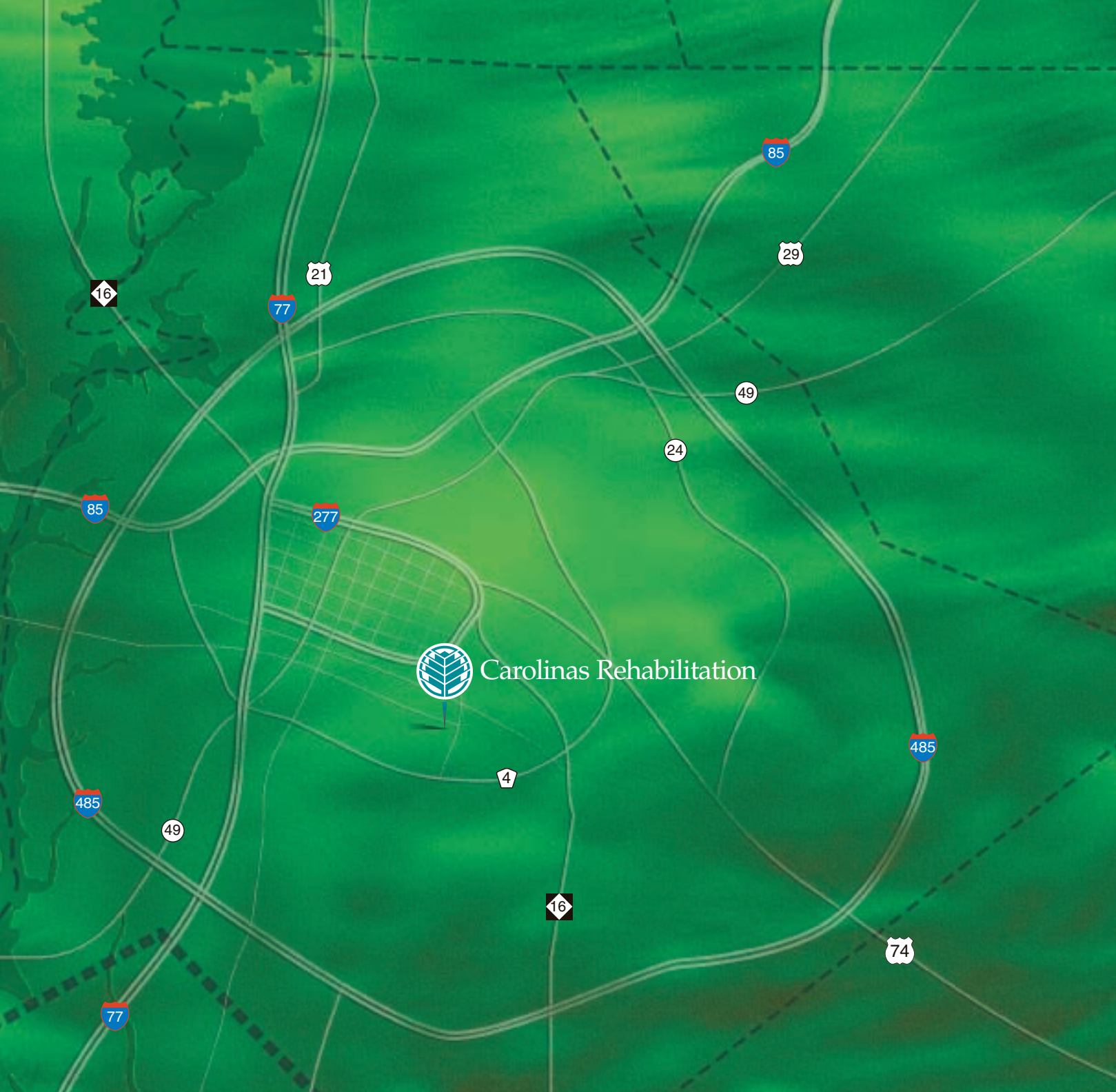




Carolin Rehabilitation

Adaptive Sports & Adventures Program



 Carolinas Rehabilitation



WITHIN
YOUR
REACH



Carolin Rehabilitation

704-355-1062

1-877-REHAB51 (1-877-734-2251)

www.carolinasrehabilitation.org

1100 Blythe Blvd., Charlotte, NC 28203

"Cycle to the Sea" - Charlotte, N.C. to North Myrtle Beach, S.C.

