

ADAPTED SPORTS INSTITUTE OF THE OHIO STATE UNIVERSITY

Adapted Sports, Recreation and Wellness in Cleveland, Ohio

3 Trackers of Ohio

3 Trackers of Ohio's mission is the promotion of adaptive recreational sports to persons with physical disabilities. The organization provides equipment that specifically caters to each individual's needs to participate and little or no extra cost. It is a chapter of Disabled Sports USA.

Sports offered: kayaking, cycling, water skiing, snow skiing

For more information:

- Visit: <http://www.3trackers.org/>
- Contact: (440) 476- 9905
- Email: Mark Dietz, president, at md1053@aol.com

Adapted Sports Programs of Ohio (ASPO)

The Adaptive Sports Program of Ohio (ASPO) is a nonprofit organization established to promote the health and wellness of individuals with physical disabilities. Here, we provide competitive and recreational adaptive sport opportunities throughout Ohio. They are headquartered in Wooster, Ohio, but have active programming in cities throughout the state. They are a US Paralympic sports club.

Sports offered in Wooster, OH: sled hockey, track and field

For more information:

- Visit: <http://adaptivesportsohio.org/>
- Email: info@adaptivesportsohio.org

Cleveland Wheelchair Cavaliers

Cleveland Wheelchair Cavaliers is a wheelchair basketball team that competes on a national level, playing in the NWBA, Division III. The team is affiliated with the Cleveland Cavaliers and is comprised of residents from throughout NE Ohio. It is a US Paralympic sports club.

Sports offered: wheelchair basketball

For more information:

- Visit: <https://cavswc.com/>
- Visit their Facebook page, [@WheelchairCavs](#)
- Email: wheelchaircavs@gmail.com



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Cleveland Metroparks

The Cleveland Metroparks are a large recreational organization with 18 reservations spanning more than 23,000 acres with more than 300 miles of trails, eight golf courses, eight lakefront parks and a nationally-acclaimed zoo. They are committed to providing quality recreational opportunities for all participants, and they aim to provide accommodations and increased accessibility to people with disabilities that want to participate in their services and parks. They recommend making a request at least 72 hours before participation so they are able to accommodate in the activity, program or event.

Sports/Recreation offered: golf, camping, aquatics, custom programs in fishing, handcycling, snowshoeing, adaptive paddling for kayak/canoe

For more information:

- Visit: <https://www.clevelandmetroparks.com/>
- Contact: (216) 635-3200
- Email: generalinfo@clevelandmetroparks.org

Middleburg Heights Adapted Swim and Sports

The City of Middleburg Heights offers an adaptive sports and recreation program for people in the community living with injuries or disabilities.

Sports offered: swimming

For more information:

- Contact Sandy Balzer, adapted recreation coordinator at (440) 234-2255
- Email: sbalzer@middleburgheights.com

North Olmsted Golf Club

The North Olmsted Golf Club has a program called “the Turn,” which is a highly successful rehabilitation-based fitness program for golfers with disabilities. Its goal is using the game of golf as a means to help disabled golfers become more active, both on and off the course. Individuals in the program play with a variety of injuries, chronic disabilities, and visual impairments.

Sports offered: golf

For more information:

- Visit: <http://www.jointheturn.org/>
- Contact Shellie McQuaid at (440) 686- 1074, ext. 210
- Email: smcquaid@jointheturn.org



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Ohio Sled Hockey- Cleveland Mighty Barons

The mission of Ohio Sled Hockey is to provide the opportunity for individuals with physical limitations to learn about and participate in the sport of hockey. Their focus is on developing each athlete through instruction, encouragement, evaluation, and competition. This progression promotes and improves the sport of sled hockey by allowing local players to participate from novice to national level of play. Ohio Sled Hockey has a local team in Cleveland, the Cleveland Mighty Barons. It is a US Paralympic sports club.

Sports offered: sled hockey

For more information:

- Visit: <https://ohiosledhockey.org/>
- Contact:
- Email: clevemightybarons@yahoo.com

Rec2Connect

Rec2Connect is a team of inspired professionals who are devoted to fostering growth and overall development in children and adults with special needs. They provide innovative Recreation and Aquatic Therapy services to individuals with special needs. Rec2Connect provides programs to both adults and children, as well as recreational and competitive leagues. Their headquarters is located in Wadsworth, OH, and they practice in locations in Pepper Pike, Beachwood, and Fairview Park. It is a US Paralympic sports club.

Sports offered: swimming

For more information:

- Visit: <http://www.rec2connect.com/>
- Contact: Kia Picker at (216) 973-9647
- Email: kia.rec2connect@gmail.com

SPIRE Institute

SPIRE Institute exists to unlock the full potential of the human spirit through athletics, academics and service. SPIRE respects and honors the principles that built our nation and displays loyalty to those who serve and have served to preserve these principles. Its ultimate vision as a one-of-a-kind non-profit is to cultivate character and produce good citizens who know how to cooperate, compete and lead. SPIRE invites athletes at all levels, in all sports, from all backgrounds to join. SPIRE is for high achieving athletes training to reach their peak, but it is just as tailored to Paralympians, Special Olympians, and Wounded Warriors.

Sports offered: cycling, powerlifting, sitting volleyball, swimming, track and field, triathlon, wheelchair basketball

For more information:

- Visit: <http://www.spireinstitute.org/>
- Contact: (440) 466-1002
- Email: info@spireinstitute.org



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Team River Runner- Northeast and Central Ohio

River Runner is a national network which creates innovative paddling programs designed to assist with the recovery of veterans with disabilities. Through paddle sports, Team River Runner volunteers and partners provide local communities unique opportunities for the active, safe and positive support of healing service members and their families. They are a US Paralympic sports club.

Sports offered: canoeing, kayaking

For more information:

- Visit: <http://www.teamriverrunner.org/>
- Contact: Justin Hogue, chapter coordinator, at (614) 698-6389

Western Reserve Rowing

Western Reserve Rowing Association provides and promotes adult competitive and recreational rowing for the Northeast Ohio community through quality programming. The organization offers a Para-rowing program, a Veteran's program, as well as the VIPER program for athletes with visual impairments.

Sports offered: rowing

For more information:

- Visit: <http://westernreserverowing.com/>
- Contact: (216) 302- 8399
- Email: info@westernreserverowing.com

Youth Challenge Sports of NE Ohio

Youth Challenge brings together children with physical disabilities and youth volunteers who enrich each other's lives through one-on-one participation in adapted sports and recreational activities. Youth Challenge teams practice weekly during their designated season and travel as a team to compete each year against other athletes. Limited transportation is also available. They have locations in Shaker Heights and Westlake. It is a US Paralympic sports club.

Sports offered: boccia, goalball, powerlifting, 7-a-side soccer, archery, cycling, sled hockey, tandem cycling, track and field

For more information:

- Visit: <http://www.youthchallengesports.com/>
- Contact: (440) 892-100
- Email: yc@youthchallengesports.com



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For more questions, visit us:

Adapted Sports Institute at the Ohio State University

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2/2019



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