

# ADAPTED SPORTS INSTITUTE OF THE OHIO STATE UNIVERSITY

## Adapted Sports, Recreation and Wellness in Lower Michigan

### **Cannonsburg Challenged Ski Association**

This association provides an opportunity for all individuals with disabilities to build skills, develop independence, gain confidence, improve fitness and achieve a sense of accomplishment through snow sports. It is a chapter of Disabled Sports USA and a USA Paralympic sports club.

Sports offered: alpine skiing

For more information:

- Visit: <http://www.skiccsa.org>
- Email: [info@skiccsa.org](mailto:info@skiccsa.org)
- Contact: 616-874-3060

### **Detroit WCR**

Detroit Wheelchair Rugby team is a division of the Detroit Rugby Football club. It is a competitive wheelchair Rugby Club for individuals with physical disabilities located in Detroit.

Sports offered: Quad Rugby

For more information:

- Visit: <http://www.detroitrugby.org/detroit-wrc/>
- Email: [officers@detroitrugby.org](mailto:officers@detroitrugby.org)

### **Kenwood Parks and Recreation- Paralympic Sports**

Kenwood's Parks and Recreation program contains adaptive recreation programs to social, creative, educational opportunities for youth and adults with physical and developmental disabilities. A health form must be on file before participating. It is a USA Paralympic sports club.

Sports offered: Rock climbing, swimming, bowling, canoeing and kayaking clinics

For more information:

- Visit:  
[http://www.kentwood.us/city\\_services/city\\_departments/parks\\_and\\_recreation/index.php](http://www.kentwood.us/city_services/city_departments/parks_and_recreation/index.php)
- Contact: (616) 656-5270
- Email: [eRecreation@kentwood.us](mailto:eRecreation@kentwood.us)



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## **Mary Free Bed Rehabilitation Hospital Wheelchair and Adapted Sports Program**

Mary Free Bed's Wheelchair & Adaptive Sports program offers you a variety of co-ed, competitive teams and clinics designed for patients and community members with limited mobility and other physical impairments. Clinics are partnered with other organizations, and they are offered as a way for individuals to explore a variety of sports/activities without the commitment or cost to joining a team. It is a USA Paralympic sports club. Sports teams offered: basketball, cheerleading, fencing, handcycling, lacrosse, quad rugby, sled hockey, softball, tennis

Sports clinics offered: archery, downhill skiing, sled hockey, golf, kayaking, canoeing, off-road handcycling, power soccer, sailing, scuba diving, water skiing, zipline

For more information:

- Visit: <https://www.maryfreebed.com/rehabilitation/sports-rehabilitation/wheelchair-adaptive-sports/>
- Contact: (616) 840-8356
- Email: [sports@maryfreebed.com](mailto:sports@maryfreebed.com)

## **Michigan Adapted Sports**

Michigan Adapted Sports is an organization established for the purpose of providing sports, recreation and physical fitness opportunities for persons with disabilities. It is a chapter of Disabled Sports USA and a USA Paralympic Sports Club.

Sports offered: water skiing, kayaking, downhill skiing

For more information:

- Visit: <https://www.michiganadaptivesports.com/>
- Email: [michiganadaptivesports@gmail.com](mailto:michiganadaptivesports@gmail.com)

## **Michigan Blind Athletes Association**

The Michigan Blind Athletic Association (MBAA) is a non-profit organization that seeks to provide visually impaired individuals, who are often segregated from physical education classes and competition, opportunities to participate in competitive and recreational athletic activities. It is a USA Paralympic Sports Club.

Sports offered: tandem cycling, goalball, bowling, youth sports camps

For more information:

- Visit: <https://mbaa-mi.com>
- Email: [info@mbaa-mi.com](mailto:info@mbaa-mi.com)

## **Michigan Sled Dogs**

Michigan Sled Dogs are a competitive traveling sled hockey team that practices at Lakes Sports City Ice Arena in Fraser, Michigan. Sled hockey is for individuals who have a disability prohibiting them from playing stand up hockey. It is a USA Paralympic sports club.

Sports offered: sled hockey

For more information:

- Visit: <http://www.misleddogs.com>
- Email: [MI\\_Sled\\_Dogs@yahoo.com](mailto:MI_Sled_Dogs@yahoo.com)



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### **Michigan Sports Unlimited- Paralympic Sport Saginaw**

Michigan Sports Unlimited, Inc. recognizes the value of sports and recreation in the lives of individuals with disabilities. Our mission is to educate, instruct, and provide unlimited access to a wide range of recreational activities in order to improve the physical, social, and mental well-being of individuals with disabilities and ultimately empower them to achieve success. It is a USA Paralympic sports club.

Sports offered: archery clinics, handcycling, kayaking

For more information:

- Visit: <http://misportsunlimited.net/>
- Contact: (989) 771-5530

### **Michigan State University- Demmer Center**

The Demmer Center includes indoor range facilities to allow year-round use and is designed to accommodate a variety of shooting sports activities for individuals with disabilities. It offers a variety of classes, leagues, programs, training sessions and youth-specific events in both archery and firearms. It is a Paralympic sports club.

