The following excerpt has been taken from the Christopher & Dana Reeve Foundation Paralysis Resource Center website. 
http://www.christopherreeve.org/site/c.mtKZKgMWKwG/b.4453491/k.6243/Sports_and_Competition.htm

Also see our topic sheets on fitness and exercise; golf; hunting; recreation; sailing; and therapeutic (horseback) riding and driving.

**Sports and Competition**

Sports offer many opportunities for people to make the best use of their abilities, to become part of a cooperative team effort, to experience the joy, and sometimes the misery, of winning and losing. Plus, competing in sports is simply fun.

Competition prepares individuals to face adversity in their lives and to learn to respond affirmatively in the face of challenge and change.

There are numerous options for athletes who are paralyzed to compete, at the local ball field, rink, gym or track, even in the elite venues of the Paralympics.

Some sports require great physical conditioning, such as basketball and tennis. Others, including billiards and sailing are more tactical.

People in wheelchairs race their chairs, handbikes, automobiles, sailboats, you name it. They lift weights, jump over ramps on water skis, play football in parking lots, shoot rifles and play hockey. The possibilities are endless. If you’ve got an interest in almost any sport you can name, there are people out there ready to give you a game. There is no reason to sit on the sidelines.

Rehab professionals stress the importance of sports and recreation in the successful transition of individuals with disabilities. Disability can cause people to experience a loss of confidence and depression, to become alienated from family and friends. Sports offer the opportunity for success, which can lead to self-confidence and a focus on what is possible instead of what can no longer be done.
MultiSport Organizations

http://adaptiveadventures.org/
Adaptive Adventures
1315 Nelson St. Unit 1 2616 Wilmette Avenue
Lakewood, CO 80215 Wilmette, IL 60091
Phone: 303-679-2770 Phone: 847-251-8445
Phone: 877-679-2770 (Toll-free) Phone: 866-679-2770 (Toll-free)
E-mail: info@adaptiveadventures.org
Adaptive Adventures provides progressive outdoor sports opportunities to improve quality of life for children, adults and veterans with physical disabilities and their families.

http://adaptivesportsne.org/
Adaptive Sports New England
89 South St, Suite 603
Boston, MA 02111
Phone: 617-982-2763
Email: info@adaptivesportsne.org
Adaptive Sports New England is a Massachusetts non-profit organization dedicated to increasing participation in sports among New England youth and young adults who have visual or mobility impairments.

http://www.sitski.com/pg3.htm
Adaptive Ski & Sport Programs
This site lists adaptive ski and sport programs in the US (by state), Canada and Europe.

http://www.aaasp.org/
American Association of Adapted Sports Programs (AASP)
P.O. Box 451047
Atlanta, Georgia 31145
Phone: 404-294-0070
Email: sports@adaptedsports.org
AAASP is America’s first interscholastic athletic governing body for students with physical or visual impairments. The organization’s mission is to develop and support a standardized structure for school-based athletic competition to improve the well-being of students with physical disabilities.

http://www.borp.org
Bay Area Outreach & Recreation Program (BORP)
3075 Adeline Street, Suite 200
Berkeley, CA 94703-2578
Phone: 510-849-4663
E-mail: info@borp.org
BORP offers year-round sports and recreation programs serving a wide variety of ages, interests and abilities. Youth sports include wheelchair basketball, power soccer, track &
field, and handcycling. Adult sports include wheelchair basketball, power soccer, and goalball. There is also a fitness center, an Adventures & Outings Program for disabled children, adults, and families, and an Adaptive Cycling Program serving children, youth, adults and families.

http://www.bridge2sports.org

**Bridge II Sports**
4122 Bennett Memorial Rd., Suite 105
Durham, NC 27705
Phone: 866-880-2742 (Toll-free)
Bridge II Sports creates opportunities for physically challenged children and adults to play team and individual sports by providing equipment, developing sports, teams and coaching.

