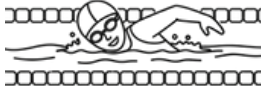


COLOR ME ACTIVE



**Youth Adaptive Sports
in Metro Detroit**



Summer Sports

Para Archery	Para Powerlifting
Para Athletics	Para Rowing
Para Badminton	Shooting Para Sport
Blind Football	Sitting Volleyball
Boccia	Para Swimming
Para Canoe	Para Table Tennis
Para Climbing	Para Taekwondo
Para Cycling	Para Triathlon
Para Equestrian	Wheelchair Basketball
Para Fencing	Wheelchair Rugby
Goal Ball	Wheelchair Tennis
Para Judo	

Winter Sports

Para Alpine Skiing	Para Ice Hockey
Para Biathlon	Para Snowboarding
Para Cross Country Skiing	Wheelchair Curling

BENEFITS OF ADAPTIVE SPORTS

Benefits of Sport

Adaptive sports build strong bodies and strong minds—helping athletes improve physical fitness, gain independence, and grow their confidence. Whether playing for fun or chasing championships, sports offer a powerful outlet for competition, connection, and mental wellness.

Community

Sports create a powerful community where athletes with disabilities connect, belong, and build friendships with others who share similar experiences.

Equipment

Adaptive sports equipment can be expensive. Fortunately, many programs have equipment lending programs. There are also grants available for adaptive sports equipment.

PARA ICE HOCKEY

What's para ice hockey?

Para ice hockey, also known as sled/sledge hockey is a paralympic sport. Players skate using a specially designed sled that sits on top of 2 hockey skate blades. Each player has 2 sticks that have metal picks on the butt end for players to propel themselves. The rules for sled hockey are the same as standup hockey.

Who plays?

Youth players start as young as 5 years old. Players have diverse physical disabilities including limb loss, spinal cord injury and cerebral palsy.

How can I learn more?

Metrodetroitshockey.org
community@metrodetroitshockey.org





WHEELCHAIR BASKETBALL

What's wheelchair basketball?

Wheelchair basketball players use a lightweight sports wheelchair. It is played on a regulation court with the 10 foot basket height for varsity teams and the 8.5 foot basket height for prep teams. Wheelchair basketball follows the same rules as standard basketball with one adaptation, travelling; where athletes push twice and dribble once or use continuous dribbling. While wheelchair basketball is a summer paralympic sport, the season follows the NBA season.

Who plays?

The NWBA (National Wheelchair Basketball Association) prep teams are for 5-13 year olds, varsity teams are for 13-21 year olds. Boys and girls with permanent lower extremity disabilities that prevent them from playing on their school's team are eligible to play.

How can I learn more?

NWBA.org

Motor City Wheelz

www.motorcitywheelz.org

Michigan Rollverines

PMR-UMAISETR@umich.edu





WHEELCHAIR Tennis

What's wheelchair tennis?

Wheelchair tennis is played on the same courts and with the same equipment as regular tennis. The only difference is athletes are allowed 2 bounces. It's one of the few wheelchair sports that you can play competitively with able bodied players. Athletes can play on high school and college teams.

