

**GREAT LAKES ADAPTIVE SPORTS  
ANNUAL REPORT  
OCTOBER 2013**

**What About Us?**

The Great Lakes Adaptive Sports Association promotes the physical and mental well-being of youth, teens, and adults who have a physical or visual disability by providing adaptive recreational, fitness and competitive sports programs. Programs are conducted in Illinois and Wisconsin with outreach and technical assistance also provided throughout these states.

**Great Lakes Regional Games and Adult National Championships**

133 athletes registered, including 26 injured military who competed in track, field, swim, boccia, archery, table tennis, weightlifting and handcycling.

Notes: Attendance was drastically down to cold Midwest spring and inability to train.

**Recommendations**

1. Conduct later in May or earlier in June.
2. Secure date earlier to promote on a year-round basis.
3. Apply for level 3 sanctioning.

**WEEKLY PROGRAMS**

**Junior Varsity Wheelchair Basketball**

The team traveled to the NWBA National Tournament and took sixth place. GLASA lost 3 of its Key JV players to graduation.

**Prep**

The team had added new players. The new lighter and smaller ball has attracted younger players.

**Wheelchair Football**

Sponsored by the Chicago Bears, this integrative team keeps adding players and will be playing Milwaukee early in the season.

**Goalball**

Our youth goalball clinic was a huge success and our goalball program will startup this fall. Our adult men's goalball program is in need of a coach who is also able to travel.

## **Swim**

Under the direction of Glen O Sullivan, swim is one of our more popular programs offering both a instructional and competitive swim team. GLASA encourages its competitive swimmers to join either a club or their school team for more opportunities for training while continuing to work with GLASA on stroke and techniques.

A Paralympic Swim ID Clinic will be conducted with Illinois Swimming and the Lake Forest Scout Swim Team. GLASA is also working with IL Swimming on an initiative to identify more swimmers who meet Paralympic classifications.

## **Power Soccer**

The team expanded its tournament team although lost some of its recreational players so we are looking to revamp our recreational team. The team has peaked with 8 players and now a priority is to have the players each have a Strike Force Power Wheelchair to be competitive amongst the other teams.

## **Sled Hockey**

This is still our fastest growing sport, with a youth team, a mixed youth and adult recreational team and competitive team. Partnering with the Falcon's Ice Hockey Team has proved to be a tremendous asset for the recruitment of coaches and other resources. The team won the B Level USA Disabled Hockey Championships, in West Chester, PA and expanded its training with additional dry land practices.

## **Golf**

GLASA expanded its program to offer the program in late spring, summer and early fall, along with golf programming to its injured military.

## **COOPERATIVE PROGRAMMING**

GLASA finds it very advantageous to partner with able-bodied sports organizations to assist with the resources of coaches, facilities, equipment, fundraising and sponsorship.

U of I Wheelchair Basketball Program offers a wheelchair basketball clinic each summer.

Adaptive Adventures offer our week long adaptive sports camp, kayaking, injured military camp, water skiing and down hill skiing.

Falcons Ice Hockey team: for ice time, coaching and fundraising

YMCA scuba program to offer its adaptive scuba program.

IL Swimming and Scouts Swim program to provide officiating and collaboration at the club level.

Wisconsin Interscholastic Athletic Association for collaboration in track & field.

USTA and the National Alliance for Accessible Golf to offer tennis and golf.

Dare 2 Tri established as a program with the Chicago Park District and GLASA, is now a separate 501c3 organization, however GLASA continues to partner with Dare2Tri for a number of events and their camp.

Blade Runners, conducted by Scheck and Siress Prosthetics is a running group conducted by Melissa Stockwell. GLASA provides support in a number of ways to the group.

Adversity Volleyball Club to begin a sit volleyball program.

### **SCHOOL BASED PROGRAMMING**

GLASA targets schools which are in low income areas to provide adaptive sports programming during the day. Many of these students do not have access to transportation so it makes more sense to bring the program to the school. Examples of these programs include track and field to the blind and visually impaired at two schools in the city of Chicago, wheelchair tennis to another school in Chicago where we partnered with Chicago State University using students as assistants, and wheelchair tennis in Waukegan schools where we also involved parents in the program.

### **NUTRITION**

GLASA promotes healthy eating to all of its programs. Staff is participating in the 5-4-3-2-1 nutrition program. We partner with Rosalind Franklin University's medical program where their students come out and conduct hands on presentations as to healthy eating. This fun program has been really popular with our kids.

