

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

ADAPTED TRACK & FIELD

LWSRA is partnering with GLASA to provide adapted track and field. GLASA provides a continuum of coaching from the beginning to the elite Paralympic hopeful for track & field. Being part of TEAM GLASA as a Lincolway athlete would provide access to equipment (based on availability), cross training, training calendars, logistical assistance, individual goal setting and a schedule of competitions based on the level of athlete. GLASA coaches have an extensive background in track and field, including Level 1 USATF, United States Paralympic Track and Field Certification and national and international track and field coaching experience. Registered track and field athletes will receive information on upcoming practices, clinics, competitions, road races and roller workouts. Please contact Mak Nong at mnong@lwsra.org 815-320-3506 or Cindy Housner at chousner@glasa.org (847)283-0908 for more information on GLASA's track and field program.

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.

WHEELCHAIR RUGBY

Come test your strength and grit in the world renown sport, otherwise known as "murder ball," Athletes will be able to develop and hone their skills on the hardwood floor, alongside other quadriplegics. New players welcome.

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

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 815-320-3506 or email mnong@lwsra.org.

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

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

24 • ADAPTED PROGRAMS (PI,VI)

ADAPTIVE HORSEBACK RIDING

Ages: 4 and 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 |
|-------|-----|------|------------------|------|
| 37035 | TH | 5/28 | 4:00-8:00 pm | \$70 |

Min/Max: 7/10

Drop-off/Pick-up: LWSRC, 1900 Heather Glen Dr., New Lenox
 Location: Equestrian Connection, 800 N. Bradley Rd, Lake Forest
 Actual Event Time: 5:30-7:00 pm

ADULT & JUNIOR WHEELCHAIR SOFTBALL (PI)

Ages: 10 & up

New and returning athletes... come join LWSRA this summer on their quest for a National Wheelchair Softball Association Championship! Athletes will learn softball fundamentals while being part of the LWSRA Hawks family. Come build lifelong friendships while also enjoying wheelchair softball! New athletes interested must contact Mak Nong at 815-320-3506.

Junior Wheelchair Softball Tournament Schedule

7/31-8/1 Junior Wheelchair Softball World Series- Omaha, NE

Adult Wheelchair Softball Tournament Schedule (tentative)

6/6-6/7 Mary Free Bed Tournament- Grand Rapids, MI
 6/27-6/28-Chicago Park District Tournament- Chicago, IL
 7/11-7/12 Minnesota Twins Tournament- Minneapolis, MN
 7/18-7/19 Nebraska Barons Tournament- Omaha, NE
 7/25-7/26 LWSRA Home Tournament- New Lenox, IL
 8/6-8/8 Adult Wheelchair Softball World Series, Biloxi, MS

| Code | Day | Dates | Drop-off/Pick-up | Fee |
|---------|-----------------|----------|------------------|--------|
| | SA | 5/16-8/8 | See below | |
| 37036-1 | Juniors (10-17) | | | *\$200 |
| 37036-2 | Adults | | | *\$300 |

Tournament Fees: \$40 per night per tournament

Min/Max: 12/18

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

Practice Time: Juniors: 10 am-12 pm

Adults: 12-2 pm

*All players must buy/sell \$100 in raffle tickets.

*Junior fee increases to \$275 and adult fee increases to \$375 after June 1.

ROCKING IT! (PI)

Ages: 13 and up

Reach new heights by engaging your core and upper body strength at Brooklyn Boulders with us this summer! Whether you are advanced or a beginner at rock climbing, be prepared to rock it! Date is subject to change.

| Code | Day | Date | Drop-off/Pick-up | Fee |
|-------|-----|------|------------------|------|
| 37041 | SA | 6/13 | 7:00 am-1:00 pm | \$80 |

Min/Max: 3/20

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

Location: Brooklyn Boulders, 100 S. Morgan St., Chicago, IL

Actual Event Time: 9:00-11:00 am



Mak Nong

Recreation Specialist
 Adapted Programs

Email: mnong@lwsra.org

Phone: 815-320-3506



Registration deadline is two weeks prior to each event unless noted.

WHEELCHAIR BASKETBALL OPEN GYM

Ages: 8 and up

Get your basketball reps in! Great for those who wish to improve their game.

| Code | Day | Date | Drop-off/Pick-up | Fee |
|-------|-----|-----------|------------------|-------------|
| 37038 | FR | 6/5- 7/31 | 6:00-8:00 pm | \$5 per day |

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

Fee may be paid at the door each week (cash, check or credit)

FRIENDS AND FRANKS (PI, VI)

Ages: 16 and up

Spend a day at the LWSRC grilling hot dogs, burgers and playing games with friends.

| Code | Day | Date | Drop-off/Pick-up | Fee |
|-------|-----|------|------------------|------|
| 37039 | WE | 6/10 | 12:00-3:00 pm | \$25 |

