

RECONNECT

CONNECTING KIDS AND ADULTS WITH DISABILITIES TO SPORTS AND RECREATION OPPORTUNITIES

**WHEELCHAIR & ADAPTIVE SPORTS
PROGRAM SCHEDULE**



FALL 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

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; volunteering responsibilities throughout the season

Equipment: Each participant will need a handcycle. Limited supply available for loan, please inquire.

Adult Wheelchair Tennis

Adults with physical disabilities are coached in basic tennis skills and competitive play. No prior knowledge or experience playing tennis is required. 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 across 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 use a sports wheelchair. This inclusive program provides practice and playing opportunities for adults of any skill level. No prior knowledge or experience playing tennis is required. Practices and matches are on a standard tennis court – no special equipment or modifications to the court are necessary. 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



Find us at maryfreebed.com/sports

TEAMS



Power Soccer Team (Mary Free Bed Overdrive)

Mary Free Bed Wheelchair and Adaptive Sports is proud to announce that we are sanctioned with the United States Power Soccer Association for the 3rd year and compete across the nation! Whether you've never played power soccer before or are a seasoned enthusiast, come join us to learn more about this amazing sport. Practices will include drills, scrimmages and more!

Season: October - June

Time: 5 - 7 PM Wednesdays (skipping the last week of each month)

Age: 7 and older

Cost: \$104 due at first practice

Equipment: A limited number of power soccer chairs are available to borrow upon request. Otherwise, participants are limited to those who have their own power chairs. A limited number of footguards will be provided to participants on a first-come first-served basis. Please contact Jeovani Pantoja with additional questions at **616.840.8221** or **jeovani.pantoja@maryfreebed.com**.

Sled Hockey – Adults (Grand Rapids Sled Wings)

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

Season: September - April

Time: 8:30 - 9:50 AM Saturdays

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

Age: 18 and older

Cost: \$104 due at first practice; volunteering responsibilities throughout the season. Also, a USA Hockey membership fee payable online at usahockey.com. Must be a member before starting practice.

Sled Hockey – Juniors (Grand Rapids Sled Wings)

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 a sport ideal for individuals with lower limb-affected disabilities. This program is for both recreational and competitive athletes.

Season: September - April

Time: 9:30 - 10:50 AM Saturdays

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

Age: 7 - 18

Cost: \$104 due at first practice; volunteering responsibilities throughout the season. Also, a USA Hockey membership fee payable online at www.usahockey.com. Must be a member before starting practice.

TEAMS

Wheelchair Basketball – Juniors (Mary Free Bed Jr. Pacers)

The Junior Pacers includes 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 both recreational and competitive athletes with physical disabilities who can operate a manual wheelchair independently.

Season: September - April

Time: 5:30 – 7:30 PM Tuesdays

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

Age: 7 - 18

Cost: \$104 due at first practice; volunteering responsibilities throughout the season. Also, \$25 NWBA individual membership fee. Must register before attending practice.

Wheelchair Basketball – Adult (Mary Free Bed Pacers)

The Mary Free Bed Pacers offers competitive wheelchair basketball for those high-level players who are at least 18 years old and live with a physical disability. Players have the opportunity to 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 U.S.

Season: September - April

Time: 7:30 – 9 PM Tuesdays

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

Age: 18 and older

Cost: \$104 due at first practice; volunteering responsibilities throughout the season. Also, \$50 NWBA individual membership fee.

Wheelchair Basketball – Adult (Mary Free Bed Rollin' Drive)

The Mary Free Bed Rollin' Drive 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.

Season: September - April

Time: 6 - 7:30 PM Thursdays

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

Age: 18 and older

Cost: \$104 due at first practice; volunteering responsibilities throughout the season. Also, \$50 NWBA individual membership fee.



Find us at maryfreebed.com/sports

TEAMS



Wheelchair Rugby (Grand Rapids Thunder)

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

Season: September - March

Time: 7 – 9 PM Wednesdays

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

Age: 16 and older

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

Wheelchair Basketball – Adult Women (Mary Free Bed Women)

The Mary Free Bed Women started in the 2022-23 season and is back for its second year! This team is for girls/women ages 14 - 17 who are rostered on the Mary Free Bed Junior Pacers Varsity Team and women 18 and up.

Season: September - April

Time: 7:30 – 9 PM Thursdays

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

Age: 14 - 17 for those rostered on the Jr Pacers Varsity team and those 18 and older

Cost: \$104 due at first practice, volunteering responsibilities throughout the season. Also, \$50 NWBA individual membership fee.



Find us at maryfreebed.com/sports

HOME TOURNAMENTS

Wheelchair Rugby Tournament

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

Dates: October 21 - 22

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

Cost: Free admission

Power Soccer Tournament

The Inaugural Mary Free Bed Power Soccer Tournament will be the first power soccer tournament in Michigan. Teams from across the Midwest will be competing in our home tournament. Teams are made up of adults and kids as young as 7. Come join us for a great weekend!

Date: November 18 - 19

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

Location: Special Olympics Facility - 160 68th SW, Grand Rapids

Cost: Free for spectators

Wheelchair Basketball – Juniors 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.

Date: November 4 - 5

Location: Special Olympics Michigan, 160 68th St. SW, Grand Rapids

Cost: Free admission

Wheelchair Basketball Adults Tournament

The Mary Free Bed Invitational Adult Wheelchair Basketball Tournament presented by CareLinc is open to DI, DII, DIII and women's teams.

