



2020-2021 IMPACT REPORT

OCTOBER 1, 2020 - SEPTEMBER 30, 2021

PANDEMIC RESPONSE

When in-person activities paused, we expanded our social media outreach to maintain ties among athletes, volunteers, donors and partner organizations with new fitness and exercise videos, virtual socials, guest speakers, public interest event postings, and a virtual fitness challenge.



PROGRAMS

ASNW is the only Northwest organization offering a variety of 10 programs in fitness, recreational and competitive sports. These regular in-person programs were paused and resumed as needed during the year due to the emergence of a new Covid variant:

- Archery
- Goalball
- Handcycling Series
- Kayaking
- Power Soccer
- Sitting Volleyball
- Swimming
- Track & Field
- Wheelchair Basketball
- Wheelchair Rugby



BY THE NUMBERS

- 2,469** Participant Hours
- 244** Virtual Program Participant Hours
- 281** Athletes
- 67** Volunteers
- 240** Posts on Social Media
- 8** New Online Fitness Programs
- 1,600+** Website Page Views/Month

Thank you to our partners hosting sports practices and tournaments: The Hoop, Tualatin Hills Parks & Recreation District, Portland International Raceway, eNRG Kayaking, Hidden Creek Community Center, Archers Afield & Shriner's Hospital.

THANK YOU

Access to adapted equipment, practice facilities and trained coaches removes the common barriers for youth and adults with physical and visual disabilities and is inclusive by design.

Thanks to our recent generous donors and funders who made this possible.

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FOUNDED IN 1982

Adaptive Sports Northwest provides access to recreational, fitness and competitive opportunities for youth and adults with physical and visual disabilities.



HERE'S WHERE GENEROUS DONATIONS GO:

- \$4,500** One Sports Wheelchair
- \$1,850** Season of Pool Rental for Adaptive Swimming
- \$1,000** One Athlete's Travel to Out-of-Town Tournament
- \$700** One Set Replacement Sport Wheelchair Wheels
- \$100** One Specialized Goalball or Basketball
- \$85** An Adaptive Bike Maintenance Session
- \$50** One Hour Practice for One Athlete Including Gym Rental

Athletes surveyed reported the following life-changing benefits from participation in ASNW programs:

"I've become a better athlete." • "This activity/program lifts my spirits."

"I get more exercise than I did before." • "I've made new friends."

ADAPTIVE SPORTS
NORTHWEST

Learn more at:

ADAPTIVESPORTSNW.ORG

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