

Michigan State University Adaptive Sports & Recreation Club



PURPOSE:

The MSU Adaptive Sports & Recreation Club seeks to:

- ▶ promote the health, social, and psychological benefits of physical activity to individuals with physical disabilities
- ▶ establish a space where athletes with physical disabilities and able-bodied volunteers can come together to create an integrated community of peers that serves to eradicate negative stereotypes about disability by highlighting the abilities of individuals with physical disabilities

MEMBERSHIP:

The MSU Adaptive Sports & Recreation Club is actively recruiting individuals with physical disabilities to become athletes, and volunteers with previous sports experience and an interest in adapted physical activity, who are:

- ▶ MSU Students/Faculty/Staff
- ▶ Non-MSU affiliated Community Members

WHY BECOME ONE OF OUR ATHLETES?

- ▶ Make healthy choices about your body involving exercise and proper nutrition
- ▶ Meet other students and community members with physical disabilities and become a part of a disability community
- ▶ Improve self-confidence by setting goals, taking on new challenges, and achieving success
- ▶ Develop directly transferable independent living skills via the attainment of improved sports skills gained in the process of participating in the club's activities
- ▶ Participating in recreational sports has been directly linked to academic success

WHY BECOME ONE OF OUR VOLUNTEERS?

- ▶ This is an opportunity to think creatively and directly apply your health and fitness knowledge as well as your previous sports experience
- ▶ Diversify your human experience and gain a different perspective on ability by interacting with athletes with physical disabilities
- ▶ Gain skills that you can apply in your future careers to positively enhance the lives of individuals with disabilities

PRACTICE:

▶ **Adaptive Hockey:**

Fridays: 7:00pm - 9:00pm

Demonstration Hall (roller hockey rink area)

▶ **All Other Sports/Events:**

Tuesdays & Thursdays: 7:00pm - 9:00pm

Jenison Field House (main 1st floor gym)

SPORTS/EVENTS:

On campus:

- ▶ Adaptive Rowing
- ▶ Field Events (Discus Throw, Shot Put)
- ▶ Hand-cycling
- ▶ Ping Pong
- ▶ Adaptive Hockey
- ▶ Track (Distance Running/Walking/Rolling)
- ▶ Wheelchair Tennis

Off campus:

- ▶ Adaptive Shooting (Air Rifle, Crossbow, Rifle)
- ▶ Adaptive Skiing

YOUTUBE (Please Watch & Share):

- ▶ Recruiting Video:

<https://www.youtube.com/watch?v=C7O9XRdBqfA>

- ▶ Adaptive Skiing Video:

<https://www.youtube.com/watch?v=3VEF0dTtLbE>

GIVE:

- ▶ Please support the MSU Adaptive Sports & Recreation Club and our athletes with disabilities, by donating to our Scholarship and Adaptive Sports Equipment Fund:

<https://givingto.msu.edu/gift/?sid=1835>

CONTACT:

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