering a broad range of sports programs and outdoor activities for individuals with both physical and developmental disabilities. Through the use of adapted equipment, trained instructors, volunteers, and specialized techniques, the Ability Center helps to facilitate athletic endeavors and encourage physical activity.

Great Lakes Adaptive Sports Association (GLASA) http://www.glasa.org Based in Illinois, the mission of the Great Lakes Adaptive Sports Association (GLASA) is to promote and support the optimal development and well-being of youth, adults and military veterans who have a physical or visual disability through the provision of inclusive recreation, fitness and competitive sports activities. GLASA offers opportunities for empowerment through education, leadership and training in collaboration with community-based organizations. GLASA operates in Northern Illinois and Southern Wisconsin through direct adaptive sports programming. Educational clinics and elite level competitions bring in athletes, teams and families from around the country.

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Turnstone Center for Children and Adults with Disabilities [http://turnstone.org](http://turnstone.org)  Turnstone is Northeast Indiana’s only free-standing not-for-profit organization providing a comprehensive continuum of supportive services addressing the unique needs of people with disabilities and their families. Turnstone offers a variety of adaptive sports and recreation programs for children and adults age 5 and up who have a physical or visual disability, including recreational, competitive, and elite-level fitness and sports programs, clinics, camps, and tournaments. All programs are run by certified coaches and qualified instructors. Many Turnstone programs are inclusive and allow able-bodied peers and family members to participate.

Adaptive Adventures [https://adaptiveadventures.org](https://adaptiveadventures.org) Adaptive Adventures main office is located in Lakewood, Colorado with a satellite office in Elk Grove Village, Illinois. Adaptive Adventures provides ongoing programs, camps and clinics in cycling, climbing, kayaking, paddleboarding, skiing, waterskiing, wakeboarding, sailing, scuba, rafting and dragon boat racing. Adaptive Adventures offers a unique mobile program. Unlike site based adaptive sports programs, Adaptive Adventures travels the country with 14 trailers filled with adaptive equipment providing programs to underserved areas of the country. Adaptive Adventures provides programs in 23 states, collaborating with over 80 community partners across the country including; rehab hospitals, park districts, VA medical centers, military hospitals, veteran service organizations, and other adaptive sport programs. We believe in FREEDOM through Mobility for our participants and in our program structure.

Adaptive Action Sports [http://adacs.org](http://adacs.org) Located in Colorado, Adaptive Action Sports was founded in 2005 by Daniel Gale and Paralympian Amy Purdy, to help create opportunities for individuals with physical disabilities to get involved in skateboarding and snowboarding, as well as other action sports. Adaptive Action Sports provides state-of-the-art action sports skills training by AAS’ certified instructors who have experience working with all ages and all skill levels.

Adaptive Sports Center [https://www.adaptivesports.org](https://www.adaptivesports.org) The Adaptive Sports Center (ASC) located in Crested Butte, Colorado is a full-fledged therapeutic recreation program that operates year-round, with adaptive activities ranging from mountain biking and skiing to ice climbing and kayaking.

Lakeshore Foundation [http://www.lakeshore.org](http://www.lakeshore.org) Based in Birmingham, Alabama, the Lakeshore Foundation Lakeshore has become an internationally renowned organization serving over 4000 unique individuals annually through physical activity, sport, recreation, advocacy, policy and research. Lakeshore offers more than 90 adaptive sports and recreation programs, as well as sports teams from the recreational to elite competition levels.

