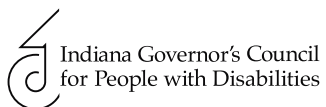


ignite thoughts into action

spark



Indiana Governor's Council
for People with Disabilities

aug/sept 2013
volume 3 number 4

in this issue on **SPORTS**



Equal access in
school sports



Sports for
all abilities



Andrew and
Michael Peterson

in this issue on
SPORTS

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“Game on!”

“Be a team player”

“Take one for the team”

“Play by the rules”

“Home-court advantage”

How often have we heard these expressions used in everyday life? Their origins emanate from sports, and they’re also lessons to be learned.

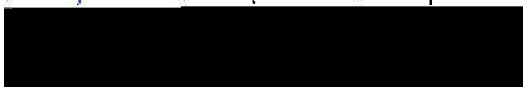

Nelson Mandela understood the power of sports as an equalizer and a tool, not only to break down barriers, but to build confidence and raise the human spirit in times of adversity. “Sport,” Mandela stated, “has the power to change the world. It has the power to unite people in a way that little else does. It speaks to youth in a language they understand. Sport can create hope where once there was only despair.”

Sports are more than physical activities. They are gymnastics for the brain, training the mind and the body to function as a whole unit. Participating in sports – team, solo or non-competitive – has a wide array of lessons to teach us.

As a child, it can be our initial step to interacting with others, learning the art of give-and-take, making a contribution, following instructions and being strategic. Engaging in non-competitive or single sports and activities teaches us self-discipline, respect for our bodies, and contributes to our sense of self-worth as we work toward, and complete, a goal and maintain a healthy lifestyle.

We trust that this issue of Spark will inspire you to get your “game on” and get you moving toward living an active, fulfilling life.

Sincerely,



Suellen Jackson-Boner
Executive Director

spark is a bi-monthly publication of the Indiana Governor’s Council for People with Disabilities, an independent state agency that facilitates change. Our mission is to promote the independence, productivity and inclusion of people with disabilities in all aspects of society. This mission is accomplished through planning, evaluation, collaboration, education, research and advocacy.

Suellen Jackson-Boner
Executive Director

Christine Dahlberg
Deputy Director



New mandate for schools brings equal access to sports

Photo courtesy of Joe Kusumoto/U.S. Paralympics

Jan. 25, 2013, marked a historic date for student athletes with disabilities. A new mandate from the United States Department of Education (DOE) made clear to schools that children with disabilities should have equal access to school athletics.

According to NBC News, the federal government is requiring schools nationwide to make “reasonable” changes to sports programs so students with disabilities can participate – or else, provide separate teams. The guidance, provided by the DOE’s Office of Civil Rights, was first prompted by well-known Paralympic athlete Tatyana McFadden.

In high school, McFadden was denied the right to compete in track and field events. Despite being the youngest-ever athlete to compete at the Paralympics and taking home a bronze and silver medal at the 2004 Paralympic

Games in Athens, Greece, (later becoming a three-time gold medalist), her school would not give her a uniform or allow her to compete alongside other runners.

Terri Lakowski, CEO of Active Policy Solutions, helped bring McFadden’s case to court by suing the state of Maryland for sports equality. After several legal battles, it became clear there was a lack of structured guidance on athletic programming and accessibility. McFadden and her family were not willing to give up, because they did not want others to feel the inequality she felt. “Sports is my passion, paving access for others is my purpose,” McFadden states on her website, tatanamcfadden.com.

In an April 13, 2013, web conference, Lakowski described how her team was able to successfully pass first-of-its-kind legislation

in Maryland in 2008 that offered in-depth rules on how to provide equal opportunities in interscholastic sports.

As the legislation was developed, Lakowski’s team simultaneously commissioned the United States Government Accountability Office (GAO) to research this gap at the federal level. In the GAO’s 2010 report, the number of students with disabilities participating in sports was 56 percent lower than students without disabilities. Most often, these students were excluded because of their disabilities.

Since these findings violate Section 504 of the Rehabilitation Act of 1973 (regarding the provision of extracurricular activities for students with disabilities), the DOE was eager to “clarify and communicate schools’ responsibilities” to address this issue. U.S. Secretary of Education Arne Duncan introduced these

guidelines with a letter expressing the importance of providing an inclusive sporting environment in the same way academic programs are arranged.