Goal Achievement In Sports & Recreation

The Adaptive Sports & Adventures Program (ASAP) is part of Carolinas Rehabilitation, a nationally recognized healthcare network that provides comprehensive rehabilitative inpatient and outpatient services throughout the region.

Beyond Therapy

This program creates opportunities for patients of Carolinas Rehabilitation and other individuals with physical disabilities to develop an active lifestyle through outdoor adventures, sports and recreational activities. By extending the rehabilitation process beyond therapy, ASAP integrates patients into encouraging and ongoing community activities and programs. This program also benefits youths and adults with physical challenges who are diagnosed with conditions such as spinal cord injury (SCI), traumatic brain injury (TBI), cerebral vascular accident or stroke (CVA), cerebral palsy, spina bifida and

amputations. These individuals are often eager to develop their skills in a recreational, active and productive lifestyle – without barriers and limitations.

ASAP participants may choose from a variety of team and individual sports designed to introduce them to an activity at a comfortable level. The program provides resources and opportunities reflecting their choices and skill level.

The sports and activities in this program include a variety of options:

- Wheelchair basketball
- Wheelchair rugby
- Power wheelchair soccer
- Wheelchair tennis
- Track and field (*weight-lifting and archery*)
- Adaptive golf
- Water skiing
- Kayaking
- Sailing
- Fishing
- Swimming
- Winners on Wheels (*Scouting*)
- Cycling
- Snow skiing

“Winners on Wheels” – A Special Scouting Experience for Children

The “Winners on Wheels” Scout Troop is a scouting experience for youth ages 5 to 12 with mobility impairment. The program permits children in wheelchairs to work on various badges and projects similar to the Boy/Girl Scouts of America programs. Meeting every other week throughout the school year, “Winners on Wheels” children attend various sports clinics and events. The program empowers children in wheelchairs to contribute through positive goal achievement in sports and recreation.



Southeastern Wheelchair Games – North Myrtle Beach, S.C.

School-Oriented Programs

Educational and awareness clinics are also held monthly in North Carolina school systems reaching large numbers of youths with physical challenges as well as those who are able-bodied. Program professionals are trained to speak in the community to create awareness of persons with unique needs related to sports and recreation as well as delivering a powerful message about never quitting. Local wheelchair athletes also display their skills using the latest technology that allows them to be active. The clinic encourages participation and dialogue from question and answer sessions.

“Cycle to the Sea” – Annual “Fun” Raiser

The “Cycle to the Sea” event is held each spring and involves 30 athletes with

physical challenges who cycle from Charlotte, N.C. to North Myrtle Beach, S.C. (about 200 miles) on handcycles and/or tandem bikes. Each rider obtains individual pledges in order to participate.

Frequently Asked Questions

How is ASAP funded?

ASAP sponsors a variety of fundraising projects throughout the year to help offset costs to its participants and to purchase sports equipment. Fundraisers are also held to keep fees to a minimum and to offer scholarships to at-need individuals. “Cycle to the Sea” and the Adaptive Sports Golf Classic Tournament are popular annual events that raise much needed funds. In addition to these events, ASAP relies on the generosity of individuals and corporations that share the vision of

empowering people with physical limitations to reach their full potential.

What volunteer opportunities are available?

Although anyone can become a volunteer, many of ASAP’s volunteers are athletes with physical challenges themselves and serve as influential role models to younger athletes. By mentoring children with physical limitations, volunteers demonstrate how individual goals can be met and how everyone can be active and enjoy life to the fullest. ASAP conducts several adaptive sports awareness clinics each year at local schools and community groups to teach children about the program. Athletes with physical challenges also speak to students and answer questions about living with a disability as well as discussing the numerous benefits afforded through participation in a sport.

The Adaptive Sports & Adventures Program is *within your reach* at Carolinas Rehabilitation. For more information, call 704-355-1062 or 1-877-734-2251.



Learn to Ski Clinic – Ski Beech, N.C.