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**

**Adaptive Adventures**
[http://adaptiveadventures.org/](http://adaptiveadventures.org/)
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@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.

**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.

**Ainsley’s Angels of America**
[www.ainsleysangels.org](http://www.ainsleysangels.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.

**American Association of Adapted Sports Programs (AASP)**
P.O. Box 451047
Atlanta, Georgia 31145
Phone: 404-294-0070
Email: [sports@adaptedsports.org](mailto: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.

**Bay Area Outreach & Recreation Program (BROP)**
[http://www.borp.org](http://www.borp.org)
3075 Adeline Street, Suite 200
Berkeley, CA 94703-2578
Phone: 510-849-4663
E-mail: [info@borp.org](mailto:info@borp.org)
BROP 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.

**Bridge II Sports**
[http://www.bridge2sports.org](http://www.bridge2sports.org)
3729 Murphey School Rd.
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.

**Challenge Aspen**
[www.challegeaspen.org](http://www.challegeaspen.org)
PO Box 6639
Snowmass Village, CO 81615
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.

**Challenged Athletes Foundation (CAF)**
http://www.challengedathletes.org
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.

**Kennedy Krieger Institute: Physically Challenged Sports & Recreation Program**
http://www.kennedykrieger.org/special-education/educational-programs/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 to 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.

**Kyle Pease Foundation**
www.kylepeasefoundation.org
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.

**Life Rolls On Foundation**
http://www.liferollson.org
7381 La Tijera Blvd #45770
Los Angeles, CA 90045
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.

Model Systems Knowledge Translation Center (MSKTC)
http://www.msktc.org/sci/factsheets/adaptive_sports
MSKTC offers a fact sheet on Adaptive Sports and Recreation

Move United (a merger of Disabled Sports USA and Adaptive Sports USA)
https://www.moveunitedsport.org/
451 Hungerford Drive, Suite 608
Rockville, MD 20850
Phone: 301-217-0960
Email: info@moveunitedsport.org
Move United’s mission is to provide national leadership and opportunities for individuals with disabilities to develop independence, confidence, and fitness through participation in community sports, competition, recreation, high performance sport and educational programs. Each year over 70,000 youth, wounded warriors and adults are served through a nationwide network of over 150 community-based chapters in more than 40 states nationwide. Over 50 different sports are offered.

National Center on Health, Physical Activity and Disability: Competitive Sports
www.nchpad.org
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.

Sports Abilities
http://www.sportsabilities.com/
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.

Super Chairing (formerly Extreme Chairing)
http://www.extremechairing.com
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.

**Trinity Oaks**  
9385 Miller Lane  
San Antonio, TX 78266  
Phone: [210-447-0351](tel:210-447-0351)  
Email: [info@trinityoaks.org](mailto: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.

**Turtle Ridge Foundation**  
[www.turtleridgefoundation.org](http://www.turtleridgefoundation.org)  
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.

**U. S. Adaptive Recreation Center**  
PO Box 2897  
Big Bear Lake, CA 92315  
Phone: 909-584-0269  
E-mail: [mail@usarc.org](mailto: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.

**U.S. Paralympic Team**  
[http://www.usparalympics.org](http://www.usparalympics.org)  
A division of the U.S. Olympic Committee. Paralympics are for persons with physical disabilities.
U.S. Paralympics: Paralympic Sport Clubs
http://findaclub.usparalympics.org/
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.

Adaptive Sports USA
http://www.adaptivesportsusa.org/
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.

Wheelchair Sports Federation (WSF)
http://www.wheelchairsportsfederation.org/
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.

World T.E.A.M. Sports
https://worldteamsports.org/
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

American Disabled Archers
http://www.americandisabledarchers.com/
A website for archers who have disabilities and those who support them.
British Wheelchair Archery Association (BWAA)
http://www.british-wheelchair-archery.org.uk/
BWAA is a multifaceted organisation and assists with all aspects from grassroots information to elite level training.

United Foundation for Disabled Archers (UFFDA)
http://www.uffdaclub.com/
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

International Wheelchair Basketball Federation
http://www.iwbf.org/
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.

National Wheelchair Basketball Association
http://www.nwba.org/
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

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

**Bowling Ramps**
http://bowlingramps.com/
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.

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

**Canoeing**

**American Canoe Association (ACA): Paralympic Canoeing**
https://www.americancanoe.org/page/Paracanoe

**Curling**

**Paralympic Curling**
www.paralympic.org/wheelchair-curling

**Wheelchair Curling**
www.wheelchaircurling.com

**USA Curling**
www.teamusa.org/usa-curling

**Dance**

**International Paralympic Committee: Para Dance Sport**
https://www.paralympic.org/dance-sport

**Fencing**

**Paralympics: Wheelchair Fencing**
https://www.paralympic.org/wheelchair-fencing?gclid=EAIaIQobChMIhoWY072b4gIvl4uzCh2IoQffEAMYASAAEgJkr_D_BwE
Fishing

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

C.A.S.T. for Kids Foundation
http://www.castforkids.org/
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.

