

RECONNECT

CONNECTING KIDS AND ADULTS WITH DISABILITIES TO SPORTS AND RECREATION OPPORTUNITIES

WHEELCHAIR & ADAPTIVE SPORTS
PROGRAM SCHEDULE

SUMMER 2023



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. With the exception of the women's basketball team, our sports programs and clinics are all co-ed.



ELIGIBILITY CRITERIA:

Mary Free Bed Wheelchair Sports Teams

Our teams are open to anyone with a permanent physical disability that limits participation in able-bodied sports.

Participants must be:

- Age 7 and older
- Have a physical disability 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, propel on the ice using sled hockey sticks or steer a power soccer chair. (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. Depending on the season:

- Clinics include downhill skiing, water skiing, sailing, kayaking, canoeing, scuba diving, tennis, archery, zip lining, pickleball and golf.
- Classes include yoga, rock climbing, functional fitness, swim lessons (group and private) and youth 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.

For more information,
call 616.840.8356

Scan to register



TEAMS



Wheelchair Lacrosse (Frenzy)

Wheelchair lacrosse is one of our fastest growing sports. It's the complete package for the competitive athlete. A game that's physical, lightning fast and aggressive, wheelchair lacrosse fulfills the need for speed.

Dates: May - August

Practice: 6 - 7:30 PM Mondays

Age: 15 and older

Location: Walker Ice and Fitness, 4151 Remembrance Rd. NW, Grand Rapids

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 meets weekly to ride at Millennium Park. Enjoy camaraderie and peer support while training for races or just going for a ride. Race options are available locally and out-of-state.

Dates: March - October

Group Ride: 6 - 8 PM 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. Limited supply available for loan, please inquire.

Junior Wheelchair Tennis Team

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 of any skill level who are full- or part-time wheelchair users. Practices are held twice a week.

Dates: June 5 - August 17

Time: 5:00 - 6:30 PM Mondays and Thursdays

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

Age: 7 - 18

Cost: \$104 due at first practice

Equipment: Limited supply available for loan.

TEAMS



Adult Wheelchair 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. 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 of any skill level who are full or part-time wheelchair users. Practices are throughout the season and team participation includes travel to tournaments throughout the U.S.

Dates: April - October

Time: 6 - 8 PM Mondays

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

Age: 18 and older

Cost: \$104 due at first practice, additional registration fee to USTA

Equipment: Limited supply available for loan per request

Para Standing Tennis

This team is for adults with physical disabilities who wish to play standing up rather than playing from a sports wheelchair. Individuals who play para standing tennis have decreased mobility due to amputations, cerebral palsy, hemiplegia, limb difference, other congenital conditions and little people. No prior knowledge or experience playing tennis is needed to participate. Practices and matches 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 of any skill level. Practices are throughout the season and team participation includes travel to tournaments throughout the U.S.

Dates: April - October

Time: 6 - 8 PM Thursdays

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

Age: 16 and older

Cost: \$104 due at first practice

Adult Wheelchair Softball | West Michigan Rollin' Whitecaps

Looking to stay active and have fun this summer? Consider joining our 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.

Dates: April - August

Practice: 6 - 8 PM Tuesdays

Tournaments: We travel to one tournament monthly (June – August) including our 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.

HOME TOURNAMENTS

Annual Mary Free Bed Wheelchair Softball Tournament

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

Date: June 10 - 11

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

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

Cost: Free for spectators

Midwest Wheelchair Tennis Championships

This hometown tournament, which is an ITF 3 and USTA II sanctioned event, welcomes 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 compete on their home courts.

Date: July 7 - 9

Time: 9 AM - 6 PM daily

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

Cost: Free for spectators

Frenzy Fest Wheelchair Lacrosse Tournament

Join us for the first annual Frenzy Fest, Mary Free Bed Frenzy's first annual wheelchair lacrosse tournament for adult teams.

Date: July 15 - 16

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

Location: Eagles Ice Center, 2600 Village Dr. SE, Grand Rapids

Cost: Free for spectators



Classes

Adaptive Group Swim Lessons *(Offered Quarterly)*

Group adaptive swim lessons are offered for school-aged children with physical and cognitive disabilities. These are group lessons that include instructions from a certified water safety instructor. Participants learn swimming and safety in a positive and fun environment. A volunteer will be available to assist the instructor and participant.

Age: 3 - 18 (or still receiving school services)

Session length: Six weeks, 45-minute sessions

Cost: \$50 due at time of registration. Registration is on a first-come basis.

