Introduction

This fact sheet focuses on nationwide, sport-specific resources that provide an overview of the adapted version of a particular sport; there may be leagues or teams located closer to your area not listed below. Some websites include a team or league locator to help you find a team near your location. Other websites have information and trainings for local schools and recreational centers that discuss how to set up adaptive sports programs. Perhaps you can be an agent of change for your community by working with a local community center to develop an adaptive league.

Nationwide Adaptive Sports Resources

Adaptive Adventures
adaptiveadventures.org
877.679.2770
Adaptive Adventures provides progressive outdoor sports opportunities to improve quality of life for children, adults and veterans with physical disabilities and their families.

Adaptive Sports Association
asadurango.org
970.259.0374
Located in Colorado, the Adaptive Sports Association offers summer and winter programs to individuals with cognitive and physical disabilities.

Adaptive Sports Center
adaptivesports.org
866.349.2296
Located in Colorado, the Adaptive Sports Center provides programs and education on participating in outdoor sports for people with physical disabilities. Programs for both summer and winter sports are taught by professionally certified instructors, many of whom have backgrounds in therapeutic recreation services.

Adaptive Sports USA
adaptivesportsusa.org
720.412.7979
Adaptive Sports USA provides information on adaptive sports programs, with emphasis on archery, power lifting, swimming, shooting and track and field.

Adventures Without Limits
awloutdoors.org
This group facilitates inclusive, outdoor adventures for people of all ages and ability levels. Activities include kayaking, rafting, rock climbing and more.

**American Association of Adapted Sports Programs (AAASP)**  
[adaptedsports.org](http://adaptedsports.org)  
404.294.0070  
The AAASP provides education, assistance and information to schools and community programs on integrating and developing of adapted sports programs in schools. This group provides trainings to coaches and officials; their website links to rulebooks specific to adapted sports competition (e.g., wheelchair basketball, wheelchair football) and outlines the rights of students to have access to an adapted sports program.

**American Collegiate Society for Adapted Athletics**  
[acsaao.org](http://acsaao.org)  
This organization promotes tournament-style athletic competitions for disabled students at the college level.

**American Physical Therapy Association (APTA) – Move Forward**  
The APTA outlines various programs, organizations and other resources related to adaptive sports.

**Challenged Athletes Foundation (CAF)**  
[challengedathletes.org](http://challengedathletes.org)  
858.866.0959  
The CAF provides information on various adaptive sports competitions held around the country, including marathons and 5Ks, cycling races and IRONMAN events. Individuals can also apply for grants to help fund purchase of adaptive equipment, educational clinics and mentorship programs.

**Crossroads Alliance**  
[crossroadsalliance.org/programs](http://crossroadsalliance.org/programs)  
Crossroads Alliance is a nonprofit group focused on maximizing inclusion in sports training and competition. They provide tips, best practices and understanding of the needs of adaptive athletes and highlight gyms, nonprofits and businesses support adaptive athletes. A seminar series aimed at educating coaches on inclusionary practices for adaptive athletes is also available on their website.

**Disabled Sports USA**  
[disabledsportsusa.org](http://disabledsportsusa.org)  
301.217.0960  
Since 1967, Disabled Sports USA has focused on one goal: to improve the lives of wounded warriors, youths and adults with disabilities by providing sports and recreation opportunities. Disabilities include those with visual impairments, amputations, spinal cord injury, multiple sclerosis, head injury, cerebral palsy, other neuromuscular/orthopedic conditions, autism and related intellectual disabilities. This website also provides information on various adaptive sports programs.
International Wheelchair & Amputee Sports
facebook.com/IWASFed
iwasf.com/iwasf

National Ability Center (NAC)
discovernac.org
435.649.3991
The National Ability Center is a nonprofit organization that offers both seasonally and year-round inclusive programs such as skiing, snowboarding, horseback riding, rock climbing and swimming. Camps and programs are held on-site near the NAC’s facility in Park City, Utah.

