

February 2012 - Upcoming Adaptive Sports Events in Southern New England

**In this issue: Day of Discovery! Golf! facebook!**

**Cross Country Skiing! Kayaking! Downhill Skiing!**

*The Sports Association, Gaylord Hospital is dedicated to improving the quality of life and spirit, mind and body of persons with physical disabilities through wheelchair sports and adaptive recreation opportunities. Most events are FREE unless otherwise noted. To participate you must register at 203-284-2772.*



**Southern New England**

Exciting News!!! The Sports Association, Gaylord Hospital has officially become the

**“Paralympic Sport Club of Southern New England”!**

This prominent designation not only gives national visibility to Gaylord Hospital for the established adaptive sports that we currently provide, but will enhance our existing programming and broaden the scope of adaptive sports to the elite level.

*Hello Sports Association Membership,*

*We are proud of the new Paralympic Sport Club designation and while this will help us reach more athletes and continue to enhance our programming, we will still provide the same great events you have come to expect from the Sports Association. So keep coming back and this year, try something new!!*

*Adaptive Cross Country Skiing is coming to Connecticut for the first time. The New England Nordic Ski Association, the Sports Association and Winding Trails bring you the opportunity to try this great winter outdoor sport of fitness and finesse and will teach you the skills you need to get skiing!*

*There may not be snow in your back yard, but our Alpine Ski Club has 2 trips left this season to Vermont and New Hampshire where the slopes are covered in great snow for skiing. Call us now to get signed up for either of those trips in March.*

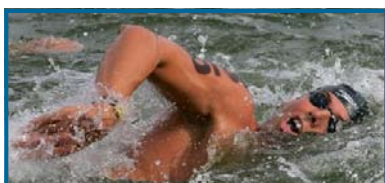
*Spring is not far around the corner, so be sure to come to the Spring/Summer Day of Discovery to learn about all the sports coming up in the warmer months! There will be videos, coaches, adaptive equipment and giveaways!*

*We also kayak year round so come and learn the skills now so you can get out on the water when the weather warms up this spring!*

*For our existing and budding athletes that would like to train to compete in a sprint Triathlon we will be sponsoring and supporting one athlete and one relay team of three athletes with disabilities in a triathlon this fall. If you are interested, please fill out the attached form and mail it to us by March 1st to be considered for this sponsorship and training program with the YMCA.*

*It's easy to register and most events are FREE! Call today.*

*Yours in Sport, Todd Munn, CTRS*



## **Triathlon Training and Sponsorship**

Applications Due March 1st, 2012

Training throughout the spring & summer.





Training throughout the spring & summer.

Triathlon under late summer/early fall.

Approx. 1/2 mile swim, 12 mile cycle, 3 mile run/push



The **Sports Association** is working with the **Greater Hartford YMCA** to collaborate on a sprint triathlon training program for athletes with disabilities. At least one athlete will be chosen to be sponsored to compete as an individual and one team of three athletes will be selected to form a relay team to compete. The **YMCA** will assist the athlete with the training program and support throughout the race and the Sports Association will assist with logistics, adaptive equipment, transitions and sponsorship. If you are interested, please fill out the attached form and send it in by March 1st to be considered. Please call if you have questions. We are looking forward to working with the YMCA and YOU toward this goal!



## “Like” us, Follow Us, Join us on Facebook

The fastest, easiest and most up-to-date way to see all that is going on with the Sports Association is to “**Like**” us on Facebook at the “[Sports Association, Gaylord Hospital](#)” page. You can also **friend** us at “[Gaylord, SportsAssociation](#)”. The page contains upcoming events, activities and information as well as pictures from recent clinics, tournaments and trips. Check it out and don’t forget to click on the like button! We want you to be informed of all that’s going on!



## “Pool 1” Kayak Clinic

Monday, February 27, 2:00 - 4:00 PM

Flagg Pool, Gaylord Hospital

Cost: FREE! Sponsored by Sports Assoc.

Take advantage of our heated pool to learn kayaking skills, paddle strokes, safety & equipment and transfer techniques. It’s fun!

## Cross-Country Skiing

Wednesday, Feb 29, 1:00 - 3:00 PM

Wednesday, Mar 7, 1:00 - 3:00 PM

Winding Trails, Farmington, CT

This event is free—registration required.

Volunteers Needed. 203-284-2772

Great workout, fun outdoor sport and a chance to get active and meet others. Come and try this **BRAND NEW SPORT!**



## Ski Club Trips \$40/Trip

Saturday, March 3rd to Bromley Mt, VT

Saturday, March 17th to Mt Sunapee, NH



Saturday, March 17th to Mt Sunapee, NH  
It's fun. It's fast. And it is one of the most accessible sports for people with disabilities. Don't limit your winters by staying inside. Come skiing with some of the best adaptive ski programs in the northeast! Call at least 2 weeks ahead!!

## “Pool 2” Kayak Clinic

Monday, March 5, 2:00 - 4:00 PM

Flagg Pool, Gaylord Hospital

FREE! Sponsored by Sports Association

This clinic is for SA members that have completed “Pool 1” Kayak Clinic and want to learn more advanced strokes, rescues and paddling skills. Registration required.



## Indoor Golf Clinic

Tuesday, March 20, 2:00 - 4:00 PM

Roncari Hall, Gaylord Hospital

Cost: FREE! Sponsored by Sports Assoc.

Made possible by the Gaylord Golf Classic

All of the same great golf skills taught in a warm comfortable hall. Please call to sign up. Low registrations lead to cancellations.

## Spring/Summer Day of Discovery!

This annual event brings you all the information you need to know to get involved with spring and summer adaptive sports with the Sports Association! We provide:

- Videos!
- Pictures!
- Equipment!
- Athletes!
- Coaches!
- Information!
- Resources!
- Refreshments!
- Giveaways!
- 2012 Calendar!

Tuesday, April 10, 6:00 - 8:00 PM

Roncari Hall, Gaylord Hospital, CT

Cost: FREE! Sponsored by Sports Assoc.

Made possible by the Gaylord Golf Classic

The Day of Discovery is all this and more rolled into one great evening where you can learn it all. Participants will have the opportunity to meet athletes already involved in adaptive sports, meet the staff, meet the coaches, ask questions and see the adaptive equipment. You will also get the first preview of the 2012 Sports Association Calendar of Events and register! One evening covers it all for Spring and Summer Sports. There will be a second Day of Discovery for Fall and Winter sports in September. Don't miss out on this opportunity—please call to register. 203-284-2772

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