



‘If I Can Do This, I Can Do Anything!’SM

Disabled Sports USA Far West
www.disabledsports.net

Background

Founded in 1967, Disabled Sports USA Far West is dedicated to innovative programs that provide an environment with positive therapeutic and psychological outcomes. Individuals are empowered to reach their full potential. Our programs allow individuals of all abilities to discover their own strengths and interests.

With emphasis on safety, fun and learning, Disabled Sports encourages participation by individuals of all ages and abilities, including those with orthopedic, spinal cord, neuromuscular, visual and hearing impairments. Included, too, are those with cognitive and developmental disabilities.

Family Orientation

We believe that the family is the true heart of an integrated society. Therefore, we encourage the whole family to participate in many of our programs and activities. By uniting families through recreational activities, we strengthen the well being of the entire family while ending the isolation of individuals with disabilities.

“Can Do” Attitude

We believe people with disabilities do not want things done for them. They want the ability or power to do something for themselves. Ability is defined as the physical or mental power to perform. We encourage individuals to evolve by removing limitations and exploring possibilities. Disabled Sports knows that physical activity is crucial to unlocking that power. Our programs develop ability by helping:

- Build self-esteem.
- Generate self-confidence.
- Improve mental attitude and outlook.
- Develop a sense of determination.
- Improve mobility, balance and coordination.
- Increase endurance and strength through physical exercise.
- Reduce physical atrophy.
- Identify methods to overcome barriers.
- Provide mainstream recreational opportunities and end isolation.
- Provide opportunities to build relationships with families, friends and peers.

Our motto reflects the positive power of physical activity; “If I can do this, I can do anything!”SM

Donations are Tax Deductible

Disabled Sports is a 501 © (3) non-profit charity. Donations are tax deductible to the extent allowed by law. For reporting purposes our EIN is 68-0024920.

Our Programs

Adaptive Snowsports

Our flagship program operates daily through the ski season. Approximately 500 individual clients are served. Certified instructors and trained volunteers provide over 6,000 hours of instruction. Specialized adaptive equipment and teaching methods allow almost anyone with a disability to participate. It was the first program of its kind in the country and it has been in continuous operation since 1967, developing much of the specialized adaptive ski equipment and many of the teaching methods used in the field today. We have been in the forefront of the field, creating a curriculum model currently used nationally in the training and certification of adaptive certified ski instructors.

Summer Programs

Our integrated summer programs serve about 300 people with disabilities and approximately the same number of their families and friends

- **Water Ski Instruction**

We teach water-skiing at various venues. Adaptive equipment allows us to accommodate those unable to ski in a standing position including paraplegics and some quadriplegics.

- **Golf Instruction**

Golf instruction is provided at Haggin Oaks in Sacramento. Specialized, adapted clubs, swing apparatuses and carts allow us to accommodate people with a wide variety of disabilities. A six-lesson course of instruction is provided as well as course play.

- **Adaptive Cycling**

Disabled Sports holds outings at various regional locations for families to participate in entry-level physical activities by using adaptive hand cycles and tandem bicycles. Special rides of longer length, including overnight adventures are scheduled as well.

- **White Water Rafting**

Experienced guides and trained volunteers safely guide rafts through the waters of the scenic South Fork of the American River, site of the gold discovery that triggered the gold rush. The raft trips are for people with disabilities and their families or friends. Beginning white water provides challenge and thrills while building camaraderie, confidence, and teamwork.

- **4-Wheel Drive Adventures**

This program is designed to teach individuals with disabilities how to safely and independently access Off-Highway Motor Vehicle trails. This includes environmental responsibility, camping and fire safety, and related recreation and safety skills. One day and overnight trips are available in this family activity. Those who want more are treated to some “bouldering” in rugged terrain.

- **Watersports**

Activities include kayaking, boating, sailing and canoeing. Both one and two day events are scheduled.

Katherine Hayes-Rodriguez Scholarship Fund

Our Scholarship Fund was created to provide participation opportunities for individuals—especially children—who face financial hardship in addition to their physical challenge.

Executive Office

6060 Sunrise Vista Dr., Ste 2540
Citrus Heights, CA 95610
Ph#916-722-6447, fax#916-722-2627
dsusa@disabledsports.net

Program Center

P. O. Box 9780
Truckee, CA 96162
Ph#530-581-4161, fax#530-581-3127
info@disabledsports.net