

Our **MISSION**

We are dedicated to improving the lives of persons with physical disabilities through adaptive sports and recreation.

Our **VISION**

The Sports Association strives to provide diverse and high quality adaptive sports and recreation programs, support Paralympic progression, and offer opportunities for our members to experience adaptive sports and recreation.

Athlete **TESTIMONIALS**



"The Sports Association has shown me that 'I CAN'.
I CAN have ability...
I CAN be strong...
I CAN build self-confidence...
I CAN BE ME!"

"The Sports Association has given me **opportunities to try things** that I never thought I could do."



"Gaylord has provided a place for me to accept being 'disabled' by **being able to participate** in sports at my ability."



How to Get **INVOLVED**

JOIN

Joining the Sports Association is **EASY** and **FREE**. To learn more about our programs and how to join, visit our website or call today.

VOLUNTEER

Our programs are made possible with help from over 150 volunteers each year. Volunteering your time will help make a difference in the lives of others.

DONATE

Sports Association programs are made possible through generous funding from individual donors, corporate sponsors and grants. Making a donation or attending a fundraising event will help support our programs.

CONTACT Us:

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gaylord.org/sports

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**MOVE
UNITED
MEMBER**



Think Possible



Think Possible

EXPERTS IN Adaptive Sports

For over twenty years, the Sports Association has been dedicated to helping people with physical disabilities experience the benefits of adaptive sports and recreation. We offer the most diverse adaptive sports program in Connecticut, with over a dozen different sports. Programs range from introductory clinics to competitive sports teams.

Our team of dedicated staff, coaches and volunteers provide instruction, adaptive equipment and activity modification with an individualized approach to maximize the independence of each participant. We strive to provide a safe, fun and supportive environment for all participants and their families. Instruction is based on each participant's level of ability and skill. We welcome everyone from casual beginners to competitive athletes.

Our goal is to assist participants in gaining the confidence, independence and skills to meet their adaptive sports goals. Adaptive sports can inspire individuals to overcome obstacles and lead a happier and healthier life.

gaylord.org/sports

Athletes of ALL ABILITIES

We serve individuals ages 16 and up with a permanent physical disability or visual impairment. Our members include people who have experienced a spinal cord injury, amputation, stroke, traumatic brain injury, multiple sclerosis, spina bifida, visual impairment, neurological condition and other physical disabilities. Veterans who meet our criteria are encouraged to participate.

Sports Offered:

- Archery
- Boccia
- Cycling
- Golf
- Kayaking
- Paratriathlon
- Pickleball
- Rock Climbing
- Skiing & Snowboarding
- Sled Hockey
- Strength Training
- Veteran's Fishing
- Virtual Boxing
- Water Skiing
- Wheelchair Rugby
- Wheelchair Tennis
- Yoga



Sports Association PROGRAMS

Introductory Clinics: Hands-on experience and expert instruction to learn or relearn a sport.

Discovery Nights: Presentation highlighting information and resources on a specific sport.

Clubs: Join a group to practice a specific sport during scheduled sessions.

Instructional Classes: Learn and develop new skills in a specific sport during scheduled sessions.

Veteran's Programs: SAVES, Sports Association Veteran Events Series, offers a variety of programs specifically for veterans, including those with PTSD.

Exercise For Life (EX4L): An exercise-based strength training program in a gym setting.

Competitive Opportunities:

- Gaylord Warriors Wheelchair Rugby Team
- Gaylord Hornets Wheelchair Tennis Team
- Gaylord Wolfpack Sled Hockey Team
- Paratriathlon Training Program
- Ken Murphy Memorial Open (KMMO)—A golf tournament for golfers with a disability

Fundraising Events

Gaylord Golf Classic – Our premier fundraising event held annually in May or June.

Gaylord Gauntlet – An exciting 5K obstacle mud run on the Gaylord campus in Wallingford, CT in June.