



www.glasa.org/847-283-0908

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National Partners:



States with Wheelchair and/or Ambulatory Divisions (as of 01/2019)

- Rehab act of 1973 requires that students with disabilities be provided equal opportunity for participation in extracurricular athletic programs
- U.S. Department of Education's Office of Civil Rights (OCR) issued Dear Colleague Letter issued clarification in January 2013
 - Clarifies when and how schools must include students with disabilities in mainstream athletics programs
 - Defines what true equal treatment of students athletes with disabilities means
 - Encourages and provides a road map for schools to create adapted programs for students with physical disabilities
 - Varies by state

State	Governing Body	Sports/Events Offered	Adaptive and/or Unified Programs	Wheelchair Division	Ambulatory Division	Rules	Standards	Score Points	2013 Adaptive Athletes	2014 Adaptive Athletes	2015 Adaptive Athletes	2016 Adaptive Athletes	2017 Adaptive Athletes	2018 Adaptive Athletes	2019 Adaptive Athletes	Community Partner/Tech Support/Equipment Costs	Awaiting Response	
Alabama	Alabama High School Athletic Association	Track and Field 100m, 200m, 400m and put, javelin, 1500m, 3200m, and put, discus, javelin	Adaptive	Yes	Yes	Yes	Yes	Yes	1	6	7	2	3	2	Lakeshore Foundation	X		
Arizona	Arizona Interscholastic Association	Track and Field 100m, 200m, 400m, 800m, 1500m, 3200m, 5000m, 10000m, 20000m, 30000m, 50000m, 100000m, and put, discus, javelin	Both	Yes	Yes	Yes	Yes	No			4				Arizona Department of Sports and Recreation City of Sacramento Organized Activities	X		
California	California Interscholastic Federation	Track and Field 100m, 200m, 400m, and put, Swimming All events	Adaptive	Yes	Yes	Yes	Yes	Yes			18	23	38	18 (TSF) 17 (ISW)	California Youth Outreach and Recreation Program, West Coast Sports U.S. Paralympics			
Colorado	Colorado High School Activities Association	Track and Field Swimming 50 free, Other swimming, all ages	Adaptive	Yes	Yes	No	No	No					8	24			X	
Florida	Florida High School Athletic Association	Track and Field 200m, 800m, and put	Adaptive	Yes	No	Yes	Yes	Yes	6	5	5	6	8	20	18	No Partners		
Georgia	Georgia High School Association/NAASP	Track and Field 100m, 200m, 400m, 800m, 1500m, 3200m, 5000m, 10000m, 20000m, 30000m, 50000m, 100000m, and put, discus, Other handball, wheelchair basketball, wheelchair tennis	Adaptive	Yes	Yes	Yes	Yes	Yes	6	6	7	6		3	6 (WC TSP)	American Association of Adapted Sports Programs, Inc. (NAASP)		
Idaho	Idaho High School Activities Association	Track and Field 100m, 200m, 400m, 800m, 1500m, 3200m, 5000m, 10000m, 20000m, 30000m, 50000m, 100000m, and put, discus, basketball	Adaptive	Yes	Yes	Yes	Yes	No				20	20	1		No Partners		
Illinois	Illinois High School Association	Track and Field 100m, 200m, 400m, 800m, 1500m, 3200m, 5000m, 10000m, 20000m, 30000m, 50000m, 100000m, and put, discus, Swimming 50 free, 100 free, 200 free, Other cross country, swimming, basketball	Both	Yes	No	Yes	Yes	No	7	10	7	7	33	33	8 (WC TSP) 18 (ISW) 44 (WC B) 13 (Bolling)	GLIANA		
Iowa	Iowa High School Athletic Association	Track and Field 100m, 200m, 400m, 800m, 1500m, 3200m, 5000m, 10000m, 20000m, 30000m, 50000m, 100000m, and put, Other cross country	Adaptive	Yes	No	Yes	Yes	No	6	7	8	9	12	13	13	Adaptive Sports uses Iowa Sports Foundation		
Kansas	Kansas State High School Activities Association	Track and Field 100m, and put	Both	Yes	Yes	Yes	Yes	Yes					2		Wichita Adaptive Sports			
