

# RECONNECT

CONNECTING KIDS AND ADULTS WITH DISABILITIES TO SPORTS AND RECREATION OPPORTUNITIES

WHEELCHAIR & ADAPTIVE SPORTS  
PROGRAM SCHEDULE



FALL 2018

Mary Free Bed  
Wheelchair and Adaptive Sports



# CONNECT MOVE INSPIRE



Mary Free Bed Wheelchair & Adaptive Sports programs can be fast-paced, challenging and competitive. Our programs provide a fun opportunity to exercise, make new friends, develop social and teamwork skills, and increase confidence. 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 offer adaptive sports clinics for those who prefer a less competitive environment. 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:

- Ages 7 and 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 on the ice using sled hockey sticks. (Power chairs may be used in wheelchair tennis, based on coordinator and coach evaluation.)

**Mary Free Bed Adaptive Sports Clinics and Classes**

Sports clinics offer participants a more relaxed and leisurely experience. Clinics include downhill skiing, water skiing, sailing, kayaking, canoeing, scuba diving, tennis, archery and golf. Classes include yoga, rock climbing, ballroom dancing and preschool sports samplers. 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.



# Teams

## Adaptive Cheerleading Team

The Mary Free Bed All Stars Adaptive Cheerleading team is a spirited group of young individuals with physical or cognitive impairments that prevent participation in able-bodied cheer. This team practices with a goal to cheer at both our Wheelchair & Adaptive Sports tournaments and games in the community.

**Dates:** Wednesdays, Sept. 5–Dec. 19

**Time:** 6–7 p.m.

**Location:** Mary Free Bed Wheelchair & Adaptive Sports office

**Age:** 10 and older

**Cost:** \$100, due at first practice (checks payable to Mary Free Bed), volunteering responsibilities throughout the year.



## Handcycling

The Mary Free Bed Handcycling team is a great group of individuals who are dedicated to riding. The team meets weekly to ride at Millennium Park. Enjoy camaraderie and peer support while training for races, or just going for a ride. Race options available locally and out-of-state.

**Season:** Through October

**Group Ride:** 6–8 p.m. Wednesdays

**Age:** 16 and older

**Practice location:** 1415 Maynard Ave. SW, Walker

**Cost:** \$100, due at first practice (checks payable to Mary Free Bed), volunteering responsibilities throughout the year.

**Equipment:** Each participant will need a handcycle that fits his or her needs. Limited number of handcycles available to borrow.

## Quad Rugby

The Grand Rapids Thunder is a wheelchair rugby team for those with physical disabilities to the upper or lower body extremities, including amputations. 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:** Wednesdays, September through March

**Time:** 7–9:30 p.m.

**Location:** Mary Free Bed YMCA, 5500 Burton St. SE, Grand Rapids

**Age:** 16 and older

**Cost:** \$100, due at first practice (checks payable to Mary Free Bed), volunteering responsibilities throughout the year.

## Sled Hockey – Adults

The Grand Rapids Sled Wings sled hockey team offers an ideal sport for individuals with lower-limb-affected disabilities. This program is for both the recreational and competitive athlete.

**Dates:** Saturdays, September through April

**Time:** 8:30 a.m. (equipment); 9 a.m. (skate, subject to change)

**Location:** Griff's Icehouse, 30 Coldbrook St. NE, Grand Rapids

**Age:** 18 and older

**Cost:** \$100, due at first practice (checks payable to Mary Free Bed), volunteering responsibilities throughout the season.

**Additional cost:** \$40 USA Hockey membership fee, payable online: [www.usahockey.com](http://www.usahockey.com). Must be a member before starting practice.

## Sled Hockey – Juniors

The Grand Rapids Junior Sled Wings are co-sponsored by Mary Free Bed Rehabilitation Hospital and the Grand Rapids Griffins Youth Foundation. Sled Hockey is an ideal sport for individuals who have lower-limb-affected disabilities. This program is for recreational and competitive athletes.

**Dates:** Saturdays, September through April

**Time:** 8:30–10:50 a.m.

**Location:** Griff's Icehouse, 30 Coldbrook St. NE, Grand Rapids

**Age:** 7–18

**Cost:** \$100, due at first practice (checks payable to Mary Free Bed), volunteering responsibilities throughout the season.

**Additional cost:** \$40 USA Hockey membership fee, payable online at: [www.usahockey.com](http://www.usahockey.com). Must be a member before starting practice.



## Wheelchair Basketball – Juniors

The Junior 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. This program is for recreational and competitive athletes with physical disabilities who can operate a manual wheelchair independently.