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

MONDAYS

Session 1

(June 5 - July 17*)

5:00 - 5:45 PM

5:45 - 6:30 PM

6:30 - 7:15 PM

7:15 - 8:00 PM

Session 2

(July 24 - Aug. 28)

5:00 - 5:45 PM

5:45 - 6:30 PM

6:30 - 7:15 PM

7:15 - 8:00 PM

TUESDAYS

Session 1

(June 6 - July 18*)

5:00 - 5:45 PM

5:45 - 6:30 PM

6:30 - 7:15 PM

7:15 - 8:00 PM

Session 2

(July 25 - Aug. 29)

5:00 - 5:45 PM

5:45 - 6:30 PM

6:30 - 7:15 PM

7:15 - 8:00 PM

**No class the week of July 4*



Adaptive Private Swim Lessons *(Offered Quarterly)*

Open to children and adults with physical and cognitive disabilities, private lessons include one-on-one instruction from a certified water safety instructor. Participants learn swimming and safety in a positive, fun and quiet environment.

Age: 3 and older

Session length: 6 weeks, 45-minute sessions

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

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

WEDNESDAYS

Session 1

(June 7 - July 19*)

5:00 - 5:45 PM

5:45 - 6:30 PM

6:30 - 7:15 PM

7:15 - 8:00 PM

Session 2

(July 26 - Aug. 30)

5:00 - 5:45 PM

5:45 - 6:30 PM

6:30 - 7:15 PM

7:15 - 8:00 PM

THURSDAYS

Session 1

(June 8 - July 20*)

5:00 - 5:45 PM

5:45 - 6:30 PM

6:30 - 7:15 PM

7:15 - 8:00 PM

Session 2

(July 27 - Aug. 31)

5:00 - 5:45 PM

5:45 - 6:30 PM

6:30 - 7:15 PM

7:15 - 8:00 PM

**No class the week of July 4*



Register now at maryfreebed.com/sports

Saturday Adaptive Private Swim Lessons *(Offered Quarterly)*

These private lessons are offered for children and adults with physical and cognitive disabilities and include instruction from a certified water safety instructor. Participants learn swimming and safety in a positive, calm environment in order to meet their goals. These hours and dates may run differently than the traditional swim lessons during the week.

Age: 3 and older

Session length: 4 weeks, 45-minute sessions

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

Cost: \$100 due at time of registration. Registration is on a first-come basis.

SATURDAYS

(August 5, 12, 19 & 26*)

9:00 - 9:45 AM

9:45 - 10:30 AM

10:30 - 11:15 AM

11:15 AM - 12:00 PM

Adaptive Tennis Class

Children who have cognitive impairments or challenges and have a difficult time having success in a typical tennis lesson will enjoy a supportive and adaptive learning environment.

Dates: June 1, 8, 15, 22, 29

Time: 5 - 6 PM

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

Age: 7 and older

Cost: \$40

**Adaptive Pickleball Clinics**

In partnership with the Grand Rapids Pickleball Club, Mary Free Bed Wheelchair and Adaptive Sports is excited to host a wheelchair pickleball clinic! Whether you've never picked up a paddle or are a seasoned enthusiast, come join us to learn more about this amazing sport that's growing at a fast rate. Participants will learn the basics of pickleball and play as much as possible. Wheelchair pickleball is played by anyone with a physical disability that uses a wheelchair. All levels are welcome to attend!

Dates: May 16, June 20, August 15 & September 19*

Time: 4 - 5:30 PM

Location: Belknap Park, 30 Coldbrook St. NE, Grand Rapids

Age: 15 and older

Cost: \$10 per clinic

**Participants must sign up for each clinic date separately and are welcome to stay after clinic if space allows.*

Clinics



Adaptive Sailing Clinic

No matter your ability, come and join us for an opportunity to learn how to sail!

Date: Friday, June 9

Time: Session 1: 9:00 AM - 12:00 PM | Session 2: 1:00 - 4:00 PM

Location: Grand Rapids Yacht Club, 740 Lakeside Dr. SE, Grand Rapids

Age: 5 and older; participants under 17 must be accompanied by an adult

Cost: \$30

Adaptive Canoe and Kayak Clinic

Offered in partnership with Kentwood Parks and Recreation

Date: Wednesday, June 14

Time: Session 1: 10:30 - 11:45 AM | Session 2: 12:30 - 1:45 PM

Location: Millennium Park (Devos Family Boathouse),
1415 Maynard Ave. SW, Walker

Age: 5 and older; participants under 17 must be accompanied by an adult

Cost: \$30

Adaptive Archery

In partnership with Kentwood Parks and Recreation, hosted by the West Michigan Archery Center, Mary Free Bed Wheelchair and Adaptive Sports is excited to host seasonal archery clinics! Whether you've never picked up a bow, or are a seasoned enthusiast, come join us to learn more about this amazing sport.

