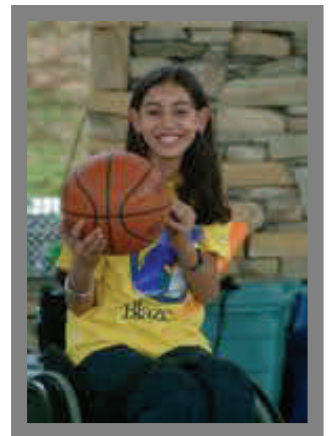
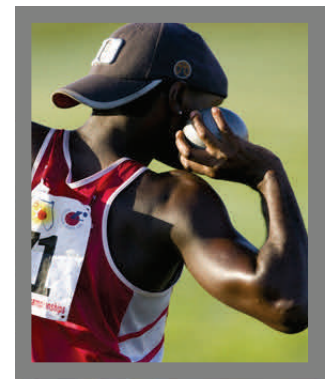
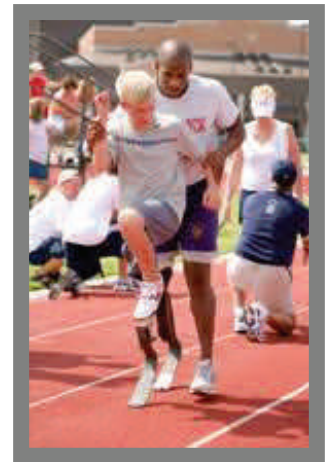




BlazeSports Active for Life

A Guide to Disability Sport & Recreation

2nd Edition



Published by:

BlazeSports Institute for Applied Science

With generous support from the U.S. Department of Health and Human Services (HHS) and the Craig H. Neilsen Foundation



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Publication Number: BSA2012/AFLG

Published by *TorchRunner Press™*
Second Edition, Published February 2012



Table of Contents

Preface	1
Acknowledgements	3
Chapter 1 An Overview of BlazeSports America	4
Chapter 2 The Big Picture	9
2.1 Long Term Athlete Development & Active for Life	10
2.2 The 10 Key Factors Influencing LTAD for Athletes with Disabilities	12
2.3 What is Physical Fitness?	15
2.4 Principles of Fitness Training.....	17
2.5 Physical Activity	18
2.6. Healthy Eating for An Active and Healthy Lifestyle – The Game Plan	20
2.7 Additional Resources to Support Healthy Lifestyles	26
Chapter 3 Starting a Local Sports and Recreation Program	28
3.1 Introduction	29
3.2 Define the Need	29
3.3 Conduct a Resource Assessment	30
3.4 Form a Steering Committee	32
3.5 Create a Budget.....	34
3.6 Recruiting Participants.....	34
3.7 Recruiting and Training Coaches and Volunteers	35
3.8 Program Evaluation	36
Chapter 4 Options in Sport & Recreation	43
4.1 Introduction	44
4.2 Sports and Recreation Options	44
Athletics.....	45
Archery	46
Basketball (Wheelchair).....	46
Beep Baseball.....	47
Boccia.....	48
Bowling	48
Canoe (Paracanoe).....	49
Curling	50
Cycling	50
Equestrian.....	51
Fencing	52
Fishing.....	53
Fitness Programming.....	53
Football.....	54
Goalball.....	55
Golf.....	56
Judo	57
Outdoor Activities	57
Powerlifting	58
Power Soccer.....	58
Racquetball.....	59
Rowing	59
Rugby (Wheelchair)	59
Sailing	60



