Thunderbirds Sled Hockey
Open to kids and adults who are prevented from playing standup hockey. Friends and family are welcome to participate.

Location:
MassMutual Center
Dwight Street Entrance
OR
Olympia Ice Center
125 Capital Drive
West Springfield

Cost:
$265 Online
$275 In Person
2019 Membership to Disability Resources included.

When:
September 16, 2018
Thru April 2019
See calendar for dates and times

Adaptive Rock Climbing
Open to anyone 4 years and up!
Must have some upper body strength
Equipment included for everyone

Where: Central Rock Gym
165 Russell St, Hadley

Cost:
DR Members: $18/session
Non-Members: $25/session

Adaptive Skiing
Adaptive skiing of all kinds available through our partnership with LOF. Come get some slope-side fun!

Where:
Mount Southington
396 Mt Vernon Rd
Plantsville, CT

Cost:
DR Members:
$20 Half Day (morning or afternoon)
$40 Full Day
Non-Members:
$45 Half Day (morning or afternoon)
$65 Full Day

When:
Wednesday January 30, 2019
Morning: TBA
Afternoon: TBA
Thursday February 21, 2019
Morning: TBA
Afternoon: TBA
MARTIAL ARTS

- Open to individuals ages 4 and up that have a physical disability, developmental disability, and/or visual impairment.
- Master Ken teaches about respect, focus, and coordination. He focuses on board breaking and learning the repetitive martial art movements.
- After each session, participants earn the next level belt or a stripe that gets them closer to the next belt!

WHERE:
22 Center Street, Chicopee MA

COST:
DR Members - $65  Non-members - $75
Must sign up at CHD.org/DR (click on “pay your program fees online”)

10 WEEK SPRINGFIELD COLLEGE SWIM PROGRAM
Springfield College swim-students in the adaptive PE program work 1:1 with the swimmers. This program is to help the students gain a better understanding of different abilities. This is also a program for swimmers to achieve specific goals and objectives throughout the 10 week program. Since this is a student run program, we expect the swimmers to attend all the sessions since this is a class for the students. Thank you for your understanding. *Not intended to be swim lessons.

WHEN:
6:30pm-7:30pm
February 11-April 29, 2019
(No program March 18)
(AQUATHON! April 29)

WHERE:
Art Linkletter Natatorium
263 Alden St, Springfield, Ma

COST:
DR Members - $35/ session
Non-members - $50/ session

Questions? Call Program Director Jess at (413) 788-9695

Must sign up and pay online at least a week before each program. CHD.org/DR (click on “pay your program fees online”)

***Due to overwhelming demand, a participant may only participate in one swim program. WNE Session 1, WNE session 2 OR Springfield College ***
MENS GROUP

Come join in on some camaraderie! Men 21 and older are invited to get together, socialize with other like minded individuals, let loose and have a great night out! Grab a drink and/or a bite to eat. You can help decide where you want to go for future group meetings. Sign up at CHD.ORG/DR under “Pay Your Program & Membership Fees”

BOWLING

Adaptive bowling takes place at Shaker Bowl, 168 Shaker Road in East Longmeadow. We have several bowling ramps and balls with no holes to use on the ramps. Volunteers assist by retrieving balls if participants are unable to lift them from the ball return themselves. We have access to light weight balls for those who are ambulatory and want to play. Bowling takes place year-round. Volunteer and staff availability vary per week. Open to the community. Only $2.75 per game.

Mondays 9am-11am, Tuesdays 12:30pm-2:30pm

WINTER SOCIAL

Get out of the cold and into some fun! Bring your favorite dish to share, play some bingo and meet up with friends. There will be prizes to be won!

When: January 16, 2019 5:30-7pm
Where: 85 Interstate Drive
       West Springfield, Ma
Cost: $5 member and non-member
## December 2018

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<td>Happy Hanukkah!</td>
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<td>MassMutual Center Jr/Rec 5pm-6pm</td>
<td>Travel 6pm-7pm</td>
<td>Travel Only 6:15pm-7:15pm</td>
<td>Merry Christmas!</td>
<td>Dance &amp; Movement-85 Interstate Drive West Springfield 5:30pm-6:30pm</td>
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### Events and Programs • Winter 2018/19

**Adapt. Rock Climbing**  
Open to anyone 4 years and up!  
Must have some upper body strength  
Equipment included for everyone  
**Where:**  
**Cost:**  
DR Members: $18/session  
Non-Members: $25/session  
**When:** Wednesdays 5-6:30p  
November 28  
December 5, 19  
January 9, 23  
February 6, 20  
March 6, 20  