www.challengeaspen.org

**Challenge Aspen**
PO Box 6639
Snowmass Village, CO 81615
Phone: 970-923-0578
Challenge Aspen provides year-round recreational, educational and cultural experiences for people with disabilities. Programs include skiing, snowboarding, fly fishing, rafting, horseback riding, hiking and climbing. Challenge Aspen Military Opportunities (C.A.M.O.) provides experiences for injured military.

http://www.challengedathletes.org

**Challenged Athletes Foundation (CAF)**
9591 Waples Street
San Diego, CA 92121
Phone: 858-866-0959
E-mail: caf@challengedathletes.org
CAF’s mission is to provide opportunities and support to people with physical disabilities so they can pursue active lifestyles through physical fitness and competitive athletics.

http://www.dsusa.org/

**Disabled Sports USA (DS/USA)**
451 Hungerford Drive, Suite 100
Rockville, MD 20850
Phone: 301-217-0960
Email: info@dsusa.org
The mission of DS/USA 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. Activities include winter skiing, water sports, summer and winter competitions, fitness and special sports events. Participants include those with visual impairments, amputations, spinal cord injury, dwarfism, multiple sclerosis, head injury, cerebral palsy, and other neuromuscular and orthopedic conditions. As a member of the United States Olympic
Committee, DS/USA sanctions and conducts competitions and training camps to prepare and select athletes to represent the United States at the Summer and Winter Paralympic Games.

http://www.kennedykrieger.org/special-education/educational-programs/physically-challenged-sports-recreation-program

Kennedy Krieger Institute: Physically Challenged Sports & Recreation Program
Kennedy Krieger High School Career and Technology Center
3825 Greenspring Avenue
Baltimore, MD 21211
Phone: 443-923-7844
Email: hermang@kennedykrieger.org

The Physically Challenged Sports and Recreation Program is open to individuals aged 2 - 21 who experience physical challenges and exhibit cognitive skills at or near appropriate developmental levels. Activities include ice skating; motor development; fitness and swimming; wheelchair football, basketball and floor hockey; sitting volleyball; sled hockey; boccia; table tennis/polybat; tennis; track and field; baseball; power soccer; and golf.

http://www.liferollson.org

Life Rolls On Foundation
2901 Washington Blvd.
Marina del Rey, CA 90292
Phone: 424-272-1992

Life Rolls On is dedicated to improving the quality of life for young people affected by spinal cord injury and utilizes action sports as a platform to inspire infinite possibilities despite paralysis. LRO offers adaptive surfing and skateboarding.

www.nchpad.org

National Center on Health, Physical Activity and Disability: Competitive Sports
This site has links to information on competitive sports for people with disabilities: basketball and wheelchair basketball, cycling, football (American), goal ball, hockey and wheelchair hockey, sit volleyball, soccer, softball, table tennis, volleyball, wheelchair curling, wheelchair rugby, and the Paralympics.

http://www.sportabilities.com

Sports Abilities
This site provides a calendar for each state and invites organizations to post their adaptive sports competitions or opportunities. There are also national calendars for 27 different activities.

http://www.extremechairing.com

Super Chairing (formerly Extreme Chairing)
Phone: 224-210-2288
E-mail: contact@superchairing.com
Super Chairing is an adaptive action adventure & motor sports organization for sports such as chairing, sit ski, 4 cross, body surfing, skydiving, and power wheelchair racing. The site has photos, videos, stories, and information about these sports and some of the athletes that participate in them. The organization sponsors adaptive action adventure events and contests including power wheelchair racing events and adaptive all-terrain vehicle riding events for people with high level injuries and limited mobility.

http://www.usarc.org/
U. S. Adaptive Recreation Center
PO Box 2897
Big Bear Lake, CA 92315
Phone: 909-584-0269
E-mail: mail@usarc.org
USARC is committed to facilitating challenging and adventurous recreational programming for people with disabilities. Winter programs include skiing and snowboarding. Summer programs include wet and wild water skiing, jet skiing, kayaking, sailing and fishing.

