Program & Events Guide

FALL 2015

“Let NO ONE Sit on the SIDELINES”

GLASA provides integrative Paralympic, recreational and competitive sport activities for youth, teens and adults who have a primary physical or visual disability.
Wheelchair Basketball  
Youth and Teen  
**When:** Saturdays  
Sept. 26  
Oct. 3, 10, 17, 24, 31  
Nov. 7, 21; Dec. 5  
10:00 AM - 12:00 PM  

**Where:** Lake Forest College Sports and Recreation Center  
Maplewood & Sheridan  
Lake Forest, IL 60045  

**Age:** 5 thru High School  

Prep program is for beginners. The JV program is for players wanting to join a competitive travel team.  

Many players are ambulatory but have a primary physical disability such as cerebral palsy or spina bifida. These players use a sports chair to play sports, not on a daily basis. Sports chairs are available for use.  

Tournaments will be announced at practice.  

**This program is part of the Monthly Fee Program.**

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**NEW for Fall 2015!**  

**Monthly Fee Program**  
GLASA is moving to an annual membership fee which is payable in monthly installments of $20 per month, for an annual fee of $240.  

The annual fee will enable participants to experience ALL that GLASA has to offer without paying per-program fees!  

No more confusing registration forms, no more remembering to pay each season. Participate in one program or try them all!  

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**Boccia**  
Youth, Teen and Adult  
**When:** Saturdays  
Oct. 17, 24, 31  
Nov. 7, 21  
Dec. 5, 12  
12:00 - 1:00 PM  

**Where:** Mundelein Community Center Teen Room  
1401 N. Midlothian Rd.  
Mundelein, IL 60060  

**Age:** 6 and up — PI  

Boccia play and coaching is provided for players who utilize a power chair.  

Tournaments are available for competitive players.  

**This program is part of the Monthly Fee Program.**

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**CrossFit**  
Youth, Teen and Adult  

This class is designed for individuals who have a physical disability and are not currently active. The class is designed to provide support for increased movement, better balance, and flexibility through a low key fun movement class.  

Individuals must provide aides for self care if needed.  

**When:** Saturday, Nov. 14  
Time To Be Determined  

**Where:** CrossFit EPC  
1620 Barclay Blvd.  
Buffalo Grove, IL 60089  

**This program is part of the Monthly Fee Program.**

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**Wheelchair Football**  
Teen and Adult  
**When:** Wednesdays  
Sept. 9, 16, 23, 30  
6:30 - 8:00 PM  

Nov. 4, 11, 18  
Dec. 2, 9, 16  
7:00 - 8:30 PM  

**Where:** September Dates  
College of Lake County  
19351 W. Washington St.  
Grayslake, IL 60030  

Nov./Dec. Dates  
Butterfield School  
1441 Lake St.  
Libertyville, IL 60048  

**Age:** 15 and up  

For individuals who utilize a manual or power wheelchair. Sports chairs will be available for those who are ambulatory. Scrimmages will be conducted amongst players.  

Supported by the “Chicago Bears”.  

**This program is part of the Monthly Fee Program.**

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**Programs in the Monthly Fee Program are free for injured military.**
Goalball
Goalball is a Paralympic sport that utilizes a ball made of hard rubber. The ball has bells inside which make noise when in motion so that players can locate it audibly. Individuals who are blind or visually impaired will learn how to play this very exciting game of goalball.

Adult Men
When: Mondays
Oct. 19, 26
Nov. 2, 9, 16, 23
Dec. 7, 14
6:30 - 8:00 PM
Where: Rockland Elementary School
160 W. Rockland Rd.
Libertyville, IL 60048
Age: 18 and up

Youth and Teen
When: Fridays
Nov. 6, 13, 20
Dec. 4, 11
7:00 - 8:30 PM
Where: Shields Township Center
906 Muir Avenue
Lake Bluff, IL 60044
Age: 8 and up
This program is part of the Monthly Fee Program.

Group Fitness Training at CrossFit Kilter
When: Wednesdays
Oct. 21, 28
Nov. 4, 11, 18
Dec. 2, 9, 16
10:30 -1 1:30 AM
Where: CrossFit Kilter
1840 Industrial Dr.
Suite 350
Libertyville, IL 60048
Dave Michael, personal trainer and amputee athlete will provide a group workout to increase strength, endurance, and Flexibility.
This program is part of the Monthly Fee Program.

Judo (For the Blind and Visually Impaired)
Youth, Teen and Adult
When: Tuesdays, Thursdays and Saturdays
Sept. 1 - Dec. 19
6:00 - 7:30 PM (T & TH)
10:00 - 11:00 AM (SAT)
Where: Gurnee Judo Club
4411 Old Grand Ave.
Gurnee, IL
Fee: $75.00
1, 2 or 3 days per week
Free for Injured Military
Judo is provided in an integrative setting with an opportunity to compete in tournaments.
This program is part of the Monthly Fee Program.

