

adapted sports & paralympic sports

Beginner to advanced athletes are invited to participate in Adapted Sports to find out, *What's YOUR Game?* These programs are geared toward introducing players to the wonderful world of sports. Athletes can choose to participate at the level where they are comfortable... recreationally or competitively. Interested families are encouraged to call for more details about each program.

Eligible players include children and adults who...

- have mobility needs (*may or may not use a wheelchair on a daily basis*)
- are visually impaired
- have an amputation
- have a neurological/muscular impairment, such as cerebral palsy, spina bifida and others, including those with orthopedic impairments, permanent knee injuries, and leg length discrepancies

MEMBERSHIPS

Adapted Sports annual membership
January–December

Athletes can register for the entire year's sports programs for ONE fee.

ANNUAL FEE

Resident	\$125.00
Non-resident	\$150.00

NOTE: Additional fees may apply for optional tournament play

PROGRAM REGISTRATION OPENS JAN 4

Registration ends 8 days before the start of the program/event

Jr. CHARIOTS WHEELCHAIR BASKETBALL team

The Jr. Chariots wheelchair basketball team began their season this past fall and has been off to a great start! So far, they have taken part in two days of exhibition games with the adult

Chariot players during *On the Waterfront* against local media personalities and city officials, a clinic day with players from the University of Illinois wheelchair basketball team, traveled to Minnesota for the *Courage Classic Regional Tournament*, and welcomed 18 teams from the midwest for our *10th Annual Holiday Tournament* in December. The team has started the season strong, and we hope to keep up the momentum as we have a busy winter and spring ahead of us. The team will be taking part in the following tournaments and events:

- *University of Wisconsin-Whitewater Tournament* in January
- *Great Lakes Adaptive Sports Association Tournament* in January
- *Jr. Bulls Classic* in February
- *Conference Championships* in February
- *IHSA State Tournament* in March

For more information about the Jr. Chariots and Paralympic Sports, please contact:

Abby Oakley • 815-987-1610 • AbbyOakley@rockfordparkdistrict.org



WHEELCHAIR BASKETBALL (Ages 6–18)

Join the Jr. Chariots Wheelchair Basketball team for another great season! Whether you are just beginning or have been playing for years, we have an opening for you. The team practices to the jr. varsity division standards of the National Wheelchair Basketball Association. Weekend tournaments and games are offered throughout the season. A game schedule will be given out at practice. **[AO]**

NOTE: Registration is ongoing.

ADAPTED SPORTS MEMBERSHIP

Resident	\$125.00
Non-resident	\$150.00

Indoor Sports Center 8800 E Riverside Blvd, Loves Park

TUESDAYS ID # 106401-JC Jan 5–March 16 | 6:15–8:15 pm

CYCLING (Ages 8 and older)

This training program is geared towards those ages 8 and older with physical disabilities and/or visual impairments. Outdoor training will take place on the more than 80 miles of paved paths within the Rockford area. Indoor training will take place at various Park District facilities; equipment will be provided. This program will prepare individuals for competitive cycling opportunities available throughout the year. Participants may use their own bike or the bikes provided. **[AO]**

ADAPTED SPORTS MEMBERSHIP

Resident	\$125.00
Non-resident	\$150.00

or PER SESSION PROGRAM FEE

Resident	\$45.00/per session
Non-resident	\$58.00/per session

INDOOR TRAINING

Indoor Sports Center 8800 E Riverside Blvd, Loves Park

OUTDOOR TRAINING

Locations may vary

SESSION 1	ID # 106318-01	Jan 11–March 8 Mondays, 7:00–8:30 pm
SESSION 2	ID # 206318-01	April 12–May 24 Mondays, 7:00–8:30 pm

SLED HOCKEY (Ages 6 and older)

Do you want to race across the ice, make slap shots, power plays, or have a friendly competition with fellow teammates? Come out and learn the rules and strategies of hockey while maneuvering on sleds. Helmets, sticks, and sleds provided. **[AO]**

ADAPTED SPORTS MEMBERSHIP

Resident	\$125.00
Non-resident	\$150.00

or PER SESSION PROGRAM FEE

Resident	\$45.00/per session
Non-resident	\$58.00/per session

Carlson Ice Arena 4150 Perryville Rd, Loves Park

FRIDAYS	ID # 206312-SH	April 2–May 7 6:20–7:00 pm
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BOCCIA (Ages 6 and older)

Paralympic Boccia, a strategy-oriented sport, is geared toward beginners. The object of the game is to throw or roll game balls so they land as close as possible to a target ball called the "jack." Join us to learn the rules and strategies of the game. Athletes will practice to compete at different tournaments in the Chicagoland area. **[LW]**