http://www.usparalympics.org
U.S. Paralympic Team
A division of the U.S. Olympic Committee. Paralympics are for persons with physical disabilities.

http://findaclub.usparalympics.org/
U.S. Paralympics: Paralympic Sport Clubs
U.S. Paralympics is partnering with community organizations from across the country to create a network of Paralympic Sport Clubs, community-based programs developed to involve youth and adults with physical and visual disabilities in sports and physical activity, regardless of skill level. The site has a locator features which can be searched by location or sport.

http://www.wsusa.org
Wheelchair & Ambulatory Sports USA (WASUSA)
P.O. Box 5266
Kendall Park, NJ 08824-5266
Phone: 732-266-2634
WASUSA provides multi-sport and recreation opportunities for people with physical and visual disabilities by providing resources and education, conducting regional and national competitions, and providing access to international competitions. Sports include archery, track and field, billiards, shooting, swimming, table tennis, weightlifting, and hand cycling.

http://www.wheelchairsportsfederation.org/
Wheelchair Sports Federation (WSF)
6454 82nd Street, Suite 2
Middle Village, NY 11379-2329
WSF provides opportunities for disabled and wheelchair-bound adults and youth to play sports recreationally and competitively. The site has information on basketball, American football, handcycling, powerchair soccer, quad rugby, sled hockey, softball, swimming, tennis, track and field, hunting, powerlifting, fishing, team handball, bowling, and flying. There are also links to resources for motor sports, skiing, water skiing, mountain biking, and table tennis.

http://www.worldteamsports.org/

World T.E.A.M. Sports
4250 Veterans Memorial Hwy, Suite 420 E
Holbrook, NY 11741-4020
Phone: 855-987-8326 (Toll-free)
World T.E.A.M. Sports brings individuals with and without disabilities together to undertake unique athletic events throughout the world to encourage, promote, and develop opportunities in sports for all people.

Archery

http://www.americandisabledarchers.com/

American Disabled Archers
A website for archers who have disabilities and those who support them.

http://www.british-wheelchair-archery.org.uk/

British Wheelchair Archery Association (BWAA)
BWAA is a multifaceted organisation and assists with all aspects from grassroots information to elite level training.

http://da-usa.org/

Disabled Archery USA
P.O. Box 698
Langley, WA 98260
Phone: 425-610-9201
Disabled Archery USA provides information on mental and physical training methods, adaptive equipment selection, and competition rules for various disabled sports governing bodies, taking a grass-roots approach and focusing on the developmental-level disabled archer and coach.

http://www.uffdaclub.com/

United Foundation for Disabled Archers (UFFDA)
Phone: 320-634-3660
E-mail: bowtwang@charter.net
UFFDA’s mission is to promote and provide a means to practice all forms of archery for any physically challenged person.
**Basketball**

http://www.iwbf.org/

International Wheelchair Basketball Federation
IWBF is a non-profit organization whose purpose is to provide opportunities for persons with a lower limb disability to play the game of wheelchair basketball.

http://www.nwba.org/

National Wheelchair Basketball Association
1130 Elkton Street, Suite C
Colorado Springs, CO 80907
Phone: 719-266-4082
Email: info@nwba.org
Basketball is perhaps the oldest organized sport for athletes in wheelchairs. The game is fast and fun, and played in dozens of cities. The NWBA comprises over 200 men's, women's, intercollegiate, and youth teams throughout the U.S. and Canada.

**Billiards**


National Wheelchair Poolplayers Association (NWPA)
Phone: 256-778-0449
The NWPA is the sanctioning body of all organized wheelchair billiards. Pool has become a popular sport with men and women around the world, but even more so for hundreds of physically challenged players. Age and disability may limit one's ability to be competitive in other sports. Not so with pool, in fact some of the top players in the USA are quadriplegics.

