

## Winter Programs

Enjoy the freedom and thrill of skiing and snowboarding at Alpine Meadows Resort, Lake Tahoe. Our PSIA (Professional Ski Instructors of America) certified instructors, and trained volunteers make skiing or snowboarding possible for anyone with physical, cognitive or developmental disabilities. Our adapted snowsports school is open daily from mid-December through mid-April.

Lessons Include:

- 2.5 hours of private instruction
- Adaptive equipment
- Lift ticket for beginner ski runs

## Ways To Contribute

Disabled Sports is a 501 (c)(3) organization and there are a number of different ways in which you may contribute. They include:

**Direct Contributions.** Disabled Sports depends on direct contributions to provide our innovative programs.

**Scholarships.** A scholarship covers the cost of participation in any of our programs. Scholarships are available to disabled children, adults and seniors who are most in need.

**In-Kind Donations.** Disabled Sports accepts in-kind donations of equipment, merchandise, automobiles, land and other items.

**Special Events.** Disabled Sports conducts a number of special events throughout the year in North Lake Tahoe, Sacramento and the Bay Area. Donations, sponsorships and in kind contributions are always welcome.

## About Us

Founded on the slopes of Tahoe in 1967 by a group of disabled veterans, Disabled Sports has grown into a national non-profit organization with 85 chapters across the country. As the Far West chapter, we are proud to continue offering premiere sports and recreation programs to people of all abilities. From experience and case history, Disabled Sports has proven that individuals with disabilities gain self-confidence and a positive outlook on life through our sports rehabilitation and therapeutic recreation programs.

Our program staff is made up of professional instructors and highly trained volunteers who are familiar with the challenges that physical, neuromuscular, and developmental disabilities present. We offer a safe and exciting experience that helps people with disabilities make the most of their abilities. Individual needs are carefully assessed, and state of the art equipment is supplied.

# Volunteer Opportunities

Whatever your interest, Disabled Sports has a volunteer opportunity for you.

For the enthusiast we offer volunteer positions in the following programs:

- Downhill skiing
- Snowboarding
- Water skiing
- White water rafting
- Handcycling
- Kayaking
- Golf

If you like to tinker we are looking for volunteers to repair and maintain equipment, help with building maintenance and create new adaptations to assist our participants.

If working in an office environment is for you we need volunteers to assist with soliciting donations, data entry, serve on a committee or assist with fundraising special events.

# Summer Programs

## Whitewater Rafting

Professional guides take you through exciting Class II/III rapids in a ½ day excursion on the South Fork of the American River.

## 4WD Backcountry Adventures

Take part in a single day or overnight trip exploring off road trails in the Sierra Nevada Mountains. 4WD vehicles take you across rugged terrain and spectacular scenery.

## Adapted Golf Instruction

Golf instruction is for beginners or seasoned veterans. This is a six week program taught by PGA and LPGA golf pros and is based in Sacramento.

## Cycling

We offer “Learn-to-Ride” instruction and cycling excursions on the scenic bicycle paths of Lake Tahoe or the American River in Sacramento.

## Water Ski Instruction

The warm, calm waters of our private water ski lakes and our adaptive equipment provide beginners or advanced skiers ideal conditions for instruction.

## Tahoe Watersports

Outdoor water sports and camping held at Donner Lake and Lake Tahoe.

Yes, I/we would love to make a donation

Yes, I/we would love to volunteer

Yes, I/we would love to learn more about your organization

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ e-mail: \_\_\_\_\_

Please make all checks payable to:

Disabled Sports, 6060 Sunrise Vista Drive, Suite 2540, Citrus Heights, CA 95610 (916) 722-6447

Tax ID #68-0024920