2018 Winter-Spring Registration Packet

Sports Programs for Individuals with Physical Disabilities

Partners for nearly 30 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 special 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 • Track • Field • Swimming
Air Gun • Power Soccer
Wheelchair Basketball

Arizona Disabled Sports
59 E. Broadway Road, Mesa, AZ 85210
For further information, contact:
Nina Bernardo at 480-835-6273
Fax: 480-610-2257
nina@arizonadisabledsports.com

*For the most up-to-date schedule, please visit us online.
www.arizonadisabledsports.com

rv.2.22

AzDS PROGRAM SCHEDULE WINTER/SPRING 2018

MANDATORY: Meeting for Registered Athletes & Coaches
Track, Field, Archery & Swimming – March 24 from 9am-12pm
Under 16 yrs. requires a Parent/Guardian Representative.
Broadway Rec Center: 59 E. Broadway Rd. Mesa 85210

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.worldarchery.org

*Veteran scholarships available for archery and/or air gun.

SEASON DATES: January 27 – June 9 (Please note SportsFest under special events) *Official first day of practice is February 3.
PRACTICES: Saturdays mornings with three-time slots available. *Coach will do placement of time slot of athlete*
*No practice at MHS on 03/03, 03/24. Alternative locations TBD by Program Coach.
LOCATION: Mesa High School, 1630 E. Southern Avenue, Mesa
NOTES: To optimize safety, please plan to arrive 15 minutes prior to start time.

Track

Track events include the 60,100,200,400,800,1500 and 5000 meter runs. The training regimen is tailored to the goals of each athlete. The rules of track 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, and racing wheelchairs are all examples of adaptive equipment. Visually Impaired athletes may use callers or tethered partners to assist in track events.

SEASON DATES: January 27 – June 9 (Please note SportsFest under special events) *Official first day of practice is February 3.
PRACTICES: Saturdays with two-time slots from 8-9:30am & 9:30-11am *Coach will do placement of time slot of athlete*
*No practice at MHS on 03/03, 03/24. Alternative locations TBD by Program Coach.
LOCATION: Mesa High School, 1630 E. Southern Avenue, Mesa
NOTES: A limited amount of sport chairs are available for program use

Field

Field events include shot put, javelin, discus, club throw, softball throw and long jump. The rules of 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. Throwing chairs are an example of adaptive equipment. Visually impaired athletes may use callers or tethered partners to assist in field events.

SEASON DATES: January 27 – June 9 (Please note SportsFest under special events) *Official first day of practice is February 3.
PRACTICES: Saturday mornings with specific time slots available. *Coach will do placement of time slot of athlete*
*No practice at MHS on 03/03, 03/24. Alternative locations TBD by Program Coach.
LOCATION: Mesa High School, 1630 E. Southern Avenue, Mesa

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 for further information.

SEASON DATES: February 24 – June 9
*No practice on 03/31
PRACTICES: Saturdays from 12pm-2pm
LOCATION: Program will take place between Kino & Skyline Aquatics. A separate calendar is available with specific dates and the designated pool for program sessions.

Air Gun

Inherent benefits of the sport of shooting, including fundamental knowledge of air pistols/rifles, competitive options, and the development of a sustainable, satisfying life time leisure activity. 12-year-old age minimum, unless prior shooting experience.

*Veteran scholarships available for air gun and/or archery.

SEASON DATES: March 19 – June 11 (Orientation March 19)
PRACTICES: Mondays from 6pm-8pm
LOCATION: Broadway Recreation Center, 59 E. Broadway Road, Mesa

AzDS PROGRAM SCHEDULE CONTINUED WINTER/SPRING 2018

Phoenix Wheelchair Suns Basketball (Prep and Junior Division)

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 physically demanding, as well as fast-paced. The 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 at www.nwba.org.

SEASON DATES: Continues January 15 from fall season through date TBD.
PRACTICES: Mondays from 5:30-6:30pm (Prep) 6:30-8:30pm (Jr.)
LOCATION: Broadway Recreation Center, 59 E. Broadway Rd., Mesa

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. The program follows the official rules of the United States Power Soccer Association found online at http://www.powersoccerusa.org/

SEASON DATES: Continues January 10 from fall season through date TBD.
PRACTICES: Wednesdays from 4:30-7:00pm
LOCATION: Broadway Recreation Center, 59 E. Broadway Rd., Mesa

AzDS PROGRAM FEES

$50 FOR 1 SPORT
$65 FOR 2 SPORTS
$80 FOR 3 OR MORE SPORTS

- Payable by cash, card, or check to Arizona Disabled Sports
- Mark your calendars! No refunds can be given for dates missed or forgotten.
- Requests for refunds will be accepted during the 1st scheduled practice only. Call 480-835-6273.
- A $25 collection fee will be charged for all returned checks.
- For information about scholarships, call 480-835-6273.

"Let No One Sit on the Sidelines"

2018 SPECIAL EVENTS AND COMPETITIONS

EVENT: **5th Annual SportsFest– Track, Field & Archery**
DATE(S): Saturday, January 27, 2018
TIME: 9:00am-12:00pm
LOCATION: Mesa High School, 1630 E. Southern Avenue, Mesa
EVENT DESCRIPTION: Check out the sports of track, field and archery for athletes with physical disabilities at this one-day event. Participants will be introduced to the basics of each sport, the equipment, and have the opportunity to race, throw and shoot!

EVENT: **SkiAble Adaptive Alpine Experience**
DATE(S): Sunday, February 11 - Tuesday, February 13, 2018
TIME: Full Day (9:30am-3:30pm) / Half Day (9:30am-12pm or 1pm-3:30pm)
LOCATION: Arizona Snowbowl, Flagstaff
EVENT DESCRIPTION: The cooperative program provides an opportunity for beginner, intermediate and advanced skiers to enjoy the freedom and thrill of the downhill sport. Adaptive equipment and instruction is available throughout the multi-day event.

EVENT: **Air Gun Orientation**
DATE(S): Monday, March 19, 2018
TIME: 6pm-8pm
LOCATION: Broadway Recreation Center
*Veteran scholarships available for air gun and/or archery.
EVENT DESCRIPTION: During this one-day orientation, come learn the skills and safety trainings to participate in the unique adaptive sport program of Air Gun.

EVENT: **Desert Challenge Games**
DATE(S): Wednesday, June 13 – Sunday, June 17, 2018
LOCATION: ASU, Kino Aquatic Center, Papago Archery Range, Broadway Recreation Center
EVENT DESCRIPTION: Multi-sport event including archery, track and field, swimming and air gun rifle shooting open to competitive athletes with a permanent physical disability ages six through adulthood. Athletes competing in the regional event may qualify for Adaptive Sports USA Jr. Nationals, the National Veterans Wheelchair Games and other National Championships by meeting the qualifying standards in their respective events. Check out www.desertchallengegames.com for more details!

2018 FALL PROGRAMS

In the Fall, beginning in September, AzDS offered adaptive cycling, kayaking, bowling, and the start of the two-season sport of wheelchair basketball (Prep and Junior Division) and power soccer.