Date: Tuesday, June 13

Time: 6 - 7 PM

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

Age: 12 and older

Cost: \$25

Adaptive Ziplining Clinic

In partnership with Indian Trails Camp/IKUS Life Enrichment Services, Mary Free Bed Wheelchair and Adaptive Sports is excited to bring back adaptive ziplining. Experience unknown heights through the excitement of ziplining! Highly trained staff send participants propelling down an inclined cable, attached to a free moving pulley. There's also a rock wall for those who want a bigger challenge. There are two dates for the clinic this year!

Date: Friday, July 21

Times: Session 1: 12 - 1 PM | Session 2: 1 - 2 PM | Session 3: 2 - 3 PM

Location: Indian Trails Camp, 1859 Lake Michigan Dr. NW, Grand Rapids

Age: 7 and older

Cost: \$25

Date: Saturday, July 22

Times: Session 1: 10 - 11 AM | Session 2: 11 AM - 12 PM | Session 3: 12 - 1 PM

Location: Indian Trails Camp, 1859 Lake Michigan Dr. NW, Grand Rapids

Age: 7 and older

Cost: \$25

Register now at maryfreebed.com/sports



Adaptive Golf Clinic

Sponsored by the Pines Golf Course, and in partnership with Ambucs, Mary Free Bed Wheelchair and Adaptive Sports is excited to offer an adaptive golf clinic. This free clinic is open to anyone 11 years and older with varying abilities. Come learn more about golf and the use of adaptive equipment in the sport! Lunch will be provided after the event.

Date: Tuesday, June 19

Time: 10 AM - 12 PM

Location: Pines Golf Course, 5050 Byron Center Ave., Wyoming

Age: 11 and older

Cost: Free

Equipment: Please bring your own golf clubs. If you don't own clubs, they'll be provided for you.

Adaptive Waterski Clinic

Make a splash this summer and enjoy a fun day on the water! This clinic is Offered in partnership with Kentwood Parks and Recreation.

Dates: Friday, August 4 & Friday, August 11*

Times: Session 1: 9 – 11:30 AM | Session 2: 12:30 – 3PM

Age: 5 and older; participants under 17 must be accompanied by an adult

Location: John Collins Park 650 Lakeside Dr., East Grand Rapids

Cost: \$30

** Participants must sign up for each session separately.*

Requirements:

Participants must be able to swallow thin liquids safely.

If you are over 6 foot tall or 200 lbs, please contact us at 616-840-8538.

Off-road Handcycle Clinic

Get out and shred the trails at Luton Park with the Fat Explorer III, a member of the Mary Free Bed handcycle fleet. This off-road handcycle allows users to tackle single-track terrain and, with power-assist capabilities, this cycle can handle anything that comes its way. This series is offered to those with physical disabilities who can independently operate a handcycle. One of our program coordinators will conduct pre-series phone screenings to determine appropriateness.

**Wednesday
(June 21)**

Session 1: 6 – 7 PM

Session 2: 7 – 8 PM

**Tuesday
(July 11)**

Session 1: 6 – 7 PM

Session 2: 7 – 8 PM

**Monday
(August 7)**

Session 1: 10 – 11 AM

Session 2: 11 AM – 12 PM

Location: Luton Park - Prairie Overlook Parking Lot, 5871 Kies St NE, Rockford

Age: 16 and older

Height requirement: 5'2"-6'3"

Weight limit: 200 lbs.

Cost: \$20 per session

** Participants must sign up for each session separately.*

SPECIAL EVENTS

Junior Wheelchair Sports Camp

Our five-day sports camp is designed for youth with physical disabilities who require the use of a wheelchair. Kids ages 7 - 18 are empowered to explore different sports, make new friends and have fun being active. We'll introduce them to basketball, tennis, team handball, softball, sled hockey, handcycling and much more!

Dates: July 24 - 28

Time: 8:30 AM - 4 PM

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

Age: 7 - 18

Cost: FREE to day campers, \$200 for overnight campers who live more than 45 miles one way from GVSU.



JOIN US MONDAY, JUNE 5
THOUSAND OAKS GOLF CLUB


Mary Free Bed
— open —

DOUBLE SHOTGUN
8:00 a.m. and 1:30 p.m.
Reserve your foursome or secure your sponsorship.
Contact Laura Dulay at laura.dulay@maryfreebed.com or
616.840.8729. Purchase online at maryfreebed.com/golf.

