



## Wheelchair Sports & Recreation

### **Triumph's Adapted Recreation Program**

[www.triumph-foundation.org](http://www.triumph-foundation.org)

[info@triumph-foundation.org](mailto: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 Domonic for schedule [info@triumph-foundation.org](mailto: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?time\\_continue=16&v=3cEeSI\\_dndI](https://www.youtube.com/watch?time_continue=16&v=3cEeSI_dndI)

#### **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 without their opponents catching it before the ball bounces twice. Score is kept by tracking hits, there is no running/rolling of bases. There is a bracket where teams will compete to win their way to the championship. Watch the video [https://www.youtube.com/watch?time\\_continue=9&v=Nr5pGMBJ9wM](https://www.youtube.com/watch?time_continue=9&v=Nr5pGMBJ9wM)

#### **Superheroes 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'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!



## Wheelchair Sports & Recreation

### **Adaptive Shooting**

Triumph Foundation Triumph puts on Adapted Shooting Clinics with Angeles Armory. 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 [www.youtube.com/watch?v= kP1grQ7PgY](http://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](http://www.worldcurling.org/about-wheelchair-curling)

### **Carriage Driving**

[www.triumph-foundation.org](http://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 [www.youtube.com/watch?v=o4cdP9rUSCM](http://www.youtube.com/watch?v=o4cdP9rUSCM)

### **Northridge Knights**

[www.triumph-foundation.org](http://www.triumph-foundation.org)  
[info@triumph-foundation.org](mailto:info@triumph-foundation.org)

Practices wheelchair sports every week. Basketball practice is on Thursday evenings, quad rugby is on Sunday afternoons, and wheelchair tennis is on Saturday mornings. Contact Triumph Foundation if you would like to play.

## Wheelchair Sports & Recreation

### **Los Angeles County**

#### **UCLA Adaptive Recreation**

[www.recreation.ucla.edu/adaptiveprograms](http://www.recreation.ucla.edu/adaptiveprograms)

Provides therapeutically-based recreation programs for people with disabilities that expand their access to opportunities that promote physical fitness, health and wellness, increased self-esteem, and greater functional independence. Activities include archery, kayaking, wheelchair basketball, wheelchair hockey, handcycling and more.

#### **Angel City Sports**

[www.AngelCitySports.org](http://www.AngelCitySports.org)

Angel City Sports is Southern California's first multi-sport track & field program. Their events are for children and adults, novices and elite athletes, both ambulatory and wheelchair-bound people with physical disabilities.

#### **The Un-Recables**

[www.unrecables.com](http://www.unrecables.com)

The Los Angeles chapter of Disabled Sports USA (DSUSA-LA). From December to May they have monthly weekend ski trips to Mammoth Mountain for members with disabilities. Members usually ski all day Saturday and Sunday morning with volunteer adaptive ski instructors. Ski equipment is provided or you can bring your own. They have bi-skis, mono-skis and 3-track. They also offer snowboarding lessons and racing.

#### **Casa Colina's Outdoor Adventure Program**

[www.casacolina.org/Community-Services/Outdoor-Adventures](http://www.casacolina.org/Community-Services/Outdoor-Adventures)

Focuses on empowering people with disabilities by creating opportunities for challenging and exciting outdoor adventure activities. These recreation programs utilize the natural world to create opportunities where people with disabilities can live life without limits. Adventures include snow skiing, sailing, surfing, kayaking, deep sea fishing, whale watching and more.

#### **Ride On**

[www.rideon.org](http://www.rideon.org)

Ride On teaches adaptive horseback riding to children and adults with physical and cognitive disabilities and we provide physical and occupational therapy using the movement of the horse to improve specific medical conditions.

#### **Northridge Knights**

[info@triumph-foundation.org](mailto:info@triumph-foundation.org)

Practices wheelchair sports every week. Basketball practice is on Thursday evenings, quad rugby is on Sunday afternoons, and wheelchair tennis is on Saturday mornings. Contact Triumph Foundation if you would like to play.



## Wheelchair Sports & Recreation

### **Cottage Rehab**

[www.cottagehealth.org/services/rehabilitation](http://www.cottagehealth.org/services/rehabilitation)

Has lots of activities going on. Everything from adapted golf, kayaking, and aquatic exercise programs, to a junior wheelchair sports camp in the summer. Every month on Saturdays they hold wheelchair basketball, quad rugby and handcycling clinics on the UCSB campus.

### **Orange County/Beaches**

#### **Pushing 4 Independence**

<http://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.