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New England Disabled Sports [https://nedisabledsports.org](https://nedisabledsports.org) New England Disabled Sports (NEDS) provides adaptive sports instruction to children with a wide range of disabilities. Headquartered at Loon Mountain Ski Resort in Lincoln, NH and at the Bretton Woods Ski Resort at Omni Mount Washington Resort, NEDS has become a nationally recognized program, providing expert adaptive sport instruction to adults and children living with physical and cognitive disabilities. A variety of winter and summer adaptive sports are offered including skiing, snowboarding, snowshoeing, kayaking, paddle board, cycling, golf, archery,

Catalyst Sports [http://www.teamcatalyst.org](http://www.teamcatalyst.org) Focused on adaptive climbing and operating in Tennessee, Georgia, North Carolina and the DC area, the vision for Catalyst Sports is to be an agent that provokes a significant change or action in the lives of those in the community who have physical disabilities. The Catalyst mission is to discover ways to get people involved who may not be interested in the mainstream sports that most cities offer or are otherwise turned away from these activities. By providing very unique recreational opportunities that are difficult for someone with a disability to participate in we hope to open up their eyes to endless possibilities.

Shirley Ryan Ability Lab Adaptive Sports & Recreation [https://www.sralab.org/services/adaptive-sports-and-fitness-program](https://www.sralab.org/services/adaptive-sports-and-fitness-program) Headquartered in Chicago, Illinois, the Shirley Ryan Ability Lab adaptive Sports Program welcomes athletes of all skill levels, from those interested in learning a new recreational sport to athletes wishing to hone their craft for elite-level competition. Adaptive Fitness Programs offer members a well-equipped fitness center designed for people of all abilities--a broad selection of fitness services and classes to help people remain active and achieve their fitness goals, and an expert staff. All programs are led by exercise physiologists who, at a minimum, hold a bachelor's degree in exercise science or related field and are Certified Inclusive Fitness Trainers (CIFT)

Courage Kenney Rehabilitation Institute [https://www.allinahealth.org/courage-kenny-rehabilitation-institute/about-us/outcomes/adaptive-sports-and-recreation/](https://www.allinahealth.org/courage-kenny-rehabilitation-institute/about-us/outcomes/adaptive-sports-and-recreation/) Headquartered in Minneapolis, MN, Courage Kenny Rehabilitation Institute’s Sports and Recreation Department provides a wide range of adaptive sport and recreational opportunities for people with disabilities. Activities include lifetime sports such as hand cycling, golf, archery, downhill skiing and water skiing, as well as competitive team sports such as wheelchair basketball, wheelchair rugby, track & field, soccer and softball. Courage Kenny Rehabilitation Institute’s Sports and Recreation Department offers activities in the Twin Cities and Northeastern Minnesota and Northwestern Wisconsin.

Bridge II Sports [https://www.bridge2sports.org/about/](https://www.bridge2sports.org/about/) Bridge II Sports is located in Durham, North Carolina and creates opportunities for youth and adults with physical disabilities to 'Find The Player Within' through the power of adapted sports. BridgeIIISports provides year-round adapted sports programming and special events like Valor Games Southeast, August Madness and PaddleLake Crabtree that bring together athletes and the community.

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Adaptive Action Sports http://adaptiveactionsports.blogspot.com
Adaptive Action Sports was founded by action sports athletes to create skateboard, snowboard, wakeboard and Motocross camps, events and programs for veterans, youth and young adults living with permanent physical disabilities. They believe and encourage individuality and creativity while building independence and self-confidence.

BlazeSports America http://www.blazesports.org BlazeSports is a nonprofit Paralympic Sport Club based in Georgia focused on advancing the lives of youth and veterans with physical disability through sports and healthy lifestyles. BlazeSports provides sports training, competitions, summer camps and other sports and recreational opportunities for youth and veterans with physical disabilities from the recreational to elite levels.

Tri-State Wheelchair & Ambulatory Athletics http://www.tswaa.com Operating in New York, New Jersey and Connecticut, the Tri-State Wheelchair Athletic Association (TSWAA) is dedicated to foster independence through Sport for people with physical disabilities. TSWAA offers a structure for teams and individuals with disabilities to compete in multiple adaptive sports. The Tri-State Region sponsors meets in the following sports Archery, Athletics (Track & Field), Swimming, Table Tennis, Weightlifting, and supports wheelchair basketball, Bocce, Quad Rugby, Sled Ice Hockey, Tennis, Skiing, Air Gun.