“While it’s the coach’s job to pick the best team, students with disabilities must be judged based on their individual abilities, and not excluded because of generalizations, assumptions, prejudices or stereotypes,” he stated.

The guidelines highlight several instances where changes could be made. A laser could be used instead of a pistol to signal the start of a race to allow athletes with hearing impairments an equal start. Similarly, a swimmer with one arm should not be subjected to a two-hand touch rule to finish a swim trial.

Likewise, other adjustments should be made as long as they do not fundamentally change the sport or give anyone an advantage. The report gave the example that adding a fifth base in baseball to shorten the distance for runners would be considered too much of an alteration.

In addition to providing accessibility measures, the DOE outlined that, if extracurricular athletic programming cannot effectively meet the needs of the student, a school must make other improvements to promote involvement. The report states, “When the number of students with disabilities at an individual school is insufficient to field a team, school districts can also:

1. Develop district-wide or regional teams for students with disabilities, as opposed to a school-based team, in



Photo courtesy of Joe Kusumoto/U.S. Paralympics

Tatyana McFadden, 10-time Paralympic medalist

- order to provide competitive experiences;
 2. Mix male and female students with disabilities on teams together; or
 3. Offer ‘allied’ or ‘unified’ sports teams on which students with disabilities participate with students without disabilities.”
- Quoted in Bloomberg, Kent Bauer of Disabled Sports USA asserts only 12 states – not including Indiana – have established athletic programs for students with disabilities. And at the NCAA level, Lakowski states there are fewer than 15 colleges and universities offering adapted programs for students with disabilities. Lakowski and many other advocates believe these new guidelines will bring positive

growth to sports programming for students with disabilities, and she compares it to Title IX – women’s equality in athletics.

“If you look at Title IX and you look at the Rehab Act, the language and the statute itself are completely identical. You interchange ‘sex’ with ‘disability,’ and you have the Rehab Act,” she said.

The DOE’s guidelines conclude with a commitment to work with schools, families, communities and athletic associations to ensure equal opportunity in sports activities is granted to all students. To connect with Indiana’s division of the DOE’s Office of Civil Rights, contact their Chicago office at ocr.chicago@ed.gov. *



Go team! Sports for all abilities

No sport is off limits. There are a multitude of sporting options for people with disabilities waiting to be played, and finding the right one shouldn't be a challenge for anyone.

Quad Rugby

If you've seen the documentary "Murderball," you'll know immediately how exciting it can be to watch or play this sport. Quad rugby involves a four-person wheelchair team trying to move a volleyball across a goal line. It's a fast-paced game involving bumping, stealing, hurdling and making other jaw-dropping moves on a regulation basketball court. Players, who have quadriplegia, maneuver around one another in their wheelchairs, helping to block opponents, position themselves for a pass or make a catch. Teams have 12 seconds to advance the ball to their side of the court and

a total of 40 seconds to make a goal. Fouls, such as direct physical contact with a player or hitting from the backside, result in loss of possession or being sent to a one-minute penalty box.

For more information on quad rugby, visit quadrugby.com.

Wheelchair basketball

Dribble, shoot, score . . . and don't forget where to place your chair! At any age level, competition is fierce as players maneuver their wheelchairs around others to get the best position for a perfect shot. That's the advice from Jacob Patrick, sports program director at Rehabilitation Hospital of Indiana (RHI). Along with his role overseeing sports programming, he coaches young children to learn fundamentals of basketball and become "one" with the wheelchair.

Like most adaptive sports, wheelchair basketball contains the traditional rules of the game. Core muscles are an important part of play, especially as you shoot for two- or three-pointers and free-throws. "Players should be able to strap in and maneuver their chairs without having to use their hands."

There are also different types of defense strategies – usually a zone defense instead of man-to-man. On offense, setting up picks, finding an open player who's ready to score and beating the shot clock are all part of play. "But once you lose positioning on the court, it's much more difficult to gain it back like players can in the NBA," Patrick said.

The biggest question Patrick receives about the game is the ruling on "traveling." In wheelchair basketball, with every two pushes of a chair, players must dribble



Wheelchair basketball

once or be called for traveling. Players can hold the ball in their laps during play, but there's always a risk that other players will easily steal it away.