#### **The Achievers**

[www.theachievers.org](http://www.theachievers.org)

The Orange County chapter of Disabled Sports USA (DSUSA-OC). The DSUSA – OC goal is to provide a quality, safe, and fun experience for children and adults through monthly weekend programs held at the Mammoth / June Resorts every ski season. The disabled student receives free instruction, club controlled equipment, and free use of the ski area facilities. The only cost involved is membership, and transportation.

#### **Life Rolls On (LRO)**

[www.liferollson.org](http://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.

#### **R.A.M.P. (Recreation Access Motivating People)**

[www.rampitup.org](http://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.

#### **Beach Wheelchairs**

[www.coastal.ca.gov/access/beach-wheelchairs.html](http://www.coastal.ca.gov/access/beach-wheelchairs.html)

Equipped with large, wide wheels which can roll across the sand without sinking. They usually require users to be accompanied by someone pushing them, although several California locations offer motorized chairs which may be self-propelled. All of the beaches lend wheelchairs free of charge. Some may be reserved ahead of time, while others are available on a first-come, first-served basis.

#### **OC Miracle League**

[www.ocmiracleleague.com/index.html](http://www.ocmiracleleague.com/index.html)

A non-profit baseball league for children with disabilities.



## Wheelchair Sports & Recreation

### **California Adaptive Rowing Programs**

[www.carplb.net](http://www.carplb.net)

They are a nonprofit organization. Their mission is to provide instruction and training for competitive and recreational opportunities in the sport of rowing to physically challenged individuals.

### **San Bernardino County**

#### **PossAbilities**

[www.teampossabilities.org](http://www.teampossabilities.org)

A community outreach program developed by the Loma Linda University Medical Center. Team PossAbilities is an adaptive sports program developed to promote healthy living and exercise for people with diverse physical and intellectual disabilities. Their programs include handcycling, swimming, wheelchair basketball, football, and more. They support and organize both recreational and competitive events throughout the year.

#### **US Adaptive Recreation Center (USARC)**

[www.usarc.org](http://www.usarc.org)

From December through March, physical and cognitive limitations are redefined through skiing and snowboarding. In July and August, the USARC takes to the fresh waters of Big Bear Lake for adaptive water skiing, jet skiing, kayaking, sailing and fishing.

#### **Sled Hockey**

[socalsledhockey.blogspot.com](http://socalsledhockey.blogspot.com)

[TJenkins@JrReign.com](mailto:TJenkins@JrReign.com) or 909-863-1000

The Junior Reign Sled Hockey Team practices at LA Kings Icetown in Riverside (10540 Magnolia). They have a U-18 team and an adults' team that share the ice at practices. It's free for first time participants. They have hockey gear, sleds and sticks for you to borrow. There are also sled hockey programs in Oxnard and Bakersfield. San Diego might be starting soon.

### **San Diego County**

#### **The Wampler Foundation**

[www.wamplerfoundation.org](http://www.wamplerfoundation.org)

760-481-2201

Provides outdoor recreation programs for children with physical disabilities located in San Diego.

#### **Southern California Equestrian Directory**

[www.socalequine.com/health\\_care/therapeutic\\_riders\\_sd.htm](http://www.socalequine.com/health_care/therapeutic_riders_sd.htm)

Lists all San Diego places that provide therapeutic horseback riding for people with disabilities



## Wheelchair Sports & Recreation

### **City Beaches Lifeguard Services**

619-221-8899

Beach access for individuals in wheelchairs from Ocean Beach to La Jolla. Reserve a beach wheelchair for free.

### **San Diego Adaptive Sports Foundation (SDASF)**

[www.adaptivesportsandrec.org](http://www.adaptivesportsandrec.org)

619-336-9571

Improving the quality of life for children and adults with physical disabilities through sports and recreation. Offering a variety of adaptive sports.

### **City of San Diego- Therapeutic Recreation Services**

[www.sandiego.gov/park-and-recreation/activities/trs/index.shtml](http://www.sandiego.gov/park-and-recreation/activities/trs/index.shtml)

Provides sports, recreation, leisure and outreach services to San Diegans with physical, mental and emotional disabilities.

### **Sharp Adapted Sports and Recreation**

[www.sharp.com/rehab/adapted-sports-recreation-therapy.cfm](http://www.sharp.com/rehab/adapted-sports-recreation-therapy.cfm)

858-939-3048

Therapy Offers a diverse spectrum of adapted sports activities for people with disabilities

### **SHARP Edge Quad Rugby**

[www.sharp.com/rehab/quad-rugby.cfm](http://www.sharp.com/rehab/quad-rugby.cfm)

858-939-3048

Quad rugby is hard-driving, intense and quick, as quadriplegic wheelchair athletes pass, spin and roll, moving the ball down the court and scoring goals. Practice on Sundays from 10am to 2pm

### **Del Mar Lifeguard**

858-755-1556

Beach wheelchairs for rent in the Del Mar area.