Power Soccer Competitive Team
Teen and Adult
Competitive traveling power soccer for individuals who utilize a power wheelchair.
When: Wednesdays
Oct. 7, 14, 21, 28
Nov. 4, 11, 18
Dec. 2, 9, 16
7:30 - 9:00 PM
Where: McGaw YMCA
1000 Grove Street
Evanston, IL 60201
Age: 12 and up
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Paralympic Powerlifting and Strength & Conditioning

**When:** Saturdays
Nov. 7, 14, 21
9:30 - 11:30 AM

**Where:** Jim Greco Residence
21760 Washington St.
Gurnee, IL 60030

Whether for serious competition or to increase your strength, train with Jim Greco, National Strength & Conditioning Association certified strength and conditioning specialist, certified Paralympic powerlifting coach, and previously ranked U.S. Top 20 powerlifter in the super heavyweight class.

*This program is part of the Monthly Fee Program.*

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**Jenny Spangler Running Programs**

**When:** Wednesdays
Sept. 2 - Oct. 14
6:00 PM

**Where:** Warren Township High School
34090 Almond Rd
Gurnee, IL 60031

Targeted to both competitive ambulatory and wheelchair track athletes. This program is designed to increase your anaerobic fitness level through intervals on the track ranging from 200 meters to 1600 meters.

*Limited space available.*
Please contact Cindy Housner at chousner@glasa.org if you are interested in learning more about this program.

*This program is part of the Monthly Fee Program.*

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**GLASA Falcons Sled Hockey Youth, Teen and Adult**

**When:** Sundays
Oct. 4 - Dec. 13

**Recreational and Tournament Team Schedule:**

**Recreational Team:**
3:15 - 4:15 PM Half Ice - East End

**Competitive Team:**
3:15 - 4:15 PM Half Ice - West End
4:15 - 5:00 PM Full Ice

**Tournament Team:**
5:00 - 5:30 PM Full Ice

**Where:** Hot Shot Ice Arena (HSIA)
29860 Skokie Highway
Lake Bluff, IL

**Age:** 7 to adults

**Please Note:**
The schedule above is a general outline of our practice plan and it will shift from time to time as the season progresses to allow for scrimmage play with neighboring sled teams and able-bodied teams at the youth and adult levels.

Additional practice, scrimmage, and tournament dates will be provided at practice.

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Swim - Thursdays
Youth, Teen and Adult

When: Thursdays
Oct. 8, 15, 22, 29
Nov. 5, 19
Dec. 3, 10
6:00 - 7:00 PM

Where: Mundelein Community Center
1401 N. Midlothian Rd.
Mundelein, IL 60060

Age: 6 and up - PL, VI

Thursday Swim is a learn to swim program as well as an opportunity for workouts for the experienced swimmer.

Competitive opportunities are available.

Swim Team: Individual must be able to swim one lap with a recognizable stroke.

GLASA works with Illinois Swimming and ISHA for integration of swimmers into club and school programs.

Register early as these classes fill up fast!

This program is part of the Monthly Fee Program.

Swim - Saturdays
Youth, Teen and Adult

When: Saturdays
Oct. 17, 24, 31
Nov. 7, 14, 21
Dec. 5, 12

Where: To Be Determined
Age: 3 and up — PL, VI

Saturday Swim is a learn to swim program as well as an opportunity for workouts for the experienced swimmer.

Competitive opportunities are available.

Swim Team: Individual must be able to swim one lap with a recognizable stroke.

GLASA works with Illinois Swimming and ISHA for integration of swimmers into club and school programs.

Register early as this class fills up fast!

This program is part of the Monthly Fee Program.

Tennis
Youth, Teen and Adult

Instruction is provided for beginners and tournament players who are ambulatory or use a manual or power chair.

When: Saturdays
Sept. 12, 19, 26
Oct. 3, 10, 17, 24, 31
Nov. 7, 14, 21
Dec. 5, 12
2:00 - 4:00 PM

Where: A.C. Nielsen
530 Hibbard Rd.
Winnetka, IL 60093

Coached by Paul Moran, Paralympian and Mike Carrico, USTA Pro.

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Track & Field

GLASA provides a continuum of coaching from the beginner to elite track & field athletes. Being part of Team GLASA provides access to equipment (based on availability), cross training, funding resources, logistics assistance, individual goal setting, and a schedule of competitions based on the caliber of the athlete.

Onsite weekly practices are conducted in spring and summer, along with year-round clinics and consultations. GLASA coaches have an extensive background in track and field, including USA Track and Field certification and international track and field experience.

This program is part of the Monthly Fee Program.

2015 - 2016 training and competition schedule will be out shortly.

Important Dates:

Sunday, Nov. 8
Time trials for ambulatory track.
Time and location to be determined

Sunday, February 7
USATF Indoor Track Meet
Carthage College for Ambulatory Athletes

Please contact Cindy Housner at chousner@glasa.org for more information on GLASA’s track and field team.

Coming Soon!
Track program conducted by Lincolnway Special Recreation Association: January - April 2016 supported by GLASA.

VA Sports Clinics for Injured Military

Programs such as Sled Hockey, Golf, Wellness, and Track & Field Clinics take place throughout the year.

