



2010 Summer - Fall Registration Packet

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 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.

Bowling • Cycling • Kayaking Power Soccer • Wheelchair Basketball



Now Offering ONLINE REGISTRATION through ACTIVE.COM!!
Use the link below to access online registration.
www.arizonadisabledsports.com

Please mail completed registration forms to:
Arizona Disabled Sports, Attn: Registration
59 E. Broadway Road, Mesa, AZ 85210

For further information, contact:
Elena Messenger at 480-835-MASD
Fax: 480-610-2257
elena@mesadisabledsports.com

AzDS PROGRAM SCHEDULE

SUMMER/FALL 2010

Bowling

The adaptive bowling league offers a chance to socialize and compete with a group of friends in your community. Bowling is one of the world's oldest and greatest sports, a sport everyone can enjoy. Lanes are reserved for two rounds of ten-pin bowling for those just starting out or freshening up their skills.

SEASON DATES: August 7—December 18 (no practice 12/5)
PRACTICES: Saturday from Noon-2:00pm
LOCATION: AMF Mesa Lanes, 2115 E. Southern Avenue in Mesa
NOTES: \$5.00 for 2 games paid to the alley each week. Accessible ramps and equipment are available.

Cycling

Monthly-integrated group rides explore the Valley. Beginning and intermediate cyclists gain knowledge of equipment, improve riding technique and interact with peers. Advanced riders can thrive while enhancing physical fitness. Family and friends are welcome.

SEASON DATES: August 21, Sept 11, Sept 18, Oct 2, Oct 16, Oct 30, Nov 13, Dec 4
PRACTICES: Select Saturday of each month from 8:30-10:30am
LOCATION: Eldorado Park in Scottsdale
NOTES: Available equipment on a reservation basis includes hand cycles, adapted three-wheel food pedaled cycles and tandems. Athletes with their own cycle and helmet are encouraged to utilize them.

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 at www.nwba.org.

SEASON DATES: August 16—December 20
PRACTICES: Monday from 6:30-8:30pm
LOCATION: Broadway Recreation Center, 59 E. Broadway Rd in Mesa
NOTES: A limited amount of sport chairs are available for program use. The second half of the season will occur January – April.

Kayaking

Learn about safety, equipment and basic paddle strokes for flat water kayaking while gliding freely across the surface of the water. The group will begin with a mandatory pool session to orientate each individual to the sport and tailor a boat to fit his or her needs. From there, it's off to Tempe Town Lake for Friday evening sunset paddles. Come join us with a positive attitude and let the fun and barrier free mobility in the water begin. **Mandatory water orientation** (for those that have NOT participated in the AzDS kayak program):

Saturday, September 11th from 5-7pm at Brimhall Pool – 4949 E. Southern Ave, Mesa
SEASON DATES: Sept 11 – ORIENTATION, 17, 24 Oct 1, 15, 22, 29 Nov 5, 12, 19
PRACTICES: Friday from 5:30-7:30pm -
LOCATION: Dobson Ranch Lakes - south on Dobson to Keating. Follow to right until docks.
NOTES: Kayaks are available on first come first served. Family and friends may participate, as space allows.

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 I for the experienced, highly skilled players; and Division II for those players who are learning the game and developing skills. The program follows the official rules of the U.S. Power Soccer Association found at www.powersoccerusa.net.

SEASON DATES: September 13—December 20
PRACTICES: Monday from 4-6:30pm and Fridays 7:00-9:00pm (no practice 10/30, 11/13 or 11/27)
LOCATION: Broadway Recreation Center, 59 E. Broadway Rd. in Mesa