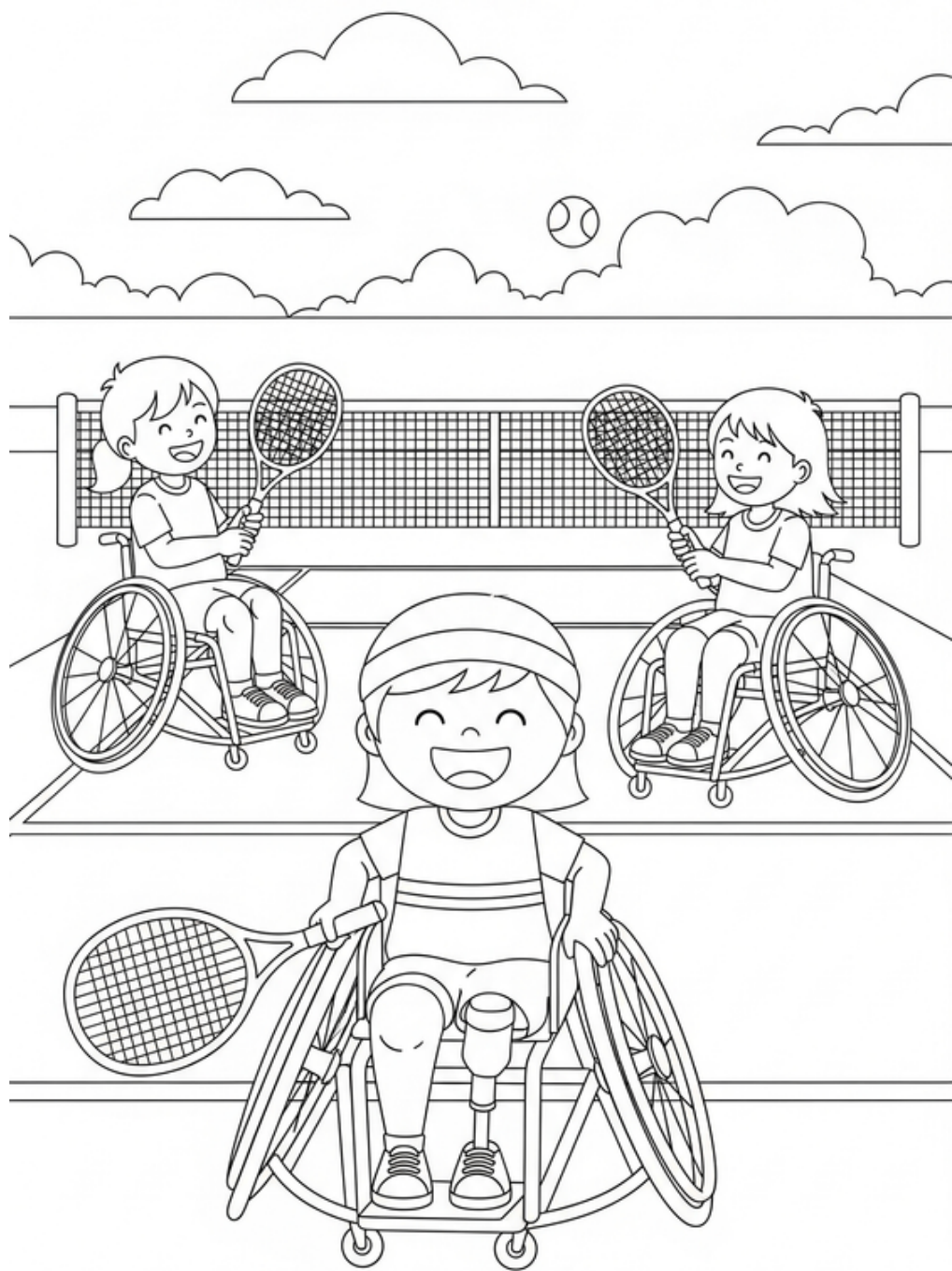
Who plays?

Players can start as young as 5 years old and play in junior divisions once they progress to a competitive level all the way up to adult competition. Most athletes are players who have spinal cord injuries, spina bifida, amputees and other various physical disabilities.

How can I learn more?

Facebook: USTA Midwest Wheelchair Tennis
Wheelchairtennis@midwest.usta.com





PARA ATHLETICS

What's para athletics?

Para Athletics is also known as Adaptive Track and Field. Everyone can do track and field, no matter their abilities. It's a way for people with disabilities to experience the excitement of running, jumping and throwing, using adaptations to make it possible. Some racers might use special wheelchairs designed to go super fast, others might use a specially designed running blade. Those with visual impairment may run with someone who can see, connected by a small rope. With these adaptations, racers can join a track team. Adaptive track & field is a fantastic way for people of all abilities to compete and have fun!

