



# ADAPTIVE SPORTS NORTHWEST



## 2019-2020 IMPACT REPORT

OCTOBER 1, 2019 - SEPTEMBER 30, 2020

### PANDEMIC RESPONSE

ASNW staff and coaches enhanced and expanded our social media outreach efforts during 2020 to maintain ties with athletes, volunteers, donors, and partner organizations. Online activities have included: virtual socials, new fitness and exercise videos, a virtual fitness challenge, public interest event postings, and one-on-one online practice sessions with athletes.

**8,352** *participant hours*

**404** *athletes with physical disabilities served*

**250** *volunteers*

**660** *volunteer coaching hours*

### ARCHERY

Even amid a pandemic, we have created a new recreational opportunity in archery. Piloted in the fall of 2020, there was enough interest to continue running the program into 2021, as we can do safely.

### WHEELCHAIR BASKETBALL

Increased participation to 50 athletes has made it possible to offer four wheelchair basketball teams: The Portland Wheel Blazers, Junior Wheel Blazers, the Prep Junior Blazers, and the Portland Cascades, a women's team comprised of both adult and junior athletes. We hosted 6 guest teams for the 11th Annual Bridge City Tournament.

### GOALBALL

Rose City Goalball is coached by 7-time Paralympian and 4-time Paralympic medalist, Jen Armbruster. A sport for the visually impaired, Goalball has opportunities for ongoing practices as well as local tournaments. Twelve Goalball Teams from all over the country competed in the annual Cascade Classic Goalball Tournament.

### HANDCYCLING

Handcycling is an easy-going entry sport for those interested in learning more about adaptive opportunities. The summer series usually takes place at the 2-mile closed course at Portland International Raceway. We hope to restart the sessions in the summer and meanwhile members can borrow our handcycles free of charge to help them keep physically active.

### ADAPTIVE KAYAKING

In partnership with Team River Runner and eNRG Kayaking, ASNW's kayaking program usually runs year-round, with winter practice in a swimming pool. The 2020 summer program was cancelled due to the pandemic and will resume as soon as the restrictions are safely lifted.

### SWIMMING

The year-round adapted swimming program expanded significantly to 23 participants. Some athletes are recreational swimmers while some train to compete at a high level, including opportunities to try out for Team USA's Paralympic swim team. This year, the program received USA Swimming designation.

### WHEELCHAIR RUGBY

ASNW partners with the Portland Pounders to advance the exhilarating, hard-hitting, heart-racing sport of wheelchair rugby. Comprised of 15-20 regular players, the Pounders hosted 5 out-of-state teams in the annual February tournament, and they participated in several out of state tournaments as well.

### POWER SOCCER

Power Soccer offers competitive opportunities year-round for youth and adults using power wheelchairs. Like soccer, this is the only team sport played with power chairs and is one which provides community connections for individuals with a unique drive to compete.

### SITTING VOLLEYBALL

Able-bodied participants, amputees, and others with disabilities can play this year-round game – and friends and family members are welcome to join in. It's an inclusive, unique sport permitting a very broad diversity of players. This recreational program experienced significant growth in 2019, increasing from 6 to 17 players.

### TRACK & FIELD

The demand for the sport continues to grow and clinics are usually offered in the spring. We look forward to resuming practices. This is a great opportunity for those interested in experimenting with many options including chair endurance and sprint racing, and throwing events such as shot put and javelin.



**FOUNDED IN 1982,** Adaptive Sports Northwest provides recreational, fitness and competitive opportunities for youth and adults with physical disabilities. There are 284,610 Oregonians who have an ambulatory disability.\*

Adaptive Sports Northwest is the only organization in the Northwest offering a variety of 10 programs which supports community inclusion, sense of self-confidence, and physical health. Access to the adapted equipment, practice facilities and trained coaches is supported by individual donors and foundations including:

*Ability Center  
Adidas North America  
Comcast Corporation  
Craig H. Neilsen Foundation  
Department of Veterans Affairs  
Jackson Foundation  
Juan Young Trust  
Les Schwab*

*LNS Captioning  
Multnomah Athletic Club  
Multnomah Athletic Foundation  
Nike Foundation  
NW Access Fund  
O'Donnell Law Firm, LLC  
Oregon Community Foundation  
Oregon Sports Action*

*Portland Timbers Community Fund  
Providence Foundation  
Ribbon Ridge Winery  
TCC Gives, Inc.  
The Standard  
Trail Blazers Foundation*



**YOUR HELP IS NEEDED MORE THAN EVER TO PROVIDE ADAPTIVE FITNESS AND SPORTS. HERE'S WHERE YOUR GENEROUS DONATIONS GO:**

- \$4,000** for one sport wheelchair purchase
- \$1,000** for one athlete to participate in out of town tournament
- \$500** one set of replacement sport wheelchair wheels
- \$250** for one sport wheelchair wheel replacement
- \$100** for one specialized goalball or basketball
- \$80** to rent a sport wheelchair for one season
- \$20** for one practice for one athlete for gym rental and coach

Your donations directly impact local athletes with physical disabilities. Get involved by visiting:

**ADAPTIVESPORTSNW.ORG**



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**ADAPTIVE SPORTS**  
NORTHWEST

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\*2016 Disability Characteristics, American Community Survey, U.S. Census Bureau