Beep baseball

A pitcher gives a verbal cadence, a batter who is blindfolded stands ready 20 feet away at home plate, and quickly, a beeping softball is thrown, poised to make contact with the bat. Anticipation is no less dramatic than the major leagues as blindfolded players hit the ball into the field – sometimes hitting it more than 170 feet for a home run.

In beep baseball, players who are visually impaired are skilled at listening to their surroundings. After hitting the ball, they run toward one of two blaring base posts. Players in the field listen for verbal commands from spotters to know which of the six zones the ball is coming to and whether to dive right or left to try stopping the beeping ball. When a player makes it to the base before the outfield retrieves the ball, a run is scored.

And unlike the major league, only two “outs” are given during each of the team’s six innings.

“It’s all about trust,” said Darnell Booker, coach and player for the Indy Thunder, and part of the Indiana team who won the game’s 1990 World Series. He explained how critical it is for players to listen to each other during all aspects of the game. “Applause is necessary, but silence is golden,” Booker said.

Indy Thunder player Zack Lee, who had never swung a baseball bat before joining the team, is now ready to compete in the national tournament in Columbus, Ga., against a team from Taiwan. Teammate Mike Dixon is also looking forward to competition. “That’s why I do it,” Dixon said. “I want to stay active and be competitive.”

The Indy Thunder is always looking for volunteers and fundraising. To learn more about beep baseball, check out nbba.org.

Power Soccer

After seeing one match of power soccer, you might become hooked – which was the case with Scott Kempf, Becky Newlin and Erin McAloon, Indiana power soccer players and national competitors.

Power soccer is becoming one of the biggest adaptive sports in Indiana and the nation. “It’s a really friendly atmosphere,” Kempf said. “And anyone can pick it up,” Newlin added.

According to Newlin, wheelchair soccer is a big “dance,” and players have to learn the choreography. Players use chairs equipped with modified speed settings that allow them to move and turn faster. Some players even use specialized Strike Force chairs made just for the game.

During play, four teammates – a center, two wingmen and a goalie – use their power chairs to propel a soccer ball across a goal line. To make a pass or drive the ball forward, players swing their chairs around and knock the ball toward an intended direction. “You need



Beep baseball

to ramp up your speed to hit the ball hard,” McAloon said.

Perfecting aim can be a challenge, as both McAloon and Kempf are still working on theirs.

Another important aspect is communication. “Players should always have an eye on the ball and tell each other where you are on the court,” McAloon said. Since players are not allowed to be within three meters of each other, they are challenged to focus on the ball and where teammates are at the same time.

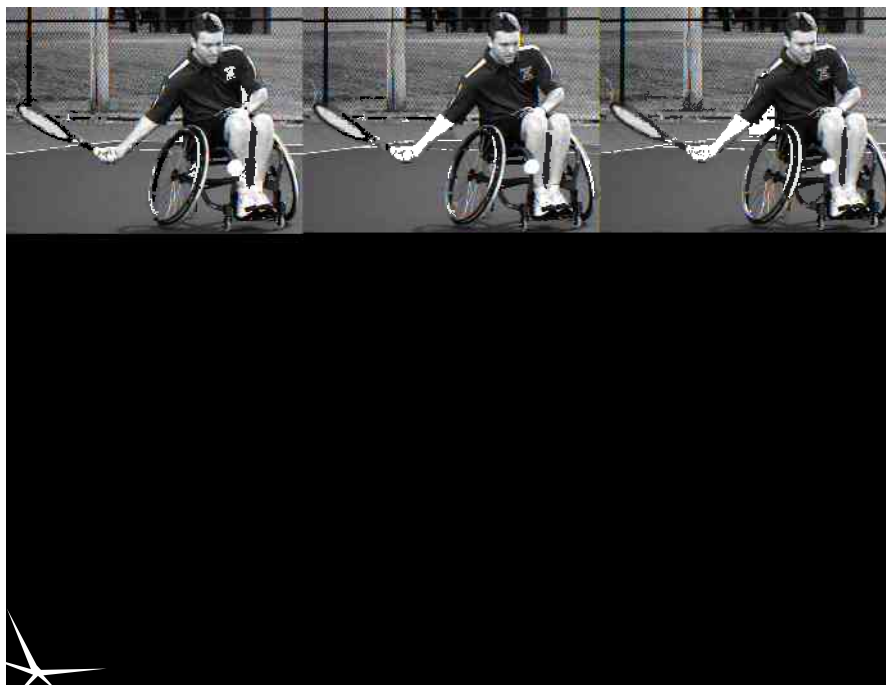
“It’s an adrenaline rush,” Newlin said. “Your heart beats fast, and you get into it.” But all three agree it’s much more of a mental exercise. “Three games into it, and I’m toast!” Newlin added.