Who plays?

Anyone with a permanent physical disability can participate in adaptive track and field. There are designated adaptive events for kids aged 7 and up. Middle and high schoolers can join their school track teams in Michigan, using the adaptive category.

How can I learn more?

I-Am-An-Athlete-Too.org
info@I-am-an-athlete-too.org



TRACK & FIELD!



PARA ARCHERY

What's adaptive archery?

Adaptive archery can be participated in alongside athletes without any disability. There are several adaptations that can be made to the bow based on participants individual needs.

Who plays?

Adaptive archery usually starts at age 6 and is inclusive to everyone, including cognitive disability and physical disabilities, such as spinal cord injury, cerebral palsy, amputee, etc.

How can I learn more?

Reimagine Life Foundation

www.reimagine-life.org/

UMAISE

PMR-UMAISETR@umich.edu





PARA SWIMMING

What's para swimming?

USA Swimming encourages people with disabilities to participate in the sport of swimming and facilitates their inclusion in USA Swimming programs through education and collaboration.

Modifications to starting position, lane assignment and use of a personal assistant are typical accommodations.

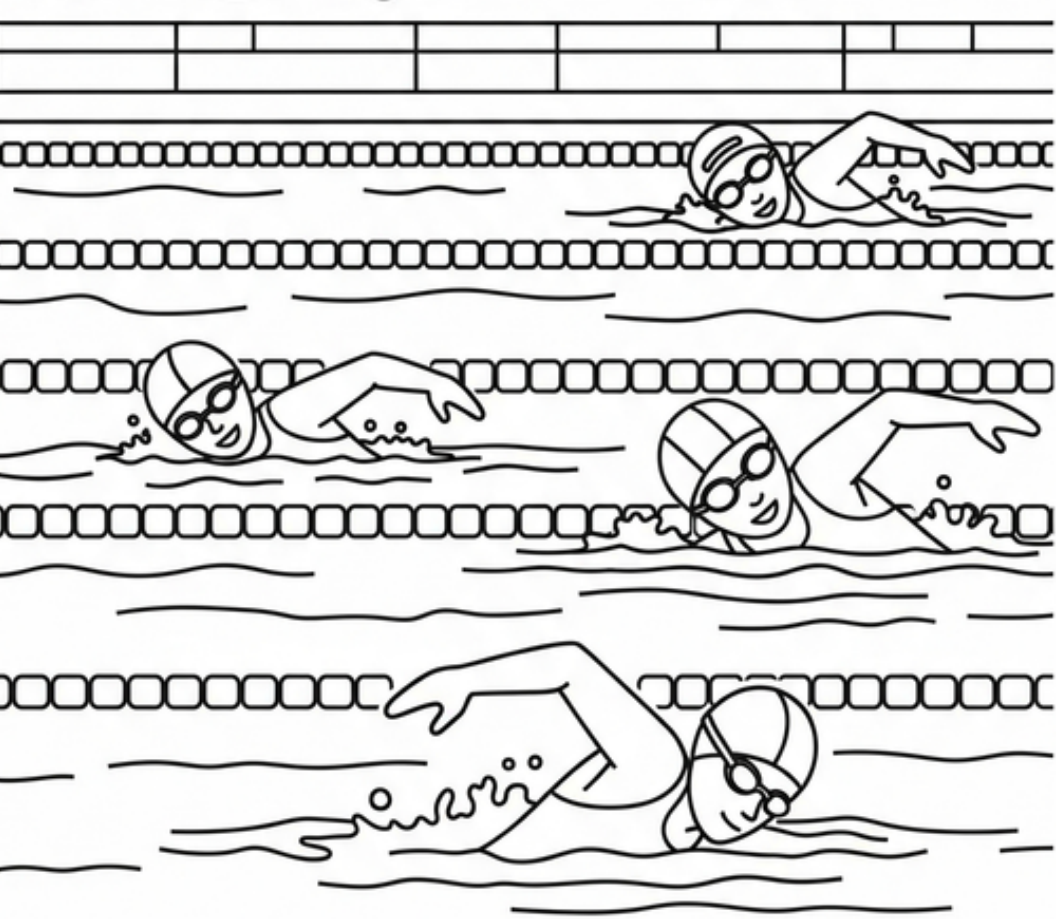
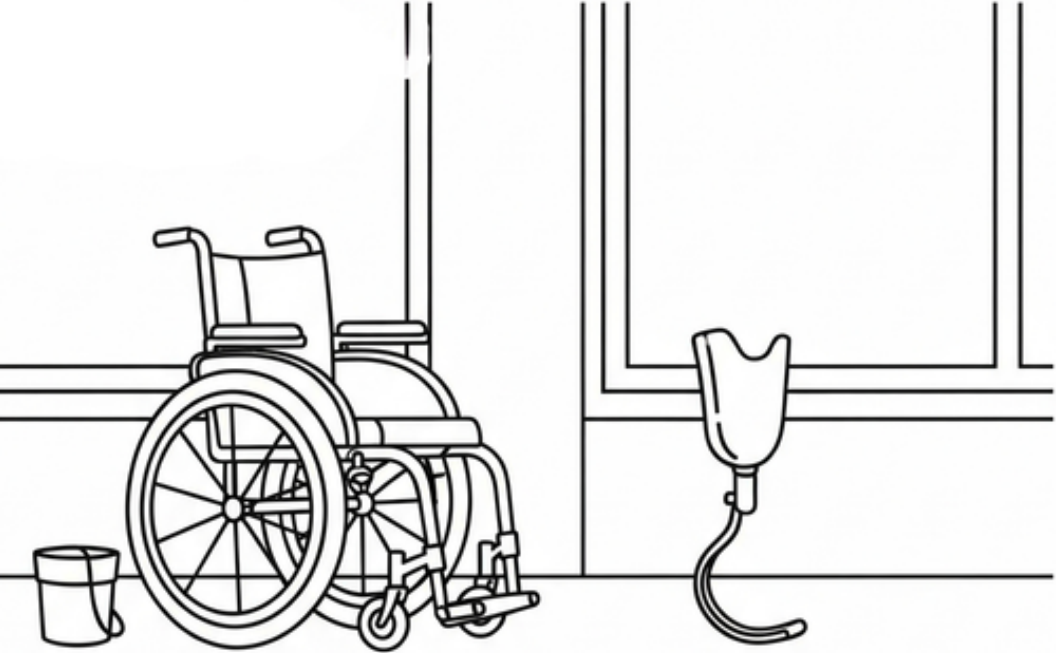
Who swims?