Kentucky	Kentucky High School Activities Association	Track and Field 100m, and other swimming	Adaptive	Yes	Yes	Yes	No	No	2	1	1	1	1	2	2	No Partners		
Louisiana	Louisiana High School Athletic Association	Track and Field 100m, 200m, 400m, 800, 1500m, 3200m, 5000m, 10000m, 20000m, 30000m, 50000m, 100000m, and put, javelin	Adaptive	Yes	Yes	Yes	Yes	Yes	2	7	4	7	5	6	2	Louisiana GLIANA	X	
Maine	Maine Principals Association	Track and Field 100m, 200m, 400m, 800m, 1500m, and put, discus	Adaptive	Yes	Yes	Yes	No	2		1	2	3			2	No Partners	X	
Maryland	Maryland Athletic Association	Track and Field depends on the individual	Adaptive	Yes	Yes	Yes	Yes	Yes			1	1	1		0	University of Maryland	X	
Massachusetts	Massachusetts Interscholastic Athletic Association	Track and Field 100m, and put	Adaptive	Yes	Yes	Yes	Yes	No	1	1	1	1	3			Adaptive Sports New England Inc.	X	
Minnesota	Minnesota State High School League	Track and Field 100m, 200m, 400m, 800m, 1500m, 3200m, 5000m, 10000m, 20000m, 30000m, 50000m, 100000m, and put, discus	Both	Yes	Yes	Yes	No	3	4	7	7	12	12	13		Quincy Henry Remick Inc.		
Missouri	Missouri State High School Activities Association	Track and Field 100m, 200m, 400m, 800m, 1500m, 3200m, 5000m, 10000m, 20000m, 30000m, 50000m, 100000m, and put, discus	Adaptive	Yes	No	Yes	No	No			8	5	6	2		DAVA		
Nebraska	Nebraska State Activities Association	Track and Field 200m, 800m, and put	Both	Yes	No	No	No	No						3	2	No Partners		
Nevada	Nevada Interscholastic Activities Association	Track and Field 1600m, 3200m	Adaptive	Yes	Yes	Yes	Yes	Yes						6	4			
New Jersey	New Jersey Interscholastic Athletic Association	Track and Field indoor and outdoor 100m, 200m, 400m, 800m, 1500m, 3200m, 5000m, 10000m, 20000m, 30000m, 50000m, 100000m, and put, discus, javelin	Adaptive	Yes	No	Yes	No	Yes	No	3	8	5	12	13	9	4	No Partners	
New York	New York State Athletic Association	Track and Field 100m, 200m, 400m, 800m, 1500m, 3200m, 5000m, 10000m, 20000m, 30000m, 50000m, 100000m, and put, discus	Both	Yes	Yes	Yes	No	3						1	4	DESSA Wild-Flats and Recreation		
North Carolina	North Carolina High School Athletic Association	Track and Field 100m, 200m, 400m, 800m, 1500m, 3200m, and put, discus	Both	Yes	No	Yes	Yes	Yes	3	8	5	12	7	9	4	No Partners		
Ohio	Ohio High School Athletic Association	Track and Field 100m, 400m, 800m, and put	Adaptive	Yes	No	Yes	Yes	No	12	14	15	18	25	22	33	Adaptive Sports Program of Ohio, Community Recreation & Physical Therapy	X	
Oregon	Oregon School Activities Association	Track and Field 100m, 400m, 1600m	Adaptive	Yes	Yes	Yes	Yes	Yes	5	7	6	3	8	13	9	No Partners		
South Carolina	South Carolina High School League	Track and Field 100m, 200m	Adaptive	Yes	No	No	N/A	N/A	N/A	N/A	N/A					One Chair at a Time	X	
Texas	University Interscholastic League	Track and Field 100m, 200m, 400m, 800m, 1500m, 3200m, 5000m, 10000m, 20000m, 30000m, 50000m, 100000m, and put, discus, javelin	Both	Yes	No	Yes	No	N/A	13	20	21	15	38	28		Plunkett's Optimize Better Adaptive Sports		
Washington	Washington Interscholastic Athletic Association	Track and Field 100m, 200m, 400m, 800m, 1500m, 3200m, 5000m, 10000m, 20000m, 30000m, 50000m, 100000m, and put, discus, javelin	Adaptive	Yes	Yes	Yes	Yes	Yes	7	10	16	10	41	31				
Wisconsin	Wisconsin Interscholastic Athletic Association	Other cross country, swimming	Adaptive	Yes	No	Yes	No	Yes	8	8	10	12	11	12	12	GLIANA	X	
Total		Track and Field 100m, 200m, 400m, 800m, 1500m, 3200m, 5000m, 10000m, 20000m, 30000m, 50000m, 100000m, and put, discus, javelin							65	167	119	178	204	322	326			