McAloon recently returned from a national competition in Arizona, while teammates Kempf and Newlin just finished a tournament in Minnesota. Traveling and being able to compete with a variety of different people – sometimes internationally – is one of the best parts, according to Kempf. “It’s a neat opportunity to be social with anyone across the world,” he said.

Wheelchair tennis

Kevin Hughes, sports and recreation coordinator at Turnstone in Fort Wayne, Ind., loves tennis. “Not only do I love the back-and-forth action, but I love that I can play against anyone at any park. I can go to any racquet club and join a league,” he said.

Hughes, who has spina bifida and uses a wheelchair, plays with the Turnstone Flyers tennis team and oversees the sports activities and programs offered at Turnstone.



Wheelchair tennis

His experience at the national level and his passion for the sport make him a good resource for others learning the game.

Wheelchair tennis players typically use a chair designed with a camber (a slanted wheel which allows sharper turning). The ball size, field and scoring system abide by standard regulations. The major difference in play is the two-bounce exception – a ball is allowed to bounce twice on the receiving side before executing a return hit.

When on the court, Hughes says players should always be moving. Once players hit a ball they should always head back to a center “hub.” This helps keep players from being vulnerable. But, constant moving, combined with hand and eye coordination with the ball, takes practice.

“The best thing to do is to make sure you pick up good habits from experienced people,” Hughes pointed out. “Once you’re ready, you’ll be able to play with anyone.”

Of course, these are not the only team sport opportunities in the state. RHI and Turnstone, both Paralympic sports clubs, offer more than 15 competitive sports teams and numerous clinics for beginners and advanced skill levels. Activities include waterskiing, rock climbing, sailing, sled hockey, swimming, cycling, horseback riding, fencing and rowing.

If you’re interested in getting involved in a sport, both Hughes and Patrick encourage visiting Paralympic.org, where you can find a club offering a variety of adaptive sports in your area. Or, by connecting with your local parks department, you can see what sports are being offered and schedule lessons to learn how to play. If your local parks department does not offer accessible programming, bring this to the attention of a parks department program director to ensure accommodations are made available. *



Andrew and Michael Peterson's winning spirit

“Not only do we [athletes] compete to win in Special Olympics, we compete to be included and be accepted in our schools, our jobs and our neighborhoods.”

Andrew Peterson, a talented runner, delivered this memorable line in a speech to more than 1,000 law enforcement officers at Bankers Life Fieldhouse in Indianapolis. Andrew and his brother Michael – a shot putter and runner – speak often to groups about their experiences competing in Special Olympics events around Indiana because they know what comprises a winning spirit – motivation and support from others.

More than eight years ago, the Petersons were looking for ways

to stay active after middle school ended. Not wanting to let Andrew's abilities go untapped, his father Craig signed him up to participate in a local 5K race. That training and experience boosted Andrew's running career – leading to four varsity high school letters – and encouraged both brothers' involvement in Special Olympics. Today, the brothers are members of the Washington Township Special Olympics in Marion County, Ind., and have earned their share of athletic success.

Getting involved in Special Olympics

Special Olympics offers year-round sports training and athletic competition in which the brothers compete alongside other athletes with intellectual disabilities. The organization became a haven where both young men could show their competitive spirit, build camaraderie and express

different talents. Their pride in the organization is evident, and they have many cherished stories.

Prior to one meet, Andrew sprained his ankle. After not placing in several of his races, he was determined not to give up. He wanted to leave the meet with a gold medal, which he did in his last race – the 1,500 meter run (roughly one mile).

Michael's love for singing and performing music became an additional outlet for him, and he was asked to sing the Star-Spangled Banner at the Special Olympics state summer games at Indiana State University in June 2013.