Children’s Specialized Hospital Lightning Wheels https://www.childrens-specialized.org/programs-and-services/specialty-programs/activity-connection-recreation-programs/sports-connection/lightning-wheels Based in New Jersey, Children’s Lightning Wheels, a Paralympic Sports Club, sponsored by Children’s Specialized Hospital, is a sports team for athletes ages 5 – 22 with a primary diagnosis of a physical disability. The Lightning Wheels program is for seated and ambulatory participants in a variety of sports including track and field, swimming, archery, table tennis and powerlifting.

Disabled Athletes Sports Association (DASA) http://www.dasasports.org/Default.aspx?tabid=808958 Located in St. Louis, Missouri, the Disabled Athlete Sports Association (DASA) is a Paralympic Sport Club specializing in therapeutic sport and fitness opportunities. DASA programs introduce both children and adults to sports and fitness activities that promote physical fitness, self-confidence, family values, and a positive, team-building environment designed to encourage personal growth throughout all aspects of life. DASA recruits cognitively age-appropriate individuals 5 years of age and older living with permanent physical, visual, and hearing disabilities who have difficulty participating in sports with their non-disabled peers. DASA offers more than 12 adaptive recreational and competitive adaptive sport programs.

Challenge Aspen http://www.challengeaspen.com – Based in Aspen, Colorado, Challenge Aspen provides recreational, cultural, competitive and educational experiences for individuals who have mental or physical disabilities including skiing, fishing, archery, river rafting, kayaking, cycling and more.

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ParaSport Spokane [https://www.parasportspokane.org](https://www.parasportspokane.org) Located in Spokane, Washington, ParaSport Spokane provides training and competitive athletic opportunities for youth and adults with physical disabilities that promote success, self-worth, and independence. ParaSport Spokane uses adaptive sports as a catalyst for life. Aligning with the global Paralympic Sport movement, the sports that ParaSport Spokane offers are all contested at the Paralympic Games.

Central California Adaptive Sports Center [http://www.centralcaladaptive.org](http://www.centralcaladaptive.org) Located in the Central Sierra Nevada, the Central California Adaptive Sports Center (CCASC) brings outdoor adventure programs to persons with disabilities. CCASC provides year-round adaptive recreation and adventure programming incorporating the latest equipment and therapeutic recreation practices, facilitate activities in a professional manner, and collaborate with other organizations, with the goal of providing programming that has a lasting impact on the quality of participant’s lives.

Bay Area Outreach & Recreation Adaptive Sports [http://www.borp.org](http://www.borp.org) Bay Area Outreach & Recreation Program (BORP) works to improve the health, independence and social integration of people with physical disabilities through sports, fitness and recreation programs. BORP is headquartered in Berkeley, California and is the leading provider and promoter of accessible sports and recreation opportunities for children and adults with physical disabilities in the greater San Francisco Bay Area. BORP also conducts disability awareness training and adaptive sports exhibitions for a variety of community agencies and serves as a valuable resource to physical therapists, rehabilitation hospitals, parks and recreation departments and related organizations.

Paralympic Sport Tampa Bay [http://www.hillsboroughcounty.org/en/residents/recreation-and-culture/sports-and-athletics/paralympic-sports-club](http://www.hillsboroughcounty.org/en/residents/recreation-and-culture/sports-and-athletics/paralympic-sports-club) As a signature program of Hillsborough County Florida Parks & Recreation, the mission of Paralympic Sport Tampa Bay is to promote health, independence and personal growth through sports for people with physical disabilities. PSTB provides year round adaptive sports and recreation programs that promote physical activity, healthy lifestyles, and recreational and competitive sports opportunities for area children and adults with physical disabilities at all levels, from recreational to competitive elite, in multiple sports such as wheelchair basketball, track and field, tennis, swimming, and archery, as well as clinics in additional sports such as power lifting, golf, and water skiing.

