

ADAPTED SPORTS INFORMATION

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
- *(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. 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.

DISABLED VETERANS PROGRAM (PI)

Ages: 18 & up

Eligibility Requirement: Permanent disability rating of 10% or higher.

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 Mak Nong for more information at 815-320-3500 or email mnong@lwsra.org.

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

ADAPTED SPORTS (PI)

WHEELCHAIR BASKETBALL (PI)

Ages: 4 & 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 10/10 from 6:30-7:30pm. New and current parents must attend.

Code	Day	Dates	Drop-off/Pick-up
Minis - Ages 3 to 9 (no Sunday practices)			
35058	TH	10/17-4/2	5:00pm-6:00pm
PREP - Ages 8 to 13 (Sunday practices 9-10:30am*)			
35059	TH	10/17-4/2	6:00pm-7:30pm
VARSITY - Ages 14 to 19 (Sunday practices 11am-12:30pm*)			
35060	TH	10/17-4/2	7:00pm-8:30pm
ADULT - Ages 18 & up (Sunday practices 12-3:30pm*)			
35061	TH	10/17-4/2	8:00pm-9:30pm

*Sunday practices run September 8th - November 3rd

COST PER ATHLETE

\$300 - if registered by Oct. 10th (if you sell \$100+ worth of raffle tickets)
 \$375 - if registered by Oct. 10th (and do not plan on selling raffle tickets)
 \$400 - after Oct. 10th (and sell \$100+ worth of raffle tickets)
 \$425 - after Oct. 10th (and do not plan on selling raffle tickets)

Min/Max: 12/18

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

Contact Person: Mak Nong

ATHLETE REGISTRATION WITH NWBA

ALL WHEELCHAIR BASKETBALL ATHLETES in PREP, Varsity and Adult divisions MUST REGISTER individually with the NWBA for the upcoming season.

Log onto www.nwba.org to register starting 8/1/19.

Juniors (PREP and Varsity): \$25 per athlete (\$35 after 9/12/19)

Adults: \$30 per athlete (\$40 after 9/12/19)

WHEELCHAIR BASKETBALL TOURNAMENTS

- November 9-10, 2019** - Chicago Skyhawks Tourn. (D2 & D3)
- November 16, 2019** - Synergy Jr. Bulls Classic (PREP & Varsity)
- December 7-8, 2019** - Rockford Holiday Tourn. (PREP & Varsity)
- December 7-8, 2019** - Mary Free Bed Invitational (D3)
- December 28-29, 2019** - LWSRA Tournament (D3)
- January 11-12, 2020** - LWSRA Tournament (D2 & D3)
- January 18, 2020** - Chicago Skyhawks Tourn. (PREP)
- January 18, 2020** - LWSRA Tournament (Women's)
- January 19, 2020** - Chicago Skyhawks Tourn. (Varsity)
- January 25-26, 2020** - Turnstone Regionals (PREP & Varsity)
- February 1-2, 2020** - Turnstone Adult Tourn. (D2 & D3)
- February 1-2, 2020** - WASA Big Cheese Classic (PREP & Varsity)
*Mini's exhibition game (tentative)
- February 8-9, 2020** - LWSRA Tournament (PREP & Varsity)
- February 15-16, 2020** - LWSRA Tournament (Mini's)
- February 22-23, 2020** - Iowa Jr. Tournament (PREP & Varsity)
- March TBD, 2020** - IHSA (Varsity)
- March 12-14, 2020** - NWBA Nationals, Wichita, KS (D2 & D3)
- March 13-15, 2020** - NWBA Nationals, Wichita, KS (PREP & Varsity)
- (Late March)** Women's National Wheelchair Basketball Tournament

*ALL DATES ARE TENTATIVE AND SUBJECT TO CHANGE



BOCCIA (PI)

Ages: 4 & up

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. If enrolled in TITANS, the fee will be waived.

Code	Day	Dates	Drop-off/Pick-up	Fee
35062	WE	9/11-10/2	1:00-2:00pm	\$40

Min/Max: 3/20

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

Contact Person: Mak Nong

Register by: 8/28

ADAPTED PROGRAMS (PI & VI)

FEELIN' FIT (VI)

Ages: 4 & up



This program focuses on health and wellness for individuals who are visually impaired. No matter your fitness level or ability, this program will help you to reach your own personal fitness goals. Take time for fun and fitness, and it does a body good.

Please wear gym shoes and athletic clothing, no jeans.

Code	Day	Dates	Drop-off/Pick-up	Fee
35063-1	WE	9/11-10/9	6:30-7:30pm	\$45
35063-2	WE	10/30-11/27	6:30-7:30pm	\$45

Min/Max: 4/12

Location: The Oaks, 10847 LaPorte Rd., Mokena

Contact Person: Christa McDonough

Register by: 8/28 for session 1 | 10/16 for session 2

LWSRA SPORTS BANQUET

All Ages



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. There is no staff supervision at this event.

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
	SU	9/29	4:00-9:00pm	
35080-A	LWSRA Athletes			Free
35080-B	LWSRA Coaches/Volunteers			Free
35080-C	Non-Athlete Adults			\$26
35080-D	Non-Athlete Child (12 & under)			\$11

Min/Max: 50/150

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

Contact Person: Tami Pareti

Register by: 9/9

ADAPTED SOCIAL CLUB

ADAPTED SOCIAL CLUB (for individuals with Physical or Visual Impairments)

AGES 15 & UP

Contact Person: Christa McDonough

Registration deadline 2 weeks prior to each event

Min/Max: 4/8

The Adapted Social Club meets on Wednesday evenings. Relax with friends and get away from everyday stressors!

DATE	EVENT (CODE)	TIME	FEE	NOTES
9/18	Sushi at Zuki Code: 35064 @Zuki, 11230 Lincoln Hwy., Mokena	6-8pm	\$30	Drop-off and pick-up is at Zuki. Dinner included in fee.
10/16	Trivia Night at Hickory Creek Brewing Code: 35065 @HC Brew Co., 1005 W. Laraway Rd., New Lenox	6-8pm	\$20	Drop-off and pick-up is at Hickory Creek Brewing Co. No food available but you may bring your own!
11/20	Friendsgiving Dinner at the LWSRC Code: 35066 @LWSRC, 1900 Heather Glen Dr., New Lenox	6-8pm	\$22	Drop-off and pick-up is at the LWSRC. Dinner included in fee.
12/11	CMP Tactical Laser Tag Code: 35067 @CMP, 10315 Vans Dr., Frankfort	6-8pm	\$32	Drop-off and pick-up is at CMP Tactical Laser Tag. No dinner provided. Please eat beforehand.