**Bowling**

http://www.awba.org/
American Wheelchair Bowling Association (AWBA)
Phone: 713-849-9052
Email: garyryan210@gmail.com
The AWBA sponsors about 10 tournaments a year and holds a national championship every June.

http://bowlingramps.com/

Bowling Ramps
Innovative Products Inc.
830 S. 48th Street
Grand Forks, ND, 58201
Phone: 800-950-5185 (Toll-free)
Phone: 701-772-5458
E-mail: info@bowlingramps.com
Innovative Products makes a wheelchair bowling ramp that is controlled by a control switch.

http://www.ikanbowler.com/
IKAN Bowler
Phone: 813-684-5786
E-mail: contact@ikanbowler.com
IKAN makes adaptive bowling and soccer equipment for power wheelchair users.

Canoeing

http://www.adaptivepaddling.org/
Adaptive Paddling
Outdoor Recreation Opportunities
25 Everett Road
Dunbarton, NH 03046
E-mail: info@adaptivepaddling.org
This site has information and resources to help people with disabilities locate adaptive paddling programs and get started paddling.

http://www.americancanoe.org/?page=Courses_Adaptive
American Canoe Association (ACA): Adaptive Paddling
The ACA Adaptive Paddling Program teaches paddlesport instructors and program providers the skills and knowledge needed to outfit equipment and modify teaching styles to allow people of all abilities to participate in paddlesport.

http://www.adaptivecanoeing.org/
Cape Ability Outrigger Ohana
Cape Ability Outrigger Ohana provides inclusive outrigger canoe programs and services for paddlers with and without physical and/or intellectual disabilities.

Curling

www.paralympic.org/wheelchair-curling
Paralympic Curling

www.wheelchaircurling.com
Wheelchair Curling

www.worldcurling.org/about-wheelchair-curling
World Curling Federation: Wheelchair Curling

www.teamusa.org/usa-curling
USA Curling

Dance
International Paralympic Committee: Wheelchair Dance Sport

Fencing

U.S. Paralympics: Fencing

Fishing

http://www.adaptiveoutdoorsman.com/
Adaptive Outdoorsman
Phone: 1-877-212-9411
E-mail: Renee@adaptiveoutdoorsman.com
Adaptive Outdoorsman sells adaptive hunting, fishing, and camping equipment.

http://www.castforkids.org/
C.A.S.T. for Kids Foundation
The C.A.S.T. for Kids Foundation hosts over 50 events per year in over half of the United States and expands by 8 new events per year and into 2 new states per year on average. The Foundation aims for presence across the nation allowing disabled and disadvantaged children everywhere and of any means an opportunity to learn how to fish.

http://www.fhnbinc.org/
Fishing Has No Boundaries, Inc. (FHNB)
15453 County Highway B
P.O. Box 175
Hayward, WI 54843
Phone: 715-634-3185, 800-243-3462 (Toll-free)
FHNB is a national organization with 23 chapters in 11 states, enabling thousands of individuals with disabilities to participate fully in fishing. The site has information on adaptive equipment.

Flying

http://www.freedomswings.org
Freedom’s Wings International (FWI)
4063 Harbour Dr.
Palmyra, NJ 08065-2114
Phone: 717-335-0458
FWI provides the opportunity for those who are physically challenged to fly in specially adapted sailplanes, either as a passenger or as a member of the flight training program.

http://www.wheelchairaviators.org
International Wheelchair Aviators  
82 Corral Drive  
Keller, TX 76244  
Phone: 817-229-4634  
E-mail: wheelchairaviators@yahoo.com  
A worldwide group of disabled and able-bodied pilots interested in aviation and flying. Members have many different disabilities including paraplegia, quadriplegia, amputee, multiple sclerosis, spina bifida, and polio.

