



CHD

Disability Resources

Adaptive Sports and Recreation Newsletter

Spring 2020 Events and Programs Newsletter



Adaptive Rock Climbing with CHD's Disability Resources Program

WHERE:

Central Rock Gym
165 Russell St., Hadley, MA

WHEN:

4:30 - 6:00 PM
Wednesdays
Jan. 15, 29
Feb. 12, 26
Mar. 11, 25
Apr. 8, 22

COST:

DR Members -
\$18/ session
Non-members -
\$25/ session

- Open to anyone 4 years and up!
- Need to have some upper body strength
- Equipment included for everyone



Must sign up and pay online
at least a week before each program.

CHD.org/DR
(click on "Register for Programs and Membership Here")

Questions? Call Program Manager
Jess at (413) 788-9695 or Email her
at JLevine@CHD.org

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.

◊ Participants start with a white belt and may earn a stripe to get them closer to the next belt.



WHEN:
Tuesdays
Starting March 10 for 8 weeks
Kids' session ages 4-13
5:45pm - 6:30pm
Young adults' session ages 14+
6:30pm - 7:15pm

WHERE:
22 Center Street,
Chicopee MA

COST: DR Members - \$65
Non-members - \$75



ADAPTIVE CROSS FIT

Adaptive Crossfit is geared towards those with physical impairments. Learn ways to strengthen your body along with pushing your personal limitations!

WHERE:
Catch Cross Fit at N.E.X.T Fitness
470 Shoemaker Ln, Agawam

WHEN: Saturdays 1pm-2pm
February 15, 29
March 7, 21, 28
April 4
(*Some dates are subject to change)

COST: DR Members: \$40 Non-Members: \$50 includes all sessions.

WHO:
Anybody with a physical disability that is 12 years old or older.



N.E.X.T FITNESS



Must sign up at CHD.org/DR
(click on "Register for Programs and Membership Here")
or contact Jess at JLevine@chd.org (413) 788-9695

Cast a Line with Our Fishing Program!

Together with Adapt Outdoors we are back for another season of fishing! Join us Wednesday evenings from 5:15pm to sundown. Fishing poles and bait will be supplied, but feel free to bring your own equipment as well. Food may be offered sporadically. You must register ahead of time to have an accurate head count. To sign up, contact Jess (413) 788-9695, JLevine@chd.org OR go to CHD.Org/DR

WHEN

Wednesdays 5:15pm to sundown
April 29
May 6, 13, 20, 27

LOCATION

West Springfield Fish and Game Club
329 Garden St, Feeding Hills, MA

COST

Per 4 week session: \$20 for members \$30 for non-members

AGES

Open to all ages, family and friends!

Must sign up at CHD.org/DR
(click on "Register for Programs and Membership Here")
or contact Jess at JLevine@chd.org (413) 788-9695



THANK YOU TO
OUR PARTNERS:



Adapt Outdoors, LLC

West Springfield
Fish and Game
Club

SLED HOCKEY

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)

Come see the Springfield Thunderbirds Sled Hockey Team! Whether it's the Junior, Recreation or Travel team, we have what's right for you! Try out a sled, join the program!

If interested in trying out Sled Hockey or for more information including schedule and locations, please email Ryan at RKincade@CHD.org



Come to Amelia Park in Westfield for their annual Sled Hockey Invitational! A great weekend of hockey with players from around the country and Canada! It's free to watch!

The Springfield Thunderbirds Sled Hockey Team will have 2 teams playing this year. The Jr./Rec team and the Travel team will have games throughout the weekend!

April 17-19 Times TBA

Dance and Movement

An adaptive dance program where every child can participate regardless of ability. We integrate various components that may not be seen in a traditional dance and movement program. The participants will show off their dance skills in various performances throughout the season.



Come support our performers! They will be dancing in their end of the year recital on June 21 and 22 at Pioneer Valley Performing Arts in South Hadley. Tickets will be around \$20. For more information on the dance program please email Jess at JLevine@CHD.org

Don't miss out, be on the lookout!

Aquathon Fundraiser!