States with Wheelchair and/or Ambulatory Divisions (Continued)

State High School Associations with Unified Programming														
State	Governing Body	Sports/Events Offered	Adaptive and/or Unified Programs	Wheelchair Division	Ambulatory Division	Rules	Standards	Score Points	2013 Adaptive Athletes	2014 Adaptive Athletes	2015 Adaptive Athletes	2016 Adaptive Athletes	2017 Adaptive Athletes	2018 Adaptive Athletes
Alaska	Alaska School Activities Association	Only Unified	Unified											
Connecticut	Connecticut Interscholastic Athletic Conference	Only Unified	Unified											
Delaware	Delaware Interscholastic Athletic Association	Only Unified	Unified											
New Hampshire	New Hampshire Interscholastic Athletic Association	Only Unified	Unified											
Pennsylvania	Pennsylvania Interscholastic Athletic Association	Only Unified	Unified											
Rhode Island	Rhode Island Interscholastic Athletic Union	Only Unified	Unified											
Utah	Utah High School Activities Association	Only Unified	Unified											
State High School Associations Without Programming														
State	Governing Body	Sports/Events Offered	Adaptive and/or Unified Programs	Wheelchair Division	Ambulatory Division	Rules	Standards	Score Points	2013 Adaptive Athletes	2014 Adaptive Athletes	2015 Adaptive Athletes	2016 Adaptive Athletes	2017 Adaptive Athletes	2018 Adaptive Athletes
Arkansas	Arkansas Activities Association	None in Development												
Hawaii	Hawaii High School Athletic Association	None												
Indiana	Indiana High School Athletic Association	None in Development	Unified T&F and Flag Football											
Michigan	Michigan High School Athletic Association	None in Development												
Mississippi	Mississippi High School Activities Association	None in Development												
Montana	Montana High School Association	None in Development												
New Mexico	New Mexico Activities Association	None in Development												
North Dakota	North Dakota High School Activities Association	None in Development												
Oklahoma	Oklahoma Secondary School Activities Association	None in Development												
South Dakota	South Dakota High School Activities Association	None												
Tennessee	Tennessee Secondary School Athletic Association	None in Development												
Vermont	Vermont Principals Association	None in Development												
Virginia	Virginia High School Activities Association	None in Development												
West Virginia	West Virginia Secondary School Activities Commission	None in Development												
Wyoming	Wyoming High School Activities Association	None in Development												

¹ Adaptive athletes competed with this school as a V athlete, no adaptive programming at the state level

*Michigan has implemented a wheelchair/ambulatory division in 2024

Best Practices



1. A transition meeting is a good way for the community partner coach to provide help information to the school coach. The community partner coach can provide information on the athlete's past training, previous competition, equipment, both maintenance and where to obtain equipment and continued support.
2. Will the community partner be providing the equipment? Whose responsibility is the equipment while being used in the school program? Is it the athlete, parent, school, or the community partner? Determine this at the beginning. (CAF GRANTS)
3. The community partner can offer to come to a first practice if the school is willing for this transition. It may not be necessary.
4. The athlete and parent should be advocating for themselves as much as possible. However, the community partner can provide guidance and support to the parent as to expectations, inclusion, and questions to ask.

Best Practices

5. Discuss potential para-athletic competitions that may take place during the school season. It is the school's decision as to whether the athlete can attend these competitions. (WIAA allows 2 out of school competitions).
6. The community partner is providing the resources to provide access to the many models various states are using. It is helpful for you as the community partner to familiarize yourself with the various models that states are using.
7. After the initial contact with the school has been made, determine the resources that the community partners is able to provide.



Resources

- www.atfusa.org
- https://nfhslearn.com/library/videos?sports_ids=16&video_id=666 (found on WIAA track page)
- www.moveunited.org
- www.challengedathletes.org/track-field-videos/
- <https://www.wiaawi.org/Sports/Spring/Boys-Track-Field/T-F-Wheelchair-Form>



TRACK & FIELD GUIDELINES FOR WHEELCHAIR ATHLETES

Criteria:	Anyone with a permanent disability resulting in loss of mobility is eligible. A statement of such a disability must be on file with the school nurse or designated personnel responsible for student health issues. All wheelchair athletes must propel their own manual wheelchair without assistance from anyone else.
Equipment:	Manual wheelchairs only for track events. May be specialized racing chairs or court chairs. All participants must wear a protective helmet. All participants must wear protective gear as prescribed by their physician. Shoes are not required. A throwing chair, maximum of 75 cm high, is allowed for shot put competition. Both boys and girls will throw the 4k shot.
Events:	Traditional track events including the following events; 100, 400, 800, and 1600 meters. Field event, shot put. There is a maximum of 4 events, but no more than 3 track events may be contested in one single meet.
Rules of Competition:	Schools are expected to notify the host school (of the meet) 24 hours prior to the scheduled meet that they intend to have a wheeled athlete competing. All wheeled athletes must compete in separate races from able-bodied athletes. All track events should be coed whenever possible. For 100 meter wheelchair races, one lane should be left open between athletes. For all other wheelchair races, the lane assignments and seeding procedures will be the same as the procedures for able-bodied races. Wheeled athletes competing in the shot put may be included with the able-bodied athletes but are considered exhibition. Propulsion and steering of the wheelchair must be with the hands and arms only. All wheels of the wheelchair must be completely behind the vertical plane of the starting line. Starting commands would be "Wheelers Set", followed by the firing of the starting device. If an unsafe situation or mechanical failure should occur during a race, a competitor may be assisted back into his/her chair by a bystander in order to continue racing, if requested by the athlete. The finish is determined by the front wheels breaking the vertical plane of the finish line. For the shot put, the event chair must remain stationary during competition. The athlete may have an individual hold the chair during the throw to prevent excessive movement.
Scoring:	<i>Regular Season:</i> These events are considered "exhibition" only. No points will be awarded. <i>WIAA Tournament Series:</i> Points awarded through sixth place at sectionals and state for separate wheelchair division. Events, when scored, are separate by gender.
Safety:	It is recommended that the athlete's coach meet with the athlete and his/her parents prior to the start of the season to determine the current conditioning level of the athlete. Based upon this determination, the coach, with input from the athlete and parents should determine appropriate workouts for the athlete and when actual competition may begin. The school is responsible for providing the coach with all pertinent information necessary to develop a safe training and competition environment.
Officials:	Licensed WIAA officials must be notified prior to the date of the meet that a wheelchair athlete will be competing and what events will be contested by that athlete. A copy of this document should be provided to the officials prior to the meet so that rules may be reviewed and if questions remain the official may contact the WIAA office.

