



The following excerpt has been taken from the Christopher & Dana Reeve Foundation Paralysis Resource Center website.

[http://www.paralysis.org/site/c.erJMJUOxFmH/b.1337899/k.6496/Sports\\_and\\_Competition.htm](http://www.paralysis.org/site/c.erJMJUOxFmH/b.1337899/k.6496/Sports_and_Competition.htm)

### **Sports and Competition**

Sports offer many opportunities for people to make the best use of their abilities, to become part of a cooperative team effort, to experience the joy, and sometimes the misery, of winning and losing. Plus, competing in sports is simply fun.

Competition prepares individuals to face adversity in their lives and to learn to respond affirmatively in the face of challenge and change.

There are numerous options for athletes who are paralyzed to compete, at the local ball field, rink, gym or track, even in the elite venues of the Paralympics.

Some sports require great physical conditioning, such as basketball and tennis. Others, including billiards and sailing are more tactical.

People in wheelchairs race their chairs, handbikes, automobiles, sailboats, you name it. They lift weights, jump over ramps on water skis, play football in parking lots, shoot rifles and play hockey. The possibilities are endless. If you've got an interest in almost any sport you can name, there are people out there ready to give you a game. There is no reason to sit on the sidelines.

Rehab professionals stress the importance of sports and recreation in the successful transition of individuals with disabilities. Disability can cause people to experience a loss of confidence and depression, to become alienated from family and friends. Sports offer the opportunity for success, which can lead to self-confidence and a focus on what is possible instead of what can no longer be done.

### **MultiSport Organizations**

<http://www.aaasp.org/>

**American Association of Adapted Sports Programs (AAASP)**

America's after-school sports leagues for youth with physical disabilities or visual impairments.

[www.challengedathletes.org](http://www.challengedathletes.org)

### **Challenged Athletes Foundation**

Provides grants to athletes with disabilities.

[www.dsusa.org/](http://www.dsusa.org/)

### **Disabled Sports USA**

Offers nationwide sports rehabilitation programs to anyone with a permanent physical disability. Activities include winter skiing, water sports, summer and winter competitions, fitness and special sports events. DSUSA, as a member of the U.S. Olympic Committee, is the governing body for winter sports for all athletes with disabilities, and for summer sports for amputee athletes. Nationwide chapter network of sports and rec programs. <http://www.dsusa.org/chapter.html>  
Use the DS/USA Chapter Listing to locate a chapter by clicking on a specific state abbreviation.

[www.geocities.com/sun\\_wheelers/](http://www.geocities.com/sun_wheelers/)

### **Sun Wheeler Sports**

Sun Wheeler Sports, AKA Sun Wheelers, Inc., is a non-profit organization of mobility-impaired athletes and their supporters dedicated to raising awareness of wheelchair athletics and the resources that sponsor their adaptive sports programs on the local, regional, national and international levels. Sun Wheeler Sports is also collecting gently-used wheelchairs for redistribution or recycling to those in need of mobility assistance.

[www.wsusa.org](http://www.wsusa.org)

### **Wheelchair Sports USA**

Provides athletic experiences for athletes with disabilities paralleling those of the able-bodied, from novice through elite levels.

[www.worldteamsports.org/](http://www.worldteamsports.org/)

### **World T.E.A.M. Sports**

World T.E.A.M. Sports brings individuals with and without disabilities together to undertake unique athletic events throughout the world to encourage, promote, and develop opportunities in sports for all people. Our team oriented athletic events coupled with medical and educational outreach programs stimulate the power of learning through participation. We maximize the exposure and powerful impact of these events through all modes of modern media.

<http://paralympics.teamusa.org/>

### **U.S. Paralympic Committee**

A division of the U.S. Olympic Committee. Paralympics are for persons with physical disabilities.

## **Archery**

[www.da-usa.org](http://www.da-usa.org)

### **Disabled Archery, USA**

Information on the US Disabled Archery Team.

### **Basketball**

[www.nwba.org/](http://www.nwba.org/)

### **National Wheelchair Basketball Association**

Basketball is perhaps the oldest organized sport for athletes in wheelchairs. The game is fast and fun, and played in dozens of cities across the U.S.

### **Billiards**

<http://www.nwpainc.org/>

### **National Wheelchair Poolplayers Association**

Pool has become a popular sport with men and women around the world, but even more so for hundreds of physically challenged players. Age and disability may limit one's ability to be competitive with in other sports. Not so with pool, in fact some of the top players in the USA are quadriplegics.

### **Bowling**

[http://store.accesstr.com/Page.bok?template=bowling\\_index](http://store.accesstr.com/Page.bok?template=bowling_index)

### **IKAN Bowler**

Adaptive equipment for bowling.

