

# ADAPTED SPORTS INFORMATION

The adapted sports program started at LWSRA in 2007 in order to provide recreational opportunities for individuals with a primary physical disability. 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 and amputee soccer. As our population has grown, so have the program offerings with additional social and adventure activities for those with physical disabilities. Some information on available sports and social activities are listed below.

## **WHEELCHAIR BASKETBALL** - *Our most popular Adapted Sports program!*



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 September - 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

## **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.

## **WHEELCHAIR FOOTBALL**

For individuals who use a manual wheelchair. Game is played 7 on 7 and one hand touch above the waist. LWSRA hosts an annual fun game in October/November for new athletes.

## **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 LACROSSE**

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

# 2019 WHEELCHAIR BASKETBALL CAMPS

Fine tune your basketball skills alongside top athletes from around the country!



### **MEN'S WHEELCHAIR BASKETBALL CAMP**

Dates: 8/28-8/30

Times: TBA

Cost: \$200 (camp) + \$150 (optional lodging)

Ages: 13 & up Registration Code: 34039

Register by 8/14

Location: LWSRC, 1900 Heather Glen Dr.  
New Lenox, IL 60451

Contact Person: Mak Nong

### **WOMEN'S WHEELCHAIR BASKETBALL CAMP**

Dates: 8/30-9/1

Times: TBA

Cost: \$200 (camp) + \$150 (optional lodging)

Ages: 13 & up Registration Code: 34040

Register by 8/14

Location: LWSRC, 1900 Heather Glen Dr.  
New Lenox, IL 60451

Contact Person: Mak Nong

# ADAPTED PROGRAMS (PI & VI)

## WHEELCHAIR SOFTBALL (PI)

Ages: 4 & up

New and returning athletes...come join LWSRA this summer for some good old fashioned wheelchair softball! Athletes will learn fundamentals while being part of a team and build life long friendships. New athletes interested in playing must contact the LWSRA office at (815) 320-3500.

Code	Day	Dates	Drop-off/Pick-up	Fee
	SA	5/18-8/10	varies by age	
34041-1	Juniors (Age 4-18)		10:00am-12:00pm	\$275
34041-2	Adults (Ages 18 & up)		12:00pm-2:00pm	\$275

Min/Max: 12/18

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

Contact Person: Mak Nong

Register by: 5/6

### DATES TO REMEMBER

#### Junior Wheelchair Softball Tournaments

7/26-7/28 - Junior Softball World Series - Pasadena, TX

#### Adult Wheelchair Softball Tournaments

6/8-6/9 - Mary Free Bed Tournament - Grand Rapids, MI

6/23-6/24 - Chicago Park District Tournament - Chicago, IL

7/13-7/14 - Nebraska Barons Tournament, Omaha, NE

8/3-8/4 - LWSRA Tournament, New Lenox, IL

8/15-8/17 - Wheelchair Softball World Series - Kansas City, KS

## WHEELCHAIR BASKETBALL OPEN GYM (PI)

Ages: 8-25

Want to keep practicing your wheelchair basketball skills? Come out and work together with other athletes while playing mini scrimmage games and perfecting skills with your peers. This is a great opportunity if you are new to the sport and want to learn while in the offseason. Contact the LWSRA office if you are a new athlete and interested in playing. No program 6/21.

Day	Dates	Drop-off/Pick-up	Fee
TH	6/6-7/25	6:00-8:00pm	\$5/week (pay at the door)

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

Contact Person: Mak Nong

## WHEELCHAIR BASKETBALL SUMMER LEAGUE (PI)

Ages: 12 & up

The second season of summer league ball is here. Teams will be drafted prior to the first week. No games on 7/7.

Code	Day	Dates	Drop-off/Pick-up	Fee
34043	SU	6/23-8/25	3:00-8:00pm	\$60

Min/Max: 10/30

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

Contact Person: Mak Nong

Register by: 6/9

## BOCCIA (PI)

Ages: 3 & up

Come enjoy a great game of bocchia. If you like bowling this sport is right up your alley! Let's see how many points you can get while competing with other peers. No program 6/21. Participants enrolled in TITANS will have their fee waived for Bocchia. Please contact the office prior to registering.