Football (American)

Wikipedia: Wheelchair Football

Golf—see our fact sheet on Golf for more information

http://www.accessgolf.org  
National Alliance for Accessible Golf  
One World Golf Place  
St. Augustine, FL 32092-2724  
Phone: 904-940-4204  
E-mail: info@accessgolf.org  
The Alliance’s mission is to increase participation of people with disabilities in the game of golf. The organization creates and promotes awareness about the benefits of accessible golf, provides technical assistance and training to individuals with disabilities as well as golf course owners and operators, and funds golf programs for individuals with disabilities.

http://www.uprightgolf.com  
UPRIGHT Golf  
Phone: 319-268-0939  
Email: jim@uprightgolf.com  
UPRIGHT Golf has developed a comprehensive line of easy-to-use golf playing aids that eliminate all of golf’s repetitive bending and stooping.

Handcycling

http://www.campmobilityproject.org  
Children & Adult Mobility Project (CAMP)  
14 Echo Lane  
Simsbury, CT 06070  
Phone: 860-543-5381  
E-mail: info@campmobilityproject.org
CAMP runs Connecticut Adaptive Cycling, a hand-cycle, recumbent trike and adaptive cycling program for children and adults in Connecticut offer recreational and competitive rides.

http://www.ushf.org

**U.S. Handcycling Federation (USHF)**

PO Box 3538

Evergreen, CO 80437

Phone: 720-239-1360

Email: store@ushf.org

USHF provides integrated cycling opportunities for wheelchair users and athletes with lower-mobility impairments.

**Hockey**

http://www.usahockey.com/page/show/906715-sled-national-team

**USA Hockey: Sled Hockey**

1775 Bob Johnson Drive

Colorado Springs, CO 80906-4090

Phone: 719-576-8724

E-mail: usah@usahockey.org

This site has illustrated information on sled hockey, a video of the basics, and news on the sport.

http://www.powerhockey.com

**U.S. Electric Wheelchair Hockey Association**

7216 39th Ave. North

Minneapolis MN 55427

Phone 763-535-4736

Email: info@powerhockey.com

This site has a lot of information on power hockey, including rules and equipment, videos, and links to leagues in the U.S. and Canada

**Horseback Riding**—see our fact sheet on Therapeutic Riding and Driving for more information

http://www.pathintl.org/

**Professional Association of Therapeutic Horsemanship International (PATH)**

P.O. Box 33150

Denver, CO 80233

Phone: 303-452-1212, 800-369-7433 (Toll-free)

PATH members, instructors and centers serve participants of all ages and with a range of physical, emotional, behavioral and cognitive challenges. The organization and its members have developed a variety of different equine-related activities for therapeutic purposes, collectively known as equine-assisted activities and therapies (or EAAT).
Para-Equestrian
Para-Equestrian, a part of Fédération Equestre Internationale, supports international equestrian sport for elite athletes with disabilities. The site has links to international and national organizations involved in equestrian sports for people with disabilities.

http://uspea.org/
U.S. Para-Equestrian Federation
The USPEA, an affiliate of the United States Equestrian Federation, provides programs, clinics, and competition opportunities for athletes with physical disabilities.

Hunting—see our fact sheet on Hunting for more information

Buckmasters American Deer Foundation: Disabled Hunters Services
BADF Disabled Services
10540 Daystar Drive
Tuscaloosa, AL 35405
Phone: 205-366-8415
Email: dsullivan@buckmasters.com
BADF Disabled Services uses its combined resources to locate and organize opportunities for people with physical disabilities.

http://www.pcba-inc.org/
Physically Challenged Bowhunters of America (PCBA)
Phone: 855-247-7222 (Toll-free)
PCBA is a non-profit organization founded to assist physically disabled persons with actively participating in bowhunting and archery sports.

Rowing

http://www.usrowing.org/DomesticRowing/AdaptiveRowing.aspx
U.S. Rowing: Adaptive Rowing
This page has links to information on adaptive rowing, programs and camps, the Adaptive National Team, and regatta guidelines for adaptive rowing.