Adaptive Martial Arts: Special Abilities Kajukenbo (SAK) [http://www.ohana.kajukenbo.org](http://www.ohana.kajukenbo.org) Based in St. Charles, Missouri, SAK provides martial arts instruction in Kajukenbo for young people with cerebral palsy. Kajukenbo is a blended martial art to combine the best and most effective techniques from their respective arts. Each art is represented in the name Kajukenbo: KA- Karate, JU- Judo and Jiu Jitsu, KEN- Kenpo and BO- Chinese Boxing. SAK offers martial arts classes in a FUN and SUPPORTIVE environment where students advance at their own pace while being cheered on by their peers.

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Camp Chicago (Formerly Camp Schwab) https://campchicago.weebly.com  CAMP Chicago (formerly CAMP Schwab) was developed at Schwab Rehabilitation Hospital to provide athletic and cultural experiences to children with disabilities in a highly affirming environment that is adapted to allow them to fully participate. CAMP Chicago provides a week-long summer day camp and weekend activities through the year. The letters in CAMP stand for Children with Adapted Mobility Play.

The National Sports Center for the Disabled (NSCD) http://www.nscd.org The National Sports Center for the Disabled (NSCD) is one of the largest outdoor therapeutic recreation and adaptive sports agencies in the world, based out of Winter Park Resort and Broncos Stadium at Mile High in Colorado. Each year more than 3,000 children and adults with disabilities participate in adaptive sports programs to learn more about sports and themselves. With specially trained staff and volunteers, and its own adaptive equipment lab, the NSCD teaches a variety of year-round sports and activities to individuals with almost any physical, cognitive, emotional or behavioral diagnosis.

Steamboat Adaptive Sports & Recreation https://steamboatstars.com  Headquartered in Steamboat, Colorado Steamboat STARS was formed in 2006 by a group of parents, ski instructors, and management from Steamboat Ski Corporation to help provide improved winter recreational programs and equipment for people with disabilities as well as scholarships for those that could not afford to participate. STARS has expanded to offer summer programming such as summer day camps for local youth with a disability as well as water ski camps, and overnight camps. STARS programs fill a need by providing programs that cater specifically to kids and adults who do not fit into a regular camp or sports programs.

Adaptive Sports Iowa http://adaptivesportsiowa.org Since being established in 2011, Adaptive Sports Iowa provides summer and winter adaptive sports opportunities for Iowans with physical disabilities. From introducing adaptive sports in the Iowa Games to and setting up various sports programs to having a RAGBRAI team, Iowans with physical disabilities have the chance to participate and showcase their athletic abilities while promoting an atmosphere of fun and community.

US Adaptive Recreation Center www.usarc.org  Located in Bear Lake, California, US Adaptive Recreation Center offers summer and winter adaptive recreation programs and camps with a focus on adaptive snow skiing and water skiing. The USARC works with schools, hospitals, rehabilitation centers and parks and rec departments to serve children and adults with all types of cognitive or physical disabilities.
Adaptive Sports and Recreation Equipment Resources:

Flaghouse [https://www.flaghouse.com](https://www.flaghouse.com) adaptive physical education, recreation, sport products and gear

Spokes 'n Motion [http://www.spokesnmotion.com](http://www.spokesnmotion.com) adaptive sports equipment for a variety of sports

Eagle Sport Chairs [http://www.eaglesportschairs.com](http://www.eaglesportschairs.com) sport wheelchairs for a variety of sports


Creative Mobility [https://www.thebikerack.com/articles/about-creative-mobility-pg396.htm](https://www.thebikerack.com/articles/about-creative-mobility-pg396.htm) adaptive bicycles

ProAdaptive Sports [https://proadaptivesports.com](https://proadaptivesports.com) off road handcycles, buddy bikes, racing bikes

Challenged Athlete Foundation [www.challengedathlete.org](http://www.challengedathlete.org) Grants for adaptive equipment and competition

Challenged America [www.challengedamerica.com](http://www.challengedamerica.com) gifting equipment and services that enhance the quality of life and improve the physical, cognitive, emotional and social development of children who are physically or developmentally challenged.