National Center on Health Physical Activity and Disability (NCHPAD)
nchpad.org
800.900.8086
NCHPAD is a public health practice and resource center on health promotion for people with disabilities. NCHPAD seeks to help people with disabilities and other chronic health conditions achieve health benefits through increased participation in all types of physical and social activities. Their website includes general information on inclusive communities, featuring education, advocacy and resource directories.

National Sports Center for the Disabled (NSCD)
nsccd.org
970.726.1518
Based in Colorado, the NSCD specializes in teaching sports such as skiing, snowboarding, rafting, kayaking, snowshoeing, rock climbing and hiking. Limited scholarships for participation may be available.

Never Say Never Foundation
neversayneverfoundation.org
352.502.0379
The Never Say Never Foundation’s mission is to sponsor athletes with disabilities in a multitude of sports, including extreme sports, and to seek funding to allow youths and young adults with disabilities to attend camps, sporting events, and get the prostheses or other tools they need to thrive.

NubAbility Athletics
nubability.org
NubAbility Athletics is a nonprofit organization that offers sport camps and clinics for kids across the nation. One-on-one coaching and mentoring is also provided in 26 sports.

U.S. Paralympics
teamusa.org/us-paralympics
888.222.2313
This is the official website for the U.S. Paralympic team. It also includes a Paralympics club locator for various sports. Sports available for individuals with limb loss/limb difference include: archery, basketball, cycling, equestrian, fencing, rowing, shooting, swimming, tennis, track & field, volleyball, skiing, biathlon, sled hockey, and many others.

**Wheelchair Sports Federation**
[wheelchairsportsfederation.org](http://wheelchairsportsfederation.org)
917.519.2622
Wheelchair Sports Federation is a national nonprofit that provides opportunities for youths and adults with disabilities and wheelchair users to play sports recreationally and competitively.

**World T.E.A.M Sports**
[worldteamsports.org](http://worldteamsports.org)
855.987.8326
This nonprofit organization organizes athletic events for people with or without disabilities, in an effort to build self-confidence and enhance physical fitness. Events include mountain climbing, whitewater rafting, bicycling and more.

**Ignite Adaptive Sports**
[igniteadaptivesports.org](http://igniteadaptivesports.org)
303.506.8007
Ignite Adaptive Sports provides safe, fun and affordable instruction in alpine and cross-country skiing, snowboarding and snowshoeing to people with any disability to enhance their quality of life.

**Sport-Specific Resources**

- **Archery**

**United Foundation For Disabled Archers (UFFDA)**
[uffdaclub.com](http://uffdaclub.com)
320.634.3660
The UFFDA hosts annual hunts in Northern Minnesota and Central Wisconsin for its disabled members. Participants are selected each year via a drawing and assigned to a personal guide, who works with them before the event to prepare for each individual’s specific circumstances and personal needs. Membership to the UFFDA may be required for inclusion in the drawing for the guided hunt.

- **Aviation**

**Freedom's Wings International (FWI): Soaring for People With Disabilities**
[freedomswings.org](http://freedomswings.org)
717.335.0458
FWI provides the opportunity for people with disabilities to fly in specially adapted sailplanes, either as a passenger or as a member of the flight training program.
International Wheelchair Aviators
wheelchairaviators.org
International Wheelchair Aviators is a worldwide organization of pilots with and without disabilities.

Sky Sailing
skysailing.com/lessons/#hand
760.782.0404
This organization offers sky sailing lessons to individuals requiring hand controls rather than traditional foot controls. The president of Sky Sailing, Inc. is an incomplete paraplegic and has worked with many students over the years who need specialized flight training and controls.

Basketball

International Wheelchair Basketball Association
iwbf.org
This is the official website for wheelchair basketball, including information on the Paralympic Wheelchair Team.

National Wheelchair Basketball Association (NWBA)
wwba.org
The NWBA provides information on forming or joining a wheelchair basketball team; this includes how to register a team and specifics on team requirements. The website also features a team locator tool to help find Junior, Division I, Division III, Intercollegiate and National Teams.