Date: December 2 - 3

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

Cost: Free admission



Classes

Adaptive Group Swim Lessons *(Offered Quarterly)*

Group lessons are offered for school-aged children with physical and cognitive disabilities. Participants learn swimming and safety in a positive and fun environment. Lessons include instructions from a certified water safety instructor. A volunteer assists the instructor and participants.

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

Session length: 6 weeks, 45-minute sessions

Cost: \$45 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	Session 2	Session 1	Session 2
(Sept. 11 - Oct. 16*)	(Oct. 30 - Dec. 4)	(Sept. 12 - Oct. 17)	(Nov. 7 - Dec. 12)
5:00 - 5:45 PM	5:00 - 5:45 PM	5:00 - 5:45 PM	5:00 - 5:45 PM
5:45 - 6:30 PM	5:45 - 6:30 PM	5:45 - 6:30 PM	5:45 - 6:30 PM
6:30 - 7:15 PM	6:30 - 7:15 PM	6:30 - 7:15 PM	6:30 - 7:15 PM
7:15 - 8:00 PM	7:15 - 8:00 PM	7:15 - 8:00 PM	7:15 - 8:00 PM

TUESDAYS

*Skip Oct. 5



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	Session 2
(Sept. 13 - Oct. 18)	(Nov. 1 - Dec. 13)
5:00 - 5:45 PM	5:00 - 5:45 PM
5:45 - 6:30 PM	5:45 - 6:30 PM
6:30 - 7:15 PM	6:30 - 7:15 PM
7:15 - 8:00 PM	7:15 - 8:00 PM

THURSDAYS

Session 1	Session 2
(Sept 14 - Oct 19)	(Nov. 2 - Dec. 14)
5:00 - 5:45 PM	5:00 - 5:45 PM
5:45 - 6:30 PM	5:45 - 6:30 PM
6:30 - 7:15 PM	6:30 - 7:15 PM
7:15 - 8:00 PM	7:15 - 8:00 PM

Register now at maryfreebed.com/sports

Classes

Saturday Adaptive Private Swim Lessons *(Offered Quarterly)*

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. Hours and dates may run differently than the traditional swim lessons during the week.

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.

SATURDAYS

(Sep. 16, 23 & 30; Oct. 7, 21 & 28*)

9:00 - 9:45 AM

9:45 - 10:30 AM

10:30 - 11:15 AM

11:15 AM - 12:00 PM

**skip Oct. 14*

Adaptive Rock Climbing

Experience the excitement of rock climbing in this four-week class. All levels are welcome to participate. Variations of rope and rock climbing instruction are offered by certified belayers. Levels range from entry-level walls to very challenging obstacles.

Date: An email will be sent next month with the date of this clinic.

Time: 6 – 7:30 PM Thursdays

Location: Higher Ground Rock Climbing, 851 Bond Ave. NW, Grand Rapids

Age: 4 and older

Cost: \$54 for climbing, equipment and shoe rental

Adaptive Yoga

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

Dates: Oct. 30; Nov 6, 20 & 27; Dec. 4 & 11 (skip Nov. 13)

Time: 6 - 7 PM Mondays

Location: Mary Free Bed Professional Office Building, Meijer Conference Room, 350 Lafayette Ave SE, Grand Rapids

Age: 12 and older by the date of the class

Cost: \$47

Equipment: We highly suggest you bring your own yoga mat, otherwise equipment will be provided upon request.



Register now at maryfreebed.com/sports

Classes

Future Sled Wings

The Future Sled Wings Program will hold three 6 week sessions for athletes interested in trying sled hockey. These practices will be for younger players ages 5 - 8 who want to play on the Sled Wings when they get older. We'll require USA Hockey memberships for any of the futures who want to play in games (with the "novice" group). Participants can sign up for one session or all sessions.

Session 1

Dates: Oct. 7, 14, 21 & 28; Nov. 4 & 11

Time: 9:30 – 10:50 AM

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

Ages: 5 - 8

Cost: \$30

Session 2

Dates: Dec. 2, 9 & 16; Jan. 6, 13 & 20

Time: 9:30 – 10:50 AM

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

Ages: 5 - 8

Cost: \$30

Session 3

Dates: Feb. 10, 17 & 24; Mar. 2, 9 & 16

Time: 9:30 – 10:50 AM

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

Ages: 5 - 8

Cost: \$30

Clinics



Adaptive Scuba Diving Clinic

In partnership with West Michigan Adaptive Diving and Moby's Dive Shop, we're happy to be back in the pool scuba diving! Whether you're a first timer or experienced diver, all are welcome to enjoy the freedom of adaptive scuba diving.

Date: An email will be sent next month with the date of this clinic.

Time: AM Session 10 AM - 12 PM | PM Session 1 - 3 PM

Age: 5 and up

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

Cost: \$25

Adaptive Archery Clinic

In partnership with Kentwood Parks and Recreation, hosted by 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: Sept. 12

Time: 6 - 7 PM

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

Age: 12 years or older

Cost: \$25

Equipment: WMAC will provide equipment, or bring your own.

Register now at maryfreebed.com/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
- Note: Travel expenses are not eligible expenditures.

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've never played before)
- Be in good standing with the WAS program and/or teams
- Live in the United States

For spring submissions, 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



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 and Adaptive Sports sponsorship information, please 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.