



2017 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 Rifle • Power Soccer Wheelchair Basketball



Arizona Disabled Sports
59 E. Broadway Road, Mesa, AZ 85210
For further information, contact:
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*For the most up-to-date schedule, please visit us online.
http://www.arizonadisabledsports.com/Physically_Challenged.html



AzDS PROGRAM SCHEDULE WINTER/SPRING 2017

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

SEASON DATES: January 21 – May 7 (Please note SportsFest under special events)

PRACTICES: Saturdays with two time slots from 8-9:00am & 9:15-10:15am
Coach will do placement of time slot of athlete
(No practice 04/15)

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 21 – May 7 (Please note SportsFest under special events.)

PRACTICES: Saturdays with two time slots from 8-9:30am & 9:30-11am
Coach will do placement of time slot of athlete
(No practice 04/15)

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 21 – May 7 (Please note SportsFest under special events.)

PRACTICES: Saturdays with two time slots from 9:30-11am & 11-12:30pm
Coach will do placement of time slot of athlete
(No practice 04/15)

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. 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: February 4 – May 6

February 4th at Brimhall Pool.

PRACTICES: Saturdays from 12pm-2pm
(No practice 04/15)

LOCATION: Skyline Aquatic Center, 845 S. Crismon Road, Mesa with exception of Kino Aquatics Center on March 4 & March 11.

*May 6 practice location is still TBD.

Air Gun Outreach Series

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.

SEASON DATES: March 14 – May 9 (Orientation March 14)

PRACTICES: Tuesdays from 6pm-8pm

LOCATION: Broadway Recreation Center, 59 E. Broadway Road, Mesa

AzDS PROGRAM SCHEDULE CONTINUED

WINTER/SPRING 2017

Phoenix Wheelchair Jr. 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 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 at www.nwba.org.

SEASON DATES: Continues January 9 from fall season through date TBD.
PRACTICES: Mondays from 5:30-6:30pm (Prep) 6:30-9:00pm (10 ft. division)
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. Players are placed into 2 teams; Arizona Heat Elite, & Arizona Heat Destroyers. The program follows the official rules of the United States Power Soccer Association found online at <http://www.powersoccerusa.org/>

SEASON DATES: Continues January 11 from fall season through June 7.
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 check, cash, or credit 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"



2017 SPECIAL EVENTS AND COMPETITIONS

EVENT: **4th Annual SportsFest– Track, Field & Archery**
DATE(S): Saturday, January 21, 2017
TIME: 8:00am-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 12 - Tuesday, February 14, 2017
TIME: Full Day (9am-4pm) / Half Day (9am-12pm or 1pm-4pm)
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: **Desert Challenge Games**
DATE(S): Thursday, May 11 – Sunday, May 14, 2017
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!