Scuba Diving.....	61
Shooting.....	62
Skiing - Alpine.....	62
Sled Hockey.....	63
Soccer (Football 7-a-Side).....	64
Soccer (Football 5-a-Side).....	64
Softball (Wheelchair).....	65
Swimming.....	66
Table Tennis.....	66
Team Handball.....	67
Tennis.....	67
Triathlon (Paratriathlon).....	68
Volleyball.....	69
Water Skiing.....	70
Weight Training.....	70
4.3 Camps, Clinics, Teams, and Competitions.....	71
4.4 Additional Program Resources.....	73
Chapter 5 Volunteer Management.....	79
5.1 Identify Volunteer Roles.....	80
5.2 Recruitment.....	80
5.3 Screening.....	81
5.4 Orientation.....	81
5.5 Supervision.....	81
5.6 Training and Credentials.....	82
5.7 Special Event Volunteers.....	82
5.8 Recognition.....	82
Chapter 6 Marketing and Public Relations.....	84
6.1 Introduction.....	85
6.2 Building Media Awareness and Visibility.....	85
6.3 Marketing through Special Events and Press Releases.....	85
6.4 Using Media to Send Your Message.....	86
6.5 Options for Media Exposure.....	86
6.6 Using Social Media.....	86
6.7 Building a Marketing Foundation.....	87
Chapter 7 Resource Development and Fundraising.....	88
7.1 Introduction.....	89
7.2 Create a Local Fundraising Plan.....	89
7.3 Target Potential Supporters.....	90
7.4 Special Events and Activities.....	91
7.5 Marketing Support Materials.....	92
Chapter 8 Disability Awareness.....	93
8.1 Review of Disability Awareness Information.....	94
8.2 Definitions of Specific Disabilities.....	94
8.3 Points to Remember When Meeting With a Person With a Disability.....	95
8.4 Common Courtesies When Speaking With An Individual With A Disability.....	97
8.5 Person First Terminology.....	97
Chapter 9 Advocacy and ADA Resources.....	99
9.1 Advocacy – What’s the Rationale?.....	100
9.2 Shaping an Advocacy Campaign.....	100



9.3 Tactics for Conducting an Advocacy Campaign	101
9.4 Disability Rights Laws and Resources	103
Appendices	109
Appendix 1: Program Resource Materials	110
Sports Manuals and Program Resource Materials.....	110
Steering Committee Support Materials.....	110
Advocacy and ADA Support Materials	110
Volunteer Resources.....	110
Evaluation Support Materials.....	111
Grant and Fundraising Resources	111
Appendix 2: BlazeSports Web Resources	112
Appendix 3: National Athletic Trainers' Association (NATA) Resources	115
Appendix 4: Additional Reading	116
Coaching	116
Disability & Paralympic Sport	116
Physical Education and Physical Acitivity	116
Risk Management	117
Sports Psychology and Mental Skills Training	117
Training, Conditioning, and Sports Medicine	118
Appendix 5: Sports Rules and Regulations	119

Preface

Welcome to the *BlazeSports Active for Life Guide*! This Guide was developed as a resource to assist local service providers from the novice to the seasoned, including teachers, coaches, and therapeutic recreation specialists in developing and implementing quality sport and recreation programs for youth and adults with physical disability.

Sport and recreational activities are an integral part of American life but the availability of these activities for people with physical disabilities has been limited or fragmented. The Centers for Disease Control and Prevention (CDC), the President's Council on Physical Fitness and Sport and the release of the 2008 Physical Activity Guidelines for Americans all point to the importance of community level sports and active lifestyle options for people with disabilities in their recommendations. Research has shown that regular physical activity (such as sport and recreation) has numerous benefits (physical, psychological, and social) for people with or without physical disabilities. For people with physical disabilities, physical activity can improve chronic conditions, improve stamina and muscle strength, and can improve psychological well being and quality of life by increasing the ability to perform activities of daily life. Participation in physical activity such as sport and recreation for the person with physical disability therefore becomes the vehicle to achieve their full potential and facilitate their community integration. Community leisure and recreation opportunities may provide avenues for an individual to develop primary group relationships, participate in novel activities, improve physical health, or try out leadership and activity skills.

Access to leisure opportunities, however, may be affected by many factors including the individual, the disability, the family situation, and a host of socio-demographic factors such as place of residence and discretionary income. The shortage of qualified adapted sport and recreation coaches to develop and lead such programs constitutes a significant barrier to participation in physical activity by both adults and youth with disabilities.