(Primary source: Iowa Association of Track Officials, Washington Interscholastic Athletic Association)

WIAA 2025

<https://www.wiaawi.org/Sports/Spring/Boys-Track-Field/Rules-Regulations#4266702-student-athletes-in-wheelchair-division>

- [Track & Field Guidelines for Wheelchair Athletes](#)
- [ADAPTED TRACK & FIELD ATHLETES – Coaching Videos](#)
- [Preseason Wheelchair Athlete Form](#)
- [Wheelchair Tournament Eligibility Verification Form](#) (Tournament Series Entry-Due May 2)
- [Wheelchair Track & Field Physician's Form](#) (kept on file at your school)
- [WIAA Wheelchair Tournament Information](#)
- [Special Needs Athlete Information](#)
- [Visually Impaired: Running with a Guide](#)
- [How to be a Successful Guide Runner](#)

Paralympics

Sports for People with Physical Disabilities



What Types of Disabilities Would Qualify

- Spinal cord injury—complete or incomplete
- Spina Bifida
- Post-polio
- Amputee
- Arthrogryposis
- Traumatic Brain injury
- Cerebral Palsy
- Severe Scoliosis
- Brachial Plexus Injury
- Hip Dysplasia
- Transverse Myelitis
- Guillain-Barré syndrome
- Vision Impairment
- Dwarfism/ Achondroplasia, Pseudo Achondroplasia
- Dysmelia
- Parkinson's
- Multiple Sclerosis
- Sacral Agenesis/Caudal Regression
- Athletes with intellectual impairments (under 75 IQ)—typically students with autism

And Some Will Look Like these Students



And They Can All Do This....



For ALL of us...this is the goal!

“Because everyone should have the opportunity to compete in sports and recreation” And “we need lots of people to help us find out about it.”



CLASSIFICATION OF ATHLETES

VISUALLY IMPAIRED



- Class 11- Blind athlete-- Needs a guide
- Class 12- Limited vision- may need a guide
- Class 13- Limited vision- may not have a guide

INTELLECTUALLY IMPAIRED



- Class 20- has a learning disability
- IQ is at or below 75

CEREBRAL PALSY AND NEUROLOGICAL



- Class 32-34- Wheelchair Athletes
- Class 35-38- Ambulatory Athletes

AMPUTEES AND REDUCED RANGE OF MOTION



- Class 40/41- Dwarfs
- Class 62-64- Leg Amputees/reduced range of motion
- Class 45-46- Arm Amputees/reduced range of motion

SPINAL CORD INJURIES AND REDUCED MUSCLE FUNCTION



- Class 51-52- Quadriplegics (all four limbs are involved)
- Class 53-54- Paraplegic
- Class 51-57 - Seated throwers

Move United National Entry Standards (2024)

most common is T54 or C.P. T34

100m: u17: .29; u20: .25 — male

100m: u17: .37; u20: .31 — female

400m: u17: 1:24; u20: 1:16 — male

400m: u17: 1:46; u20: 2:05 — female

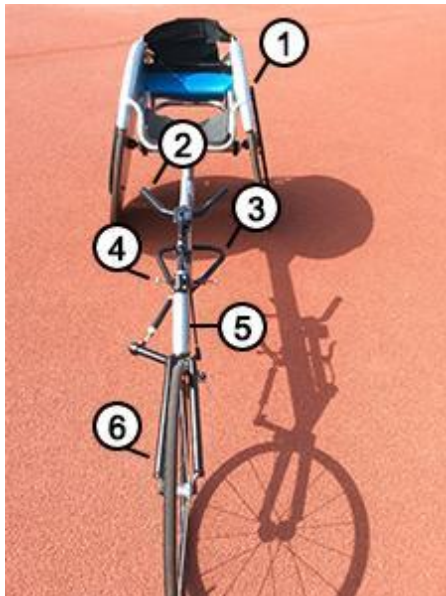
<https://atfusa.org/STANDARDS/STANDARD.htm> (not updated as of Feb. 3rd 2025)