The Aquathon is a great opportunity for Disability Resources Swimmers that are currently enrolled in the Springfield College Swim Program to show off the amazing skills they have obtained throughout the past months while also helping to raise critical funds to support our program!

How can you help? Sponsor a swimmer by donating a one-time gift or a dollar amount for each skill completed. Go to CHD.org/DR, click on "Make a Donation to CHD's DR Program" and select "Sponsor Aquathon Athletes"

The annual Aquathon has helped purchase a new adaptive bike, bowling ramps and other equipment to help support our programs!

Come route on the swimmers on Wednesday
April 22, 2020 from 6:30pm-7:30pm!

Where: Springfield College
Linkletter Natatorium
263 Alden St. Springfield, Ma



**SPRINGFIELD
COLLEGE**
▽



THERAPEUTIC SUMMER CAMP

WESTERN NEW ENGLAND UNIVERSITY | **WNE**
COLLEGE of PHARMACY and HEALTH SCIENCES
DIVISION of OCCUPATIONAL THERAPY



In partnership with Western New England University, CHD's Disability Resources is offering a therapeutic summer camp for kids! Children Ages 6-14 of all abilities participate in this one-of-a-kind camp! Enjoy a supportive environment designed to help children increase their feelings of self-esteem and improve their social, physical and psychological competence! Various activities will be offered. Some of last years offerings included talent shows, outdoor water fun and games and chalk drawing! Dates and Times are to be announced so please check our website, CHD.ORG/DR, often for more information.

SOCIAL EVENTS

Social events will be added to the calendar throughout the year. Meet new people, bring friends and have some fun! Past social events include game nights, craft nights and dances. We are looking to expand our nights to include activities such as axe throwing and go-karting. Keep looking back to see what we have to offer! Go to CHD.ORG/DR to stay up to date with all of our activities!

VOLUNTEERS NEEDED!

We are looking for volunteers for our programs including belayers for rock climbing, community volunteers to teach a program, help with our adult social programs and fishing volunteers to name a few.

Please contact Jess if interested in volunteering.

JLevine@chd.org

(413) 788-9695



STAY CONNECTED WITH US!



@CHD's Disability Resource Program (DRP)



@CHDDisabilityr

We want your feedback on programs and ideas for future programming!
Contact Jess to let her know!



CHD's Disability Resources Program wouldn't exist without YOU!

Go to CHD.org/DR

Click on "Make a Donation to CHD's DR Program".

Please contact Jess at JLevine@CHD.org to schedule a donation drop off or if you have any questions.

Our Sponsors:



CITY of CHICOPEE
Crossroads of New England





Thunderbirds Sled Hockey



Saturday, March 28th • 7:05 p.m.



VS



CHD

positively life changing



**Deadline to
order:
Friday,
March 20th**

This offer is NOI available at the MassMutual Center Box office • Free parking in the Civic Center Garage (based on availability)

To order your tickets, scan the QR Code or visit the link below:
<https://springfieldthunderbirds.formstack.com/forms/chdsledhockey>

Or Contact T-Birds Rep
Jonathan Stone 413-417-2289
jstone@springfieldthunderbirds.com

A sled hockey double header:
Cammer Cup from 4 -5 PM
And Thunderbirds Sled Hockey Travel
Team game from 5 – 6 PM

\$16 defense zone ticket (\$19 full price)
with a portion of each ticket sold going
back to the team as a fundraiser!

Thunderbirds Sled Hockey Night • Saturday, March 28th 2020 at 7:05 PM

Name: _____ Sled Hockey Player Name: _____

Phone #: () _____ Email: _____

_____ # of Defense Zone Tickets at \$16 Each = \$ _____

_____ # of Thunderbirds Hats (\$15 value) at \$5 each = \$ _____

_____ # of Food Vouchers (hot dog + soda) at \$2 each = \$ _____ **Order TOTAL: \$ _____**

Select Payment type: Credit Card / Check / Cash

Select Credit Card Type: VISA MASTERCARD AMEX DISCOVER

Please make checks payable to: Springfield Thunderbirds

Credit Card #: _____ Exp. Date: _____ Sec. Code: _____