Code	Day	Dates	Drop-off/Pick-up	Fee
34042	TH	6/6-7/11	2:30-3:30pm	\$40

Min/Max: 3/20

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

Contact Person: Mak Nong

Register by: 5/23

## ADAPTIVE ADVENTURE CAMP (PI)

Ages: 8 & up

Summer is all about warm days, fun times and making memories with friends! Adaptive Adventure Camp is specifically designed for all abilities. Campers will receive instruction in a variety of adapted sports. Please bring a labeled sack lunch, sunscreen and water each day.

Code	Day	Dates	Drop-off/Pick-up	Fee
34044	MO-FR	7/15-7/19	9:00am-3:00pm	\$135

Min/Max: 4/12

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

Contact Person: Mak Nong

Register by: 7/1

## DISABLED VETERANS PROGRAM (PI)

**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 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.



# ADAPTED EVENTS (PI & VI)

## ICE CREAM SOCIAL AND BOARD GAMES (PI & VI)

Ages: 18 & up

We will have an assortment of board games to play while we enjoy homemade ice cream sundaes!

Code	Day	Dates	Drop-off/Pick-up	Fee
34045	FR	5/10	6:00-8:00pm	\$26

Min/Max: 4/20

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

Contact Person: Christa McDonough

Register by: 4/26

## GUYS DAY OUT (PI & VI)

Ages: 13 & up



Spend a day at the LWSRC grilling hot dogs, burgers and relaxing with the guys. We will have sports on the TV and plenty of activities to keep you busy.

Code	Day	Dates	Drop-off/Pick-up	Fee
34046	SU	6/9	12:00-3:00pm	\$30

Min/Max: 4/20

Drop-off/Pick-up: LWSRC, 1900 Heather Glen Dr., New Lenox

Contact Person: Christa McDonough

Register by: 5/24

## GIRLS NIGHT OUT (PI & VI)

Ages: 13 & up



We will head over to Rainbow Ceramics in Mokena to paint our own pottery. When we are all done painting, we will head over to Portillo's for some lunch.

Code	Day	Dates	Drop-off/Pick-up	Fee
34047	FR	6/14	5:30-8:30pm	\$45

Min/Max: 4/20

Drop-off/Pick-up: LWSRC, 1900 Heather Glen Dr., New Lenox

Contact Person: Christa McDonough

Register by: 5/31

## ADAPTED HORSEBACK RIDING (PI & VI)

Ages: 4 & up

We will be taking a trip to Equestrian Connection that will include horseback riding, grooming, fishing and art projects. Participants of all ages and abilities learn about horses and care through fun team building games and exercises.

Code	Day	Date	Drop-off/Pick-up	Fee
34048	SA	6/22	2:00-7:30pm	\$62

Min/Max: 4/20

Drop-off/Pick-up: LWSRC, 1900 Heather Glen Dr., New Lenox

Contact Person: Christa McDonough

Register by: 6/8

## ADAPTIVE WATER SKI DAY (PI)

Ages: 8 & up

Make amazing memories this summer at our annual adaptive water ski day. Program may be cancelled due to inclement weather and will not be rescheduled.

Code	Day	Date	Drop-off/Pick-up	Fee
34049	MO	7/8	7:00am-6:00pm	\$50

Min/Max: 4/20

Location: Lake Mary, Twin Lakes, Wisconsin

Session 1 Time: 9am-12pm

Session 2 Time: 1pm-3pm

Contact Person: Mak Nong

Register by: 6/26

## WHITE WATER KAYAKING (PI & VI)

Ages: 8 & up

We will be taking a trip to the city to Marge Cline whitewater course in Yorkville. The level 2 rapids are not as scary as they sound, but participants should be able to swim or float independently.

Code	Day	Date	Drop-off/Pick-up	Fee
34050	SA	7/13	8:00am-1:00pm	\$53

Min/Max: 5/15

Drop-off/Pick-up: LWSRC, 1900 Heather Glen Dr., New Lenox

Contact Person: Christa McDonough

Register by: 6/15

## BEYOND THE WATERS ADAPTED BEACH PARTY (PI & VI)

All Ages - Family Event

Beach, bingo, kayaking, music, and free food. What more is there to ask for? Come join the fun in the sun!

Code	Day	Dates	Drop-off/Pick-up	Fee
34051	SU	8/11	9:00am-5:00pm	FREE

Min/Max: 1/20

Location: Osterman Beach, 4600 N. Lake Shore Dr., Chicago

Contact Person: Mak Nong

Register by: 7/29