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

LADIES NIGHT OUT

Ages: 15 and up

Do your hair toss and check your nails because tonight is about feeling good and fun with the girls! Get your nails done at the beauty salon and enjoy a nice dinner afterwards

| Code | Day | Date | Drop-off/Pick-up | Fee |
|-------|-----|------|------------------|------|
| 37040 | FR | 6/12 | 5:00-8:30 pm | \$75 |

Min/Max: 6/12

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

Location: TBD (Luxe Nail or Jen Nails)

Actual Event Time: 5:30-8:30 pm

BOCCIA (PI, VI)

Ages: 13 and up

Come enjoy a Paralympic sport right in your backyard! Boccia is sure to test your dexterity and competitiveness. Participants enrolled in TITANS will have their fee waived.

| Code | Day | Date | Drop-off/Pick-up | Fee |
|-------|-----|----------|------------------|------|
| 37037 | TH | 6/11-7/2 | 3:30-4:30 pm | \$25 |

Min/Max: 4/20

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

WHEELCHAIR BASKETBALL SUMMER LEAGUE

Ages: 13 and up

The third season of summer league ball is here! Teams will be drafted prior to first date. Players MUST be able to attend two out of the three dates.

| Code | Day | Dates | Time | Fee |
|-------|-----|-----------------------|-----------|-------|
| 37042 | SU | 6/14, 7/5, 8/16, 8/30 | 9 am-7 pm | \$100 |

Min/Max: 20/50

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

FAST FOOD & FLICKS!

Ages: 13 and up

Sit back, relax and enjoy the show! Dinner and admission to a movie included. Bring money for snacks and drinks at the theater. Transportation will be provided.

| Code | Day | Date | Drop-off/Pick-up | Fee |
|-------|-----|------|------------------|------|
| 37043 | SA | 6/20 | 4:30 -9:30 pm | \$80 |

Min/Max: 5/8

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

Location: Theatre TBD based on movie times.

ADAPTIVE ADVENTURE CAMP

Ages: 13 and up

Sponsored by Variety of Illinois

Summertime in the sun, gym and at the movies! Campers will learn how to play wheelchair lacrosse, wheelchair basketball and wheelchair rugby! Other events for adaptive adventure camp includes going to the movies, Microsoft center and the water park! Schedules will vary from each date! No program on 7/8.

| Code | Day | Date | Drop-off/Pick-up | Fee |
|-------|-----|----------|-------------------|-------|
| 37044 | WE | 7/1-7/29 | 9:00 am - 3:00 pm | \$145 |

Min/Max: 9/12

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



ADAPTIVE WATER SKI DAY (PI, VI)

Ages: 13 and up

Make amazing memories this Summer at our annual adaptive water ski day. Date subject to change.

| Code | Day | Date | Drop-off/Pick-up | Fee |
|-------|-----|------|------------------|------|
| 37045 | MO | 7/6 | 7:00 am-5:00 pm | \$55 |

Min/Max: 8/10

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

Location: Lake Mary, Twin Lakes, WI

Actual Event Time: 9:00 am- 3:00 pm

LEGENDS OF THE SUMMER

Ages: 16 and up



It's Taco Tuesday! Come enjoy fun, friends and some of the best tacos in the Midwest! Dinner included in fee.

| Code | Day | Date | Drop-off/Pick-up | Fee |
|-------|-----|------|------------------|------|
| 37046 | TU | 7/21 | 5:30-8:00 pm | \$45 |

Min/Max: 5/10

Location: Legends Grill, 9710 191st St, Mokena, IL 60448

ADULT WHEELCHAIR BASKETBALL CAMP

Ages: 18 and up

Fine tune your basketball skills alongside top athletes from around the country! Fee includes all three dates.

| Code | Day | Date | Drop-off/Pick-up | Fee |
|-------|-----|--------------------|-------------------|-------|
| 37048 | | see schedule below | | \$275 |
| | WE | 8/26 | 3:00 pm - 8:00 pm | |
| | TH | 8/27 | 9:00 am - 7:00 pm | |
| | FR | 8/28 | 9:00 am - 3:00 pm | |

Min/Max: 5/20

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

WOMEN'S WHEELCHAIR BASKETBALL CAMP

Ages: 18 and up

Fine tune your basketball skills alongside top athletes from around the country! Fee includes all three dates.

| Code | Day | Date | Drop-off/Pick-up | Fee |
|-------|-----|--------------------|-------------------|-------|
| 37049 | | see schedule below | | \$275 |
| | FR | 8/28 | 3:00 pm - 8:00 pm | |
| | SA | 8/29 | 9:00 am - 7:00 pm | |
| | SU | 8/30 | 9:00 am - 3:00 pm | |

Min/Max: 5/20

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

BEYOND THE WATERS ADAPTED BEACH PARTY (PI & VI)

Ages: 8 and up



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

Sunday, August 23rd! 8:00 am -5:00 pm

Location: Osterman Beach, 4600 N. Lake Shore Dr. Chicago
Actual Event Time: 12:00-5:00 pm