



2012 Winter - Spring 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.

Archery • Power Soccer • Swimming Track & Field • 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 Rd, Mesa, AZ 85210

For further information, contact:

Nina Bernardo at 480.835.6273

Fax: 480.610.2257

nina@arizonadisabledsports.com

AzDS PROGRAM SCHEDULE

WINTER/SPRING 2012

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.archery.org

SEASON DATES: January 14 – May 12 (Please note Paralympic Academy day under special events)

PRACTICES: Saturday 8-9:30am for athletes participating in both archery & track/field and 9:30-11am for athletes only participating in archery.

LOCATION: Mesa High School, 1630 E. Southern Ave, Mesa, 85204

NOTES: To optimize safety students must arrive on time

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 online at www.nwba.org

SEASON DATES: Continues January 9 from fall season – April 22 (No practice 1/16 for both teams, 1/30 & 2/13 no prep only)

PRACTICES: Monday from 5:30 – 7:30pm for Prep team and 6:30 - 8:30pm Jr. team

LOCATION: Broadway Recreation Center, 59 E. Broadway Rd, Mesa, 85210

NOTES: Limited amount of sport chairs for program use

Track and Field

Track events include the 60,100,200,400,800,1500 and 5000 meter runs. Field events include shot put, javelin, discus, club throw, softball throw and long jump. The training regimen is tailored to the goals of each athlete. The rules of track and 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. Prosthetics, crutches, walkers, racing wheelchairs and throwing chairs are all examples of adaptive equipment. Visually impaired athletes may use callers or tethered partners to assist in track and/or field events.

SEASON DATES: January 14 – May 12 (Please note Paralympic Academy day under special events. Practice to be held at Red Mountain High on 3/31, 4/14, 4/21)

PRACTICES: Saturday 8-9:30am for athlete only mastering track/field & 9:30-11am for athletes participating in track/field in addition to archery.

LOCATION: Mesa High School, 1630 E. Southern Ave, Mesa, 85204

NOTES: A limited amount of sport chairs are available for program use

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: January 21 – May 12 (No practice 3/3, 4/14)

PRACTICES: Saturday 12– 2pm

LOCATION: Skyline Pool, 845 S. Crismon Rd. Mesa, AZ

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 4 conference levels: Premier, Champions, Presidents & Founders. The program follows the official rules of the United States Power Soccer Association found online at www.powersoccerusa.net

SEASON DATES: January 18 from fall season – through July 11th. (2/1 practice pushed back to 5:30-7:30pm)

PRACTICES: Wednesdays from 5-7 pm with gym opening at 4:30pm

LOCATION: Broadway Recreation Center, 59 E. Broadway Rd, Mesa, 85210

AzDS PROGRAM FEES

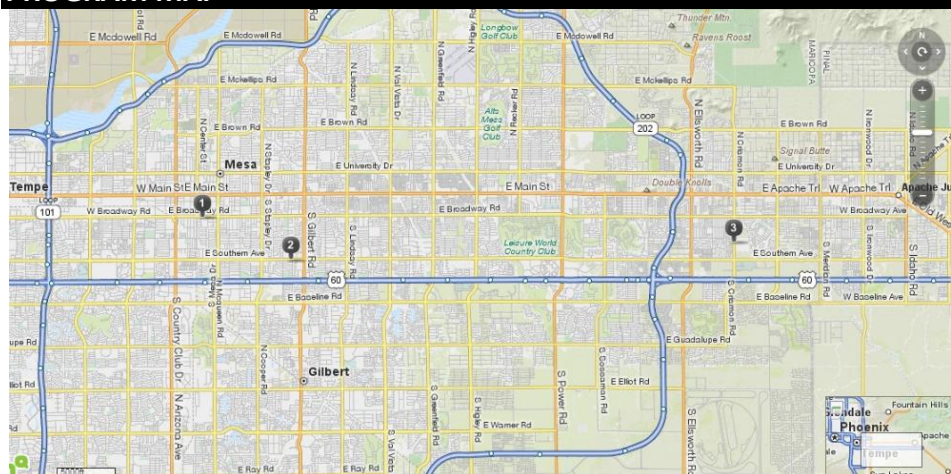
\$35 FOR 1 SPORT

\$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 480-835-6273.
- A \$25 collection fee will be charged for all returned checks.
- For information about fee assistance, call 480-835-6273.
- Registration and payment must be received by the 1st day of participation in the desired sport(s) each season.

PROGRAM MAP



Information for all events will be posted online at www.ArizonaDisabledSports.com as it becomes available.

Please contact Nina Bernardo at 480-835-6273/
nina@arizonadisablesports.com for further details.

2012 SPECIAL EVENTS AND COMPETITIONS

EVENT: **3rd Annual Run, Walk & Roll 5K/10K**

DATE(S): January 7, 2012

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 14 (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: **SkiAble Adaptive Alpine Experience**

DATE(S): February 12 - 14, 2012

TIME: Full Day (9:30am-3:30pm) / Half Day (9:00am-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: **Wheelchair Basketball West Coast Conference Championships**

DATE(S): Friday, February 24 - Sunday, February 26

LOCATION: Virginia G. Piper Sport & Fitness Center, 5025 E. Washington Phoenix

EVENT DESCRIPTION: The Banner Wheelchair Jr. Suns will welcome teams from across the West Coast for the annual tournament sponsored by the Arizona Spinal Cord Injury Association, Banner Wheelchair Suns and Arizona Disabled Sports.

EVENT: **PowerBlast Power Soccer Tournament**

DATE(S): Friday, March 2 – Sunday, March 4 (tentative)

TIME: 8:00am-5:00pm

LOCATION: Virginia G. Piper Sport & Fitness Center, 5025 E. Washington Phoenix

EVENT DESCRIPTION: Fierce competition between multiple Conferences and great Power Soccer teams.

EVENT: **Desert Challenge Games**

DATE(S): Friday, May 18 – Sunday, May 20 (tentative)

LOCATION: Red Mountain High School, Userly Park Archery Range and Skyline Aquatic Center

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.

EVENT: **End of Season Awards Celebration**

DATE: Friday, June 8th from 6:30 – 9:30 pm

LOCATION: Red Mountain Multi-generational Center – 7550 E. Adobe St, Mesa, 85207

EVENT DESCRIPTION: Recognition of all athletes in all sports as well as outstanding coach, volunteer and facility. An evening to celebrate the accomplishments of each team. The event includes dinner and dancing. Yearbooks available for purchase.

**Arizona Disabled Sports has been awarded to host the
2012 National Junior Disability Championships
in Mesa, AZ - July 21-28, 2012.**

Visit www.NJDC2012.com for more information.