

RECONNECT

CONNECTING KIDS AND ADULTS WITH DISABILITIES TO SPORTS AND RECREATION OPPORTUNITIES

WHEELCHAIR & ADAPTIVE SPORTS
PROGRAM SCHEDULE



SPRING 2019

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. 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:

- 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, off-road handcycle, water skiing, sailing, kayaking, canoeing, scuba diving, tennis, archery, golf and zip-lining. Classes include yoga, rock climbing, junior wheelchair softball and youth sports sampler. 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.

Sports Teams

Wheelchair Lacrosse

Wheelchair lacrosse, with its fast pace and physicality, is a popular choice for sled hockey and wheelchair basketball athletes. This sport's season picks up when basketball and sled hockey seasons end, and concludes before they resume.

Season: June through August

Practice: TBD

Age: 15 and older

Location: Eagles Ice Center, 2600 Village Drive SE

Cost: \$104, due at first practice; volunteering responsibilities throughout the season

Equipment: Limited supply available for loan, please inquire.

Handcycling

The Mary Free Bed Handcycling Team is a great group of individuals who are dedicated to riding. The team gets together 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: March through October

Group Ride: 6-8 p.m. Wednesdays

Age: 16 and older

Practice Location: 1415 Maynard Ave. SW, Walker

Cost: \$104, due at first practice (checks payable to Mary Free Bed); volunteering responsibilities throughout the season

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

Softball

Looking to stay active this summer? Consider joining the Rollin' Whitecaps Wheelchair Softball Team! The team is registered under the National Wheelchair Softball Association and will participate in the Wheelchair Softball World Series in August. Join us for a practice to see if it's right for you.

Season: April through August

Practice: 6-8 p.m. Tuesdays

Tournaments: The team travels to one tournament per month, June through August. This year, the team will host its fourth home tournament.

Age: 18 and older

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

Cost: \$104, due at first practice (checks payable to Mary Free Bed); volunteering responsibilities throughout the season

Equipment: Bats, balls and sports wheelchairs provided on loan.

Junior Tennis

Children and teens with physical disabilities are coached in basic tennis skills and competitive play. Juniors practice alongside the adult team to learn drills and mobility skills, join in cardio exercise and participate in match play. Practices and games are on a standard tennis court – no special equipment or modifications to the court are necessary. This inclusive program provides practice and playing opportunities for children and teens who are full- or part-time wheelchair users.

Dates: Mondays, June through mid-August

Time: 6-7:30 p.m.

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

Age: 7-18 years

Cost: \$40, due at first practice (checks payable to Mary Free Bed)

Adult Tennis

Adults with physical disabilities are coached in basic tennis skills and competitive play. No prior knowledge or experience playing tennis is needed to participate in our Adult Wheelchair Tennis program. Practices and games are on a standard tennis court – no special equipment or modifications to the court are necessary. This inclusive program provides practice and playing opportunities for adults who are full-or part-time wheelchair users. Practices are year-round and team participation includes travel to tournaments throughout the United States.

Dates: Mondays and Thursdays, March through October

Time: 6-8 p.m.

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

Age: 18 and older

Cost: \$44, register with USTA and \$104 due at first practice (checks payable to Mary Free Bed), volunteering responsibilities throughout the year



Home Tournaments

Sled Wings Home Tournament and Adult League Weekend 2019 Griff's Sled Hockey Classic

Hosted by the Grand Rapids Sled Wings, this annual tournament showcases our talented adult and junior teams. Opponents travel from throughout the Midwest to compete.

Dates: March 16-17

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

Cost: Free admission

Fourth Annual Mary Free Bed Wheelchair Softball Tournament

The West Michigan Rollin' Whitecaps will host its fourth home tournament at the wheelchair softball field at the Mary Free Bed YMCA.

Date: June 8-9

Time: TBD (tournament schedule will be released after team registration is completed)

Location: Mary Free Bed YMCA, 5500 Burton St. SE, Grand Rapids 49506

Cost: Free for spectators

Midwest Wheelchair Outdoor Tennis Championships

This hometown tournament, a part of USTA, NEC and ITF, welcome more than 80 wheelchair tennis athletes from all over the world. From novice athletes to Paralympians, this is a must-see, competitive tournament. We invite you to watch our local Mary Free Bed wheelchair tennis team play on their home courts.

Date: July 11-14

Time: 9 a.m. – 6 p.m. daily

Location: MVP Crahen, 115 Crahen Ave. NE

Cost: Free for spectators

SAVE
THE
DATE!



Classes

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

***Note: Mondays are five-week, 45-minute sessions, due to Memorial Day falling on the sixth week. Cost will be \$38 for the five-week session.*

Cost: \$45 due at time of registration. Registration is on a first-come basis.