Rugby

http://www.iwrf.com/
International Wheelchair Rugby Federation
Suite 349-5158 48th Avenue
Delta, BC V4K 5B6
Phone: +1 779-232-9470
This site has detailed description of the sport and its history as well as information on international teams and competitions.
United States Quad Rugby Association (USQRA)
The USQRA provides opportunity, support, and structure for competitive wheelchair rugby to people with disabilities. The site has information on quad rugby, including rules of play, teams, photos and videos, and an event calendar.

Scuba Diving

Adaptive Scuba Programs
801 NE 33 St.
Ft. Lauderdale, FL 33334
Phone: 877-AQUA-TAG
A non-profit organization that provides scuba diving to people with disabilities.

Handicapped Scuba Association
E-mail: hsa@hsascuba.com
The HSA is dedicated to improving the physical and social well-being of people with disabilities through the sport of scuba diving. The organization has over 4000 underwater educators, scuba divers with disabilities and supporting members located in over 45 countries. HAS coordinates dive vacations and is an independent diver training and certifying agency.

Scubadoc's Diving Medicine: Diving with Disabilities
This page lists a variety of resources for divers with disabilities, including publications and associations.

Wheels2Water
16902 Cod Circle #C
Huntington Beach, CA 92647
Phone: 516-221-WALK (Wheels2Water East Coast)
Email: joey@testaverdefund.org
Wheels 2 Water exists to share the ocean experience through adaptive surfing and scuba diving for everyone who has a spinal cord injury or uses a wheelchair.

Shooting

National Rifle Association (NRA): Disabled Shooting Services
Phone: 800-672-3888
The NRA Disabled Shooting Services Program offers services that enable thousands of Americans with physical disabilities to enjoy a variety of shooting activities, including competitive events and hunting.
http://www.shooting4disabled.com/

**Shooting 4 Disabled**
This site gives people interested in target shooting information about what shooting is all about and an idea on what is needed to start. All types of shooting (including air rifles, pistols, and shotguns) are covered.

**Skiing**

http://dsusa.org/programs-winter-skitour.html

**Disabled Sports USA: SkiTour**
451 Hungerford Drive, Suite 100
Rockville MD 20850
Phone: 301-217-0960
DS/USA SkiTour is a calendar of winter sports events that lists national and local learning; racing and competitive opportunities across the U.S.


**Professional Ski Instructors of America: Adaptive Education Resources**
Manuals for sale include Adaptive Snowsports Instruction #131 on adaptive skiing and snowboarding and AASI Adaptive Snowboard Guide (free).

http://www.sfl.org

**Ski for Light**
1455 West Lake Street
Minneapolis, MN 55408
Phone: 612-827-3232
E-mail: info@sfl.org
The mission of Ski for Light is to enhance the quality of life and independence of visually or mobility-impaired adults through a program of cross-country skiing.

http://www.nehsa.org/

**New England Handicapped Sports Association (NEHSA)**
P.O. Box 2135
Newbury, NH 03255-2135
Phone: 603-763-9158 (Ask for Tom Kersey, Executive Director)
Email: info@nehsa.org
NEHSA is a group of people who pool their knowledge, skill and courage to participate in sports activities. Skiing, however, is still the central sport because of its amazing adaptability to many types of disabilities. NEHSA offers adaptive ski and snowboard lessons to people of all ages and all disabilities. Among stand-up skiers are amputees, persons who have recovered from polio or strokes, skiers with cerebral palsy, blind skiers, deaf skiers, and persons with developmental disabilities. Participants in the sit-down program may include persons with spina bifida, multiple sclerosis, paraplegia and quadriplegia.
http://skicentral.com/adaptive.html
Ski Central: Disabled Skiing
This page lists links to adaptive skiing organizations around the world.

