



Community Events

Triumph's Adapted Sports & Recreation Events

www.triumph-foundation.org

info@triumph-foundation.org

Triumph Foundation is the Los Angeles Paralympic Club. Our Adaptive Recreation Program includes competitive sports, organized games, health and wellness activities, exercise instruction, sport instruction, community awareness, and FUN! Triumph Foundation has many activities including: a monthly hand cycling clinic; an adapted shooting program; we are involved with multiple wheelchair sports teams; we sponsor groups to participate in adapted snow & water skiing trips; and we hold teaching clinics. Contact us for information on our program schedule. Here are some highlights:

Handcycling

Triumph Foundation's recreation program includes a handcycling clinic once a month with six extra handcycles to try out, instruction, and FUN! Rides are typically at the Rose Bowl in Pasadena or in Ventura on the second or third Saturday of every month. Contact Walter for schedule info@triumph-foundation.org

Wheelchair Sports Festival

Triumph Foundation's annual free adaptive sports clinic featuring wheelchair hockey, basketball, rugby, racquetball and more. This is a great event to try out wheelchair sports and get introduced to the action. There are sport wheelchairs for people to try out and instructional tutorials on how to play the games. It is open to all. Watch the video https://www.youtube.com/watch?v=3cEeSI_dndI&t=12s

Over-the-Line Baseball

Triumph Foundation holds its Over-the-Line Baseball Tournament every Fall. Over-the-Line is a modified baseball game where teams of three players consisting of at least one quadriplegic and one paraplegic attempt to hit a ball "over the line" into a sectioned off fair territory. Score is kept by tracking hits, there is no running/rolling of bases. Watch the video https://www.youtube.com/watch?time_continue=9&v=Nr5pGMBJ9wM

Superheros Triumph 5K

Triumph Foundation's annual Superheroes Triumph 5k is our newest fundraising adaptive recreation event. From start to finish, we were all in it to win it, and it's always a BIG WIN for everyone because we were all fighting for the same cause, to make quality of life a reality for people in the disabled community. The event is held at Lake Balboa Park in Van Nuys, CA and is an achievable 5k walk, run or roll around the beautiful park. <https://www.youtube.com/watch?v=OyUjTu4Sq6c&t=1s>

Pasadena Adaptive Sports Festival

Triumph Foundation's newest adaptive event is held at Brookside Park in Pasadena, CA in the late Fall. This FREE event features; Quad Rugby, Handcycling, Pickle Ball, Tennis, Beep Baseball, Boccia, Resource Fair and much more!



Community Events

Triumph's Adapted Sports & Recreation Events Continued

Adaptive Shooting

Triumph Foundation Triumph puts on Adapted Shooting Clinics with 7 Star Tactical. Wheelchair shooters learn about gun safety, self defense, and the sport of marksmanship. Every participant gets to shoot an assortment of firearms; regardless of their physical limitations. Triumph Foundation's main goal is to introduce the world of competition shooting to people who use wheelchairs, show the abilities of those challenged athletes, and to draw significant attention to potential sponsors within the sporting community, gun and ammo manufactures, and gun enthusiast clubs. Watch the video <https://www.youtube.com/watch?v=kP1grQ7PgY>

Curling

Triumph Foundation partners with Hollywood Curling to host a special clinic on the sport of curling at the Ice Station located in Valencia, CA. The clinic led by Patrick McDonald, a two-time Paralympic Curling athlete, who teaches this special clinic reserved for wheelchair athletes. It is for non-ambulant or can only walk very short distances. Everyone can play including powerchair users, high level injuries, athletes with significant physical impairments in lower leg/gait function, such as spinal injury, cerebral palsy, multiple sclerosis, or leg amputation, and anyone else who uses a wheelchair for daily mobility. Wheelchair Curling is an internationally recognized sport, and competitive play is governed by the World Curling Federation. For more information on Wheelchair Curling, please visit www.worldcurling.org/about-wheelchair-curling

Carriage Driving

www.triumph-foundation.org

Triumph Foundation partners with United States Driving for Disabled (USDFD) to hold Adapted Horse & Carriage Driving Clinics. World Champion Para-Equestrian driver Diane Kastama gives us a demonstration of the sport. She brings two specialized carriages made for wheelchair users to transfer in, plus carts being pulled by ponies. Diane and her fellow clinicians teach us about the sport of driving, rein handling, how to stop and steer a horse, and how to race! We all get the chance to drive the horses through an obstacle course. Watch the video <https://www.youtube.com/watch?v=o4cdP9rUSCM>

Community Events

Land Meets Sea Sports Camp

www.casacolina.org/Community-Services/Outdoor-Adventures

Part of Casa Colina's Outdoor Adventure Program. This annual day camp is a unique event incorporating land, water, recreational and competitive sports. Opportunities to experience these activities firsthand are provided by professionals, coaches and athletes. Enjoy water skiing, jet skiing, basketball, hockey, tennis, outrigger canoeing, paddle boarding and sailing. All ability levels are welcome. Watch the video <https://www.youtube.com/watch?v=UIt9MmktIzo>

Abilities Expo

www.abilitiesexpo.com

A free annual expo featuring three days of cutting-edge products and services, compelling workshops and fun-for-the-whole-family activities. It has become the leading event for the community of people with disabilities.

Festival of Human Abilities

www.aquariumofpacific.org/events/info/festival_of_human_abilities

An annual event at the Aquarium of the Pacific in Long Beach. It is a day celebration highlighting the creative talents and abilities of people with disabilities. Wheelchair dance, live music, signing choirs, art demonstrations, accessible SCUBA diving demonstrations, storytelling, service dog demonstrations, and other creative performances will be featured by people who have disabilities. Free interactive classes for people of all ages and abilities.