**All shotgun times are first come, first served.*

On course to support
Mary Free Bed
Wheelchair and Adaptive Sports



LEE MONTGOMERY ATHLETE ASSISTANCE FUND

Applications open from August 1 - September 1, 2023.

The Lee Montgomery Athlete Assistance Fund (LMAAF), established in 2022 by the generosity of The Meijer Foundation, seeks to support and empower athletes with physical disabilities who are training competitively in adaptive sports and looking to take their game to the next level.

This fund enables new athletes to explore the world of wheelchair and adaptive sports or supports seasoned athletes in reaching next-level sports opportunities. The goal of the LMAAF is to give all individuals an opportunity to become the best athletes they can be, both on and off the field.

Requests for assistance can be up to \$1,000*. Eligible expenditures include:

- Pay-to-play fee for athletes to join a WAS team
- Housing assistance, including meals, activities and supervision for campers to participate in Mary Free Bed Junior Wheelchair Sports Camp
- Specialty sports and/or training camp fees outside of MFB WAS offerings
- Sport specific fees for athletes playing wheelchair sports at the collegiate level
- Fees and costs related to trying out for a Paralympic or Junior National sports team

ELIGIBILITY REQUIREMENTS

To be eligible to apply for assistance to participate on a WAS sports team, you must:

- Have actively participated in at least one WAS team (even if you have never played before)
- Be in good standing with the WAS program and/or teams
- Live in the United States

To be eligible to apply for assistance to participate in Junior Wheelchair Sports Camp, you must:

- Be diagnosed with a physical disability due to orthopedic or neurological medical condition and use, or require, a wheelchair to be successful in sports and recreational activities
- Live in the United States and be more than 45 miles one way from the Junior Wheelchair Sports Camp location

To be eligible to apply for assistance to participate in an elite/specialty sports camp, you must:

- Have actively participated in at least one WAS team for at least one year
- Be in good standing with the WAS program and/or teams
- Live in the United States

To be eligible to apply for assistance to try out for a Paralympic team, you must:

- Have actively participated on a WAS team for at least two years
- Be in good standing with the WAS program and/or teams
- Live in the United States (open to all states)

***IMPORTANT NOTE:** Funds cannot be paid directly to the individual requesting assistance. They will be paid to the approved camp or program. In the case of membership fees, a participant may only be reimbursed once receipt of payment is received.

GEAR UP TO SUPPORT WAS!

Mary Free Bed Wheelchair and Adaptive Sports has partnered with a local company to offer fanwear merchandise and clothing for the whole family. High School Fan Stand gives 8% of all sales back to Mary Free Bed Wheelchair and Adaptive Sports in the form of a cash donation to help continue our mission!

Scan the QR code to purchase your items today. These make great gifts!



Mary Free Bed
Wheelchair and Adaptive Sports

Connections to Consider

Grand Rapids Eagles Disabled Sports

This non-profit organization 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. It's a great opportunity to participate in team sports and make friends with others who range from power wheelchair users to full ambulation athletes.

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

Contact head coach Lori Moerdyk at **616.550.6806**, LMoerdyk@gmail.com, or visit the Eagles' Facebook page ([GREaglesdisabledsports](https://www.facebook.com/GREaglesdisabledsports)).



Kentwood Parks and Recreation

Kentwood Parks and Recreation provides adaptive recreation programs that promote social, creative and educational opportunities for youth and adults with physical and developmental disabilities. For a listing of current classes, clinics and events, visit kentwood.us/parks or contact Katelyn Bush, CTRS, at **616.656.5279** or bushk@kentwood.us.



CONNECT MOVE INSPIRE

Mary Free Bed
Wheelchair and Adaptive Sports

Thank you to our program sponsors:



Michael and Christina
Rosloniec Family



At Mary Free Bed, restoring hope and freedom is what we do best. Our goal is to help everyone achieve their highest degree of independence. Be a part of helping someone get in the game! For Wheelchair and Adaptive Sports sponsorship information, contact Laura Dulay at laura.dulay@maryfreebed.com or 616.840.8729.

Registration, Cancellation and Refunds:

To register for teams, classes, or clinics online please visit the registration section at www.maryfreebed.com/sports.

For any questions, please contact the Wheelchair and Adaptive Sports Program at Mary Free Bed at 616-840-8356 or email sports@maryfreebed.com.

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.