Wheelchair Racing Equipment: Hard gloves, Soft gloves and Helmet



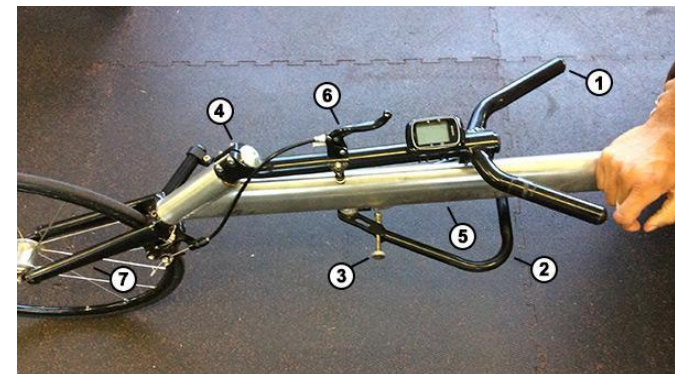
<http://www.ingeniummanufacturing.com>

Racing Wheelchair Parts



1. Push Ring
2. Steering
3. Compensator
4. Set Screws
5. Main Tube
6. Fork

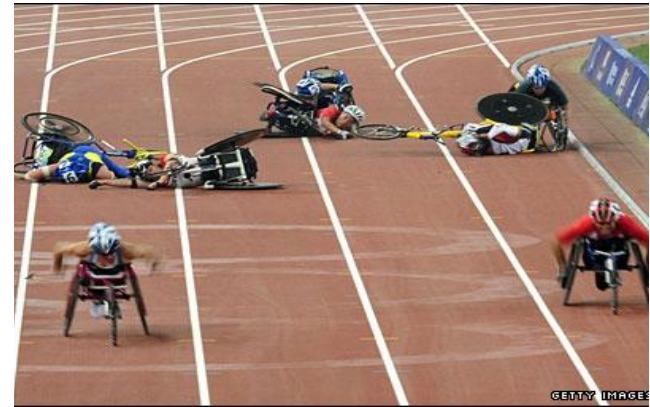
Racing Wheelchair Parts



1. Steering: Used primarily for road racing
2. Compensator: controls the direction of the chair on a track
3. Set Screws: Set circumference of a track curve
4. Head Unit
5. Main Tube
6. Brake: Works much like a bicycle brake
7. Fork

TOOL BOX ESSENTIALS

- POCKET KNIFE
- ALLEN SET (2 KINDS): STANDARD AND METRIC
- CRESCENT WRENCH
- TIRE IRON
- AIR COMPRESSOR/AIR PUMP
- FILE OR SANDING SPONGE
- TIRE GLUE
- EXTRA TIRES (700C IS STANDARD; 26 INCH FOR SMALLER CHAIR; 20 INCH IS FRONT WHEEL)
- WASHERS
- REGULAR AND PHILIPS HEAD SCREWDRIVER
- TUBE OF SUPER GLUE
- KLISTER OR SPIDER TACK



What tools and extra equipment do I need?

Chairs will break. That could be a crash or normal wear and tear. Having extra tires, glue, an air pump and an allen key set in your bag is imperative to being properly prepared for a meet.

General Seating and Positioning

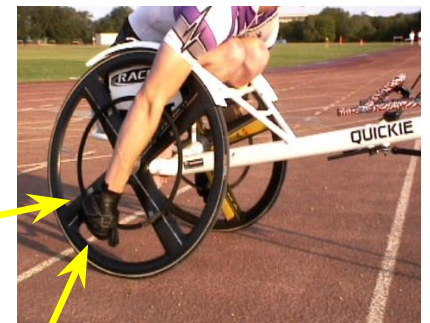


- Shoulder is slightly in front of push ring
- Arm should be between the push ring and the front of the tire
- Fist will be closed in the racing glove throughout whole movement of push
- Athlete's back should be as flat as possible

Wheelchair Seating

Step Two:

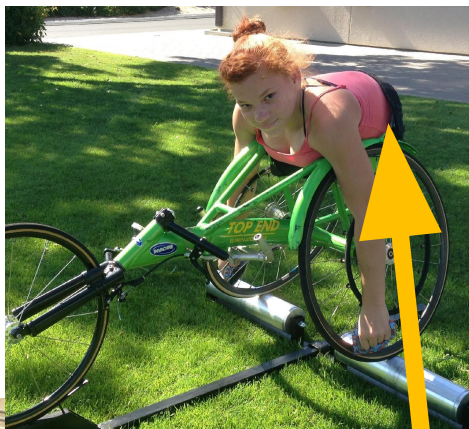
- Middle of the fist should comfortably reach 6 or 7 o'clock
- At the bottom of the push ring it is ideal to begin the flick of the wrist and move upward



Ways to Change/Alter Seating



Change position of the knees. Lower or raise



Raise hips up, out of the frame



Move body back within the frame—loosen the upholstery in the back

Ways to Change/Alter Seating



Change position of the knees. Lower or raise



Raise hips up, out of the frame



Move body back within the frame—loosen the upholstery in the back

Step 1: Initial Contact



- Contact the push ring about 2 o'clock
- Back becomes a solid platform around which the arms rotate
- Elbows are slightly out, core tight, hands squeezing the ring

Step 2: Drive



- Drive down from 2 o'clock through 7 o'clock
- Maintain contact with push ring and apply force
- Drive down and back on the push ring

Step 3: Release



- Release between 6-7 o'clock.
- This is the most difficult skill to develop, but it is where top-end speed is developed.

Step 4: Lift and Stretch



- Once the release occurs, athlete goes into lift and stretch phase to re-load for next stroke
- Arms lead the torso
- Shoulder reflex is engaged

Step 5: Acceleration



- Torso initiates movement
- Arms and torso work together:
 - As your arms go up so will the shoulders (avoid bobbing)
 - Torso drops when hands make contact

Coaching the Throws from a Chair

- *You already know how to coach the throws*
- *The chair **does not** change the mechanics*
- Movement: slow to fast
- Use the kinetic chain
- Generate force: ground/up (stabilize)
- Release Velocity and proper positions



Seated Throws

Key Points

- Max height of chair 75 cm
- Back of the knee to the back of the buttock (Ischial Tuberosity) must stay in contact with the seat.
- Strapping is a must.
- Foot plates effective for athletes with some leg use.
- Some modifications may be needed in order to grip the implement
- Holding bar is an option and provides stability for those without abdominal function.
- Can throw from day chair or power chair
- Chair positioned as close to the toe board as possible

Tying Down the Chair--Indoors

- Tie downs/Ratchet straps
- This is an easy and inexpensive construction project

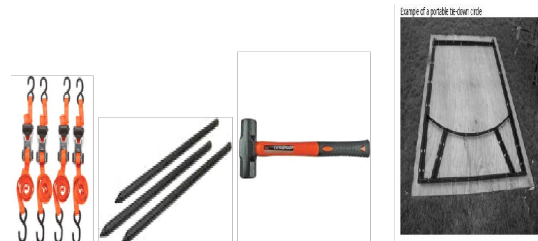


Throwing Platform

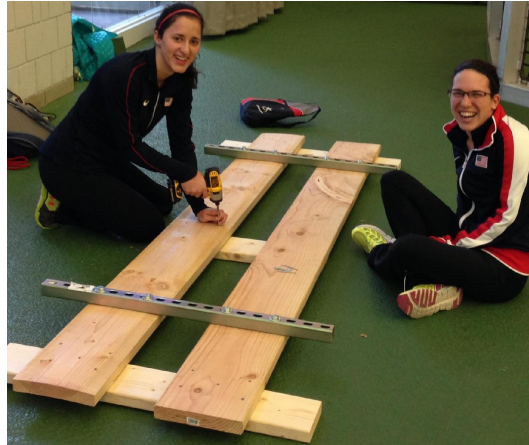


Tying down the chair--Outdoors

Tie downs/Ratchet straps
Metal stakes
Sledge hammer



Build a Simple Platform



Throwing Chairs for athletes without use of abdominals



Figure A



Figure B



Figure C

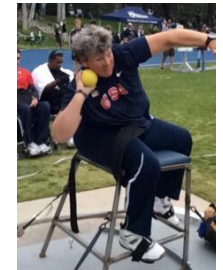
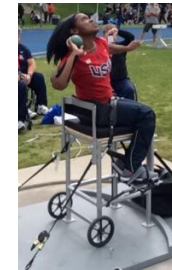
Figure A- Facing Forward athlete with a holding bar and strapping
 Figure B- Sideways athlete with a short holding bar and a sloped seat
 Figure C- Split seat athlete (leg on both edges) with a holding bar

Seated Throwers

• *Power Chair - Class 31/32/51*

Power chair

- May face chair in the circle
- Forward
- Backwards
- Sideways
- modification in grip may be necessary.



- Chair may have a back and/or sides
- Stability is mandatory—strap legs, feet (footplates), and hips.
- Be creative! Experiment with various positions and strapping.

