

ADAPTED SPORTS (PI & VI)

Adapted sports was brought to LWSRA in 2007 by Keith Wallace to provide recreational opportunities for people with physical disabilities. Adapted sports are provided within our member park districts and beyond. Power Soccer was the first sport offered gaining LWSRA recognition in the adapted sports community allowing LWSRA to discover new athletes. Since 2009, the program has grown immensely including players receiving Team USA tryouts and college scholarships to play wheelchair basketball.

WHEELCHAIR BASKETBALL

Wheelchair basketball is a Paralympic sport designed for individuals with a primary physical disability affecting his/her lower body. Athletes with a spinal cord injury, cerebral palsy, spina bifida, amputation or other diagnosis that affects one's ability to play competitive stand-up basketball may qualify. To play wheelchair basketball you do NOT have to be an everyday wheelchair user. Sports wheelchairs are provided to allow everyone to compete on the same playing field. New athletes and seasoned athletes are welcomed to play. The season runs October through April.



LWSRA offers 5 wheelchair basketball teams

- Minis - Ages 3-9 (using a 6' rim for beginner athletes)
- Prep - Ages 3-13 (uses 8.5' rim)
- Varsity* - High School level using 10'rim
*(Advanced Prep players may qualify)
- Adults
- Women

WHEELCHAIR SOFTBALL

Wheelchair softball is designed for individuals with a primary physical disability affecting his/her lower body. Athletes with a spinal cord injury, cerebral palsy, spina bifida, amputation, limb length difference, ankle fusion, or other diagnosis that affects one's ability to play competitive stand-up baseball/softball may qualify. To play wheelchair softball you do NOT have to be an everyday wheelchair user to participate. Sports wheelchairs are provided to allow everyone to compete on the same playing field. LWSRA has its own accessible wheelchair softball field consisting of painted asphalt. Program is offered May through August.



BOCCIA

Boccia is a Paralympic Sport that is a precision ball sport like bocce. The sport is open to individuals with cerebral palsy, traumatic head Injury, stroke, spinal cord and muscular dystrophy. Adaptive equipment is available for those who need assistance in propelling the ball onto the court. Program is offered all year round.

VI/PI BOWLING

This program is offered for individuals with physical disabilities, blind and visual impairments. It's a chance to improve bowling skills in a social setting. Program is offered year round.

*****Are you interested in a sport that you don't see listed? Let us know what you are looking for. We can help you find resources and contacts to get involved!*****

For more information:

Contact Katey Ahern, Recreation Specialist, Adapted Sports at (815) 320-3506 or kahern@lwsra.org

ADAPTED PROGRAMS (PI & VI)

BOCCIA & SPORTS TRAINING (PI)

Ages: 3 & up

Train as a multi-sport athlete! Looking to learn and play multiple sports? Schedule will include Boccia every week and will highlight wheelchair basketball, wheelchair tennis and wheelchair football.

Code	Day	Dates	Drop-off/Pick-up	Fee
29036	TH	9/7-10/5	5:00pm-6:00pm	\$30

Min/Max: 3/20

Location: LWSRC, 1900 Heather Glen Dr., New Lenox

Contact Person: Katey Ahern

Register by: 8/24

ADULT SOCIAL CLUB (PI)

Ages: 18 & up

Come and hang out with your friends. The group will meet once a month and travel to different venues. The fee for the social club is a seasonal membership fee of \$40. This fee covers staffing and other miscellaneous expenses. For each event, you will only have to pay for your food or the activity that we will be doing. An email will be sent at least one week prior to each date with that month's activity.

Code	Day	Dates	Time	Fee
29037	varies	9/21, 10/11 11/8, 12/21	varies	\$40

Min/Max: 4/20

Location: LWSRC, 1900 Heather Glen Dr., New Lenox

Contact Person: Katey Ahern

Register by: 9/7

JUNIOR SOCIAL CLUB (PI)

Ages: 10-17

Come and hang out with your friends. The group will meet once a month and travel to different venues. The fee for the social club is a seasonal membership fee of \$40. This fee covers staffing and other miscellaneous expenses. For each event, you will only have to pay for your food or the activity that we will be doing. An email will be sent at least one week prior to each date with that month's activity.

Code	Day	Dates	Time	Fee
29038	varies	9/29, 10/20 11/17, 12/30	varies	\$40

Min/Max: 4/20

Location: LWSRC, 1900 Heather Glen Dr., New Lenox

Contact Person: Katey Ahern

Register by: 9/15

DISABLED VETERANS PROGRAM (PI)

Ages: 18 & up

In cooperation with LWSRA, the Mokena Community Park District and Wilmington Island Park District, we are offering a free program for Veterans with disabilities. Contact Katey Ahern for more information at 815-320-3506 or email kahern@lwsra.org.

Program includes:

One year fitness membership for the veteran with a disability and one family member.

Eligibility Requirement:

Must have a permanent disability rating of 10% or higher.

ADAPTIVE COOKING (PI)

Ages: 8-25

Participants will learn how to follow recipes, measuring and following directions. They will work together to make simple appetizers, desserts and non-alcoholic drinks.

Code	Day	Dates	Drop-off/Pick-up	R/NR Fee
29039	TU	10/3-11/7	5:00pm-6:30pm	\$55/\$69

Min/Max: 4/12

Location: LWSRC, 1900 Heather Glen Dr., New Lenox

Contact Person: Katey Ahern

Register by: 9/19

WHEELCHAIR BASKETBALL (PI)

Ages: 3 & up

This program is for individuals who have mobility impairments as their primary disability. Athletes will learn fundamentals and develop court skills while being a part of a team and build lifelong friendships. This is a competitive sport with travel most weekends. Note: If you would like to attend nationals at the end of the season you must attend four AWAY tournaments and four FUNDRAISER games during the season. **Mandatory Parent Meeting on Thursday, October 12th from 6:30pm-7:30pm. New and current parents MUST attend. Athletes are welcome.** *New athletes interested in playing must contact Katey Ahern at 815-320-3506.

Code	Day	Practices	Practice Time	R/NR Fee
	TH	10/12-4/5	varies by age	\$275 Early Bird* \$325 After 10/12
29041		Minis (Ages 3-9)	5:00pm-6:30pm	
29042		Prep (Ages 8-13)	6:00pm-7:30pm	
29043		Varsity (14 - High school)	7:00pm-8:30pm	
29044		Adults (Ages 18 & up)	8:00pm-9:30pm	

Min/Max: 5/20

Location: LWSRC, 1900 Heather Glen Dr., New Lenox

Contact Person: Katey Ahern

*Register by: 10/12 for early bird discount

NEW

ATHLETE REGISTRATION

National Wheelchair Basketball Association (NWBA)

ALL WHEELCHAIR BASKETBALL ATHLETES MUST REGISTER individually with the NWBA for the upcoming season.

Log onto www.nwba.org to register.

Early Registration Fee: \$20

Starts August 1st at 2:00pm. Ends August 22nd at 11:59am.

Open registration Fee: \$30

Starts on Wednesday, August 23rd.

If you fail to register you may not be eligible to attend tournaments or the NWBA National Championships.

If you have questions please contact:

Katey Ahern (kahern@lwsra.org or 815.320.3506)