

ADAPTED SPORTS INSTITUTE OF THE OHIO STATE UNIVERSITY

Adapted Sports, Recreation and Wellness in Western Pennsylvania

Achilles International- Pittsburgh Chapter

The mission of Achilles International is to empower people with all types of disabilities to participate in mainstream running events in order to promote personal achievement. Specialized programs include the Achilles Freedom Team which serves wounded military personnel and veterans; Achilles Kids which provides training, race opportunities, and an in-school program for children with disabilities; and the Achilles Para-triathlon Team, which expands our running program into biking and swimming.

Sports offered: track, racing

For more information:

- Visit: <https://www.achillesinternational.org/>
- Email: achillespgh@gmail.com

Blue Ridge Adaptive Snow Sports

Blue Ridge's mission is to enhance the lives of people with disabilities through adaptive snow sports and recreational activities. We achieve this by offering ski and snowboard instruction for people with disabilities at Liberty Mountain Resort in south central Pennsylvania in the form of blind/DD, stand-up skiing, or sit-down skiing with the use of special equipment. It is a member of Disabled Sports USA and a USA Paralympic sports club.

Sports offered: alpine skiing, snowboarding

For more information:

- Visit: <https://www.brasski.org/>
- Contact: (717) 642-8282

Dynamic Paddlers

Dynamic Paddlers specializes in providing professional instruction for kayakers of all abilities. Their mission is to provide opportunities and foster environments for people of all abilities to develop independence, confidence, and fitness through kayaking. They are located in Pittsburgh, PA. They are a USA Paralympic sports club.

Sports offered: kayaking

For more information:

- Visit: <http://www.dynamicpaddlers.com/>
- Contact: (412) 916-9960



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Edinboro University Wheelchair Basketball

Edinboro University Rolling Scots Wheelchair Basketball is a collegiate team that is registered under the National Wheelchair Basketball Association. It is also a Paralympic Sports Club.

For more information:

- Visit: <https://gofightingscots.com/>

HOPE Network

HOPE Network provides adapted sports, fitness, and recreation programs for children and adults with physical disabilities living in Southwestern Pennsylvania. Special emphasis is placed on programs for pediatrics and injured service members returning from Iraq and Afghanistan.

Sports offered: Alpine skiing, snowboarding, archery, boccia, canoeing, kayaking, cycling, golf, shooting, sitting volleyball, table tennis, track and field, water skiing, wheelchair basketball, quad rugby, wheelchair curling, wheelchair softball, wheelchair tennis.

For more information:

- Visit "HOPE Network PA" on Facebook
- Contact: (412) 826-2703

Johnstown Sitting Bulls

Johnstown Sitting Bulls are a sled hockey team registered with USA Hockey in Johnstown, PA. They are a USA Paralympic Sports Club.

Sports offered: sled hockey

For more information:

- Visit: <https://www.leaguelineup.com/welcome.asp?url=sittingbulls>
- Contact: (814) 244-1729

Mighty Penguins Sled Hockey

Mighty Penguins Sled Hockey operates therapeutic and competitive ice hockey programs for the benefit of physically disabled individuals in Pennsylvania and adjacent areas. They are based in Pittsburgh, PA, and share home ice with the Pittsburgh Penguins at the UPMC Lemieux Sports Complex. There are a USA Paralympic sports club.

Sports offered: sled hockey

For more information:

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



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WEXNER MEDICAL CENTER

Miracle League

These leagues are dedicated to providing the opportunity for children and adults with physical and mental disabilities to play organized baseball. All programs are affiliated with the National Miracle League Baseball organization. The teams play on a custom-designed, rubberized turf field that accommodates wheelchairs and other assertive devices while helping to prevent injuries. Three locations in the area are the Miracle League of South Hills (Pittsburgh), Western PA (Murrysville), and Southwestern PA (Cranberry Township).