Locations:

Monday classes: Mary Free Bed Therapy Pool, 235 Wealthy St. SE, Grand Rapids

Wednesday classes: Wolverine Worldwide Family YMCA, 6555 Jupiter Ave. NE, Belmont

Mondays, April 22 through May 20

5-5:45 p.m.

5:45-6:30 p.m.

6:30-7:15 p.m.

7:15-8 p.m.

Wednesdays, April 24 through May 29

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

We offer a limited selection of private swim lessons 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

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

Cost: \$150 due at the time of registration. Registration is on a first-come basis.

Tuesdays, April 23 through May 28

3:45-4:30 p.m.

4:30-5:15 p.m.

5:15-6 p.m.

Adaptive Sports Clinics

**Registration for the listed clinics will open once you receive the clinic registration link in your email. The fliers will include clinic details. Registration is on a first-come, first-served basis.

Adaptive Zipline

Date and Time: TBD

Location: Indian Trials Camp, 1859 Lake Michigan Drive NW, Grand Rapids

Adaptive Archery

Date: Monday, March 11

Time: 6:30-8 p.m.

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

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DATE!

Youth Sports Sampler

Date and Time: TBD

Location: Mary Free Bed YMCA, 5500 Burton St. SE, Grand Rapids 49506



Special Events

Bikes For The Rest Of Us

Riding a bike is a time-honored activity. This annual event introduces children and adults with disabilities to adaptive bicycling. Participants are paired with a therapist and evaluated to determine needed adaptations. Mary Free Bed therapists and volunteers introduce participants to a variety of adaptive bikes available for purchase.

Date: Saturday, April 27

Time: 9 a.m.-noon; pre-registration and appointment required

Location: Mary Free Bed West Entrance Parking Ramp (near the main hospital entrance), 235 Wealthy St. SE, Grand Rapids

Age: 3 years and older

Attendees must email sports@maryfreebed.com or call 616.840.8356 for an application to register!

Amway River Bank Run

This marks the 30th year of the Mary Free Bed Guild's sponsorship of the Wheelchair Division and the 14th year of sponsorship for the Handcycle Division for this popular racing event.

The Amway River Bank Run offers competitive 25K divisions for wheelchair and handcycle athletes. Athletes must use a racing wheelchair or handcycle to participate. Participants include former Mary Free Bed patients, Michigan residents and athletes from around the world. This event raises public awareness of professional athletes in the adapted sports arena.

Register online at: amwayriverbankrun.com

Event Fee Schedule

Through April 30: \$70

May 1-8: \$80

Friday, May 10: \$90

No registration on race morning

If you have questions regarding registration or the Wheelchair and Handcycling Divisions, email christy.vanhaver@maryfreebed.com or call 616.840.8207.

Jr. Wheelchair Sports Camp

This five-day sports camp provides youth with physical disabilities, and who require the use of a wheelchair, an opportunity to participate in sports and be active with their peers. Learn how to play basketball, tennis, team handball, softball and sled hockey, try handcycling, meet new friends and much more.

Dates: July 22-26

Time: 8:30 a.m. – 4 p.m.

Location: Grand Valley State University, 1 Campus Drive, Allendale

Age: 7-18 years

Cost: Free to day campers, \$200 for overnight campers who live more than 45 miles one way from GVSU. To register you MUST call for an application.

Application Deadline: July 5

Annual Mary Free Bed Wheelchair & Adaptive Sports Golf Outing Fundraiser

Try your luck in our hole-in-one and putting contests. We're offering lots of great raffle prizes and more! All proceeds benefit Mary Free Bed & Adaptive Sports programs, which provide and promote competitive and recreational adaptive sports for people with disabilities.

Date: Monday, June 3

Time: Shotgun starts at 8 a.m. and 1:15 p.m.

Location: Thousand Oaks Golf Club, 4100 Thousand Oaks Drive, Grand Rapids

To register for this event, visit www.maryfreebed.com/golf.

For participation information or to sponsor our golf outing, please email Laura Dulay at laura.dulay@maryfreebed.com or call 616.840.8729.



Register now at maryfreebed.com/sports

Connections to Consider

Grand Rapids Eagles

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 LMoerdyk@gmail.com
Facebook page 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 or contact Katelyn Bush, CTRS at 616.656.5279 or bushk@ci.kentwood.mi.us.



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Mary Free Bed
Wheelchair and Adaptive Sports

Registration, Cancellation and Refunds:

To register for teams, please call the Wheelchair & 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 the five days or after the beginning of class will forfeit a refund.

Thank you to our program sponsors

Meijer Foundation



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 or 616.840.8729.

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