Introducing Adaptive Sports Programs

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
503.359.2568
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
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
This organization promotes tournament-style athletic competitions for disabled students at the college level.

American Physical Therapy Association (APTA) – Move Forward
moveforwardpt.com/Resources/Detail/adaptive-sports-people-with-disabilities
The APTA outlines various programs, organizations and other resources related to adaptive sports.

Challenged Athletes Foundation (CAF)
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
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
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)
nscd.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.
Orthotic & Prosthetic Activities Foundation (OPAF)

[opaffirstclinics.org/](opaffirstclinics.org/)

The mission of OPAF and The First Clinics is to foster physical fitness, community participation, and peer interaction by providing introductory-level adaptive recreation for individuals with physical and mobility challenges.

U.S. Paralympics

[teamusa.org/us-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](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](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](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](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
  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)**
  nwba.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
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
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
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
This comprehensive article takes a look at saddle modifications that address the needs of riders with disabilities.

United States Para-Equestrian Association
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](usfencing.org/wheelchair-fencing)

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

- **Football**
  
  **Wheelchair Football**  
  [mobility-advisor.com/wheelchair-football.html](mobility-advisor.com/wheelchair-football.html)

- **Golf**
  
  **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](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](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](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
fhnbcinc.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
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**
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**

shakealeg.org

401.849.8898

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/USAmphSoccer (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.