Billiards/Pool

National Wheelchair Pool Players Association (NWPA)
facebook.com/NWPA-National-Wheelchair-PoolPlayers-Association-132128663527118
This website provides information on wheelchair billiards events and tournaments located around the country.

Bowling

American Wheelchair Bowling Association
awba.org
713.849.9052
This website provides information on events, tournaments, FAQs for wheelchair bowling and information on equipment.

Canoeing

American Canoeing Association – Adaptive Paddling Curriculum
americancanoe.org/page/Courses_Adaptive
540.907.4460
This website includes a list of adaptive paddling courses and endorsed instructors and general information regarding the sport.

- **Cycling**

**USA Hand Bike Circuit**
[usahandbikecircuit.com](http://usahandbikecircuit.com)

USA Hand Bike Circuit is a resource for handyclists seeking to find and post handcycle race events, and read about handcycles and equipment for challenged athletes. USA Hand Bike Circuit is dedicated to raising awareness of people with disabilities to showcase athleticism on a greater platform.

- **Equestrian**

**American Hippotherapy Association**
[Americanhippotherapyassociation.org](http://Americanhippotherapyassociation.org)
970.818.1322

Locate physical therapists and occupational therapists across the country who work with horses as part of their therapy.

**Professional Association of Therapeutic Horsemanship (PATH) International**
[pathintl.org](http://pathintl.org)

Search for PATH centers and certified equine therapy instructors across the country. These programs are specifically designed for individuals with physical, cognitive and emotional challenges.

**Saddle Modifications for Para Equestrians** (article)
[dressagetoday.com/article/saddle_modifications_para_equestrians_062010](http://dressagetoday.com/article/saddle_modifications_para_equestrians_062010)

This comprehensive article takes a look at saddle modifications that address the needs of riders with disabilities.

**United States Para-Equestrian Association**
[uspea.org](http://uspea.org)

The USPEA is a network of current and past athletes, owners, officials, event organizers and equestrian enthusiasts. It includes every recognized equestrian discipline that is practiced by riders with disabilities, with a focus on Paralympic equestrian sports.

- **Fencing**

**U.S. Fencing Association**
[usfencing.org/wheelchair-fencing](http://usfencing.org/wheelchair-fencing)

**Paralympic Wheelchair Fencing**
[paralympic.org/wheelchair-fencing](http://paralympic.org/wheelchair-fencing)

- **Football**
Wheelchair Football
mobility-advisor.com/wheelchair-football.html

- **Golf**

**American Disabled Golfers Association**
www.usgtf.com/american-disabled-golfers-association
888.346.3290
The American Disabled Golfers Association helps create accessibility to golf courses for golfers with disabilities.

**National Alliance for Accessible Golf**
accessgolf.org
904.940.4204
This group offers golf program grants for individuals with disabilities. Their website also provides information on locating adaptive golf programs in your area.

**U.S. Adaptive Golf Alliance (USAGA)**
usaga.org
The USAGA is a national coalition of adaptive golf organizations. They offer access, instruction and competition at all levels. Check their website for a list of scheduled tournaments or subscribe to their e-newsletter.

**U.S. Disabled Golf Association**
facebook.com/USdisabledgolf
usdga.net
910.214.5983
This group sponsors and coordinates events and golf tournaments for individuals with physical, sensory and intellectual disabilities.

- **Hockey**

**Power Hockey**
powerhockey.com
763.535.4736
Power Wheelchair Hockey leagues are based on basic hockey rules, with a few adaptations to enable power wheelchair users to play hockey.

**Adaptive Hockey – USA Hockey**
usahockey.com/disabledhockey
This website provides information on various types of adaptive hockey, including sled hockey, standing/amputee hockey, and warrior hockey.

- **Hunting/Fishing**
Buckmasters Disabled Hunters
buckmasters.com/resources/disabled-hunters
334.215.3337

Fishing Has No Boundaries, Inc – For Anglers With Disabilities
fhnbinc.org
800.243.3462

Outdoor Buddies
outdoorbuddies.org
719.783.9044
Outdoor Buddies is an all-volunteer nonprofit organization that pairs able-bodied volunteers with people with disabilities to help them enjoy Colorado’s natural resources. This group facilitates hunts and special events and offers a variety of outdoor programs.