Sports offered: archery, pistol, and rifle shooting

For more information:

- Visit: <http://demmercenter.msu.edu/>
- Contact: (517) 884-0550

### **Miracle League of Michigan**

The Miracle League of Michigan is a charitable organization that provides children with disabilities an opportunity to play baseball as a team member in an organized league. They offer leagues for both children who can hit the ball and make plays without assistance, as well as children with assistance needed. It is located in Southfield, Michigan.

Sports offered: baseball

For more information:

- Visit: <http://www.michiganmiracle.org/>
- Contact: (248) 506-4604
- Email: [Speck@essmichigan.org](mailto:Speck@essmichigan.org)

### **Oakland County Adaptive Recreation**

The Oakland County Parks and Recreation department provides programs that promote physical activity, healthy lifestyles and competitive sports opportunities for children and adults who have a physical disability in Oakland county, Michigan. They are a USA Paralympic sports club.

Sports/Recreation offered: golf, pedal boats, camping, hiking

For more information:

- Visit: <https://www.oakgov.com/parks/recreation/Pages/Adaptive-Recreation.aspx>
- Contact: (888) 627-2757
- Email: [OCParks@oakgov.com](mailto:OCParks@oakgov.com)



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### **Rehabilitation Institute of Michigan Adapted Sports**

Rehabilitation Institute of Michigan's SportsAbility program provides competitive and recreational sporting opportunities for persons with disabilities in metropolitan Detroit. RIM has Certified Therapeutic Recreational Specialists (CTRS) that can assist with the formation of teams, clinics, training, and equipment adaptations. It is a USA Paralympic sports club.

Sports offered: wheelchair basketball, fitness training, adaptive bowling, handcycling, waterskiing, kayaking, snow skiing, wheelchair tennis, weightlifting

For more information:

- Visit: <https://www.rimrehab.org/for-patients/adapted-sports-program>
- Contact Sue Boeve at 248-305-7386, [sboeve@dmc.org](mailto:sboeve@dmc.org)
- Contact Myreo Dixon at 313-745-6624, [mdixon@dmc.org](mailto:mdixon@dmc.org)

### **Team River Runner- Battlecreek**

River Runner is a national network which creates innovative paddling programs designed to assist with the recovery of veterans with disabilities. Through paddle sports, Team River Runner volunteers and partners provide local communities unique opportunities for the active, safe and positive support of healing service members and their families. They are located in Eaton Rapids, Michigan, and are a Paralympic sports club.

Sports offered: canoeing, kayaking

For more information:

- Visit: <http://www.teamriverrunner.org/>
- Contact Matt Perfitt, chapter coordinator, at (517) 488-2293
- Email: [doezer02@gmail.com](mailto:doezer02@gmail.com)

### **Thunder in the Valley Games**

Thunder in the Valley Games is a sanctioned, annual event that offers the opportunity to bring people with physical disabilities together to compete in a very similar model to the Paralympics. It is part of the USA Paralympics, and is in collaboration with Adaptive Sports USA and Michigan Sports Unlimited.

Sports offered: track and field, air rifle, archery, swimming, power lifting, handcycling, table tennis, boccia

For more information:

- Visit: <http://www.thunderinthevalleygames.com/>
- Contact: (989) 497-3075

### **YMCA of Metropolitan Detroit**

YMCA of Metropolitan Detroit offers adapted sports and fitness classes with kids with physical and developmental disabilities.

Sports/Programs offered: youth tennis, fitness classes, swimming classes, yoga

For more information:

- Visit: <https://ymcadetroit.org/>



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### **University of Michigan Adaptive & Inclusive Sports Experience (UMAISE)**

UMAISE provides affordable access to a variety of sports opportunities for all ages and abilities. From competitive sports to more laid-back recreational activities, from one-time clinics to full sports seasons, UMAISE aims to help everyone find their inner athlete. Their sports and programs are run through the University of Michigan's Department of Physical Medicine and Rehabilitation.

Sports offered: basketball, softball, kayaking, skiing, camping, tree climbing, hockey, martial arts, cycling, sports clubs, sailing, bowling, soccer

For more information:

- Visit: <https://medicine.umich.edu/dept/pmr/programs/occupational-physical-speech-therapy/university-michigan-adaptive-inclusive-sports-experience-umaise>
- Contact: (734) 936-7170
- Email: [PMR-UMAISETR@umich.edu](mailto:PMR-UMAISETR@umich.edu)

### **Wheelchair Hockey League of Michigan**

The Wheelchair Hockey League is Michigan's only adaptive wheelchair floor hockey team. The purpose of the league is to provide an appropriate means for persons in wheelchairs to have the opportunity to play in a competitive hockey league and have the chance to engage in the camaraderie and excitement of the sport. Both manual and power wheelchair athletes are encouraged.

Sports offered: floor hockey

For more information:

- Visit: <http://www.thewchl.com/>
- Contact: (810) 623-3931
- Email: [jason@thewchl.com](mailto:jason@thewchl.com)



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For more questions, visit us:

Adapted Sports Institute at the Ohio State University

Martha Morehouse Medical Pavilion Outpatient Rehabilitation  
2050 Kenny Rd, Suite 3300  
Columbus, OH 43221  
614-685-5600

[wexnermedical.osu.edu/adaptedsports](http://wexnermedical.osu.edu/adaptedsports)

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