**Happy Hanukkah!**

**Merry Christmas!**

**New Years Eve!**
# Events and Programs • Winter 2018/19

## January 2019

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- March 2019

**Events and Programs • Winter 2018/19**

01
Sled Hockey Showdown/Cammer Cup Military Appreciation Game See flyer for details.

02

10
Thunderbirds Sled Hockey Travel Team Playoffs: Exeter, NH

11
Bowling-Shaker Bowl
9am-11am

12
Bowling-Shaker Bowl
12:30pm-2:30pm

13

14
Dance & Movement
85 Interstate Drive
West Springfield
5:30pm-6:30pm

15

16

17
Sled Hockey
NO PRACTICE

18
Bowling-Shaker Bowl
9am-11am

19
Bowling-Shaker Bowl
12:30pm-2:30pm

20
Adapt. Rock Climbing
Hadley Central Rock
5:00pm-6:30pm

21
Dance & Movement
85 Interstate Drive
West Springfield
5:30pm-6:30pm

22

23

24
Sled Hockey
NO PRACTICE

31
Sled Hockey
Olympia Ice Center Jr/Rec
4pm-4:40pm
Travel
4:40pm-5:20pm

25
Bowling-Shaker Bowl
9am-11am

26
Bowling-Shaker Bowl
12:30pm-2:30pm

27

28
Dance & Movement
85 Interstate Drive
West Springfield
5:30pm-6:30pm

29

30
Sled hockey is very similar to “stand-up hockey” in terms of concept and rules. The main difference is that participants sit on a sled, which has two skate blades and a runner in the front to form a tripod. Players use two short hockey sticks with a blade on one end and a pick on the other to propel themselves across the ice. Good sportsmanship, team camaraderie and strength building are just a few benefits of playing sled hockey.

WHO CAN PLAY SLED HOCKEY

Anybody that is prevented from playing stand up hockey can play. It is a sport that equalizes the playing field by having everyone on sleds. If a participant lacks in upper body strength or control, a pusher, someone that pushes and guides the sled, can be used to propel them. We have three teams based on age and competition level.

- **Juniors** (ages 4 - 17)
- **Adult Recreation** (18+ noncompetitive play)
- **Adult Travel** (18+ competitive league)

COMMITMENT

The sled hockey season is September 2018- April 2019. All teams practice once a week. The Junior and Recreation team play one or two scrimmages a year and an end of the year tournament. The Travel team is part of the New England Sled Hockey League and play 7 games throughout the season. It is required for travel team players to play in all the games and to go to most practices.

FEES & EQUIPMENT

Total cost per player per year is $175 in person for Junior Players ($165 online), and $275 in person for Adult Recreation and Travel Players ($265 online). This fee includes a membership to CHD’s Disability Resources which allows members access to other sports and social activities at a discount. A separate USA Hockey registration fee through USA is $40 per player. Thanks to generous donors, sled hockey players do not need to supply their own equipment. We have a supply of sleds, helmets, pads, etc. available for team use.

Must sign up at CHD.org/DR (click on “pay your program fees online”)

For more information, contact Jessica Levine at (413)788-9695 /JLevine@CHD.ORG
TRAILER TRASH, IN SUPPORT OF CHD’S SPRINGFIELD THUNDERBIRD SLED HOCKEY TEAM, TAKE OVER KAPTAIN JIMMY’S IN AGAWAM!

ALL PROCEEDS TO BENEFIT THE SPRINGFIELD THUNDERBIRDS SLED HOCKEY TEAM
RAFFLES INCLUDING A 50/50 AND GREAT PRIZES
$10 IN ADVANCED, $15 AT THE DOOR GETS YOU IN CASH BAR
FEBRUARY 2, 2019
DOORS 7:00PM SHOW AT 8:00PM
AGES 21 PLUS

CHD’S DISABILITY RESOURCES PROVIDES SPORTS, RECREATION AND SOCIAL ACTIVITIES FOR ALL AGES AND ABILITIES.
THE SPRINGFIELD THUNDERBIRDS SLED HOCKEY TEAM IS ONE OF THESE AMAZING PROGRAMS. PLEASE VISIT CHD.ORG/DR FOR MORE INFORMATION.
TICKETS CAN BE PURCHASED ONLINE AT: CHD.ORG/DRTRAILETRASHCONCERT

CHD
SLED HOCKEY

KAP'TAIN JIMMY’S
RESTAURANT & DISTILLERY

TRAILER TRASH
AMERICAN MADE
THUNDERBIRDS SLED HOCKEY

SATURDAY, MARCH 2ND
7:05 P.M.
MILITARY APPRECIATION NIGHT

A sled hockey double header:
Cammer Cup from 4 - 5 PM
And Thunderbirds Sled Hockey versus
Wounded Warrior Sled Hockey team
from 5-6 PM. *Times subject to change*
$15 defense zone ticket ($19 full price)
with a portion of each ticket sold going
back to the team as a fundraiser!

To order tickets scan QR Code or for
more information visit:
https://springfieldthunderbirds.formstack.com/forms/sledhockey

Or contact Matthew McRobbie
413-417-2290
mmcrobbie@springfieldthunderbirds.com
Deadline to order: Wed., 2/27