Fishing Has No Boundaries, Inc. (FHNB)
http://www.fhnbinc.org/
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

Able Flight
http://ableflight.org/
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.

Freedom’s Wings International (FWI)
http://www.freedomswings.org
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.

Football (American)

Wikipedia: Wheelchair Football
Golf—see our fact sheet on Golf for more information

National Alliance for Accessible Golf
http://www.accessgolf.org
One World Golf Place
St. Augustine, FL 32092-2724
Phone: 772-233-1879
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.

UPRIGHT Golf
http://www.uprightgolf.com
Phone: 319-415-5035
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

WeMove: Handcycling
https://moveunitedsport.org/sport/hand-cycling/

Hockey

USA Hockey: Sled Hockey
http://www.usahockey.com/sledhockey
http://www.usahockey.com/disabledhockey
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.

U.S. Electric Wheelchair Hockey Association
http://www.powerhockey.com
7216 39th Ave. North
Minneapolis MN 55427
Phone 612-568-7216
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

Professional Association of Therapeutic Horsemanship International (PATH)
http://www.pathintl.org/
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.

U.S. Para-Equestrian Federation
http://uspea.org/
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
10350 Highway 80 East
Montgomery, AL 36117
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.

Physically Challenged Bowhunters of America (PCBA)
https://physicallychallengedbowhuntersofamerica-inc.org/
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

Wheelchair Lacrosse USA
www.wheelchairlacrosse.com
5333 Mission Center Rd #115
San Diego, CA 92108
Rowing

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

Rugby

International Wheelchair Rugby Federation
http://www.iwrf.com/
4 Park St. Newton Chambers Rd.
Sheffield, England 5352PH
Phone: +44 (0) 114 257 3170
This site has detailed description of the sport and its history as well as information on international teams and competitions.

United States Wheelchair Rugby Association (USWRA)
https://www.uswra.org/
The USWRA provides opportunity, support, and structure for competitive wheelchair rugby to people with disabilities. The site has information on wheelchair rugby, including rules of play, teams, photos and videos, and an event calendar.

Scuba Diving

Adaptive Scuba Programs
www.adaptivescubaprograms.org
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.

Handicapped Scuba Association
http://www.hsascuba.com/
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.
Shooting

National Rifle Association (NRA): Adaptive Shooting Program
https://adaptiveshooting.nra.org/
Phone: 800-672-3888
The NRA Adaptive Shooting Program offers services that enable thousands of Americans with physical disabilities to enjoy a variety of shooting activities, including competitive events and hunting.

Skiing

Ultimate Guide to Adaptive Skiing and Adaptive Ski Resorts
https://www.vouchercloud.com/resources/adaptive-skiing-resource

Move United: Downhill Skiing
https://www.moveunitedsport.org/sport/downhill-skiing/

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).

Ski for Light
http://www.sfl.org
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.

New England Handicapped Sports Association (NEHSA)
http://www.nehsa.org/
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.

Ski Central: Disabled Skiing
This page lists links to adaptive skiing organizations around the world.

**Soccer**

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

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

**Power Soccer Shop**
http://www.powersoccershop.com
Phone: 763-856-2044 ext. 204
E-mail: customerservice@powersoccershop.com
Source for power soccer equipment.

**Softball**

**National Wheelchair Softball Association (NWSA)**
http://www.wheelchairsoftball.org/
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**

**AccesSurf Hawaii Inc.**
http://www.accesssurf.org
P.O. Box 15152
Honolulu, HI 96830
Phone: 808-236-4200
Email: info@accessSurf.org
AccesSurf 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.

**AmpSurf: Association of Amputee Surfers**
http://www.ampsurf.org
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.

**Shaka Surf Camp in Costa Rica**  
[http://www.shakacostarica.com](http://www.shakacostarica.com)  
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.

**Table Tennis (Ping Pong)**

**US Paralympics: Table Tennis**  
[https://www.teamusa.org/US-Paralympics/Sports/Table-Tennis](https://www.teamusa.org/US-Paralympics/Sports/Table-Tennis)

**International Table Tennis Federation: Para Table Tennis**  
This site has information on international athletes and competitions.

**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.

**International Tennis Federation: Wheelchair Tennis**  
This site has information on international athletes and competitions.

**Let’s Roll Wheelchair Tennis**  
[www.letsrollwheelchairtennis.com](http://www.letsrollwheelchairtennis.com)  
Offers an instructional wheelchair tennis series.

**Track & Field**

**Adaptive Track and Field USA**  
[https://www.atfusa.org/](https://www.atfusa.org/)

**Volleyball**

**US Club Sitting Volleyball**  
This site has information on the sport of sitting volleyball, including rules, teams, and its history.
USA Volleyball: Sitting Volleyball
https://usavolleyball.org/
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

USA Adaptive Water Ski & Wake Sports
https://www.usaadaptivewaterski.org/

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

Challenge Magazine
https://www.moveunitedsport.org/about/news/challenge-magazine/
Published 3 times a year by Move United.

PALAESTRA
http://www.palaestra.com/
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.

Sports ‘N Spokes: The Magazine for Wheelchair Sports and Recreation
http://www.sportsnspokes.com
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.

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