Through their embodiment of Special Olympics' mission, the brothers have been called upon to showcase their spirit to others. Recently, they performed at a “Respect Rally,” combining their motivational speaking and singing

talents for a crowd of 700 at Guerin Catholic High School in Carmel, Ind. In total, Andrew has spoken at more than 25 events, and Michael has performed three times.

For Michael, hanging out with peers or attending social events organized by their Special Olympics chapter is very important to him. "People want to see each other succeed," Michael said. "It's not a game where someone wins. It's about the team."

Equally, Andrew finds the competition exciting. "I like the feeling when I cross the finish line," he said. His talent will allow him to compete nationally for Indiana in the 2014 Special Olympics USA competition in New Jersey.

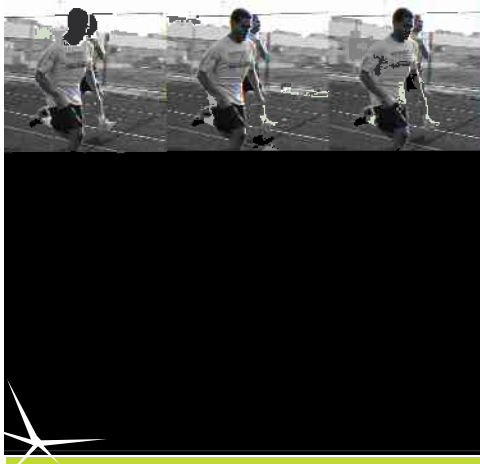
Special Olympics partners with IHSAA

In December 2012, the Indiana High School Athletic Association (IHSAA) announced a new partnership with Special Olympics Indiana. The partnership will encourage IHSAA's 410 member schools and more than 160,000 athletes and coaches to participate in Special Olympics events or create their own events to support the organization.

Andrew helped engage IHSAA with Special Olympics. He presented to the 18-member student council making the decision, and he spoke during the official announcement. To see Andrew's speech, visit youtu.be/YjUajpxxy4I.

In a news release announcing the partnership, IHSAA Commissioner Bobby Cox commented on this exciting opportunity. "[Partnering] with Special Olympics of Indiana may prove to be one of the most profound decisions made by the Association in the ongoing development of student leaders in an education-based athletic setting."

Mike Furnish, president and CEO of Special Olympics Indiana, agreed. "By partnering with the IHSAA we're



optimistic that students with special needs will be more accepted in their schools and feel more motivated to get involved in sports through Special Olympics."

The Petersons hope to see this partnership grow and find support from high schools statewide, and Special Olympics Indiana hopes this will increase participation in the program from 11,000 to 15,000 athletes with disabilities.

Disability becomes secondary

Throughout the summer, Andrew could be seen practicing with the Brebeuf Jesuit Preparatory School's cross-country team to ready himself for national competition. After gaining consent from the athletic director and coaches, Andrew began practicing in this inclusive setting that has pushed his skills even further. Seeing Andrew in that environment, his brother Michael is convinced that when you're able to do something you enjoy and excel at, your disability becomes secondary.

According to Craig Peterson, Brebeuf has become a model for other student bodies to follow in its commitment to Special Olympics, and he has noticed how well the student-athletes have taken Andrew under their wings. Brebeuf also hosts several of the events at the Eunice Kennedy Shriver Games, an annual competition organized by Special Olympics Indiana. *

About Special Olympics

Special Olympics offers more than 20 Olympic-type sports at a variety of levels that accommodate a diverse range of abilities.

Special Olympics wants its athletes to develop physical fitness, demonstrate courage, experience joy, and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community. This network expands to more than 3 million athletes in Special Olympics programs throughout the country.

Special Olympics Indiana

soindiana.org | (800) 742-0612
information@soindiana.org

Special Olympics Indiana is divided into 10 geographic areas and offers competition and support for county programs located within their regional boundaries. More information about your area can be found online at soindiana.org/programs/area-directors.



Win big by staying active

The World Health Organization recommends all adults engage in a combination of 150 minutes of moderate physical activity (such as walking briskly) and 75 minutes of vigorous physical activity (such as playing wheelchair basketball or running) per week. Why? To keep you healthy and to live a long, fulfilling life! Here's a quick look at how sports positively benefit your overall well-being.

