

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.

Source: Christopher & Dana Reeve Foundation Paralysis Resource Center website
<https://www.christopherreeve.org/living-with-paralysis/health/staying-active/team-sports>

Please also see the Reeve Foundation's topic sheets on fitness and exercise; golf; hunting; recreation; sailing; and therapeutic (horseback) riding and driving.

MultiSport Organizations

<http://adaptiveadventures.org/>

Adaptive Adventures

1315 Nelson St. Unit 1

Lakewood, CO 80215

Phone: 303-679-2770

Phone: 877-679-2770 (Toll-free)

E-mail: info@adaptiveadventures.org

700 Touhy Avenue

Elk Grove Village, IL 60007

Phone: 312-310-2770

Phone: 866-679-2770 (Toll-free)

Email: joel@adpativeadventures.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: Joe.walsh@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/?page_id=2

Adaptive Ski & Sport Programs

This site lists adaptive ski and sport programs in the US (by state), Canada and Europe.

www.ainsleysangels.org

Ainsley's Angels of America

113 Vanessa Ave.

Lake Charles, LA 70605

Email: info@ainsleyangels.org

Ainsley's Angels of America is a non-profit organization that matches runners with people with disabilities who want to compete in races. The "Angel Team" is comprised of at least two Ainsley's Angels. The rider is the core of the team and pulls the runner across the finish line with smiles, cheers and immeasurable inspirational spirit. With the health and well-being of the Rider as of the foremost priority, the 'Angel Team' works together to SAFELY accomplish the mission, while staying together and having fun.

<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

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.disabledsportsusa.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

707 North Broadway

Baltimore, MD 21205

Phone: 443-923-9200

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.

www.kylepeasefoundation.org

Kyle Pease Foundation

Atlanta, GA

The purpose of the Kyle Pease Foundation (KPF) is to create awareness and raise funds to promote success for persons with disabilities by providing assistance to meet their individual needs through sports. Programs may include scholarship opportunities, purchasing of medical equipment or adaptive sports equipment for others or contributing to other organizations that provide similar assistance to disabled persons as well as participating in educational campaigns to create awareness about Cerebral Palsy and other disabilities. KPF will provide these services directly to individuals as well as to partner with other existing non-profit organizations to achieve these goals. Direct benefits will be limited to persons with disabilities who need adaptive sports equipment, mobility devices or medical care.

<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.

http://www.msktc.org/sci/factsheets/adaptive_sports

Model Systems Knowledge Translation Center (MSKTC)

MSKTC offers a fact sheet on Adaptive Sports and Recreation

www.nchpad.org

National Center on Health, Physical Activity and Disability: Competitive Sports

4000 Ridgeway Dr.

Birmingham, AL 35209

Phone: 800-900-8086

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.sportsabilities.com/>

Sports Abilities

7875 West 119th Place

Broomfield, Co 80020

Phone: 303-435-6116

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.trinityoaks.org/>

Trinity Oaks

9385 Miller Lane

San Antonio, TX 78266

Phone: [210-447-0351](tel:210-447-0351)

Email: info@trinityoaks.org

Uses hunting, fishing, and outdoor activities to give back and make a difference in the lives of others. Their programs and services are for underserved populations such as veterans, youth, terminally ill and disabled; who benefit immensely from the outdoors, but otherwise would not be able to afford the experience.

www.turtleridgefoundation.org

Turtle Ridge Foundation

461 Main Street, Suite 6A

PO Box 10

Franconia, NH 03580

Phone: 603-616-5030

The Turtle Ridge Foundation was founded by Bode Miller and seeks to provide a philanthropic platform in the community, support youth & adaptive sports programs and to offer the opportunity for the disabled community and young people to participate in a variety of sports and recreational activities that would not be available to them without help. The Turtle Ridge Foundation is proud to offer grants, scholarships, general funding and our new exclusive TRF MonoSki to the adaptive and youth sports world.

<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.adaptivesportsusa.org/>

Adaptive Sports USA

PO Box 621023

Littleton, CO 80162

Phone: 720-412-7979

Email: nationaloffice@adaptivesportsusa.org

Adaptive Sports USA 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, powerlifting, shooting, swimming, and table tennis.