ADAPTED SPORTS MEMBERSHIP

Resident	\$125.00
Non-resident	\$150.00

or PER SESSION PROGRAM FEE

Resident	\$45.00/per session
Non-resident	\$58.00/per session

Indoor Sports Center 8800 E Riverside Blvd, Loves Park

THURSDAYS	ID # 206307-BB	April 8–May 20 6:00–7:00 pm
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Power soccer

(Ages 6 and older)

Come join the *Rockford High Voltage* 2010 Power Soccer team! Power Soccer is the first competitive team sport designed and developed specifically for power wheelchair users. Power Soccer combines the skill of the wheelchair user with the speed and power of the chair itself, to participate in an extremely challenging game similar to soccer. The *Rockford High Voltage* team is a member of the United States Power Soccer Association. **[LW]**

ADAPTED SPORTS MEMBERSHIP

Resident	\$125.00
Non-resident	\$150.00

Indoor Sports Center

8800 E Riverside Blvd, Loves Park

WEDNESDAYS ID # 206402-PS
 March 17–May 19 | 6:15–8:15 pm



Look for this symbol to identify Paralympic Sport Club sports in this guide.

The Rockford Park District is an official Paralympic Sport Club. The Paralympic Sport Club provides an excellent opportunity to connect organizations to new audiences, increase sport and physical activity opportunities, and raise the profile of Paralympic sports nationally.

20 ROCKFORD PARK DISTRICT

adapted sports & paralympic sports

continued



 **archery**
(Ages 6 and older)

Give this new sport a try! Athletes will learn basic to intermediate archery skills, and will be practicing to compete in the regional games held in June. All equipment provided. **[AO]**

ADAPTED SPORTS MEMBERSHIP
Resident \$125.00
Non-resident \$150.00

or PER SESSION PROGRAM FEE
Resident \$45.00/per session
Non-resident \$58.00/per session

Indoor Sports Center
8800 E Riverside Blvd, Loves Park

THURSDAYS ID # 206317-01
April 15–June 3 | 7:00–8:00 pm

 **TRACK and FIELD**
(Ages 6–18)

Increase your speed, endurance, and muscle mass as you will be practicing in the areas of shot-put, disc, and various track events. Athletes can use a wheelchair or compete in ambulatory *Track & Field* events; all equipment is provided. Athletes will be practicing to take part in the regional games. **[AO]**

ADAPTED SPORTS MEMBERSHIP
Resident \$125.00
Non-resident \$150.00

or PER SESSION PROGRAM FEE
Resident \$45.00/per session
Non-resident \$58.00/per session

Guilford HS 5620 Spring Creek Rd, Rockford

THURSDAYS ID # 206306-TF
April 15–July 22 | 5:00–6:30 pm

WHEELCHAIR SOFTBALL
(Ages 6–18) **[AO]**

ADAPTED SPORTS MEMBERSHIP
Resident \$125.00
Non-resident \$150.00

or PER SESSION PROGRAM FEE
Resident \$45.00/per session
Non-resident \$58.00/per session

INDOOR TRAINING
Indoor Sports Center
8800 E Riverside Blvd, Loves Park

OUTDOOR TRAINING
Locations may vary
SATURDAYS ID # 206316-00
April 24–Aug 7 | 10:00 am–12:00 pm

ADAPTED SPORTS FACTS

- Participants do not need to use a wheelchair on a daily basis to play
- The Rockford Park District offers registered participants access to some adapted equipment.
- If transportation is a barrier to participation in adapted sports programs, please contact Therapeutic Recreation Services for assistance.

SAVE THE DATE!

Form a team of family, friends and co-workers, or just come and cheer for your favorite team. No experience necessary. Wheelchairs are provided!

ALL ABILITIES

WHEELCHAIR

SOFTBALL

TOURNAMENT

Sat • July 10, 2010

at Indoor Sports Center



TWO DIVISIONS

Friends & Family Division

Players ages 6 and older who want to play for fun

Competitive Division

Players ages 18 and older who are up for a challenge

- Teams must consist of 10 to 13 players
- Minimum of four members of each gender per team
- Games limited to five innings or one hour
- Awards for first and second place teams
- Entry fee is \$45 per team — includes t-shirts, door prize raffle tickets, and a two-game minimum
- Music, concessions, and door prizes

Registration opens March 22 (and ends June 25). For more info, contact Jordan McDonald at 815-987-1609 (TTY, 888-871-6171).

BUDDY BASEBALL (Ages 8–21)

Buddy Baseball is a non-competitive recreational league for individuals of all abilities, ages 8–21. Each player with a disability related need is paired with a "buddy" to assist in creating a fun and successful opportunity. The program focuses on experience of team play, exposure to a life long leisure skill, and participation in one of America's favorite past times. All involved will have fun as friendships get built and skills are developed.

More information to come in our Summer TR Guide, so keep your eyes open and get ready to **PLAY BALL!** [LW]