### **Canoeing**

<http://www.americancanoe.org/recreation/adaptivepaddling.lasso>

### **American Canoe Association's Adaptive Paddling section**

The ACA is committed to equal access to paddlesport and to the full integration of paddlers who have disabilities. Paddlers who have disabilities may need unique paddling information about adaptive equipment and resources. The ACA Adaptive Paddling Program (APP) is meeting these needs.

### **Fencing**

#### **USFA**

<http://www.usfencing.org/content/index/5155>

Basics of wheelchair fencing, including information on the wheelchair, field of play and links to other fencing sites.

### **Fishing**

<http://www.castforkids.org/>

**C.A.S.T. for Kids Foundation**

Helps disabled children fish.

<http://www.fhnbinc.org/./index.html>

**Fishing Has No Boundaries, Inc.**

Specialized adaptive equipment aids the disabled angler and creates avenues of recreation for many who thought because of their disability, could never fish, or fish again. Any person with a disability is eligible to participate, regardless of disability. There are absolutely no restrictions on type of disability, age, race, gender, state or residence or any other factor.

**Flying**

[www.freedomswings.org](http://www.freedomswings.org)

**Freedom's Wings International**

Provides the opportunity for those who are physically challenged to fly in specially adapted sailplanes, either as a passenger or as a member of the flight training program.

[www.wheelchairaviators.org](http://www.wheelchairaviators.org)

**International Wheelchair Aviators**

A worldwide group of disabled and able bodied (A/B) pilots interested in aviation and flying. Members have many different disabilities including paraplegia, quadriplegia, amputee, multiple sclerosis, spina bifida, and polio.

**Football**

**Universal Wheelchair Football Association**

<http://www.rwc.uc.edu/kramer/PAGE1.HTM>

Presents the rules and player classifications. May be modified them to adapt to various playing fields; or to accommodate people with unique abilities.

Phone: 513-792-8625

Email: [john.kramier@uc.edu](mailto:john.kramier@uc.edu)

**Golf**

<http://resourcecenter.usga.org/>

**U.S. Golf Association**

The Resource Center for Individuals with Disabilities was created to make golf more accessible for the growing population of individuals with disabilities. The Resource Center does this by gathering, and making available, vital information to potential or current golfers with disabilities and other interested members of the golf and medical communities.

<http://www.uprightgolf.com/>

## **UpRight Golf**

Sells golf products for people who have difficulty bending over.

## **Handcycling**

[www.ushf.org](http://www.ushf.org)

### **U.S. Handcycling Federation**

Provides integrated cycling opportunities for wheelchair users and athletes with lower-mobility impairments.

## **Hockey**

[http://www.usahockey.com//Template\\_Usahockey.aspx?NAV=TU\\_10&ID=194136](http://www.usahockey.com//Template_Usahockey.aspx?NAV=TU_10&ID=194136)

### **U.S. Sled Hockey Association**

Sled hockey is the fast, exciting, rough n' tumble version of ice hockey played primarily by people with mobility disabilities. The game is essentially the same as any "stand-up" ice hockey game with the major difference being that all of the players sit in a sled which is attached to two hockey skate blades under the seat. Site includes links to other sled hockey websites.

**Horseback Riding—see our Factsheet on Therapeutic Riding and Driving for more info**

[www.narha.org/](http://www.narha.org/)

### **North American Riding for the Handicapped Association**

Promotes and support therapeutic riding in the U.S. and Canada. At some 600 NARHA riding centers, more than 30,000 individuals with disabilities find a sense of independence through horseback riding.

## **Hunting**

<http://www.badf.org/DisabledHunters/tabid/128/Default.aspx>

### **Buckmasters American Deer Foundation**

Disabled hunting site includes links to other organizations as well as equipment for disabled hunting.

<http://www.pcba-inc.org/>

### **Physically Challenged Bow Hunters of America**

PCBA promotes the use of the crossbow by persons with certain permanent physical disabilities.

## **Power Hockey or Wheelchair Hockey**

[www.PowerHockey.com](http://www.PowerHockey.com)

### **U.S. Electric Wheelchair Hockey Association**

Phone 763-535-4736

Played indoors on wooden floors from a power wheelchair. See also Sled Hockey played on ice.

### **Power Soccer (Wheelchair Soccer)**

<http://www.powersoccerusa.net/>

#### **Power Soccer USA**

The United States Power Soccer Association (USPSA) governs the sport of Power Soccer in the United States and helps promote the sport on a national and international level. It is the mission and hope of the USPSA that all persons who use power wheelchairs will one day have the "opportunity" to play and experience Power Soccer.