### **Wheelchair Tennis**

[www.barnestenniscenter.com](http://www.barnestenniscenter.com)

619-221-9000

The Barnes Center has an active Wheelchair Program for adults and juniors of all levels in San Diego.

### **Heartland Swim Association**

[www.heartlandswim.org](http://www.heartlandswim.org)

619-593-9252

Provides specialized aquatic training and swim lessons to people with disabilities.

### **Mission Bay Aquatics Center**

[www.mbaquaticcenter.com](http://www.mbaquaticcenter.com)

858-488-1000

Their goal is to enable people with disabilities to take a more active part in all water sports.



## Wheelchair Sports & Recreation

### **Sky Sailing at Warner Springs**

[www.skysailing.com/pages/handi.html](http://www.skysailing.com/pages/handi.html)

760-782-0404

Offers classes for the disabled.

### **Sierra Nevada Mountains/Mono County**

#### **Disabled Sports Eastern Sierra (DSES)**

[www.disabledsportseasternsierra.org](http://www.disabledsportseasternsierra.org)

Dedicated to changing the lives of children and adults with disabilities and their families by offering year-round outdoor sports and activities, creating inspiring challenges, providing expert instruction and adaptive equipment and rallying the community to comfortably accommodate people with disabilities. Mammoth Mountain's DSES has adaptive recreation programs all year long including adapted snow skiing, handcycling, kayaking, rock climbing, camping, hiking, horseback riding and other outdoor adventure learning activities.

#### **Achieve Tahoe**

<http://achievetahoe.org/>

Based in North Lake Tahoe. Achieve Tahoe leads the way in adaptive sports and recreation for people with disabilities. With over 48 years experience, our trained staff and volunteers guide you in discovering life without limits. Our specialized adaptive equipment and teaching methods allow us to accommodate almost ANYone with ANY disability.

### **Other:**

#### **DiveHeart**

[www.diveheart.org](http://www.diveheart.org)

Diveheart is a not-for-profit organization that provides scuba diving instruction, opportunities and adventures to children, adults and veterans with disabilities.

#### **Disabled Veterans SCUBA Project**

[www.dvsp.us](http://www.dvsp.us)

Serves disabled veterans (paraplegic, quadriplegic, PTSD, TBI, poly-trauma, blind or amputee) by helping them experience the camaraderie of SCUBA diving and the wonders of the underwater world.

#### **Handicap Scuba Association International (HSA)**

[www.hsascuba.com](http://www.hsascuba.com)

949-498-4540

The HSA has dedicated itself to improving the physical and social well being of people with disabilities through the sport of scuba diving.



## Wheelchair Sports & Recreation

### **Jimmy Miller Memorial Foundation (JMMF)**

[www.jimmymillerfoundation.org/ocean-therapy/wounded-warriors-program](http://www.jimmymillerfoundation.org/ocean-therapy/wounded-warriors-program)

Provides free of charge its unique program of Ocean Therapy to the United States Marine Corps Wounded Warrior Battalion-West, as well as the Veterans from the West LA Veterans Hospital and youth from several care and shelter facilities for abused and foster children. The JMMF Ocean Therapy program for the Marines takes place year round on the beach at Camp Pendleton and the program for the Veterans and children operates on the beach at Manhattan Beach, CA, during the spring and summer months.

### **Carriage Driving**

[www.usdfd.org](http://www.usdfd.org)

United States Driving for the Disabled, Inc., a 501(c)(3) non-profit organization, seeks to improve the lives of physically challenged individuals throughout the United States and Canada by providing the experience of driving horses in a safe and challenging environment.

### **Wheelchair Lacrosse USA**

[www.wheelchairlacrosse.com](http://www.wheelchairlacrosse.com)

[www.youtube.com/watch?v=AS3mQ-iLOIY&feature=youtu.be](http://www.youtube.com/watch?v=AS3mQ-iLOIY&feature=youtu.be)

Wheelchair lacrosse is the newest full contact adaptive sport since quad rugby started in 1977. We started this from the ground up, coming up with some minor rule modifications just as every other adaptive sport has done. We are definitely striving to maintain the integrity of the game. A set of rules have been produced with the input from coaches, referees and the Canadian Lacrosse Association which are to be used for all wheelchair lacrosse teams. Contact us at [info@wheelchairlacrosse.com](mailto:info@wheelchairlacrosse.com) for a set of rules.

