



## Sports Programs for Individuals with Physical Disabilities

Partners for more than 20 years, Arizona Disabled Sports, City of Mesa Parks, Recreation and Commercial Facilities and Mesa Public Schools have sponsored year round, weekly sports training for athletes with physical disabilities ages six through adulthood. The partnership also makes possible annual events and competitions.

Athletes include those with amputations, cerebral palsy, dwarfism, muscular dystrophy, spina bifida, spinal cord injury, traumatic brain injury, visual impairments or various other physical disabilities. Athletes may be ambulatory or use a manual or power wheelchair.

### Archery - Power Soccer – Swimming - Track & Field Wheelchair Basketball



**“Let no one sit on the sidelines”**

#### Please mail completed registration forms to:

Arizona Disabled Sports, Attn: Registration  
59 E. Broadway Rd, Mesa, AZ 85210

#### For further information, contact:

Elena Messenger at 480.835.MASD

Fax:480.610.2257

[elena@mesadisabledsports.com](mailto:elena@mesadisabledsports.com)

## AzDS PROGRAM SCHEDULE

WINTER/SPRING 2010

### Archery

After learning to target shoot, athletes can showcase their precision and accuracy either standing or from a seated position, depending on ability level. Adaptive equipment is available including bow stands and trigger release. The outdoor archery program follows the rules of the international Archery Federation found online at [www.archery.org](http://www.archery.org)

SEASON DATES: January 24 – April 18 (Please note Paralympic Academy day under special events)

PRACTICES: Saturday 10 – 11:30 am (No practice 3/6, 3/20, 4/17)

LOCATION: Mesa High School, 1630 E. Southern Ave, Mesa, 85204

NOTES: To optimize safety students must arrive on time

### Jr. Wheelchair SUNS Basketball

Youth and teens develop basketball skills, physical fitness and a team philosophy to use on and off the court during the basketball season. Wheelchair basketball is technically and physically demanding as well as fast-paced. The Jr. Suns are competitive with home and away tournaments each season. Many of the same rules from its counterpart apply in the wheelchair game. While plays and tactics are similar, special rules, such as those to accommodate dribbling from a wheelchair, are also in place. The program follows the official rules of the National Wheelchair Basketball Association found online at [www.nwba.org](http://www.nwba.org)

SEASON DATES: Continues January 11 from fall season – April 6

PRACTICES: Monday from 6:45 – 8:45pm (No practice on 1/ 18 & 2/15)

LOCATION: Broadway Recreation Center, 59 E. Broadway Rd, Mesa, 85210

NOTES: Limited amount of sport chairs for program use

### Track and Field

Track events include the 60,100,200,400,800,1500 and 5000 meter runs. Field events include shot put, javelin, discus, club throw, softball throw and long jump. The training regimen is tailored to the goals of each athlete. The rules of track and field are almost identical to those of its non-disabled counterpart. Specific distances and implements utilized are determined by age and classification status. Athletes can participate in events with the help of adaptive equipment or no assistance at all. Prosthetics, crutches, walkers, racing wheelchairs and throwing chairs are all examples of adaptive equipment. Visually impaired athletes may use callers or tethered partners to assist in track and/or field events.

SEASON DATES: January 24 – April 18

PRACTICES: Saturday 8:30 – 10am (No practice 3/6, 3/20, 4/17)

LOCATION: Mesa High School, 1630 E. Southern Ave, Mesa, 85204

NOTES: A limited amount of sport chairs are available for program use

### Swimming

Athletes will gain practical knowledge of swimming strokes and rules while building endurance, increasing speed and improving technique through in-water drills during practice sessions. Practices will take place in a heated outdoor 25yd lap lane pool. When competing, no prostheses or assistive devices may be worn. Visit [www.usaswimming.org](http://www.usaswimming.org) for further information. The aquatics team is not designed to teach swim lessons to non-swimmers. Swim lessons are available through the COM Aquatics Program for individuals interested in learning how to swim.

SEASON DATES: January 30 – May 15 (No practice 3/20)

PRACTICES: Saturday 12:30 – 2pm

LOCATION: Brimhall Pool, 4949 E. Southern Ave, Mesa, 85201

### Power Soccer

A team sport specifically for those who use power wheelchairs, Power Soccer is gaining more momentum worldwide. Using a 13-inch ball and strong foot guards, 3 players and 1 goalkeeper take to the indoor court for a heated match. Teams are categorized into 2 levels: Division 1 for the experienced, highly skilled players; Division II for those players who are learning the game and developing skills. The program follows the official rules of the United States Power Soccer Association found online at [www.powersoccerusa.net](http://www.powersoccerusa.net)

SEASON DATES: January 11 from fall season – June 14

PRACTICES: Mondays from 4 -7 pm & Fridays from 5 – 7:30pm (No practice 1/ 18, 2/ 12 & 2/ 15)

LOCATION: Broadway Recreation Center, 59 E. Broadway Rd, Mesa, 85210