<http://www.wheelchairsportsfederation.org/>

Wheelchair Sports Federation (WSF)

6454 82nd Street, Suite 2

Middle Village, NY 11379-2329

Phone: 917-519-2622

E-mail: info@wheelchairsportsfederation.org

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://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

<https://www.facebook.com/pages/NWPA-National-Wheelchair-PoolPlayers-Association/132128663527118>

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: info@awba.org

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: 701-772-5458; 800-950-5185 (Toll-free)

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.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

<http://www.paralympic.org/wheelchairdancesport>

International Paralympic Committee: Wheelchair Dance Sport

Fencing

<http://www.teamusa.org/Home/US%20Paralympics/Sports/Fencing.aspx>

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://ableflight.org/>

Able Flight

91 Oak Leaf Lane

Chapel Hill, NC 27516

Phone: 919-942-4699

Email: info@ableflight.org

Able Flight's mission is to offer people with disabilities a unique way to challenge themselves through flight and aviation career training.

<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)

[http://en.wikipedia.org/wiki/Wheelchair_Football_\(American\)](http://en.wikipedia.org/wiki/Wheelchair_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/sledhockey>

<http://www.usahockey.com/disabledhockey>

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).

<https://www.usef.org/IFrames/breedsDisciplines/discipline/allpara.aspx>

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**

<http://www.buckmasters.com/resources/badf/disabled-hunters.aspx>

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.

<https://physicallychallengedbowhuntersofamerica-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.

Lacrosse

www.wheelchairlacrosse.com

Wheelchair Lacrosse USA

4245 West Overlook Dr.

San Diego, CA 92115

Phone: 619-807-9327

Email: info@wheelchairlacrosse.com

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.

<http://www.quadrugby.com/>

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

www.adaptivescubaprograms.org

Adaptive Scuba Programs

801 NE 33 St.

Ft. Lauderdale, FL 33334

Phone: 877-AQUA-TAG

Email: info@AdaptiveScubaPrograms.org

A non-profit organization that provides scuba diving to people with disabilities.

<http://www.hsascuba.com/>

Handicapped Scuba Association

Phone: 949-498-4540

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.

<http://scuba-doc.com/divdis.htm>

Scubadoc's Diving Medicine: Diving with Disabilities

1306 Locust Ave SE

Huntsville, Alabama 35801

Email: erncampbell@gmail.com

This page lists a variety of resources for divers with disabilities, including publications and associations.

<http://www.wheels2water.org/>

Wheels2Water

New Creek Road

Huntsville, AL 35810

Phone: 256-851-2587

Email: info@wheels2water.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

<http://compete.nra.org/news-and-events/disabled-shooting-services.aspx>

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://compete.nra.org/news-and-events/disabled-shooting-services.aspx>

National Rifle Association: Disabled Shooting Services

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.

<http://www.thesnowpros.org/Publications,VideosResources/Resources/AdaptiveEducationalResources.aspx>

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

Phone: 603-763-9158

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 ext. 204

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.accessurf.org>

AccessSurf Hawaii Inc.

P.O. Box 15152

Honolulu, HI 96830

Phone: 808-236-4200

Email: info@accessurf.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

Pismo Beach, CA 93448

Phone: 805-773-0302

E-mail: info@ampsurf.org

AmpSurf provides learn to surf clinics, adaptive surfing, and fun, safe, outdoor activities to disabled veterans, adults and children.

<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.

<http://www.wheels2water.org/>

Wheels2Water

New Creek Road

Huntsville, AL 35810

Phone: 256-851-2587

Email: info@wheels2water.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)

<https://www.teamusa.org/US-Paralympics/Sports/Table-Tennis>

US Paralympics: Table Tennis

<http://www.ipttc.org/>

International Table Tennis Federation: Para Table Tennis

This site has information on international athletes and competitions.

Tennis

<https://www.usta.com/en/home/play/programs-for-everyone.html#wheelchair-tennis>

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)

46 Richford Rd.

Kendall Park, NJ 08824-5266

Phone: 636-614-6784

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

<http://www.usawaterski.org/pages/divisions/WSDA/main.asp>

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.

http://www.ncpad.org//videos/fact_sheet.php?sheet=248&PHPSESSID=2f03f7e2bba029bb295b9b3d32be0b80

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/>

PALAESTR

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 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.

This project was supported, in part by grant number 90PR3002, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorships are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.