**Soccer**

http://www.ikanbowler.com/
IKAN Bowler
Phone: 813-684-5786
E-mail: contact@ikanbowler.com
IKAN makes adaptive bowling and soccer equipment for power wheelchair users.

http://www.powersoccerusa.net/
United States Power Soccer Association (USPSA)
The USPSA governs the sport of Power Soccer in the United States and helps promote the sport on a national and international level.

http://www.powersoccershop.com
Power Soccer Shop
Phone: 763-856-2044
E-mail: customerservice@powersoccershop.com
Source for power soccer equipment.

**Softball**

http://www.wheelchairsoftball.org/
National Wheelchair Softball Association (NWSA)
The NWSA is the governing body for wheelchair softball in the U.S. with over 30 teams that compete on a regular basis. The NWSA hosts an annual national tournament.

**Surfing**

http://www.accesssurf.org
AccessSurf Hawai'i Inc.
P.O. Box 15152
Honolulu, HI 96830
Phone: 808-236-4200
Email: info@accessSurf.org
AccessSurf provides adaptive surfing instruction and therapeutic educational programs on water recreation and assists families in accessing the beach and ocean in a barrier free environment.

http://www.ampsurf.org
AmpSurf: Association of Amputee Surfers
PO Box 1034
AmpSurf provides learn to surf clinics, adaptive surfing, and fun, safe, outdoor activities to disabled veterans, adults and children.

http://www.onitabilityboards.org/
Onit Ability Boards
38281 Oaktree Loop
Murrieta, CA 92562
Phone: 800-363-9488 or 760-712-2222
Email: info@onitabilityboards.org
Sells a paddleboard for wheelchair users.

http://www.shakacostarica.com
Shaka Surf Camp in Costa Rica
Shaka Beach Retreat teaches children and adults with disabilities how to surf at a fully ADA-compliant and wheelchair accessible retreat. The camps are offered free of charge for selected non-profits to utilize.

https://www.facebook.com/wheels2water
Wheels2Water
16902 Cod Circle #C
Huntington Beach, CA 92647
Phone: 516-221-WALK (Wheels2Water East Coast)
Email: joey@testaverdefund.org
Wheels 2 Water exists to share the ocean experience through adaptive surfing and scuba diving for everyone who has a spinal cord injury or uses a wheelchair.

Table Tennis (Ping Pong)

http://www.awtta.org/
American Wheelchair Table Tennis Association (AWTTA)
AWTTA is the governing body for wheelchair table tennis players in the U.S.

http://www.ipttc.org/
International Table Tennis Federation: Para Table Tennis
This site has information on international athletes and competitions.

Tennis

http://www.уста.com/Play-Tennis/Wheelchair-Tennis/Wheelchair/
United States Tennis Association (USTA): Wheelchair Tennis
70 West Red Oak Lane
White Plains, New York 10604
Phone: 914-696-7000
The USTA is the governing body of both Olympic and Paralympic tennis. The site has wheelchair tennis news.

http://www.itftennis.com/wheelchair/home.aspx
International Tennis Federation: Wheelchair Tennis
This site has information on international athletes and competitions.

www.letsrollwheelchairtennis.com
Let’s Roll Wheelchair Tennis
Offers an instructional wheelchair tennis series.

Track & Field

https://www.facebook.com/WheelchairAmbulatorySportsUSA
Wheelchair & Ambulatory Sports USA (WASUSA)
P.O. Box 5266
Kendall Park, NJ 08824-5266
Phone: 732-266-2634
Email: director@wausa.org
WASUSA provides multi-sport and recreation opportunities for people with physical and visual disabilities by providing resources and education, conducting regional and national competitions, and providing access to international competitions.

Volleyball

http://www.sittingvolleyball.org/
US Club Sitting Volleyball
This site has information on the sport of sitting volleyball, including rules, teams, and its history.

http://www.teamusa.org/USA-Volleyball/USA-Teams/Sitting-Volleyball
USA Volleyball: Sitting Volleyball
This page has information on the men’s and women’s sitting volleyball teams and links to other sports organizations for people with disabilities.

