

RECONNECT

CONNECTING KIDS AND ADULTS WITH DISABILITIES TO SPORTS AND RECREATION OPPORTUNITIES

WHEELCHAIR AND ADAPTIVE SPORTS
PROGRAM SCHEDULE



WINTER 2016



Restoring Hope and *Freedom*
Mary Free Bed
Wheelchair and Adaptive Sports



»»» PUSH



STRIVE <<<



»»» SUCCEED



Mary Free Bed Wheelchair and Adaptive Sports programs can be fast-paced, challenging and competitive. Our programs provide the opportunity to exercise, make new friends, develop social and teamwork skills, increase confidence and have fun! Many of our athletes can walk, but their abilities are limited when they are competing against athletes without disabilities.

In addition to team sports, we also offer adaptive sports clinics for those who prefer a less competitive environment. All of our sports programs and clinics are co-ed.

Eligibility Criteria

Mary Free Bed Wheelchair Sports Teams

Mary Free Bed Wheelchair Sports teams are open to anyone with a permanent physical disability that limits participation in able-bodied sports. Participants must be:

- Age 7 or older
- Physically impaired due to orthopedic or neurological medical conditions
- In need of modification to participate in leisure and sports activities due to physical disability
- Able to benefit from participation in group activities
- Able to follow directions; be alert and oriented
- Free of disruptive behavioral issues that would create a danger to self or others
- Living in a non-institutional setting
- Cognitively able to participate in the program at an appropriate developmental level
- Evaluated by a team coordinator and coach prior to placement
- Able to use upper extremities to independently push a sports chair or handcycle or to independently propel themselves on the ice using sled hockey sticks (In some cases, power chairs may be used in wheelchair tennis, but this is based on coordinator and coach evaluation.)

Mary Free Bed Adaptive Sports Programs and Clinics

Sports clinics offer participants a more relaxed and leisurely experience. Clinics include downhill skiing, water skiing, rock climbing, sailing, kayaking, canoeing, scuba diving, archery, golf and martial arts.

Participants must be cognitively or physically impaired. Common diagnoses of children and adult participants include: amputation, spinal cord injury, spina bifida, stroke, muscular dystrophy, multiple sclerosis, spinal muscular atrophy, hip dysplasia, cerebral palsy, arthrogryposis, traumatic brain injury and post polio syndrome. There may be some restrictions based on individual barriers, such as difficulty swallowing water, personal fears or age restrictions. The clinic coordinator will answer any questions.

Mary Free Bed Wheelchair Sports

Basketball

Jr. Pacers Wheelchair Basketball Team

Wheelchair and Adaptive Sports offers this program for both recreational and competitive athletes with good upper extremity function. The Jr. Pacers have a Prep team and a Varsity team, based on age and ability. Athletes get the opportunity to participate on a team, stay connected with basketball and remain active with other children their age.

Dates: Current through April, 2016

Age: 7-18

Cost: \$40, due at first practice (checks payable to Mary Free Bed) Fundraising responsibilities throughout the season.

Pacers Wheelchair Basketball Team (Championship level)

The Adult Pacers program offers competitive wheelchair basketball for those who are at least age 18 and live with a physical disability. Players will have the opportunity to participate on a National Wheelchair Basketball Association Championship Division basketball team. The level of play is fast paced and fun to watch. The team travels to competitions throughout the U.S.

Dates: Current through April, 2016

Age: 18 and older

Cost: \$40, due at first practice (checks payable to Mary Free Bed) Fundraising responsibilities throughout the season.

Wheelchair Basketball – Mary Free Bed Rollin DRIVE (DIII Level)

We began as a club team and we are now registered as a DIII division team under the National Wheelchair Basketball Association.

Date: Current through April, 2016

Age: 18 and older

Cost: \$40, due at first practice (checks payable to Mary Free Bed), fundraising responsibilities throughout the season.



Find us at maryfreebed.com/sports





Quad Rugby

Grand Rapids Thunder Quad Rugby Team

The Grand Rapids Thunder is a wheelchair rugby team for those living with physical disabilities to upper and lower body extremities. Heavy-duty sports chairs, fit to each individual, are used in this high-intensity, chair-to-chair contact sport. The game is as physical and extreme as conventionally played rugby.

