

ADAPTED SPORTS

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 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
- *(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.



ADAPTED PROGRAMS (PI & VI)

ADAPTED SPORTS FITNESS (PI)

Ages 10 & up

Maximize your full potential as a multisport athlete! Come join the fun and learn the different necessary fundamentals in different sports such as; Wheelchair Basketball, Wheelchair Football, Wheelchair Tennis, Boccia, and others. Come join the fun of the growing world of adapted sports with your friends!

| Code | Day | Dates | Drop-off/Pick-up | Fee |
|-------|-----|----------|------------------|------|
| 33043 | TH | 1/3-1/31 | 4:30pm-5:30pm | \$31 |

Min/Max: 3/20

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

Contact Person: Mak Nong

Register by: 12/20

JUNIOR SOCIAL CLUB (PI)

Ages: 8-17

Relax with your friends and get away from your parents for a bit! The group meets once a month traveling to different kid friendly venues. The fee for social club is a seasonal membership fee that 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. Times will vary.

| Code | Day | Dates | Fee |
|-------|--------|------------------------|------|
| 33044 | varies | 1/16, 2/20, 3/13, 4/17 | \$41 |

Min/Max: 4/20

Location: Varies each month

Contact Person: Christa McDonough

Register by: 1/3

ADULT SOCIAL CLUB (PI)

Ages: 18 & up

Spend quality time with your friends and make ever lasting memories in our social club!. The group will meet once a month and travel to different venues. The fee for the social club is a seasonal membership fee. 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. Times will vary.

| Code | Day | Dates | Fee |
|-------|--------|------------------------|------|
| 33045 | varies | 1/23, 2/27, 3/20, 4/24 | \$41 |

Min/Max: 4/20

Location: Varies each month

Contact Person: Christa McDonough

Register by: 1/10

ADAPTIVE COOKING (PI)

All Ages

Get your chef on at LWSRA! Participants will learn how to follow recipes, measuring and following directions. They will work together to make simple appetizers, desserts and non-alcoholic drinks. It's food, friends and fun!

| Code | Day | Dates | Drop-off/Pick-up | R/NR Fee |
|-------|-----|----------|------------------|-----------|
| 33046 | TU | 4/2-4/30 | 5:00pm-6:00pm | \$62/\$78 |

Min/Max: 4/12

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

Contact Person: Mak Nong

Register by: 3/20

ADAPTED SKIING

Ages 10 & up

Come shred on Wilmont mountain with LWSRA! Adapted Adventures invites you to come out and enjoy the fun! The price is \$50.00 per skier which includes lift tickets, adapted equipment and instructor. All abilities are welcome including individuals in power chairs! Please contact Mak Nong if you will need transportation to and from the event.

| Code | Day | Date | Drop-off/Pick-up | R/NR Fee |
|-------|-----|------|------------------|----------|
| 33047 | TU | 1/15 | 6:00-9:00pm | \$50 |

Min/Max: 2/5

Location: Wilmot Mountain Ski Resort

11931, Fox River Rd. Wilmot, WI

Contact Person: Mak Nong

Register by: 1/2

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. The season starts in September and runs through April.

Contact Mak Nong at 815.320.3506 or mnong@lwsra.org to learn more or schedule a time to view the program.

WHEELCHAIR BASKETBALL TOURNAMENTS

December 8-9, 2018 - Rockford (PREP & Varsity)

January 1-2, 2019 - Mary Free Bed Tournament (D2 & D3)

January 12-13, 2019 - LWSRA (Adult)

January 19-20, 2019 - LWSRA (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 15-17, 2019 - Division 2 National Tournament (Cleveland, OH)

March 29-31, 2019 - PREP & Varsity National Tournament (New Lenox)

March 29-31, 2019 - Women's National Tournament (New Lenox)

April 5-7, 2019 - Division 3 National Tournament (Chicago, IL)

**ALL DATES ARE TENTATIVE AND SUBJECT TO CHANGE*

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.