Athletes with many different disabilities swim. Competition can start as young as age 5.

How can I learn more?

www.usaswimming.org/resource-center/diversity-equity-inclusion





WHEELCHAIR CURLING

What's wheelchair curling?

Wheelchair curling is based on the same principles as stand up curling. It's played on the same ice and with the same stones, but with no sweeping and stones are delivered from a stationary wheelchair.

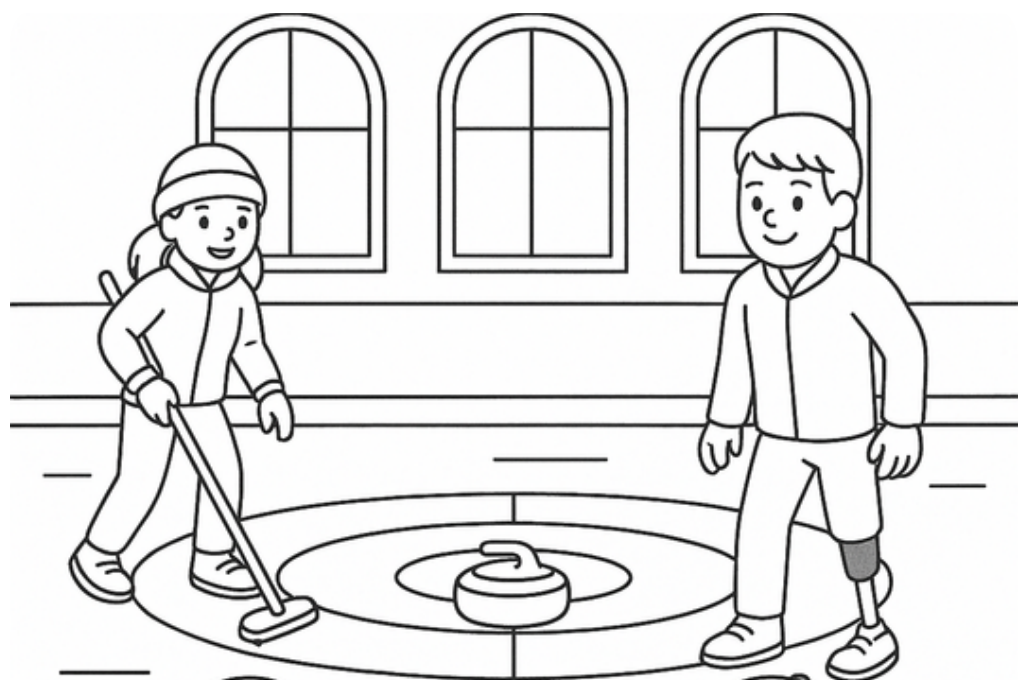
Who plays?

Curling can start as young as 6 years old and is played by people with lower limb disabilities.

How can I learn more?

Reimagine Life Foundation
www.reimagine-life.org/





PARA ALPINE SKIING & SNOWBOARDING

What's para alpine skiing and snowboarding?

They are fun winter sports where people slide down snow covered hills. Skiers stand on two skis or sit in special seats called sit skis and hold poles or outriggers to help them turn. Snowboarders stand on one big board and face sideways to ride downhill.

Who participates?

