

ADAPTED SPORTS (PI/VI)

The adapted sports program started at LWSRA in 2007 thanks to Keith Wallace. It was started in an effort to provide recreational opportunities for people with physical disabilities. Adapted sports athletes reside in our member park districts as well as many communities beyond our districts. Power Soccer was the first sport LWSRA offered and increased LWSRA's recognition in the adapted sports community. Since 2009, the program has grown immensely including 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. The season runs October through 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 to participate. 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

This program is offered for individuals with physical disabilities, blind and visual impairments. It's a chance to improve bowling skills in a social setting. Program is offered year round.

*****Are you interested in a sport that you don't see listed? Let us know what you are looking for. We can help you find resources and contacts to get involved!*****

For more information:

Contact Katey Ahern, Recreation Specialist, Adapted Sports at (815) 320-3506 or kahern@lwsra.org

ADAPTED PROGRAMS (PI/VI)

BOCCIA (PI)

Ages: 3 & up

Train as a multi-sport athlete! Looking to learn and play multiple sports? Schedule will include Boccia every week and will highlight wheelchair basketball, wheelchair tennis and wheelchair football.

Code	Day	Dates	Drop-off/Pick-up	Fee
30042	TH	1/4-2/1	2:30pm-3:30pm	\$40

Min/Max: 3/20

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

Contact Person: Katey Ahern

Register by: 12/20

JUNIOR SOCIAL CLUB (PI)

Ages: 8-17

Come and hang out with your friends. 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.

Code	Day	Dates	Time	Fee
30043	varies	1/17, 2/21 4/6, 4/20	varies	\$40

Min/Max: 4/20

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

Contact Person: Katey Ahern

Register by: 1/3

ADULT SOCIAL CLUB (PI)

Ages: 18 & up

Come and hang out with your friends. 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.

Code	Day	Dates	Time	Fee
30044	varies	1/24, 2/28 4/4, 4/18	varies	\$40

Min/Max: 4/20

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

Contact Person: Katey Ahern

Register by: 1/3

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 Katey Ahern for more information at 815-320-3506 or email kahern@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.

ADAPTIVE COOKING (PI)

Ages: 8-25

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
30045	TU	4/3-5/1	5:00pm-6:30pm	\$60/\$75

Min/Max: 4/12

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

Contact Person: Katey Ahern

Register by: 3/20

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 being a part of a team and build 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. ***Although the season has already started, if you did not previously register but are interested in playing, please contact Katey Ahern at 815-320-3506.

Day	Practices	Practice Time
TH	10/12-4/5	varies by age
	Minis (Ages 3-9)	5:00pm-6:30pm
	Prep (Ages 8-13)	6:00pm-7:30pm
	Varsity (14 - High school)	7:00pm-8:30pm
	Adults (Ages 18 & up)	8:00pm-9:30pm

Min/Max: 5/20

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

Contact Person: Katey Ahern

Register by: Ongoing (Please contact Katey if interested)

WHEELCHAIR BASKETBALL TOURNAMENT SCHEDULE

December 2-3: Mary Free Bed Invite, Grand Rapids, MI/DIII

December 10-11: Rockford-Prep/Varsity

January 6-7: Whitewater, WI-Prep/Varsity

January 13-14: LWSRA Home Tournament-DIII

January 20: Chicago Park District-Varsity

January 21: Chicago Park District-Prep

February 3-4: Big Cheese-Milwaukee, WI-Prep/Varsity/DIII

February 10: LWSRA Home Tournament-Varsity

February 11: LWSRA Home Tournament-Prep

February 17-18: Magic Tournament, Orlando, FL-DIII

February 24-25: Turnstone Midwest Conference-Prep/Varsity

March 8-10: IHSA Tournament, Peoria, IL, Varsity

March 22-25: Women's National Tournament, Carson, CA

April 11-15: NWBA National Championships, Louisville, KY

Save time! Fill out your Annual Information Form online and email it back to us! Visit lwsra.org/forms

Remember: The AIF form is good for the calendar year. All registrants must complete the 2018 form with this registration.