**Dates:** Tuesdays, September through April

**Time:** 6–7:30 p.m.

**Location:** Mary Free Bed YMCA, 5500 Burton St. SE, Grand Rapids

**Age:** 7-18

**Cost:** \$100, due at first practice (checks payable to Mary Free Bed), volunteering responsibilities throughout the season.

**Additional cost:** \$30 NWBA individual membership fee

## Wheelchair Basketball – Adult

The Mary Free Bed Pacers team offers competitive wheelchair basketball for those high-level players who are at least 18 years old and live with a physical disability. Players can participate on a National Wheelchair Basketball Association Division I basketball team. The level of play is fast-paced and fun to watch. The team travels to competitions throughout the United States.

**Dates:** Tuesdays, September through April

**Time:** 7:30–9:30 p.m.

**Location:** Mary Free Bed YMCA, 5500 Burton St. SE, Grand Rapids

**Age:** 18 and older

**Cost:** \$100, due at first practice (checks payable to Mary Free Bed), volunteering responsibilities throughout the season.

**Additional cost:** \$30 NWBA individual membership fee

## Wheelchair Basketball – Adult

The Mary Free Bed Rollin' Drive team is a National Wheelchair Basketball Association DIII team for players who are at least 18 years old and live with a physical disability. This team is a great starting point if you are new to the sport of wheelchair basketball.

**Dates:** Mondays, September through April

**Time:** 6–8 p.m.

**Location:** Mary Free Bed YMCA, 5500 Burton St. SE, Grand Rapids

**Age:** 18 and older

**Cost:** \$100, due at first practice (checks payable to Mary Free Bed), volunteering responsibilities throughout the season.

**Additional cost:** \$30 NWBA individual membership fee



## Wheelchair Fencing

The Mary Free Bed/West Michigan Fencing Academy Wheelchair Fencing team is registered with the United States Fencing Association and competes with teams from across the country. Athletes compete in wheelchairs fixed to the floor, limiting movement of the chair. They rely on ducks, half-turns and leans to dodge their competitors' touches.

**Dates:** Thursdays, August through May

**Time:** 7–8:30 p.m.

**Location:** West Michigan Fencing Academy, Suites N250 and N260, 1111 Godfrey Ave SW, Grand Rapids

**Age:** 18 and older

**Cost:** \$100, due at first practice (checks payable to Mary Free Bed), volunteering responsibilities throughout the season.

**Additional cost:** \$70 for USA Fencing Association membership fee, payable online: [usfencing.org](http://usfencing.org). Must be a member before starting practice.

## Wheelchair Tennis – Adult

This program is for adults with physical disabilities who want to play recreationally or who wish to compete and travel for tournaments. Learn the game, work on your skills and get direction from a pro tennis coach.

**Dates:** Mondays and Thursdays through October

**Time:** 6–8 p.m.

**Location:** MVP Crahen, 115 Crahen Ave. SW, Grand Rapids, MI

**Age:** 18 and older

**Cost:** USTA \$40 fee, plus \$100, due at first practice (checks payable to Mary Free Bed); volunteering responsibilities throughout the season.

**Equipment:** Tennis sports wheelchairs are available to borrow for the season if needed.



Register now at [maryfreebed.com/sports](http://maryfreebed.com/sports)

# Home Tournaments

## Quad Rugby Home Tournament

Hosted by the Grand Rapids Thunder, the annual Grand Rapids Thunderfest showcases our wheelchair rugby team. Opponents travel from all over the United States and Canada to participate in this exciting tournament. Expect rough and fast-paced play.

**Dates:** Saturday, Oct. 6 and Sunday, Oct. 7

**Time:** TBD

**Location:** MSA Fieldhouse, 5435 28th St. SE Grand Rapids

**Cost:** Free admission

## Wheelchair Basketball – Juniors Home Tournament

Keep Up the Pace is an exciting annual tournament hosted by the Junior Pacers, welcoming both varsity and prep-level teams, which travel from all over the United States to compete.

Details to be determined

**Cost:** Free admission

## Wheelchair Basketball Adults Home Tournament

The third-annual Mary Free Bed Invitational is hosted by our adult wheelchair basketball teams and open to DI, DII, DIII and women's teams.