#### **Power Soccer Equipment**

[www.powersoccershop.com](http://www.powersoccershop.com)

Source for power soccer gear

### **Rowing**

<http://www.usrowing.org/Adaptive/index.aspx>

#### **U.S. Rowing Association's Adaptive Committee**

Events for the U.S. Rowing Adaptive National Team.

### **Rugby**

[www.borp.org](http://www.borp.org)

#### **Bay Area Outreach & Recreation Program (BORP)**

BORP offers a number of competitive sports programs, as well as outdoor adventures, family outings, and integrated cycling. The programs are described fully elsewhere in this website-just click on one of the links at left.

[www.quadrugby.com/](http://www.quadrugby.com/)

#### **U.S. Quad Rugby Association**

Formerly known as murderball, Quad Rugby is a game for quads who can push a chair. Fast, rough and very competitive.

### **Scuba Diving**

[www.hsascuba.com/](http://www.hsascuba.com/)

#### **The Handicapped Scuba Association**

Promotes the physical and social well being of people with disabilities through the exhilarating sport of scuba diving.

### **Shooting**

<http://www.nrahq.org/compete/disabled.asp>

## **NRA Disabled Shooting Services**

**Phone: 703-267-1495**

The programs offered by NRA's Disabled Shooting Services Department have enabled thousands of American with physical disabilities to enjoy a variety of shooting activities, including competitive events and hunting. This department has also worked to ensure that many shooting facilities are wheelchair-accessible.

## **Skiing**

<http://dsusa.org/programs-winter.html>

### **Disabled Sports USA's ski programs**

Skiing for the disabled began as a rehabilitation/recreation program that evolved into well organized national and international competitions with corresponding organizations to administer the sport. Elite level racing for disabled skiers has existed in the states since 1972 and internationally since 1974.

<http://www.thesnowpros.org/index.php/PSIA-AASI/snow-day/adaptive/adaptive-education-resources/>

### **Professional Ski Instructors of America: Adaptive Skiing info**

Publishes a book called Adaptive Snowsports Instruction Manual on adaptive skiing and snowboarding.

[www.sfl.org](http://www.sfl.org)

### **Ski for Light**

Cross-country skiing for the disabled.

<http://www.uskiteam.com/public/home.php?dId=5>

### **U.S. Disabled Alpine Ski Team**

News and events for the U.S. Disabled Ski Team.

[www.nehsa.org/](http://www.nehsa.org/)

### **New England Handicapped Sports Association (NEHSA)**

NEHSA is a group of people who pool their knowledge, skill and courage to participate in sports activities. Skiing, however, is still the central sport because of its amazing adaptability to many types of disabilities. NEHSA was founded in 1972 as a non-profit organization run by and for physically disabled persons who wanted to enjoy active and independent lives through participation in sports. In 1994 we expanded our program to include ski instruction for developmentally disabled persons. Today our program's goals are to encourage positive attitudes, social opportunities and personal growth through the challenges that participation in outdoor sports and recreation offers.

## **Softball**

### **National Wheelchair Softball Association**

<http://www.wheelchairsoftball.org/>

Teams throughout America compete on a regular basis and hosts several tournaments throughout the summer. The NWSA hosts a national wheelchair softball tournament annually. Phone: 651-437-1792

## **Surfing**

### **Wave Ski Surfing for the Disabled**

<http://www.infinitysurfboard.com/index.php?/wave-ski-wave-ski-for-the-disabled.html>

Sells adapted surfboards

## **Table Tennis (Ping Pong)**

<http://www.awtta.org/>

### **American Wheelchair Table Tennis Association**

Table tennis for wheelchair athletes.

## **Tennis**

<http://www.usta.com/PlayNow/Wheelchair.aspx>

### **The United States Tennis Association**

Tennis has been adapted for the wheelchair player: the ball can bounce two times. This allows chair-players to give standup players a run for their money. The sport is growing fast and is very competitive at the elite level. Click on "Play Now" then "Wheelchair."

<http://www.itftennis.com/wheelchair/>

### **International Tennis Federation (Wheelchair Tennis Dept.)**

One of the fastest growing wheelchair sports in the world, wheelchair tennis integrates very easily with the able-bodied game since it can be played on any regular tennis court, with no modifications to rackets and balls. Wheelchair tennis follows the same rules as able-bodied tennis as endorsed by the ITF, with the only exception being that the wheelchair tennis player is allowed two bounces of the ball.