Physically Challenged Bowhunters of America (PCBA)
facebook.com/Physically-Challenged-Bowhunters-of-America-PCBA-114963075209113

United Foundation For Disabled Archers (UFFDA)
uffdaclub.com
320.634.3660

Wheelin’ Sportsmen Program
nwtf.org/about/hunting-heritage/wheelin-sportsmen
800.843.6983

- **Martial Arts**

Adaptive Martial Arts Association
adaptivemartialarts.org
facebook.com/adaptivemartialartsassn
802.747.8184

Criptaedo: Adaptive Martial Arts for People in Wheelchairs (article)
amsvans.com/blog/criptaedo-adaptive-martial-arts-for-people-in-wheelchairs

Martial Arts Therapy: Helping Children Take an Active Role in Their Own Healing (article)
abilities.com/community/adaptive_sports-martial-arts.html

- **Rowing**

U.S. Rowing Association – Para-Rowing
usrowing.org/para-rowing-national-team
800.314.4769
This website features information on the U.S. Para-Rowing Olympic and national teams.

- **Rugby**

  **United States Quad Rugby Association (USQRA)**
  
  usqra.org
  
  The USQRA provides opportunity, support and structure for competitive wheelchair rugby to individuals with disabilities. Locate various quad rugby teams across the country and learn about the sport.

- **Running**

  **Amputee Blade Runners**
  
  amputeebladerunners.com
  615.533.3986
  
  This group provides financial assistance for obtaining a running leg for amputees interested in pursuing the sport of running. Complete the application on the website to apply. You can also find information on running events in your area.

  **Challenged Athletes Foundation**
  
  challengedathletes.org

  **Heather Abbott Foundation**
  
  heatherabbottfoundation.org
  
  The Heather Abbott Foundation helps provide customized prostheses to people who have suffered limb loss through traumatic circumstances. You can find grant applications through the “Get Involved” tab on the website.

  **Prosthetic Running**
  
  prostheticrunning.com
  
  This website provides information and resources for individuals interested in learning to run after an amputation. Learn the basics of running, types of prostheses needed and the professionals you need to work with if you are interested in running. As always, the Amputee Coalition recommends that you consult with your prosthetist and medical team before starting any new exercise programs or activities.

- **Sailing**

  **Chesapeake Region Accessible Boating (CRAB)**
  
  https://crabsailing.org/
  410.266.5722
  
  Chesapeake Region Accessible Boating (CRAB) started in 1991 as a non-profit providing the thrill, freedom and therapeutic value of sailing to those with disabilities, recovering warriors and youth from at-risk communities.

  **Sail to Prevail – The National Disabled Sailing Program**
Sail to Prevail creates opportunities for children and adults with disabilities to overcome adversity through therapeutic sailing. This group offers specialized sailing day trips, as well as instructor training and an annual camp.

Sailing Web: Options for Sailors With Disabilities
footprint.com/sailingweb
This site provides information on sailing clubs and accessible sailboats.

- Scuba Diving

Handicapped Scuba Association
hsascuba.com
This website contains information on scuba diving, connecting with a specialized Handicapped Scuba Association dive master and various adaptive scuba programs around the country.

International Association for Handicapped Divers
iahd.org
Search for information on instructors and dive courses for individuals with disabilities.

- Soccer

American Amputee Soccer Association
ampsoccer.org (website)
facebook.com/USAmpSoccer (Facebook)

U.S. Amputee Soccer Team
facebook.com/USAmputeeSoccerTeam (Facebook)

- Tennis

USTA Foundation
ustafoundation.com/adaptive
914.696.7223
Find registered adaptive tennis programs around the country. Learn about adaptive tennis programs and events. Adult adaptive tennis locator: usta.com/Adult-Tennis/Adaptive-Tennis/Information/usta_adaptive_tennis_registered_programs.