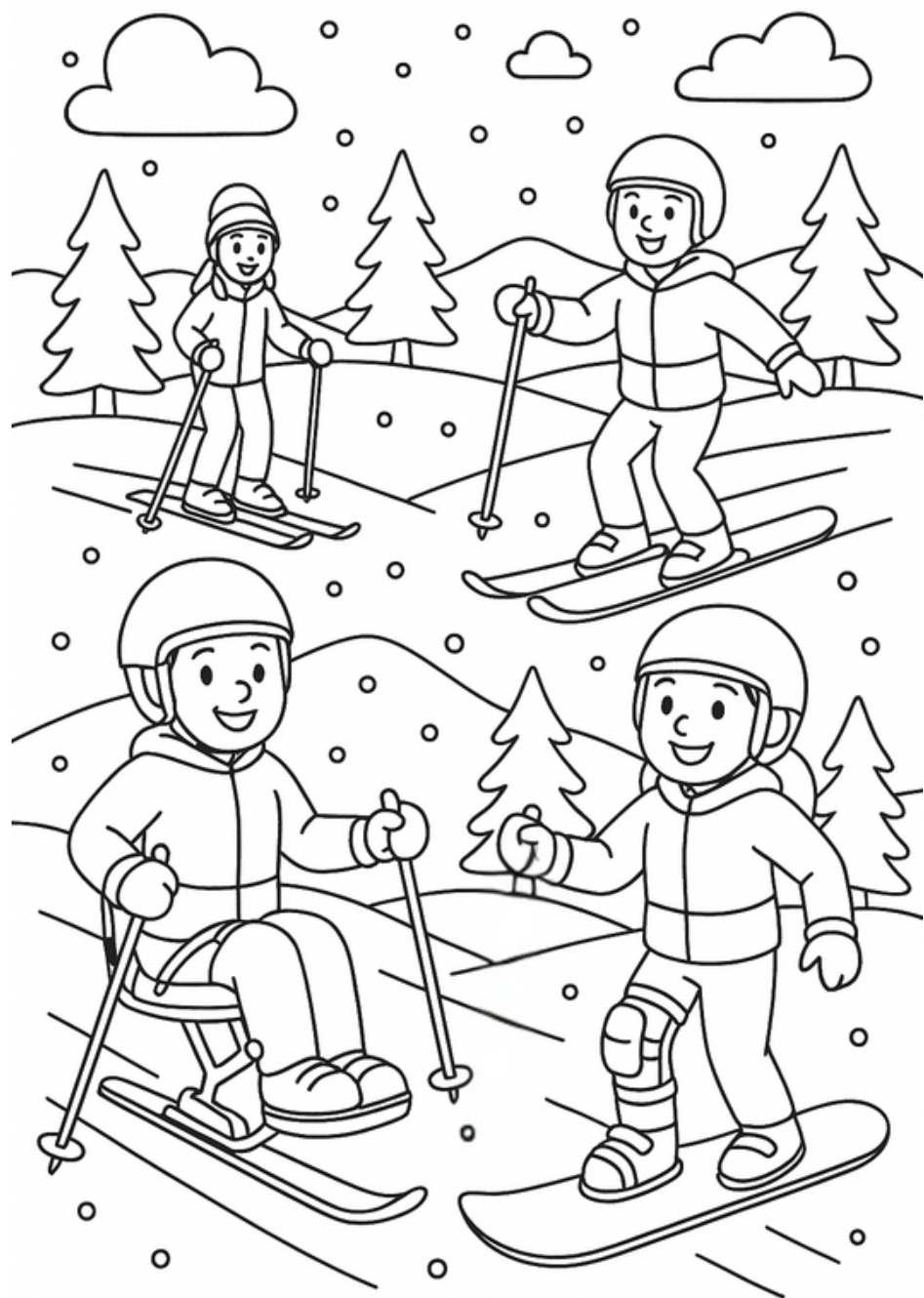
Girls or boys of any age, even if they have disabilities like amputations, deafness, blindness, spinal cord injury, autism, down syndrome, or cerebral palsy!

How can I learn more?

mtbadaptivesports.org

mbasp@mtbadaptivesports.org





BOCCIA BALL

What's boccia ball?

Boccia is a Paralympic sport. It is highly competitive and is fun for able bodied as well as disabled athletes. It is played on a specially marked court indoors on a tile surface or wooden gym floor. The object of the game is to throw or roll leather-like balls so that they land as close as possible to a target ball called the Jack. The balls can be thrown or put in play with a ramp.

Who plays?

Athletes must have an eligible impairment, such as limb loss, muscle weakness, or coordination issues. This includes individuals with cerebral palsy, muscular dystrophy, spinal cord injury, and other physical disabilities.

How can I learn more?

UMAISE

PMR-UMAISETR@umich.edu





PARA CYCLING

What's para cycling?

Para cycling is the sport of cycling adapted for athletes with disabilities. It encompasses both road and track cycling disciplines. Athletes compete using bicycles, handcycles, tandems, or tricycles, depending on their needs.

Who plays?

Para cycling is a sport open to athletes with physical impairments and visual impairments.

How can I learn more?

Reimagine Life Foundation
www.reimagine-life.org/





THANK YOU!

The purpose of this coloring book is to introduce children and families to the exciting world of adaptive sports, build awareness, and inspire young athletes to get involved—because every child deserves the chance to play. While the focus is on children, all of these sports are also available in our community for adults.

This was made possible through the incredible collaboration of organizations dedicated to inclusion, movement, and play. We're grateful to the community partners, hospitals, schools, and volunteers who have helped distribute these books to patients, students, and friends across Metro Detroit.

A special thank you to Athletes Unlimited, Metro Detroit Sled Hockey and Motor City Wheelz for funding this initiative and believing in the power of adaptive sports to change lives.

Keep moving, keep connecting, and keep coloring your way to confidence!

For information about how to obtain coloring books visit metrodetroitsledhockey.org