DisAbility Sports Festival

www.csusb.edu/disability-sports

A non-profit organization founded at California State University, San Bernardino. Their primary purpose is to promote physical activity and sports for people with disabilities, raise awareness of disability sports and physical activity, and provide a service-learning opportunity to students to learn how to create and adapt programs for people with disabilities.

Spinal Injury Games

www.ranchofoundation.org/sig

Rancho Los Amigos Hospital's annual sports clinic in the fall. It is designed for the beginning or novice wheelchair sports enthusiast. They provide an excellent opportunity for participants to experience a variety of wheelchair sports. The games are free to all participants.

Day on the Bay

www.sharp.com/rehab/day-on-the-bay.cfm

Sharp Rehab Recreation Therapy's biannual event that provides an opportunity for persons with disabilities to participate in water sports, including water skiing, kayaking, Jet Skiing, handcycling and sailing. Specially designed equipment and trained staff allow for a variety of sports to be adapted to accommodate a wide range of disabilities, including, but not limited to, paralysis, stroke, brain injury and amputation.



Community Events

Camp Discovery

www.trishdowning.com/camp/camp-discovery

A two-and-a-half day all women's adventure camp hosted by the Challenged Athletes Foundation and Tricia Downing and is designed to teach women in wheelchairs physical fitness while creating lasting friendships with those who have had similar experiences and obstacles. The activities include horseback riding, massage, rock climbing, ziplining, sled hockey, swimming, yoga, core strengthening exercises, healthy nutrition and team building activities.

Junior Wheelchair Sports Camp – San Diego

www.adaptivesportsandrec.org

Sponsored by the City of San Diego Park and Recreation & the Adaptive Sports and Recreation Association. Campers, ages 4-18 years old, with a permanent physical disability, will be introduced to a variety of adaptive sports including wheelchair basketball, tennis, rugby, archery, bocce ball, outrigger canoe, waterskiing, sailing, handcycling and much more.

Junior Wheelchair Sports Camp – U.C.S.B Cottage Rehabilitation

www.cottagehealth.org/services/rehabilitation/junior-wheelchair-sports-camp/

The Junior Wheelchair Sports camp provides sports and recreation skill development for children, and young adults, ages 6-19 years with physical disabilities. Activities include, wheelchair rugby, basketball, tennis, handcycling, volleyball, swimming.

Painted Turtle

www.thepaintedturtle.org/

The Painted Turtle offers children with serious medical conditions and their families a unique camp experience designed to foster personal growth and exploration. Their goal is to empower campers—to make new friends, try new things, and build self-confidence.

Hot On Life

www.cottagehealth.org/services/rehabilitation/

Sponsored by Cottage Rehabilitation Hospital in Santa Barbara, this event in the fall features Experimental Workshop on Recreation, Sport and Health for people of all abilities.

Inland Empire Disability Resources Expo

www.IEDisabilitiesExpo.org

The Inland Empire Disability Resources Expo showcases services and products that enhance independent living for people of all types of disabilities: physical, cognitive, mental and sensory.

Walking Trout Foundation

www.walkingtrout.com

The Walking Trout Foundation provides an annual camping trip to the Sierras for people with disabilities. Trips are completely free to the campers. They provide all necessary gear (with the exception of sleeping bags), food and transportation.



Community Events

Meet the Scientists

www.reeve.uci.edu

Reeve-Irvine Research Center University of California, Irvine
The California Spinal Cord Injury "Meet the Scientists" Forum brings together scientists, researchers, clinicians, associates and students from the Reeve-Irvine Research Center, UCI and beyond. The forum gives individuals from the SCI community an opportunity to meet scientists directly, ask questions and get a sense of SCI research today.

Angel City Games

www.angelcitygames.org

Southern California's first multi-sport track & field competition at UCLA. The event is for children and adults, novices and elite athletes, both ambulatory and wheelchair-bound people with physical disabilities. Participants can compete at Long Jump, High Jump, Triple Jump, Javelin, Discus, ShotPut, and wheelchair basketball.

Rollettes Dance

www.rollettesdance.com

The Rollettes dance team hosts a dance intensive twice a year in the Los Angeles area for people to learn how to dance regardless of ability.

Pushing 4 Independence

www.pushing4independence.org

They offer water sports, such as kayaking and adaptive paddleboard at Newport Beach Aquatic Center every month. In addition, they provide various recreational activities including yoga.

Wheel to the Sea

www.wildernessinstitute.com

This exciting community event is especially designed to serve individuals in wheelchairs. They embark on a five mile naturalist lead hike through Point Mugu State Park. The trail includes natural obstacles that provide challenges and opportunities for team-work and trust building. The event culminates at the beach with a family style barbeque and use of specialized beach wheelchairs.

Life Rolls On (LRO)

www.liferollson.org

LRO is dedicated to improving the quality of life for young people affected by spinal cord injury and utilizes action sports, including They Will Surf Again program and They Will Skate Again event, as a platform to inspire the infinite possibilities beyond paralysis.



Community Events

RAMP (Recreation Access Motivating People)

www.rampitup.org

RAMP conducts handcycling clinics throughout southern California on the **SECOND SATURDAY** of each month, typically from 10:00 AM - 1:00 PM. They have a variety of handcycles and adaptive cycles for you to use. Come ride, watch, learn or just visit if you like. Join their e-mailing list to stay posted on the locations and details.

SoCal WCMX

www.facebook.com/SoCal-WCMX-612534932253596/

SoCal WCMX offers recreational sporting opportunities to wheelchair users with the goal of increasing participants' confidence, self-esteem and chair skill. They hold WCMX skatepark clinics and skate sessions where newcomers can participate alongside competitors to learn tricks and maneuvers at the skatepark.