# TSWAA
# Report to WSUSA
# January 1, 2013 – September 30, 2013

The Tri-State Wheelchair & Ambulatory Athletics (TSWAA) continues to search for new ways to include disabled individuals in wheelchair and ambulatory sports competition.

The Tri-State Board of Directors, in keeping up with this digital age, we appointed a parent volunteers to maintain our Facebook page, special thank you to April Martin and Joan Wheeler for taking on this task.

During the 2013 Tri-State continued the 5K read race event, A road race was held in a effort to encourage more adult competitors as wall as to promote the sport of road racing.

The following is a list of Tri-State sponsored meets held in 2013. These same events are already in the planning stages for 2014:

| Meet | Month | Type Meet | Meet Director | Sports/Events | No. Participants |
|---|---|---|---|---|---|
| Children's Specialized Hospital Swim Meet | February | Sanctioned, Adults, Juniors | Trisha Yurochko | Swimming | 24 |
| Children's Specialized Hospital Invitational | May | Non-Sanctioned Juniors | Trisha Yurochko | Track, Field | 37 |
| Tri-State Games | May | Sanctioned, Adults, Juniors | Trisha Yurochko, Debbie Armento | Track, Field, Archery, Table Tennis, Weightlifting, Road Racing | 48 |
| Junior Masonic Regional Games | June | Sanctioned, Juniors | Ralph Armento | Track, Field, Swimming, Table Tennis, Slalom, Weightlifting | 51 |
| Burke Wheelchair Games | September | Non-Sanctioned Adults, Juniors | Ralph Armento | Track, Field, Slalom, Table Tennis | 38 |

In 2013, TSWAA again partnered with the Kessler Foundation for the Wheel blazers Grand Prix, a regionalized version of the America Series. Over 25 athletes ranging from juniors to grand masters participated in the event. The following represents the 2013 schedule:

| Date | Event | Location | Distance |
|---|---|---|---|
| No Race (Due to Sandy) | Earth Day 5K | Jersey City, NJ | 5K |
| 5/08 | Blue Cross Broad St. Run | Philadelphia, PA | 10 mi. |
| 5/18 & 19 | Tri-State Games Road Race | Edison, NJ | 5K |
| 5/27 | The Henry H. Kessler 10K | Ridgewood, NJ | 10K |
| 6/02 | Richard E. Cadmus 5K | North Brunswick, NJ | 5K |

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|---|---|---|---|
| 6/15 | Richard West 5 Mile Run | Long Beach Island, NJ | 5 mi. |
| 7/14 | The Boilermaker | Utica, NY | 15K |
| 7/13 | Belmar 5K | Belmar, NJ | 5K |
| No Race (Due to Sandy) | Jersey Shore ½ Marathon | Sandy Hook, NJ | 13.1 mi |
| 11/16 | Rothmen Instituted | Philadelphia, PA | 8K |
| 10/21 | Kessler Stroll 'N Roll | Bloomfield, NJ | 5K |

2013 Tri-State Sports Teams News:

**The Hospital for Special Care Cruisers:**

The year started off on a sad note, with the cancelation of their Annual Indoor Invitational Meet because of very low number of registrations. But from that point on the team had increased team participants with six new members, with varied disabilities. These novice athletes have been very active in practices and competitions. The HSC Cruisers had participated at the Tri State Regional Competitions: Children's' Specialized Hospital Invitational, Tri-State Regional, New Jersey Masons', and Burke Rehab Games, also at the New England Regional's, National Junior Disabilities Championships and one of their Junior Athletes competed in Puerto Rico at the IWAS Games
This is the 29th year of operation for the Cruisers Program and we have had over 400 young people participate at the junior level. A number of these young people are "giving back" to this program by helping at the coaching level. Their expertise has not only helped in expanding their athletes program: knowledge of throwing and racing skills but also helped to have each young person develop a desire to "BE THE BEST THAT THEY CAN BE!"