### **OTHER SPECIALIZED PROGRAMMING**

#### **Injured Military**

- ❖ In cooperation with Adaptive Adventures, GLASA provides a 3 day injured military camp providing a water show, water skiing, kayaking, and sailing.
- ❖ GLASA provided golf, track, field, archery and swimming both on site and off for the veterans of Hines VA and the Milwaukee VA.
- ❖ GLASA assisted RIC in their swim, track and field portion of their camp.
- ❖ Conducted by World Sport Chicago, GLASA along with other Chicago based adaptive sports agencies assisted in conducting the Valor Games.
- ❖ GLASA provides outreach, guides, and equipment so the injured veterans can participate in adaptive sports and recreational activities.

#### **TEAM GLASA**

TEAM GLASA is made up of junior and adult athletes who train and compete in a variety of non- team sports through out the Midwest and on a national level.

#### **Adaptive Sports Equipment Lending Program**

A large number of adaptive sports equipment is available for use by participants and community members.

### **Ability Presentations**

Presentations and hands on activities are provided to schools and community based agencies to promote physical activity, healthy lifestyles, adaptive sports and recreational activities.

### **GLASA 5k Twilight Run, Walk and Roll**

This annual event conducted in September each year attracts a large number of competitors who have a physical or visual disability, with awards for the categories of manual wheelchair, racing wheelchair, amputee, blind and visually impaired, and other ambulatory disabilities.

### **The Sleds Are Coming**

Sled Hockey Tournament provides 2 days of tournament play for four teams.

### **Track & Field**

GLASA continues to work closely with the Wisconsin Interscholastic Athletic Association for support, equipment and advisory. This relationship continues to grow and is a win/win for both organizations. GLASA looks for further communications with the Illinois State High School Athletic Association. GLASA has changed its track and field program with the following division of coaching responsibilities.

Dave Bogenschutz – Head Coach

Workouts, High Performance, Nutrition, Statistics

Eileen Shaughnessy

Seating & Positioning, Competition Registration, Beginners Track

Jamie Lynn Kelly

Advanced Wheelchair Track

Amie Stanton Day

Advanced Wheelchair Track

Mikel Vandello

Wheelchair Field

We are currently looking for an additional track coach to work with our ambulatory athletes and a field coach to work with our ambulatory field athletes.

The overall track performance increase for all athletes was 16.5%. The percentage increase was slightly lower for ambulatory runners. The Performance increase for field athletes was higher at 18.2%

### **Powerlifting**

GLASA has lost a few of our athletes to moves and college, so Diana Lewis, head powerlifting coach is in the process of rebuilding its program.

### **Wheelchair and Ambulatory Tennis**

Our female tournament player returned from Japan and currently GLASA has 2 competitive players and 4 recreational players. GLASA works closely with the local high school and college tennis teams for additional support on the courts.

### **Boccia**

Although Chicagoland is a powerhouse for boccia, GLASA's boccia program continues to be small.

### **Cross-training/Conditioning**

GLASA's coaches continue to integrate cross-training and conditioning in their specific sports. We are also raising funds to purchase a few pieces of specialized equipment not found in a community health club.

### **Archery**

Interest is high for archery, but it has been a challenge to obtain a coach who is available on an on-going basis.

### **Sit-Volleyball**

In cooperation with Adversity Volleyball Club, GLASA conducted a sit-volleyball clinic this past summer which has lead to us partnering with the Adversity Volleyball Club coached by Mike Hulett, Paralympic Coach.

### **Important Dates**

Nov. 9	GLASA Sled Hockey Tournament
Nov. 16	Wheelchair Track Clinic for Youth & Beginner Adults
Nov. 17	Paralympic Swim Talent ID Clinic
Dec. 7	Holiday Party
Feb 22, 2014	Sleds R Coming with Lake Forest College
June 13-15, 2014	Great Lakes Regional Games & Adult National Games (Please note this is a brand new state-of-the-art track and times should be fast).

### **Other Notes**

Fees are based on \$7.00 per hour but 63% of our athletes receive some type of scholarships.

*Fundraising*

Foundations, Private & Corporate Grants – 34%

Fundraising, Income – 18%

Programming Income – 15%

Contributions – 15%

In-Kind Income – 18%

GLASA provides a continuum of services targeted to the developmental to elite athlete, however GLASA provides a higher level of training and competition in the sports of track, field, swim, power soccer and sled hockey with goalball, powerlifting and tennis having the potential to increase its competitive component.

Submitted by Cindy Housner