Water Skiing

Water Skiers with Disabilities Association
This site has information on competitive water skiing for people with disabilities, including rules and events. There are also links to adaptive programs and events in the U.S. and a brochure for people new to the sport.
National Center on Health, Physical Activity and Disability: Water Skiing
This introduction to water skiing for people with disabilities has text and videos and covers safety tips, equipment, spotting, and competitive water skiing.

Magazines

http://www.dsusa.org/challenge.html
Challenge Magazine
Published 3 times a year by Disabled Sports USA.

http://www.palaestra.com/
PALAESTRA
A quarterly publication designed to be a single responsible source of valuable information targeting all individuals interested in sport, physical education and recreation involving individuals with disabilities.

http://www.sportsnspokes.com
Sports ‘N Spokes: The Magazine for Wheelchair Sports and Recreation
Published 6 times a year by the Paralyzed Veterans of America.

The following books and videos are available for free loan from the PRC library. For more information, please visit the online catalog at: http://www1.youseemore.com/ReevePRC/default.asp

Books


Madsen, Angela. *Rowing Against the Wind*. Ashland, Ore.: Hellgate Press, 2014. Madsen was paralyzed by back surgery for an injury sustained while in the military. She went on to become a world record holder in rowing and a champion Paralympian.


• Weir, David. **Weirwolf: My Story.** London: Biteback Publishing, 2013. Weir was born without the use of his legs and became a six-time gold medalist at the Paralympic Games of 2008 and 2012 in track and field as well as the six-time winner of the London Marathon. He represented Great Britain.


• Zeller, Janet A. **Canoeing and Kayaking for People with Disabilities.** Champaign, IL: Human Kinetics for the American Canoe Association, 2009.

**Videos**

• **Amazing Awaits.** U.S. Paralympics, 2008. DVD. (2 minutes) A promotional tape for the 2008 Paralympic Games in Beijing.

• **Beijing 2008 Paralympic Games.** NBC Sports, 2008. DVD.

• **The Best of Men: The Birth of the Paralympic Games.** PBS, 2014. DVD (90 minutes) Dr. Guttmann revolutionized the care of paraplegics when he arrives at England’s Stoke Mandeville hospital in the middle of World War II. Tells the true tale of the birth of the Paralympic Games.

• **Heroes of the Slopes.** One Track Productions, 2007. DVD. (54 minutes) Adaptive skiing

• **Murderball.** Lions Gate, 2005. DVD. (86 minutes) Oscar-nominated documentary about quad rugby players.

• **Sledhead.** Kelowna, BC: Heartfelt Productions, 2008. DVD (84 minutes) A documentary about Canada’s national sledge hockey team who are set to defend their gold medal title after winning the 2006 Paralympic Games.

• **Unbeaten.** Polaris Global Media, 2010. DVD. Documentrary chronicling the exploits of 31 paraplegics for 6 days as they use handcycles and wheelchairs to participate in the toughest road race in the world--Sadler's Alaska Challenge.

3 DVD set.

- **Wheelchair Football Training**, American Association of Adapted Sports Programs, 2008. DVD.

The following streaming videos from the Christopher & Dana Reeve Foundation can be viewed for free at [www.paralysis.org](http://www.paralysis.org). To view, click *See All Videos* on the top, then click the *Paralysis Resource Center* tab and scroll through the videos listed on the right.

  - Power Soccer
  - Tennis
  - Handcycling
  - Golf
  - Sailing
  - Scuba Diving
  - Skiing
  - Skydiving
  - Surfing
  - Wilmer Valderrama Plays Wheelchair Basketball

The information contained in this message is presented for the purpose of educating and informing you about paralysis and its effects. Nothing contained in this message should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.

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