AzDS PROGRAM FEES

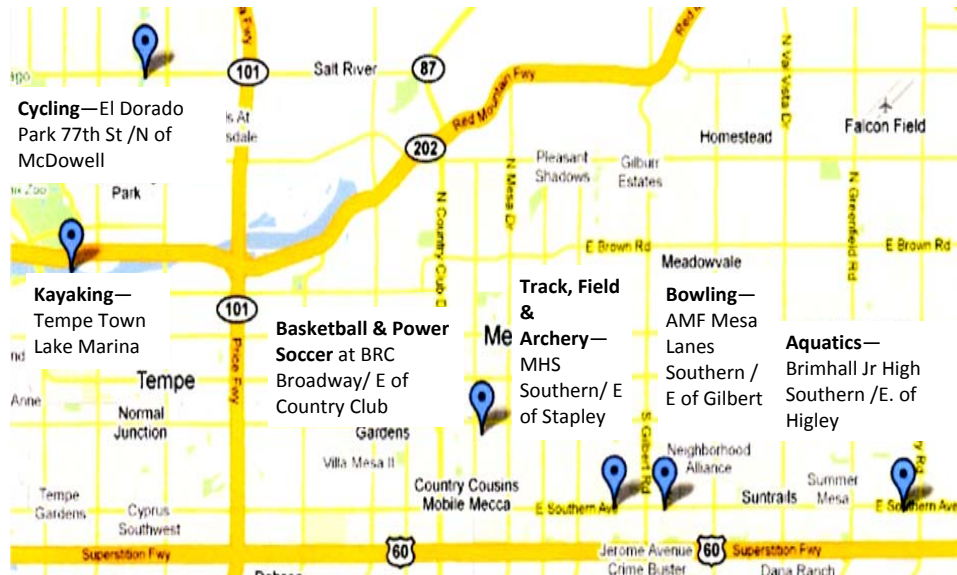
\$35 FOR 1 SPORT

\$40 FOR 2 SPORTS

\$45 FOR 3 OR MORE SPORTS

- Payable by check to Arizona Disabled Sports (AzDS).
- 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-MASD.
- A \$25 collection fee will be charged for all returned checks.
- For information about fee assistance, call 480-835-MASD.
- Registration and payment must be received by the 1st day of participation in the desired sport(s) each season.

PROGRAM MAP



2010 SPECIAL EVENTS AND COMPETITIONS

- EVENT:** Arizona Paralympic Experience – Wheelchair Basketball
DATE(S): Saturday, September 25th
TIME: Juniors 8:00am – 12:00pm Adults 1:00pm – 5:00pm
LOCATION: Broadway Recreation Center, 59 E. Broadway Rd, Mesa
EVENT DESCRIPTION: Check out the sport of Wheelchair Basketball for athletes with physical disabilities at this one-day academy. Paralympic athletes will be on-hand to assist with demonstrations as well as members of both the Banner Wheelchair Suns and Mercury teams to showcase their skills.
- EVENT:** 4th Annual AZ Junior Varsity Wheelchair Basketball Tournament
DATE(S): Saturday/ Sunday December 11 - 12
LOCATION: Broadway Recreation Center, 59 E. Broadway Rd, Mesa
EVENT DESCRIPTION: The Banner Wheelchair Jr Suns will welcome teams from across the United States for the 4th annual tournament and symposium sponsored by the Arizona Spinal Cord Injury Association, Banner Wheelchair Suns and Arizona Disabled Sports.
- EVENT:** Holiday Bowling Tournament
DATE(S): Saturday, December 18
LOCATION: AMF Mesa Lanes, 2115 E. Southern Ave, Mesa (Southern/Gilbert)
EVENT DESCRIPTION: 10-pin bowling competition against athletes with various physical disabilities.

2011 SPECIAL EVENTS AND COMPETITIONS

- EVENT:** 2nd Annual Run, Walk & Roll 5K/10K
DATE(S): January 8th, 2011
LOCATION: Tempe Town Lake Beach Park, 620 N. Mill Ave, Tempe, AZ
EVENT DESCRIPTION: This event is a 5K/10K race that begins at the Tempe Town Lake Beach Park and winds around the banks of the lake. The event also includes a .5mi kids fun run for youth ages 12 and younger and a 1 mile fitness walk. This is a fun event for all ages and ability levels. Visit www.runwalkrollaz.com for more information and registration.
- EVENT:** Arizona Paralympic Academy – Track, Field and Archery
DATE(S): Saturday, January 15 (tentative)
TIME: 8:30am-11:30am
LOCATION: Mesa High School, 1630 E. Southern Ave, Mesa
EVENT DESCRIPTION: Check out the sports of track, field and archery for athletes with physical disabilities at this one-day academy. Paralympic athletes will be on-hand to assist with demonstrations as well as Arizona Game and Fish to showcase archery.
- EVENT:** PowerBlast Power Soccer Tournament
DATE(S): Friday January 21 – Saturday, January 22 (tentative)
TIME: 8:00am-5:00pm
LOCATION: ASU Student Recreation Complex, 400 E. Apache Blvd, Tempe
EVENT DESCRIPTION: Fierce competition between Division I and Division II Power Soccer teams.
- EVENT:** SkiAble Adaptive Alpine Experience
DATE(S): February 12 – 16, 2011 (tentative)
TIME: Full Day (9am-3pm) / Half Day (9:30am-Noon or 1:00-3:30pm)
LOCATION: Sunrise Ski Park, Greer, AZ
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): TBD
LOCATION: TBD
EVENT DESCRIPTION: Multi-sport event including archery, track and field, swimming and weightlifting open to competitive athletes with a permanent physical disability ages six through adulthood. Athletes competing in the regional event may qualify for the National Jr Disability Sports Championships, the National Veterans Wheelchair Games and other National Championships by meeting the qualifying standards in their respective events.