**Dates:** Saturday, Dec. 1 and Sunday, Dec. 2

**Time:** TBD

**Location:** Mary Free Bed YMCA, 5500 Burton St. SE, Grand Rapids

**Cost:** Free admission



Register now at [maryfreebed.com/sports](http://maryfreebed.com/sports)





## Adaptive Scuba Diving Clinic

**Date:** TBD

**Location:** East Grand Rapids High School Pool, 2211 Lake Drive, East Grand Rapids

## Adaptive Archery Clinic

Partnering with Kentwood Parks & Rec

**Date:** Monday, Sept. 17

**Location:** West Michigan Archery Center, 3500 10 Mile Road NE, Rockford



## Future Sled Wings

This program is for younger players, ages 5-8, who want to play on the Sled Wings when they get older. This is a great way to introduce kids to the sport without the intimidation of older players being on the ice.

**Date and Time:** TBD

**Location:** Griff's Ice House, 30 Coldbrook St. NE, Grand Rapids

**Ages:** 5-8

**Cost:** Free



# Swim Lessons

## Swim Lessons

Adaptive swim lessons are offered for school-aged children with physical and cognitive disabilities and include one-on-one instruction from a certified water safety instructor. Participants learn swimming and safety in a positive and fun environment.

**Age:** 5-18 (or still receiving school services)

**Session length:** Six weeks, 45-minute sessions

**Cost:** \$40 due at time of registration. Registration is on a first-come basis by calling 616.840.8356.

**Monday class location:** Mary Free Bed therapy pool, 235 Wealthy St. SE, Grand Rapids

**Wednesday class location:** Wolverine Worldwide Family YMCA, 6555 Jupiter Ave. NE, Belmont

### Mondays:

Nov. 5 – Dec. 10

Location-Therapy pool, regular two student lessons

5-5:45 p.m.

5:45-6:30 p.m.

6:30-7:15 p.m.

7:15-8 p.m.

### Wednesdays:

Nov. 7 – Dec. 12

4-4:45 p.m.

4:45-5:30 p.m.

5:30-6:15 p.m.

6:15-7 p.m.

## Private Swim Lessons

A limited selection of private swim lessons are open to children and adults with physical and cognitive disabilities. This includes one-on-one instruction from a certified water safety instructor. Participants learn swimming and safety in a positive and fun environment.

**Age:** All

**Session length:** Six weeks, 45-minute sessions

**Cost:** \$150 due at time of registration. Registration is on a first-come basis by calling 616.840.8356.

**Location:** Mary Free Bed Therapy Pool, 235 Wealthy St. SE, Grand Rapids

### Tuesdays:

Nov. 6 – Dec. 11

3:45-4:30 p.m.

4:30-5:15 p.m.

5:15-6 p.m.

# Connections to Consider

## Grand Rapids Eagles Sports Teams

The Grand Rapids Eagles Disabled Sports Team is a non-profit organization that provides athletic training for athletes (ages 7 and older) with cerebral palsy, muscular dystrophy, spina bifida, visual impairments, spinal cord injuries and other physical disabilities. This is a great opportunity for team sports and making friends with people who range from power wheelchair users to full-ambulation athletes.



Current training opportunities in bowling, bocchia ball, swimming, power lifting, track and field and more. Meetings are Tuesdays from 6 to 7:30 p.m. October through May.

Contact Lori Moerdyk (Head Coach) at 616.550.6806 or via Facebook at GREaglesdisabledsports.

## Kentwood Parks and Recreation

Kentwood Parks and Recreation provides adaptive recreation programs promoting social, creative, educational opportunities for youth and adults with physical and developmental disabilities.



For a listing of their most current classes, clinics and events, visit [www.ci.kentwood.mi.us](http://www.ci.kentwood.mi.us) or contact Katelyn Bush, CTRS at 616.656.5279 or [bushk@ci.kentwood.mi.us](mailto:bushk@ci.kentwood.mi.us).

# CONNECT MOVE INSPIRE

Mary Free Bed  
Wheelchair and Adaptive Sports

## Registration, Cancellation and Refunds:

To register for teams, please contact the Wheelchair and Adaptive Sports Program at Mary Free Bed at **616.840.8356** or email **sports@maryfreebed.com**.

To register for a class or clinic online, please visit the registration section at **www.maryfreebed.com/sports**.

Payment is due at the time of registration. Refunds will only be issued if you notify us five business days prior to the day of the clinic or the day of the first class. Any cancellation made within five days or after the beginning of class will forfeit a refund.

## Thank you to our program sponsors

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Restoring hope and freedom so our patients can achieve their highest degree of independence is what we do best at Mary Free Bed. Be a part of helping someone get in the game! For Wheelchair & Adaptive Sports sponsorship information, please contact Laura Dulay at [laura.dulay@maryfreebed.com](mailto:laura.dulay@maryfreebed.com) or 616.840.8729.

 facebook/MaryFreeBedSports  
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