It is our hope that the *BlazeSports Active for Life Guide* will help fill that gap and provide the local service provider with the necessary tools to begin a program or enhance an existing sport and recreation program for individuals with physical disability.

The *Guide* provides background information on the building blocks of sport and recreation programs and the nuts and bolts of starting and sustaining a sport and recreation program for individuals with physical disability. Each section provides practical information and tools that are ready to use. The Guide is not necessarily meant to be implemented, read or used in a step-by-step fashion but more as a resource guide depending upon the stage of program. In other words, one section is not dependent on the other.

There is myriad supporting materials referenced throughout the Active for Life Guide. BlazeSports has created a virtual toolbox of resources including videos, training presentations, manuals, checklists, guides, and other adapted sports and physical activity resources. Throughout this interactive guide, you will find resources with hyperlinks so you can easily view the tools developed by BlazeSports America to help you create or expand a local program, enhance your coaching skills, or ensure that your school or physical activity program is inclusive and accessible. Whatever your needs – BlazeSports has the training tools and resources to support your program. In the Appendices, you will find a links to reference documents and online guides and a catalogue of the resources (with hyperlinks) on the BlazeSports website and BlazeTV. These online resources form the core of the BlazeSports Active for Life Guide. We encourage you to review these tools - from



the more than 20 different official sports Rules and Regulations to the archived webinars, PowerPoint presentations and instructional videos – you will find the ready-to-use resources your club or program needs.

The ***Active for Life Activity Cards*** are hands-on illustrated activity cards in the sports of wheelchair tennis, Boccia, and wheelchair basketball. The Activity Cards compliment the other suggested programmatic activities discussed in the Guide. These activity cards are ready-to use in your programs and provide step-by-step instruction for various sport drills.

Our hope is that the ***BlazeSports Active for Life Guide*** will assist your efforts to increase access and opportunities in sport and physical activity for individuals with physical disability while enhancing the quality of life of your community through sport and recreation.



Acknowledgements

BlazeSports America would like to acknowledge the generous contributions of The Craig H. Neilsen Foundation, the Georgia Department of Labor, and the Department of Health and Human Services that made the *BlazeSports Active for Life Guide, A Disability Sport and Recreation Guide* possible.

Special thanks to the National Center on Physical Activity and Disability, Canadian Sport for Life Centres, Long Term Athlete Development Program and Australian Sports Commission; Disability Education Program for the use and adaptation of their materials which represent best practice in the field of disability sports and recreation.

The toolkit could not have been completed without the time and commitment of the myriad reviewers who provided invaluable comments and suggestions throughout the entire development, piloting and design phases. Special mention to the following reviewers:

DeKalb County Parks and Recreation Department (Georgia)

Al F. Sheppard

Eastern Michigan University

Dr. Michael Paciorek, PhD, Professor

Brooklyn College, City University of New York

Dr. Benjamin Johnson, EdD, Professor and Chairman
Department of Physical Education and Exercise Science

Kennesaw State University

Dr. Jimmy Calloway, PhD, Professor of Sport Management and Executive Director of the Georgia Coalition for Physical Activity and Nutrition

Kent State University

Mary Ann Devine, PhD, Associate Professor

Northern Suburban Special Recreation Association

Craig Culp, CTRS, Executive Director

Rehabilitation Institute of Chicago's Center for Health and Fitness

Mitch Carr

Temple University

Barbara Wilhite, EdD, CTRS, Clinical Associate Professor

Tim Willis, Esq

Troup County Parks and Recreation Department (Georgia)

JJ Kuerzi, CTRS, Program Manager
Daryl Holsey

World Sport Chicago

Pamela Redding, Director of Paralympic and Disability Sports

We would also like to thank the **BlazeSports Clubs and programs** across the country for providing us with the practical feedback and comments of what the local practitioner really needs.

Many thanks to Travis Mushett, copy editor, for his thorough review and insights.