Health benefits of sports and physical activities

Whether you choose to participate in a team or an individual sport, social, mental and physical benefits abound. According to the President's Council on Physical Fitness and Sports, active people report higher self-confidence and self-esteem, and reduced levels of anxiety and depression. Physical activity releases positive chemicals – endorphins, adrenaline and

serotonin – in the brain, which help to improve mood, manage stress and boost energy.

In addition, regular physical activity helps maintain a healthy body weight, and improves muscle tone and the ability to complete daily life tasks. It also increases cardiovascular fitness, strength, bone health and even sleep quality.

Lifestyle benefits of sports and physical activity

According to the U.S. Department of Health and Human Services, social, academic and career

advancement can be linked to involvement in sports. High school student-athletes were less likely to use drugs or smoke cigarettes and had higher grade-point averages, lower dropout rates and a better chance of attending college than non student-athletes. Additionally, sports promote teamwork, leadership, hard work and determination – all important qualities for employment or work in the community.

Jacob Patrick, sports program director at Rehabilitation Hospital of Indiana (RHI), sees many people with disabilities experience

“Just keep at it. There always seems to be a way to get around any problems, so don't let anything keep you from giving it a real chance.”

–Kacie Weldy

these benefits first-hand, particularly when they engage in a team sport.

He pointed out that participating in team sports provides the chance to experience new environments and meet new people.

“The mental benefits are big,” Patrick said. “It’s an opportunity to get out of the house and connect with people who have been through similar experiences; friendships grow when people get involved.”

Choosing activities that are right for you

Trying new activities may feel intimidating at first, but reaching outside your comfort zone can open you up to fun experiences and help you accomplish new goals.

“I would encourage anyone who is unsure or uncertain about starting a new sport to just come and check it out,” Patrick said. “Most facilities or sports programs would be absolutely fine with people just coming to watch and ask questions.”

Kacie Weldy, a married mother of three who has hearing and sight impairments, chose to run in Indianapolis’ 500 Festival Mini-Marathon in 2010 and 2011. She was the first participant to ever use an assistance dog at the event. Though she experienced ups and downs while working with race coordinators to make it possible – and tested her physical limits during training – she ultimately crossed the finish line with a smile.

“My encouragement to others would be to give [activity] a try, and to get hooked up with a support group,” Weldy said. “There are lots of options available, and getting plugged in with other people makes a big difference and keeps you motivated.”



Kacie Weldy and her assistance dog, Rei.

Engage in physical activity safely

If you plan to begin physical activity, remember to “start low and go slow.” Steadily increase how often and how long activities are done over time. Remind yourself that some physical activity is better than none.

“Most of all, just keep at it,” Weldy said. “There always seems to be a way to get around any problems, so don’t let anything keep you from giving it a real chance.” *

Tips for getting and staying active:



SET GOALS

Set physical activity goals you can reach.



TRACK PROGRESS

Track what you do.



REWARD YOURSELF

Reward yourself when you meet your goals.



SEEK SUPPORT

Seek support from your friends and family members. Ask them to join you in your activities.



DON'T GIVE UP

If you miss a day, don't quit. Just start again.

Source: “Healthy Living.” Centers for Disease Control and Prevention, cdc.gov/ncbddd/disabilityandhealth/healthyliving.html

Sports injuries – know the risks, stay in the game

Injuries are a common occurrence in sports and physical activity. According to the Centers for Disease Control and Prevention (CDC), many athletes under age 14 were injured while playing sports, including:

- 28% of football players
- 25% of baseball players
- 22% of soccer players
- 15% of basketball players, and
- 12% of softball players

In addition:

- More than 3.5 million kids under age 14 receive medical treatment for sports injuries each year – nearly 40% of all sports-related injuries treated in hospitals.
- Injuries associated with participation in sports and recreation account for 21% of all traumatic brain injuries among children in the United States.
- More than half of all sports injuries in children are preventable.

Gaining mainstream press in recent years, football has a reputation for causing a majority of serious and fatal injuries. However, the National Center for Catastrophic Sport Injury Research (NCCSIR) has found the injury rate per 100,000 athletes is higher in both gymnastics and ice hockey than football. Moreover,

the American Association of Neurological Surgeons found that out of 447,000 sports-related head injuries reported in 2009, 86,000 were attributed to cycling, 47,000 were due to football and 38,394 were acquired from baseball.