Shot/Discus/Javelin

4. Flexibility and torque- Power Position



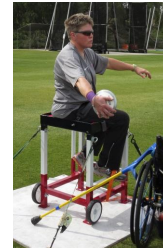
Athletes with abdominals

- Maximize rotational component
 - Angle chair in circle
 - Straddle chair position
 - Typically would not use holding bar
 - Typically would not have seat back/sides

Athletes without abdominals

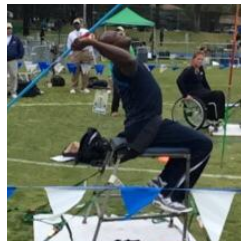
- Limited rotational component
 - Possible angle of chair in circle
 - Generally positioned facing forward
 - Generally will use holding bar/block stability

Discus with Abdominals



Javelin

- DON'T CHANGE THE MECHANICS OF THE JAVELIN
- NO LEANING NECESSARY
- KEEP HIP, SHOULDER, HEAD ALIGNMENT
- KEEP THE SPINE STACKED



You wouldn't pass up an opportunity to coach a future Olympian....why would you pass up a future Paralympian?

They will have excuses...



Don't take NO for an answer!

Why does being part of the team really matter?

REMEMBER there are colleges that recruit para athletes.



- learn to be disciplined
- work with others
- be gracious in defeat and humble in success
- deal with disappointment
- accomplish goals
- be social instead of on a screen
- time management
- learn attributes that will serve them through their lives
- respect themselves (as well as), coaches, officials, and refs

Power of Sports and Recreation



- Improve overall academic performance
- Increase direct involvement in their school system

- Improve social skills
- Opportunity for managing success and failures
- Opportunity for setting and achieving goals
- Opportunity to work as a team
- Improve overall health and well-being
- Create a mindset for active living

Other Benefits



- High School Track/Field and earn points at the State Meet
- Access to scholarships for college
 - Wheelchair Basketball
 - Wheelchair Rugby
 - Wheelchair Tennis
 - Swimming
 - Wheelchair Track and Field

Colleges Offering Wheelchair and Adaptive Sport Opportunities

- University of Illinois
- University of Arizona
- University of Alabama
- University at Texas at Arlington
- University of Wisconsin at Whitewater
- Kennesaw State University
- University of Oregon
- Penn State
- Arizona State
- ...Just to name a few!



List of Colleges

1. Auburn University
2. Ball State
3. Edinboro University
4. Indiana State University - Purdue University Fort Wayne
5. Michigan State
6. Ohio State
7. Oregon State University
8. Penn State University
9. Portland State University
10. Southwest Minnesota State
11. Texas A&M
12. University of Illinois
13. UCLA
14. University of Alabama
15. University of Arizona
16. University of Central Florida
17. University of Missouri
18. University of New Hampshire - Northeast Passage
19. University of Texas at Arlington
20. University of Wisconsin Whitewater
21. Wright State University



What About Your Fears?



- Fear that....
- Not sure how to....
- Amazed that...
- Traveling...
- Medical...
- Understanding
- Raising expectations

YOU....hold the power to SIGNIFICANTLY change someone's LIFE!!

Same workouts as their teammates?

- Yes!
- Modifications/Health
 - SCI/quadruplegia and CP with heat/cold
 - Recovery time, SCI vs CP
- Roller training
- Equipment
 - Knowing how to work on their equipment
 - Helmets



Sample Wheelchair Track Workout

- Warm up 10 minutes
- STRETCH
- 8x 200m kick outs
- Full REST
- 5-8 great starts (40m)
- 4 laps; sprint straights, rolling recovery corners
- Quick rest (if needed)
- 400m, 200m, 100m rolling out from finish line to next start line
- Cool down



Sample Roller workout

Warm up 10 minutes

Stretch

8 minutes with 30" on 30" off

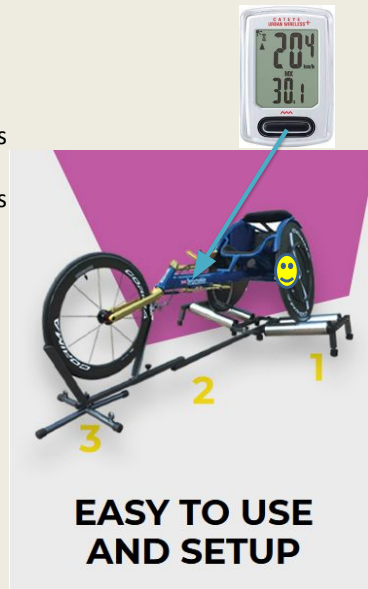
Quick break OR rolling recovery of 50% or less

8x 20" sprint; 40" rolling recovery

Quick break OR rolling recovery of 50% or less

8 minutes with 30" on 30" off

Cool Down



Not all ROLLERS are created equal

Portable Roller: Easily portable, will allow athlete to push in place. Good for warm ups not long pushes. (\$500)