Sports offered: baseball

For more information:

1. Miracle League of South Hills
 - i. Visit: <https://www.miracleleaguesouthhills.org/>
 - ii. Email: info@miracleleaguesouthhills.org
2. Miracle League of Western PA
 - i. Visit: <http://mlwpa.org/>
 - ii. Email: hicks@accfirepro.com
3. Miracle League of Southwestern PA
 - i. Visit: <http://mlswpa.org/>
 - ii. Email: msherry@mlswpa.org

Penn State University Ability Athletic Program

Penn State University's Ability Athletics program has become Paralympic Sport University Park to allow other persons with physical disabilities to enjoy the same benefit of use of Penn State facilities in an outreach program to all disabled in the community. The program offers open gyms, sports clinics, and resources for sports competition in international circles. They also assist veterans and work to teach teachers how to start programs in their communities. It is a USA Paralympic sports club.

Sports offered: track and field, cycling, golf, powerlifting, swimming, sitting volleyball, sled hockey, wheelchair basketball, wheelchair fencing, wheelchair tennis

For more information:

- Visit: <https://gopsusports.com/sports/2018/8/8/ability.aspx>
- Contact: (814) 777-7004
- Email: txj3@psu.edu

Pittsburgh Steelwheelers

The Pittsburgh Steelwheelers is an organization that provides programs for physically challenged athletes from Western Pennsylvania, Eastern Ohio and Northern West Virginia who desire to participate in competitive sports such as Quad Rugby, Wheelchair Basketball and Hand Cycling. It provides an opportunity for persons with disabilities to achieve the sense of well-being and fulfillment that the players once enjoyed prior to their injuries.

Sports offered: quad rugby, handcycling, wheelchair basketball

For more information:

- Visit: <http://www.steelwheelers.com/>
- Contact: (412) 445-1060



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WEXNER MEDICAL CENTER

Strong as Steel Adaptive Sports

Strong as Steel Adaptive Sports provides sport specific training and opportunities for children ages 5 to 21 with physical disabilities (ambulatory, wheelchair or visually impaired athletes) to attend local, regional and national competitions. This program aims to help develop physical strength and athletic skills while teaching perseverance and encouraging self-esteem. The program will focus on track and field but will allow athletes opportunities to branch out into other sports as interest and training opportunities exist. It is a USA Paralympic sports club.

Sports offered: track and field, table tennis, archery, powerlifting, swimming

For more information:

- Visit: <https://strongassteeladaptivesports.webs.com/>
- Contact: (724) 681-1534
- Email: darla.clayton@verizon.net

Three Rivers Adaptive Sports

Three Rivers Adaptive Sports stands by the belief that sports, recreation and physical fitness are an integral and important part of everyone's life. They offer recreational sport groups to adults and youth with physical disabilities.

Sports offered: alpine skiing, water skiing, bowling

For more information:

- Visit: <https://www.traspa.org/>
- Contact: 412-848-8896

Three Rivers Rowing Association

Three Rivers Rowing Adaptive Programs offer athletes age 12+ with disabilities (visually impaired, physical disabilities, intellectual disabilities, and hearing impaired persons) the chance to enjoy the fun, challenge, and relaxation of rowing and paddling. The program location, on the Allegheny River near downtown Pittsburgh, also affords participants and volunteers the opportunity to explore the revitalized waterways and shoreline of the city. It is a USA Paralympic sports club.

Sports Offered: canoeing, kayaking, rowing

For more information:

- Visit: <http://threeriversrowing.org/>
- Contact: (412) 231-8772
- Email: rowandpaddle@threeriversrowing.org



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WEXNER MEDICAL CENTER

TOP Soccer Pittsburgh

TOPSoccer (The Outreach Program for Soccer) is a community-based training and team placement program for young athletes with special needs. The TOPSoccer program is designed and administered by US Youth Soccer and its volunteer TOPSoccer committee provides meaningful learning, development and physical participation opportunities to these young athletes through the game of soccer. It is available for children ages 4-19.

Sports offered: soccer

For more information:

- Visit: <http://www.pawest-soccer.org/>
- Contact: 412-877-6082
- Email: topspawest@gmail.com

For more questions, visit us:

Adapted Sports Institute at the Ohio State University

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