

# RECONNECT

CONNECTING KIDS AND ADULTS WITH DISABILITIES TO SPORTS AND RECREATION OPPORTUNITIES

WHEELCHAIR AND ADAPTIVE SPORTS  
PROGRAM SCHEDULE



SUMMER 2024



Mary Free Bed  
Wheelchair and Adaptive Sports

# CONNECT MOVE INSPIRE

Mary Free Bed Wheelchair and 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 compete 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+
- 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



## 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 3 - August 15

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

**Age:** 7 - 18

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

**Cost:** \$104 due at first practice

**Equipment:** Limited supply available for loan.

## 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)

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

## 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

**Practice:** 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



## 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.

**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 Mondays

**Age:** 16 and older

**Location:** 1415 Maynard Ave SW, Walker

**Cost:** \$104, due at first practice

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

### 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, dwarfism or other congenital conditions.

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 United States.

**Dates:** April - October

**Practice:** 6 - 8 PM Thursdays

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

**Age:** 16 and older

**Cost:** \$104, due at first practice

### Goalball | Mary Free Bed Sonics

In partnership with the Association for the Blind and Visually Impaired, the Mary Free Bed Wheelchair and Adaptive Sports program is thrilled to revive the sport of goalball. Goalball is a team sport designed specifically for athletes who are blind or visually impaired. It's a unique and inclusive sport that relies on the sense of touch and hearing, allowing individuals with visual impairments to participate in a team-based athletic activity.

**Season:** January - July

**Practice:** 6 - 8 PM Mondays

**Age:** 15 and older

**Location:** Sts. Peter & Paul Catholic School, 1433 Hamilton Ave. NW, Grand Rapids

**Cost:** \$104, due at first practice

## 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.

**Dates:** June 8 - 9

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

**Cost:** Free for spectators

### Midwest Wheelchair Tennis Championships

This hometown tournament, which an USTA II sanctioned event, welcomes more than 80 wheelchair tennis athletes. 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 11 - 14

**Time:** 9 AM - 6 PM daily

**Location:** MVP Crahen, 115 Crahen Ave. NE

**Cost:** Free for spectators

### Frenzy Fest Wheelchair Lacrosse Tournament

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

**Date:** July 13 - 14

**Time:** 8 AM - 5 PM daily

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

**Cost:** Free for spectators

### Low Point Thunderfest Tournament

Join us for the inaugural low point wheelchair rugby tournament hosted by Mary Free Bed Low Point Wheelchair Rugby.

**Date:** June 22 - 23

**Location:** MSA Fieldhouse, 5435 28th St. 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.

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

### TUESDAYS

Session 1	Session 2	
June 4 - July 16*	July 23 - August 27	
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	*No classes 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 above

**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	
June 5 - July 17*	July 24 - August 28	
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	*No classes week of July 4



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

### Future Frenzy – Wheelchair Lacrosse Series

This series is for ages 12-16 years old interested in learning wheelchair lacrosse. Anyone over age 16 is eligible to play on the wheelchair lacrosse team.

**Dates:** June 3 - July 8

**Time:** 5:30 - 6:30 PM Mondays

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

**Cost:** \$52

### 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 6, 13, 20, 27

**Time:** 6 - 7:30 PM

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

**Age:** 7 and older

**Cost:** \$40

### Adaptive Pickleball Series

In partnership with the Grand Rapids Pickleball Club, Mary Free Bed Wheelchair and Adaptive Sports is excited to host a wheelchair pickleball series! Whether you've never picked up a paddle or are a seasoned enthusiast, come join us to learn more about this popular sport. 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 21, June 18, August 20 & September 17

**Time:** 4 - 5:30 PM

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

**Age:** 15 and older

**Cost:** \$10 per session\*

*\*Participants can sign up for one or multiple sessions and are welcome to stay after the clinic if space allows.*

### Adaptive Sailing Clinic

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

**Dates:** June 14

**Time:** Session 1: 9 AM - 12 PM | Session 2: 1 - 4 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 Archery Clinic

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.

**Dates:** June 11

**Time:** 6 - 7 PM

**Location:** West Michigan Archery Center, 3500 10 Mile Rd. NE, Rockford, MI 49341

**Age:** 12 and older

**Cost:** \$25



**Adaptive Canoe and Kayak Clinic**

Offered in partnership with Kentwood Parks and Recreation

**Dates:** Wednesday, June 12

**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 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 who wants to learn more about golf and the use of adaptive equipment in the sport. Lunch will be provided after the event.

