

ADAPTED PROGRAMS (PI/VI)

The adapted sports program started at LWSRA in 2007 in order to provide recreational opportunities for people with physical disabilities. Participants come from our member districts as well as many communities beyond. The program has grown immensely with 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. Season runs October - April.



LWSRA offers 5 wheelchair basketball teams

- Minis - Ages 3-9 (using a 6' rim for beginner athletes)
 - Prep - Ages 8-13 (uses 8.5' rim)
 - Varsity* - High School level using 10' rim
- Adults
• Women
- *(Advanced Prep players may qualify)

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. 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 year round.



VI/PI BOWLING

For individuals with physical disabilities, blind and visual impairments, improve bowling skills in a social setting. Program is offered year round.

WHEELCHAIR FOOTBALL

For individuals who use a manual wheelchair. Game is played 7 on 7 and one hand touch above the waist. Program runs October to November.

WHEELCHAIR LACROSSE

LWSRA is teaming up with the VPVA to offer Wheelchair Lacrosse. Program is offered April to August. If interested, please contact LWSRA.

SNOW SKIING

Adaptive skiing uses specialized equipment for people with physical disabilities or visual impairments to experience skiing. Riders will have the option to try stand-up, sit-down, and ski bikes. Program is offered January to February.

WATER SKIING

Adaptive water-ski equipment offers an opportunity for individuals with mobility, visual, or other impairments to enjoy water sports. Program is offered June to July.

WHEELCHAIR BASKETBALL TOURNAMENTS

- November 10-11, 2018 - Chicago (Adult)
- November 17, 2018 - Addison (PREP & Varsity)
- December 1-2, 2018 - Mary Free Bed (Adult)
- December 8-9, 2018 - Rockford (PREP & Varsity)
- January 12-13, 2019 - LWSRA (Adult)
- January 19-20, 2019 - Arizona (Women)
- January 19-20, 2019 - Chicago Park District (PREP & Varsity)
- January 26-27, 2019 - Turnstone Regionals (PREP & Varsity)
- February 2-3, 2019 - Turnstone (Adult)
- February 9-10, 2019 - LWSRA (PREP & Varsity)
- February 23-24, 2019 - Conf. Championship (PREP & Varsity)
- March 8-9, 2019 - IHSA (Varsity)
- March 2019 - Chicago - Women's National Tournament
- April 2019 - TBA - National Wheelchair Basketball Tournament

*ALL DATES ARE TENTATIVE AND SUBJECT TO CHANGE



ADAPTED PROGRAMS (PI/VI)

BOCCIA (PI)

All Ages

Enhance your Boccia game and build friendships as we learn skills and rules of the game while competing with our friends! Please contact us if interested in competition.

Code	Day	Dates	Drop-off/Pick-up	Fee
32036	WE	9/5-10/3	1:00pm-2:00pm	\$31

Min/Max: 3/20

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

Contact Person: Mak Nong

Register by: 8/29

SOCIAL CLUBS (PI)

Ages: 18 & up

Hang out with your friends as we meet once a month at a different venue to make memories that will last a lifetime! The fee is a seasonal membership fee which 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 with that month's activity. **Times vary.**

Code	Day	Dates	Fee
32037	Ages 10-17 WE	9/19, 10/17, 11/14, 12/12	\$41
32038	Ages 18 & up WE	9/26, 10/24, 11/28, 12/19	\$41

Min/Max: 12/18

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

Contact Person: Mak Nong

Register by: 9/5

ADAPTIVE COOKING (PI)

All Ages

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
32039	TU	10/9-11/13	5:30pm-7:00pm	\$62/\$78

Min/Max: 4/12

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

Contact Person: Mak Nong

Register by: 9/19

2018 SPORTS BANQUET

You are cordially invited to celebrate the accomplishments of LWSRA participants over the past year. Staff, volunteers and member districts will also be recognized. Dinner will be followed by an award presentation! You will never know if you won a prestigious award unless you attend the banquet. LWSRA Athletes are free; guests must pay fee. Athletes must be accompanied by an adult 18 years or older. Staff is not able to provide supervision. This event will take place in the Fall.

Code	Day	Dates	Drop-off/Pick-up	R/NR Fee
31033	SU	9/16	4:00pm-7:00pm	see below
31033-A		LWSRA Athletes		Free
31033-B		Non-athlete (adult)		\$25
31033-C		Non-athlete (children 12 & under)		\$10

Min/Max: 50/150

Location: St. Jude's Franciscan Hall, 241 W. 2nd Ave., New Lenox

Contact Person: Tami Pareti

Register by: 8/31

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 the LWSRA office for more information at 815-320-3500 or email support@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.

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 building 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 for PREP & Varsity on 10/11 from 6:30-7:30pm. New and current parents must attend. ***Save money and register early! Early bird registration discount ends 10/11.**

Code	Day	Dates	Drop-off/Pick-up	R/NR Fee
	TH	10/11-4/11	varies by age	*\$275 by
32040	Minis (Ages 3-9)		5:00pm-6:00pm	October 11 th
32041	PREP (Ages 8-13)		6:00pm-7:30pm	*\$325 after
32042	Varsity (14-High school)		7:00pm-8:30pm	October 11 th
32043	Adults (Ages 18 & up)		8:00pm-9:30pm	

Min/Max: 5/15 (per team)

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

Contact Person: Mak Nong

Register by: 10/4

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: \$25 (Juniors) or \$30 (Adults) *closes September 12th
Open registration Fee: \$35 (Juniors) or \$40 (Adults)

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

Contact Mak Nong at 815.320.3506 or mnong@lwsra.org to learn more.

Stay up to date with your team!

Download the Band app to receive all team communication.



BAND

Organize your groups