

ADAPTIVE TEAM SPORTS FOR STUDENTS WITH DISABILITIES

Presented by Seattle Adaptive Sports
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ABOUT SEATTLE ADAPTIVE SPORTS

- Began in 1991 with a track/field and swim program.
- Currently offering wheelchair basketball, sled hockey, power soccer, track/field and a youth social and mentoring club.
- Annual sports clinic in June to include multiple adaptive sports available in the Northwest. Clinics have included w/c bb, quad rugby, sitting volleyball, swimming, fencing, scuba diving, skiing, cycling, track/field, power soccer, standing soccer, sled hockey, w/c tennis, blind goalball, and more.
- Athletes range in age 3 yrs old and up, with competitive and recreational opportunities for individual and team sports.
- Instrumental in advocating for physically disabled to participate on school sports teams, including track/field, swimming, archery, bowling and tennis. High school students compete for points at the WIAA State Track Championships.
- Programs build skills, provides camaraderie, self-confidence, self-esteem and independence for our athletes who otherwise would not have this outlet.
- Students earn college sports scholarships offered by many collage across the United States.

CREATING EQUAL OPPORTUNITIES FOR CHILDREN AND YOUTH WITH DISABILITIES TO PARTICIPATE IN PHYSICAL EDUCATION AND EXTRACURRICULAR ATHLETICS

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- In 2009, less than 25% of youth participated in at least 60 minutes of physical activity during a week period.
- Physical activity is 4.5 times lower for children and youth with disabilities than their peers without disabilities.
- The lower rates of physical activity may be related to the lack of physical capacity to perform certain activities and the lack of appropriate opportunities for physical activity and athletics.
- Adults with disabilities report the barriers to health and fitness “include cost of memberships, lack of transportation to fitness centers, lack of information on available and accessible facilities and programs, lack of accessible exercise equipment that can be purchased for home use, and the perception that fitness facilities are unfriendly environments for those with a disability.”
- Feelings related to lack of access and being unwelcomed reflect a continuation of behavioral and emotional patterns begun in childhood.
- Youth with disabilities engage in very little school-based physical activity, less healthy after-school activity, and more sedentary amusements.



PARALYMPICS VS. SPECIAL OLYMPICS

- Paralympic athletes have a primary diagnosis of a physical disability (permanent bone and/or muscle) and would not qualify for Special Olympics.
- Athletes that compete in the Special Olympics have a primary diagnosis of an intellectual disability.
- The Paralympics takes place the 2 weeks following the Olympics, in the same location.
- Physically challenged with disabilities including: spina bifida, cerebral palsy, amputation, transverse myelitis, spinal cord injuries, dwarfism, low vision/blind and other congenital or acquired conditions affecting their mobility.

CAN A STUDENT WITH A PHYSICAL DISABILITY BE INTEGRATED INTO SCHOOL SPORTS?

- Athletes can compete alongside high school sports teams in track/field, cross country track, tennis, swimming, archery, or golf.
- No adaptations are needed for swimming or archery.
- Tennis modifications include only that the wheelchair athlete gets 2 bounces.
- Golf modifications may involve a stand-up golf chair.
- Coaches need to advocate with WIAA for full inclusion to the state championships, currently track/field and cross country receive points for their teams.



WHERE DO I GET EQUIPMENT?

- Some sports do not require additional equipment. It will depend on the disability.
- Washington adaptive sports organization has loaning equipment:
Western Washington - Seattle Adaptive Sports
info@seattleadaptivesports.org Visit the website for video and other support www.seattleadaptivesports.org
Eastern Washington – ParaSports Spokane tskinner@parasportspokane.org



INTEGRATING HIGH SCHOOL STUDENTS INTO TRACK & FIELD/CROSS COUNTRY

- Establish there is a permanent disability: Spinal cord injury, Amputation, Spina Bifida, Cerebral Palsy, Muscular Dystrophy, Moderate to severe scoliosis, Permanent hip, knee, or ankle injury. Student could have a disability that does not require a wheelchair for mobility.
- Contact the Western or Eastern Washington adaptive sports organizations to acquire about a racer and/or field chair for your student. These organizations can provide support and guidance with training.
- Visit the WIAA website for the Wheelchair Competition Guidelines <http://www.wiaa.com/ConDocs/Con154/13%20wheelchair%20.pdf>