Indoor Roller: NOT PORTABLE. This model creates more of a road feel so the wheels maintain momentum between each stroke. (\$1200)



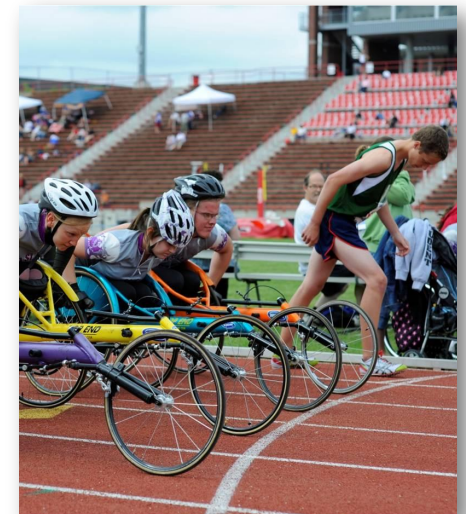
Is more coaching staff necessary?



- For track?
 - Not necessary to have additional coaches, but may need a guide runner
 - a few schools have implemented a volunteer to help with coaching and/or transportation
- For cross country?
 - Depends on:
 - Location of school
 - Location of workouts
 - General speed of athlete.
 - Someone able to be on a bike with them
 - Potential guide runner

Should runners and race chairs on the track at the same time?

- Education and understanding of track etiquette
 - Where to "look"
 - Communication
 - Have lanes dedicated to wheelchair only or runner only
 - Remind athletes to keep their heads up
 - Chairs move fast and can't stop as easily as a runner



What about busing?

- Athlete can walk?
 - Ride with their teammates
 - race chair is strapped down in the back seat of the bus or coach takes chair in their car.
- Athlete cannot walk?
 - May chose to carry the athlete up the stairs and ride with their teammates.
- Wheelchair bus?
 - make sure many of their teammates are on the bus with them.



Hotel rooms and accessibility?

- Many athletes will not need a wheelchair accessible hotel room.
- A wheelchair accessible restroom at track and cross country events is recommended.



How do I get equipment?

- Lease/borrow/purchase from local Paralympic or Adaptive Sports, USA Sports Clubs.
 - www.moveunitedsport.org
 - www.teamusa.org/US-Paralympics
 - <https://paulsparty.org/>
- Build it--Shop class assistance (throwing chairs)
- Fundraisers to purchase equipment
 - DECA, leadership groups, PTO groups, ASB, Church groups, dances, school challenges, etc.



www.challengedathletes.org

Grants for equipment



moveunitedsport.org

www.Sportaid.org

www.Eaglesportschairs.org

www.Topendwheelchairs.org

<https://howirollsports.com/>



Where do we purchase equipment?

www.eaglesportschairs.com

Racing chairs, throwing chairs, and gloves, rollers

www.topendwheelchair.com

Racing chairs

www.ingeniummanufacturing.com

3D printed racing gloves

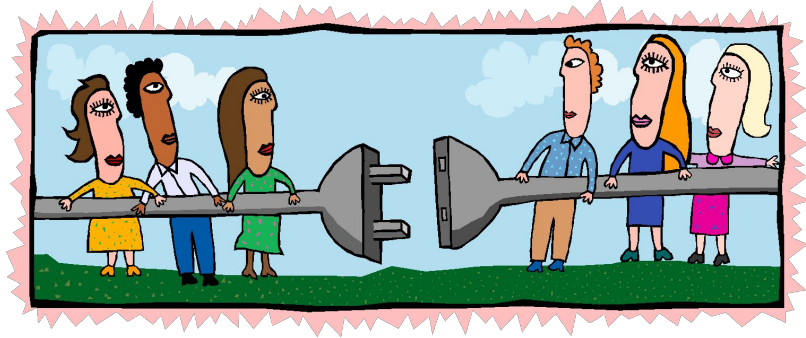
<http://www.carbonbike-usa.com>

Racing chair

<https://revolutionsports.ca/>

Rollers

Collaboration Is Key



Who needs to connect?



- Physicians
- Nurses, PT, OT, TR, ST
- Prosthetists
- Adaptive Sport Clubs
- PE teachers
- Coaches
- Athletic Directors
- Parks and Rec Programs
- Rehabs, Hospitals, outpatient clinics, VA centers/hospitals
- University and college professors in the health fields



These are just some of the faces....that **NEED** you to recruit them 😊

Final thoughts





Zoom Classes offered through G.L.A.S.A.

Roller workouts: Tuesdays at 6pm & Thursdays at 5pm
(Amie Day)

Adaptive conditioning: Mondays at 5pm
(Dave Michael)



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