Dates: Current through March, 2016

Age: 16 and older

Cost: \$40, due at first practice (checks payable to Mary Free Bed) Fundraising responsibilities throughout the year

Goalball

Mary Free Bed Sonics Goalball Team

Goalball is a paralympic sport for the blind and visually impaired. Persons with any form of visual impairments may participate, as participants wear "black out" goggles to ensure a level playing field. There are two teams of three when playing. The goal of the game is to roll a ball with a bell inside into the opposing team's goal.

**** We are looking to grow our team!!****

Dates: Wednesdays, Practices

Current - April 2016

Time: 6:00-8:00 pm

Location: St. Peter and Paul School
1433 Hamilton Ave. NW Grand Rapids

Age: 16+ years old

Cost: \$40 due at first practice (checks payable to Mary Free Bed)
Fundraising responsibilities throughout the season.



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Sled Hockey

The Grand Rapids Sled Wings are co-sponsored by Mary Free Bed Rehabilitation Hospital and the Grand Rapids Griffins youth Foundation. Sled Hockey is a sport ideal for individuals with lower limb affected disabilities. This program is for both the recreational and competitive athlete.

Dates: Saturdays, Conditioning & Practices
September 2015-April 2016

Time: 8:30am (gear up & equipment) – 9:00am
(skate, subject to change)

Location: Griffin's Icehouse at Belknap Park

Age: 7 and up

Cost: \$40 USA Hockey membership fee; Pay online
at: www.usahockey.com

** must be a member before starting practice
Fundraising responsibilities throughout the season.

Sled Wings Home Tournament and MAGL League Weekend

"2016 Griff's Sled Hockey Classic"

Hosted by the Grand Rapids Sled Wings, this annual tournament showcases our talented adult and junior teams. Opponents come from Illinois, Ohio, Indiana, Colorado and Pennsylvania to participate in this exciting tournament.

Dates: March 12-13, 2016

Location: Patterson Ice Arena 2550 Patterson Ave. Grand Rapids, MI 49546

Cost: Free Admission

Mary Free Bed Adaptive Sports Events and Clinics



11th Annual Grand Rapids Griffins vs. Sled Wings Fundraiser Game

In this unique and highly anticipated event, the Griffins will host a friendly yet competitive game of sled hockey with the Grand Rapids Sled Wings. This event benefits the Griffins Youth Foundation and the Sled Wings.

Date: Tuesday, February 9th 2016

Time: 6-8 p.m.

Location: Griff's Ice House at Belknap Park 30 Coldbrook NE Grand Rapids, MI

Experience sled hockey for a \$1 donation. Griffins players and coaches also will be on hand for autographs.

11th Annual Adult Doubles Charity Tennis Tournament

Everyone is welcome to attend our annual charity tennis tournament, which supports our wheelchair tennis team. Entry deadline, Friday, January 22nd , 2016.

Date: January 30-31st, 2016

Location: Norton Pines Athletic Club 1350 Judson Rd. Norton Shores, MI 49456

Cost: For players, \$40 for one event, \$60 for two events (maximum)

(Checks payable to Mary Free Bed)

Registration forms available at the Wheelchair and Adaptive Sports office, or e-mail Alicia Hass at alicia.hass@maryfreebed.com



Horseback Riding Sessions

Horseback Riding Sessions at the Kent Special Riding Program will start up again in mid-April, 2016. The Spring Session will run April 18 – May 28. For more information, please visit <http://kentspecialridingprogram.org/enroll/>. The 2016 forms will be posted January 1, 2016.

2016 Adaptive Downhill Ski Clinic

Date: January 23rd, 2016

Location: Cannonsburg Ski and Ride Area

(When you receive the clinic flyer in your email you may call or email to register. Registration is first come first serve.)

Wheelchair and Handcycle Racing-5/3 River Bank Run

Date: May 14th, 2016

*If you are interested in participating please contact us for more details!!