## **Track & Field**

[www.wsusa.org](http://www.wsusa.org)

### **Wheelchair Sports USA**

## **Volleyball**

<http://usavolleyball.org/content/index/3118>

### **USA Volleyball: Sitting Volleyball**

One of the most popular and widely-played sports, sitting volleyball, it provides opportunity for participation by amputees as well as people with cerebral palsy.

## **Water skiing**

[www.usawaterski.org](http://www.usawaterski.org)

<http://www.usawaterski.org/pages/divisions/WSDA/main.htm>

### **Water Skiers with Disabilities Association**

Water skiing has been adapted so that physically disabled athletes can participate and compete. Tournaments offer slalom, tricks and jumping events for vision impaired individuals (blind or partially sighted, multiplegics (paraplegics and quadriplegics), leg amputees (above and below knee), arm amputees and athletes with both arm and leg disabilities.

[http://www.ncpad.org//videos/fact\\_sheet.php?sheet=248&PHPSESSID=2f03f7e2bba029bb295b9b3d32be0b80](http://www.ncpad.org//videos/fact_sheet.php?sheet=248&PHPSESSID=2f03f7e2bba029bb295b9b3d32be0b80)

### **NCPAD's videoclip on Water skiing**

Water skiing is a summertime activity that can be easily adapted for individuals with disabilities. It is both a recreational and competitive activity. The competitive form of water skiing includes three events: slalom, trick skiing and jumping. USA Water Ski is a national governing body for water skiing and works through the Water Skiers with Disabilities Association to serve individuals with disabilities.

## **Miscellaneous**

[http://www.olympic.org/uk/passion/museum/info/disabled\\_uk.asp](http://www.olympic.org/uk/passion/museum/info/disabled_uk.asp)

### **Olympic Museum: Visitor Information for the Disabled**

Museum is in Lausanne, Switzerland

[www.paralysis.org](http://www.paralysis.org) Click on "See All Videos" tab in upper right corner

**Christopher and Dana Reeve Foundation** streaming video on sports and recreation including: Skiing, Sailing, Skydiving, Golf, Surfing, Scuba

## **Magazines**

<http://www.dsusa.org/challenge.html>

### **Challenge Magazine**

Published 3 times a year by Disabled Sports USA.

[www.palaestra.com/](http://www.palaestra.com/)

### **PALAESTR**

PALAESTR, a quarterly publication, is designed to be a single responsible source of valuable information targeting all individuals interested in sport, physical education and recreation involving individuals with disabilities.

[www.sportsnspokes.com](http://www.sportsnspokes.com)

### **Sports 'N Spokes: The Magazine for Wheelchair Sports and Recreation**

Published 6 times a year by the Paralyzed Veterans of America.

<http://www.wheelinsportsmen.org/wheelin/?SUBSITE=wheelin>

**Wheelin' Sportsmen magazine**

A quarterly print magazine devoted to disabled hunting. Some articles can be read online.

The following books and videos are available for free loan from the PRC library. For more information, please see [www.paralysis.org](http://www.paralysis.org) and click the Lending Library tab.

**Books**

Bailey, Steve. **Athlete First: A History of the Paralympic Movement**. Chichester, England: John Wiley & Sons, 2008.

Berger, Ronald J. **Hoop Dreams on Wheels: Disability and the Competitive Wheelchair Athlete**. New York: Routledge, 2009.

Howe, P. David. **The Cultural Politics of the Paralympic Movement: Through an Anthropological Lens**. London: Routledge, 2008.

Joukowsky, Artemis A.W., III, and Larry Rothstein. **Raising the Bar: New Horizons in Disability Sport**. New York: Umbrage Editions, 2002.

Klugler, Stuart. **Wheelchair Basketball: One Rebound at a Time**. Centennial, Colo.: Lifestest Publishing, 2008. Profiles various administrators, players and coaches in the world of wheelchair basketball.

Mastandrea, Linda and Donna Czubernat. **Sports and the Physically Challenged: An Encyclopedia of People, Events, and Organizations**. Westport, Conn.: Greenwood Press, 2006.

Miller, Stephen. **Paralympian: My Autobiography**. Newcastle upon Tyne, UK: Tonto Books, 2008. Miller, who has Cerebral Palsy, has won three Paralympic gold medals for Britain.

**The Triumph of the Human Spirit: The Atlanta Paralympic Experience**. Oaksville, Ont.: Disability Today Publishing Group Inc., 1997.  
Covers the 1996 Paralympic Games in Atlanta.

**Videos**

**Beijing 2008 Paralympic Games**. NBC Sports, 2008. DVD

**Heroes of the Slopes**. One Track Productions, 2007. DVD 54 min.

## Adaptive skiing

**The information contained in this message is presented for the purpose of educating and informing you about paralysis and its effects. Nothing contained in this message should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.**