### **United States Quad Rugby Association (USQRA)**

[www.usqra.org](http://www.usqra.org)

The United States Quad Rugby Association exists to provide opportunity, support, and structure for competitive wheelchair rugby to people with disabilities. Get involved in the fastest growing wheelchair sport in the world. Find a team near you through their directory.

### **National Wheelchair Basketball**

[www.nwba.org](http://www.nwba.org)

719-266-4082

Provides qualified individuals with physical disabilities the opportunity to play, learn and compete in the sport of wheelchair basketball. Find a team near you through their directory.

### **Power Wheelchair Soccer**

[www.powersoccerusa.net](http://www.powersoccerusa.net)

Power Soccer is the first competitive team sport designed and developed specifically for power wheelchair users. Athletes' disabilities include quadriplegia, multiple sclerosis, muscular dystrophy, cerebral palsy, and many others. The game is played in a gymnasium on a regulation basketball court. Two teams of four players attack, defend, and spin-kick a 13-inch soccer ball in a skilled and challenging game similar to able-bodied soccer.



## Wheelchair Sports & Recreation

### **National Wheelchair Softball Association**

[www.wheelchairsoftball.org](http://www.wheelchairsoftball.org)

402-305-5020

These individuals needed to develop a way of playing without the full use of their legs that would allow easy maneuverability in a wheelchair and keep the fast pace of softball.

### **Paralympic Sport Club**

<http://www.teamusa.org/US-Paralympics/find-a-club>

U.S. Paralympics is partnering with community organizations from across the country to create a network of Paralympic Sport Clubs that provide local sport programming for people with Paralympic-eligible impairments, including physical disabilities and visual impairments. While many Paralympic Sport Clubs focus on grassroots programming, many also provide opportunities at the national and international levels.

### **Sports Abilities**

[www.sportsabilities.com](http://www.sportsabilities.com)

They are the premier resource for people with physical disabilities to find recreational, advocacy, support, and adaptive sporting activities in the nation. They have calendars for every state and 26 different activities ranging from Team Sports to Social Gatherings.

### **Adaptive Trailblazers**

<http://adaptivetrailblazers.com/>

Adaptive Trailblazers is a great resource for the wheelchair adventurer. We share our experience of over 30 years of wheelchair travel and adventure. We will help you find the adaptive equipment and gear you need to fully enjoy the great outdoors. Our knowledgeable team will provide you with practical reviews and advice to make your next adventure a success.

### **Other States**

#### **Project Airtime**

[www.projectairtime.org](http://www.projectairtime.org)

Project Airtime is a Nevada 501(c)(3) non-profit based in Draper, Utah that takes people paragliding at no cost. From special needs individuals to those with brain and spinal cord injuries. Individuals with illness, as well as the elderly and veterans.

#### **Adaptive Sports Association**

[www.asadurango.com/scholarships/torrey\\_pines.html](http://www.asadurango.com/scholarships/torrey_pines.html)

970-259-0374

These participants are flown to Durango, Colorado where they stay with local host families, receive adaptive ski instruction for four days and participate in additional social activities while in Durango.



## Wheelchair Sports & Recreation

### **Able Flight**

[www.ableflight.org](http://www.ableflight.org)

Able Flight is a nonprofit organization dedicated to supporting the aviation dreams of people with physical disabilities. They provide scholarships to enable people with disabilities to pursue a sports pilot license. Their mission is to offer people with disabilities a unique way to challenge themselves through flight and aviation career training, and by doing so, to gain greater self-confidence and self-reliance.

### **Empower Spinal Cord Injury**

<http://www.empowersci.org/about-us.html>

Located in Boston, MA; Empower SCI is a non-profit corporation established to enable individuals with spinal cord injuries to lead happier, more meaningful and more independent lives. They offer wheelchair course clinics, and 2 week recreational therapy programs. Through recreational activities ranging from kayaking to hand-cycling, and group activities led by their peers, each individual will lay the groundwork for a foundation of stability and empowerment that will forever impact the path of their life.

### **Ocean Healing Group**

[www.oceanhealinggroup.org/events](http://www.oceanhealinggroup.org/events)

Dedicated to providing once in a lifetime, adaptive sports adventure to wheelchair bound youngsters and their parents. It's their mission to expose kids to a wide variety of sports and activities including but not limited to surfing, snorkeling, zip-line tours, fishing, quad riding, nature tours, and horseback riding. Located in Aspen, Colorado.