Knowing the risks

Athletes can't avoid every injury, and it's important to be mindful of some of the risks when engaging in activity.

While we might think most sports injuries are singular, traumatic events, the most common types are actually overuse or overexertion caused by improper rapid acceleration of intensity, duration or frequency. STOPsportsinjury.org explains our bodies have a tremendous capacity to adapt to physical stress, but we can't always tell if our bodies are reacting positively or negatively.

Neglect of proper safety measures is also a risk. According to the CDC, one-third of parents do not have their children take the same safety precautions at practice that they would during a game. The American College of Sports Medicine states 85% of casual runners and athletes wear shoes that are too small. And, equipment-related injuries are also unfortunately common. From 1979 to 2008, there were 34 deaths and

51 injuries from moveable soccer goals according to NCCSIR.

Athletes with disabilities also must consider how injuries might impact their daily lives. Athletes who don't have use of their legs should know the risks associated with arm injuries, and people experiencing paralysis should be mindful their bones are easier to break because of their low bone density.

Steps to injury prevention

Stuart Willick, M.D., medical offices of the International Paralympic Committee, recommends viewing sports injury prevention in a holistic manner. "There is no one factor that can prevent injuries; they happen for different reasons." To reduce risk, he recommends a prevention plan that includes:

- Increasing physical training gradually
- Using proper, safe equipment
- Engaging in rule-abiding play
- Maintaining good nutrition

STOPsportsinjuries.org provides a variety of resources covering ways common injuries can be prevented when playing popular sports.

Using the expert insight, sport tips and guides for parents and coaches on this website, you can learn how to stay safe and keep yourself in the game. *



Sports gadgets and tech get you in the game

If you don't think you're able to participate in sports because of your disability, think again! Thanks to many new assistive devices, equipment and other technology, people with disabilities can safely enjoy their favorite sports and live an active and healthier lifestyle.

Sports equipment

Handcycles – bicycles that are connected to a wheelchair and operated using your hands – are popular among people with disabilities. Riomobility.com has a selection of handcycles available.

Golfers can try the Sagamore Shaft from Sagamoregolfcompany.com to stabilize forearms during swings. Or, try the ball and marker pick-up clamp from Northcroftgolf.com.

The Poss-I-Bowl (bowlingramps.com) is a switch-controlled device that allows individuals

with disabilities to participate in bowling. Releasing the ball down a ramp onto the lane is as simple as pressing a switch.

For those looking to enjoy ice skating, three models of adaptive ice skates have been developed by skate manufacturer Riedell Shoe Company in conjunction with Gliding Stars, an adaptive ice skating program (glidingstars.org).

To view adaptive equipment available for many other sports and leisure activities, visit Abledata.com. Click the Products tab and search for a variety of products for sale under the Recreation category.

The right shoe for the right sport

Nike is currently working with 16-year-old Matthew Walzer, who has cerebral palsy, to develop a basketball and running shoe better

suited for people with disabilities. This partnership was spurred by a letter Walzer wrote to Nike's CEO in 2012. Read more from Walzer's blog, 11championshipsandcounting.blogspot.com.

Silverts.com also offers adaptive running shoe options for men and women.

Accessibility in the great outdoors

If activity in the great outdoors is what you're after, there are a variety of activities waiting for you. Indiana's state parks have several accessible elevated platforms for use at archery ranges. Or, find the perfect wheelchair-accessible fishing pier at Clark State Forest, Dream Lake, Green-Sullivan State Forest or Starve Hollow state recreation areas. But, don't forget your hunting or fishing license! Veterans with disabilities in Indiana are eligible for discounted

licenses upon approval of an application. The cost for this license is \$2.75 per year and covers the hunting of small game and fishing. People with developmental disabilities or who are blind do not need a fishing license.

People with disabilities may also obtain a special permit along with a standard hunting license that allows the use of a vehicle on state or federal land. Contact Indiana Department of Natural Resources (DNR) for more information at dnr.in.gov/fishwild or (317) 232-4200.