Find us at maryfreebed.com/sports



Mary Free Bed Adaptive Sports Classes

Adaptive Climbing Class

Experience unknown heights through the excitement of rock climbing. If there is a will there is a way. All are welcome in this exhilarating sport. Variations of rope and rock climbing instruction will be offered by seasoned enthusiasts.

Dates: Evenings, beginning February

Location: Mary Free Bed YMCA

Age: 5+

Cost: \$40 (checks payable to Mary Free Bed)

Adaptive Fencing

Learn from the best. In this 4-week adaptive fencing class instruction is offered by champion swordsmen. This class is offered to those who have physical disabilities. Per Paralympic standards all athletes will fence from a wheelchair level in electronic gear.

Dates: Fridays, January 8-29

Time: 6:30-8:00pm

Location: Mary Free Bed Rehabilitation Hospital Campus Conference Room A/B

Age: 12+

Cost: \$40 (checks payable to Mary Free Bed)

Adaptive Yoga

Experience being grounded at the center of inner peace through the guidance of certified instructors with extensive adaptive yoga practice. This 6-week class is offered those with cognitive and physical deficits.

Dates: Thursdays, beginning mid-January

Time: 7:00-8:00

Location: Mary Free Bed YMCA

Age: 12+

Cost: \$40 (checks payable to Mary Free Bed)



For more information, call 616.840.8356



Preschool Sampler

This is an opportunity for those not yet old enough to join a team. Skill building, team work, and game play are all incorporated in this 6-week class. Instruction will cover tennis, basketball, and softball.

Dates: Mondays, beginning mid-January

Time: 5:00-6:00

Location: Mary Free Bed YMCA

Age: 3-6

Cost: \$40 (checks payable to Mary Free Bed)

Adaptive and Wheelchair Ballroom Dancing

This is your chance to dance, dance, dance! Adaptive ballroom dancing is being offered from 4-5pm to participants who have experienced a stroke. The class from 5:15-6:15pm is offered to participants who have a physical disability and use a wheelchair for mobility.

Dates: Thursdays, January 14- February 18

Time: 4:00-4:45pm- Participants who have experienced a stroke

5:00-5:45pm- Participants who have a physical disability and use a wheelchair for mobility

Location: Social Dance Studio ~ 4335 Lake Drive, Grand Rapids

Age: 18+ years old

Cost: \$60 (checks payable to Mary Free Bed)



Mary Free Bed Adaptive Swim Lessons



Six-Week Adaptive Swim Lessons

Once-a-week lessons are for school-aged children with developmental disabilities who require one-on-one instruction from a certified water safety instructor. Participants learn swimming and safety in a positive and fun environment.

Classes are for 1 day per week for 6 weeks

Location: Wolverine YMCA- 6555 Jupiter Ave, Belmont, MI 49306

Age: 5-18 (or still receiving school services) for swim lessons

Session length: 6 week – 45 minute sessions

Cost: \$40 due before the first lesson – registration for the class is on a first come basis by calling 616-840-8356

Date	Times	Instructor
Wednesdays Jan. 6-Feb. 10	4:15 –5:00 p.m 5:00-5:45 p.m 5:45-6:30 p.m 6:30-7:15 p.m	Laura Clark
Wednesdays Feb. 24- March 30	4:15 –5:00 p.m 5:00-5:45 p.m 5:45-6:30 p.m 6:30-7:15 p.m	Laura Clark



Registration, Cancellation & Payment

To register for athletic teams or clinics, please contact the Wheelchair and Adaptive Sports Program at Mary Free Bed, 616.840.8356 or visit sports@maryfreebed.com. Please call at least 72 hours in advance if you or your child cannot attend a program. All checks should be made payable to Mary Free Bed, unless otherwise noted.



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maryfreebed.com/sports

Restoring Hope and *Freedom*
Mary Free Bed
Wheelchair and Adaptive Sports

616.840.8356 | 235 Wealthy SE | Grand Rapids, MI 49503 | maryfreebed.com | storieshatmoveyou.com

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