**The Children's Lightning Wheels, a Paralympic Sport Club**

Started the year with 23 athletes and by the end of October had 26 athletes that range in age from 5 to 22 years of age. Unfortunately they will be saying good-bye to Chelsea Cryzter as she will be graduating to the adult ranks at the end of the year. For the first time the team has about an equal number of "walkers" and "wheelers". The team practices and competes in track, field, swimming, and archery. Athletes also practice on their own and compete in table tennis and power lifting. The team also runs a 9 month gym program, once a week, where they work on range of motion, flexibility and strength training. The team sponsored the annual Children's Invitational Track and Field Meet which this year was open to both juniors and adults. Athletes competed in all of the meets in the Tri-State Region including the Children's Invitational Track and Field Meet, the Tri-State Regional Games, the Masonic Games and the Burke Games. The team had 13 athletes attend NJDC, and one that was on TEAM USA for IWAS. This year at **NJDC**, the team placed 2nd place large team division. One athlete was also named to the 2013 Paralympic Track & Field High School All America Team in the 800 & 1500 meters.

**With funding from BP**, the team collaborated with the North Jersey Navigators, Paralympic Sport Club, and Kean University for a Paralympic Experience that attracted about 45 participants who were able to experience: swimming, track, field, power

lifting, **rowing** and sit volleyball. The Lighting Wheels were part of the Nickelodeon Worldwide Day of Play in Prospect Park, NYC, the Hudson County Paralympic Experience held in Jersey City, New Jersey and assisted with and presented at the Disability/Para-Swimming Outreach Clinic held at the Ocean County YMCA in Toms River, NJ.

The Navigators:

This past year at the Paralympic Leadership Conference in Colorado Jimmy Cuevas (Head Coach of the Navigators) was presented with the 2012 Amazing Sport Club Award. This award recognizes a Paralympic Sport Club that has made amazing contributions to the Paralympic Movement through innovation, impact and daily promotion of the Paralympic idea. Navigator members that were chosen for the Junior USA Team that will be participating at the 2013 IWAS World Junior Championships held in Puerto Rico, these athletes were: Eli Torres, Westly Cuevas, Gianfranco Iannotta, Jerson Calderon, Brendan Driscoll, Matthew Tohon, and Nishan Patel.
Team USA Staff: Isabel Cuevas (Assistant Team Leader), Ken Bagala (Archery Head Coach)

Raymond Martin year in review:

- April 2013 Boston Marathon 2 hrs 1 min.
- July 2013 2nd nomination for ESPYS Best Male athlete with a Disability.
- July 2013 US male athlete of the month from US Paralympics.
- July 2013 Best Male Athlete Debut Nomination with the IPC Paralympics 2012.
- June 2013 10K Peach Tree world Champ T52.
- 5K Cedartown World Champ T52.
- 2013 Worlds Lyon, France 5 Gold medals 100M, 200M, 400M, 800M, and 1500M. First Male athlete to win 5 gold medals in IPC Worlds.

We on the Board of directors in the Tri-State regain, in preparation for expansion with the new RPO proposal have discussed way of reaching out to the other current RSO's in our aria such as: Appalachia, and Mid Atlantic to see how we could co-exist under this possible new umbrella. We have had several successful conference calls with the RSO's to the south such as Dixie, and Mid Atlantic. We anticipate a GREAT working relationship with all personal up and down the Eastern Regain. To date we have not heard any updates from the Control RPO, we here in the Tri-State Regain as well as the other RSOs in the East Cost are very eager to here how the change over happened and how is been doing.

# Tri-State Wheelchair & Ambulatory Athletics
# Board of Directors – as of September 30, 2013

| **Name and Position** | |
|---|---|
| Brucato, Ken | Chairperson |
| Martin, Daniel | Vice-Chairperson |
| Yurochko, Trisha | Treasurer |
| Redden, Pat | Secretary |
| Armento, Debbie | Member-at-Large (Head Official) |
| Bethka, Carolyn | Member at-Large |
| Cuevas, Jimmy | Member-at-Large |
| Galli, Phil | Member at-Large |
| Johnson, Jennifer | Member at-Large |
| Perez, Gilberto | Member at-Large |
| Redden, Maggie | Member at-Large |
| Schneider, William | Member at-Large |
| Wheeler, Joan | Member at-Large |

Sincerely,

Ken Brucato, Chairperson TSWAA