Hitting the trails on horseback can also be an exciting activity to consider. Trail enthusiast Rick Long custom built a wagon for his wheelchair (see below) and enjoys taking it out to O'Bannon Woods State Park to ride the horse-drawn wagon trails. He gives high praise to O'Bannon State Park's staff who work hard to ensure accessibility



Accessible hunting platforms are available in some Indiana state parks.

at the park. If you'd like your own horse-drawn cart, Long can help custom make one for you. Contact him at RLongjr06@hotmail.com.

For more information on assistive devices and features that can be used free of charge at Indiana state parks, contact Ric Edwards, director of safety

and ADA compliance for Indiana Department of Natural Resources, at (317) 232-4145.

Don't let a disability keep you away from sports and physical activity. Find out which assistive devices work best for you and get up and get active! *



Rick Long and his custom-built accessible wagon.

Sports Resources

Activeamp.org

activeamp.org

Sports and recreation resources for people who are amputees. Provides information on many types of sports and adaptations, as well as types of prosthetic limbs modified for sports.

American Association of Adapted Sports Programs

adaptedsports.org | (404) 294-0070
sports@adaptedsports.org

Assists school systems that want to develop and offer adapted sports for their students with physical disabilities.

Blaze Sports America

blazesports.org | (404) 270-2000

Offers information on how to create adapted sports and recreation programs for children and adults with physical disabilities.

Makoa

makoa.org

Provides links to many resources. Click on Travel and Recreation Resources as well as Sports Training and Athletic Competition.

Disabled Sports USA

disabledsportsusa.org
(301) 217-0960

Chapters all over the U.S. provide opportunities from mountain climbing to scuba diving. Indiana chapters include Special Outdoor Leisure Opportunities in South Bend, Ind., and Turnstone Center in Fort Wayne, Ind.

League of Miracles

leagueofmiracles.org
(317) 840-2636
leagueofmiracles@gmail.com

An accessible baseball field and program for people with mobility limitations in Morgan County, Ind.

National Center on Health, Physical Activity, and Disability

ncpad.org | (800) 900-8086 (toll free)

Provides information and resources on inclusive or adapted activities and sports, including state-specific information.

National Inclusive Martial Arts Academy

indstate.edu/nimaa | (812) 237-3210

Part of Indiana State University in Terre Haute, Ind., it assists Martial Arts programs and provides information about programs that offer adaptive instruction.

Professional Association of Therapeutic Horsemanship International

pathintl.org | (800) 369-7433 (toll free)

Has a searchable database that includes 23 different Indiana organizations that offer programs.

Rehabilitation Hospital of Indiana

rhin.com/rhi-sports-program
(317) 329-2000

Provides competitive and non-competitive athletic programs for people with physical disabilities.

Special Outdoor Leisure Opportunities

skisolomichiana.org

Conducts an adapted downhill skiing program and a cross-country and snowshoeing program for St. Joseph County, Ind., residents with disabilities.

Turnstone

turnstone.org | (866) 483-1278
turnstone@turnstone.org

Paralympic sports club in Fort Wayne, Ind., that provides co-ed adaptive sports and clinics for people with physical disabilities.

The United States Power Soccer Association

powersoccerusa.net

Promotes power soccer, providing tournament play and contact information for registered teams, including nine in Indiana.

USA Paralympics

findaclub.usparalympics.org

Supports athletes and connects organizations that provide sports opportunities for people with physical and visual disabilities. In addition, Warrior Games (teamusa.org/warriorgames) is a Paralympic-style competition for wounded, ill and injured military service members and veterans. Indiana currently has six Paralympic clubs.

ignite thoughts into action

spark



We welcome your suggestions
for newsletter content and
ideas concerning the actions
of the Council.

phone: (317) 232-7770
email: GPCPD@gpcpd.org

www.in.gov/gpcpd

Honor those who make our communities better

The Governor's Council Community Spirit Awards program recognizes individuals and groups who help make our communities more inclusive for people with disabilities. The Council is now accepting nominations for the 2013 awards in the Distinguished Leadership and Disability Awareness Month categories.

To submit a nomination, visit www.in.gov/gpcpd and click on the "catch the community spirit" logo. The entry deadline is October 4, 2013. Awards will be announced at the 2013 Dream to Dare Conference.

**The deadline for entries
is October 4, 2013**