**Dates:** June 4

**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:** August 2 & August 9, 2024

**Time:** Session 1: 9 - 11:30 AM | Session 2: 12:30 - 3PM

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

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

**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.

**Adaptive Zipline Clinic**

In partnership with Indian Trails Camp/IKUS Life Enrichment Services, Mary Free Bed Wheelchair and Adaptive Sports is excited to bring back our adaptive ziplining clinic. 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!

**Dates:** August 12

**Time:** Kids Session (ages 7-18): 12 - 3 PM | Adults Session: 3 - 6 PM

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

**Age:** 7 and older

**Cost:** \$25

**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.

**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

THURSDAY JUNE 20	WEDNESDAY JULY 10	WEDNESDAY AUGUST 21
<b>Session 1</b> 5:00 - 6:00 PM	<b>Session 1</b> 5:00 - 6:00 PM	<b>Session 1</b> 5:00 - 6:00 PM
<b>Session 2</b> 6:00 - 7:00 PM	<b>Session 2</b> 6:00 - 7:00 PM	<b>Session 2</b> 6:00 - 7:00 PM





### 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 22 - 26

**Time:** 8:30 AM - 4 PM

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

**Age:** 7 - 18 years

**Cost:** FREE to day campers, \$225 for overnight campers who live more than 45 miles one way from GVSU.

#### Amway River Bank Run

This year is the 47th Annual Amway River Bank Run, and marks the 33rd year of the Mary Free Bed Guild's sponsorship of the Wheelchair Division and the 17th year of sponsorship for the Handcycle Division. Amway River Bank Run offers competitive 25K divisions for both 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 across the United States and abroad. This event raises public awareness of professional athletes in the adapted sports arena.

**Dates:** May 11

Register online at [amwayriverbankrun.com](http://amwayriverbankrun.com). If you have questions regarding registration or the Wheelchair and Handcycle Divisions, email [christy.vanhaver@maryfreebed.com](mailto:christy.vanhaver@maryfreebed.com) or call 616.840.8207.

#### Limb Difference Sports Camp

This camp is specially designed for children aged 7-18 with upper or lower limb differences who are eager to explore the world of sporting opportunities. Whether competing with crutches, a sports chair or a prosthetic limb, we offer a diverse range of sports and activities tailored to suit individual needs. We understand that one size does not fit all, and our specialty camp is dedicated to helping each camper find their own path to participation and enjoyment in sports.

**Dates:** June 25 - 26

**Time:** 9 AM - 4 PM

**Location:** Mary Free Bed YMCA

**Age:** 7 - 18 (at the time of camp)

**Cost:** \$50

### LEE MONTGOMERY ATHLETE ASSISTANCE FUND

Applications open from August 1 - September 1 2024.

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 will enable new athletes to explore the world of wheelchair and adaptive sports or support 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. This applies to costs for the camper only. Family costs are not eligible
- 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 have never played before)
- Be in good standing with the WAS program and/or teams
- Live in the United States

**For spring submission, 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

**\*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.

For questions about LMAAF or your application, contact Maria Besta at [maria.best@maryfreebed.com](mailto:maria.best@maryfreebed.com) or 616.840.8537.

# 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, boccia 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](mailto: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 their most current classes, clinic and events, visit [kentwood.us/parks](http://kentwood.us/parks) or call **616.656.5279**



### West Michigan Special Hockey Association (WMSHA)

The West Michigan Special Hockey Association (WMSHA) is a non-profit organization that provides ice hockey to physically and/or cognitively disabled children and adults in West Michigan. WMSHA is open to any player over the age of five, male or female, who is physically able to play at any level but is unable to participate in any other organized hockey program.

The program is free, except for a small registration fee. All hockey equipment, ice time, coaching staff and on-ice helpers are provided. No skating or hockey experience necessary. The group plays at the Patterson Ice Center in Grand Rapids on Sunday afternoons from October to March. For more information, visit [westmipatriots.com](http://westmipatriots.com) or [facebook.com/WMSHAPatriots](https://www.facebook.com/WMSHAPatriots). Contact us via email at [admin@westmipatriots.com](mailto:admin@westmipatriots.com).

# CONNECT MOVE INSPIRE

Mary Free Bed  
Wheelchair and Adaptive Sports

Thank you to our program sponsors:



Michael and Christina  
Rosloniec Family



Richard and Lori  
Hinkley 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](mailto: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](http://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](mailto: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.

[maryfreebed.com/sports](http://maryfreebed.com/sports)



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