These programs are done in collaboration with the following VA Medical Centers:

Edward Hines Jr.
Jesse Brown
Clement J. Zablocki (Milwaukee)

The following programs are currently scheduled:

Hines VA
Aqua Aerobics/Swim

When: Sept. 28
Oct. 15, 19
Nov. 9, 19
Dec. 10, 14

Where: Water's Edge Aquatic Center
545 St. John St.
Bensenville, IL 60106

Milwaukee VA

Archery, Golf, Sled Hockey, Track & Field & Wellness Group

When: To Be Determined

Where: Milwaukee VA
5400 West National Ave.
Milwaukee, WI 53214

If you are an injured veteran and would like to attend a VA clinic, please RSVP to Nicole Verneuille at nverneuille@glasa.org.

All VA Sports Clinics are free for injured military.

Adaptive Yoga with Areta Kohout
Teen and Adult

When: Fridays
Oct. 2, 16, 23
Nov. 6, 13, 20
6:00 - 7:00 PM

Where: North Shore Yoga
2523 Waukegan Rd.
Bannockburn, IL 60015

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**Programs in the Monthly Fee Program are free for injured military.
Personal Training at CrossFit Kilter

Dave Michael, personal trainer and amputee athlete, will work with athletes on sport specific training to meet personal goals and increase performance. As a certified trainer, Dave will design a program tailored to meet our personal needs, goals, and interests.

Where: CrossFit Kilter
1840 Industrial Dr.
Suite 350
Libertyville, IL 60048

Fee: Individual One on One:
$50 / hour
$75 / hour and a half

Partner/Group Training: Have fun training in a group and the fees are divided by the number of individuals in a workout.

Contact Dave Michael at DaveM@crossfitkilter.com or call 847-276-7121 to schedule.

For additional information, contact Cindy Housner at chousner@glasa.org.

Horsemanship Youth, Teen and Adult

When: Please contact Horsefeathers to schedule one on one sessions.
Identify yourself as a GLASA athlete.

Where: Horsefeathers Therapeutic Riding, NFP
1181 Riverwoods Road
Lake Forest, IL 60045

Fee: $25 per half hour lesson

Horsefeathers Therapeutic Riding offers a program of therapeutic riding for individuals of all ages from beginner to the advanced. Lessons are with registered instructors who are certified by the Professional Association of Therapeutic Horsemens (PATH), personalizing the instruction to the abilities of each rider.

Horsefeathers Therapeutic Riding also offers this program to help riders who wish to participate in an equestrian Paralympics program obtain and practice the riding skills which would enable them to comfortably handle an introductory Level A dressage test.

Enspire365 Training Champions for Life

Amie Stanton-Day, track Paralympian and GLASA wheelchair track coach, will work with those who are paralyzed or have a mobility impairment to increase their physical wellbeing.

One on one training and coaching is also available.

Please contact Amie at aday@enspire365.com for information on rates and terms.

“Let NO ONE Sit on the SIDELINES”

Thank you to GLASA’s Charity Runners in the Bank of America Chicago Marathon!

Sunday, Oct. 11

Susie Avila
Carlos Becerra
Jennifer Burkhart
Christian Clemmons
Stephanie Cook
Brendan Cunningham
James DePaul
Dean Ford
Kellie Gavigan
Katherine Gomez
Ashley Groth
Emma Holbert
Keith Holzmueller
Anthony Hrusovsky
Joseph Hrusovsky
Michael Hrusovsky
James Isaac
Jordan Kirshner

Matthew Kowieski
Sara Krajnik
Mary Jo Lamb
Kristen Lee
Maureen Mahoney
Melissa Marrese
Ian Murphy
Andrew Pataky
Eduardo Pedrero
Stuart Reid
Mark Russell
Megan Samelson
Michael Saunders
Liz Scott
Steven Smith
Brian Uhlig
Kristin Van Stenwyk
Zac Zarling

Save the Date!

GLASA Annual Holiday Party

Friday, December 18
5:00 - 8:00 PM
All Are Invited!

GLASA’s holiday party is for ALL current and past participants of ALL programs!
Road to Inclusion for High School Sports

GLASA provides support for inclusion in School Athletic Programs. GLASA has a long history of working with school state athletic associations for inclusion of student who have a physical or visual disability into their school athletic programs in track, swim and field.

The U.S. Department of Education’s Office of Civil Rights (OCR) issued Dear Colleague Letter clarification in January 2013. It clarifies when and how schools must include students with disabilities in mainstream athletics programs, defines what true equal treatment of student athletes with disabilities means, and encourages and provides a roadmap for schools to create adaptive programs for students with physical disabilities.

In June 2015, the Illinois Attorney General entered into a Settlement Agreement with the Illinois High School Association (ISHA) that provides new opportunities to Illinois high school students with disabilities. The following is information about these new opportunities:

Q: I can’t participate in a sport or activity under IHSA’s rules because of my disability. What are my options?
A: You can request an accommodation from IHSA. An accommodation is a change or modification to a rule that allows a person with a disability an equal opportunity to participate.

Q: How do I get the accommodations that I need to participate in a sport or activity?
A: Students are encouraged to work with their schools to make accommodations requests to IHSA. As part of the settlement, IHSA has adopted a new Accommodations Policy and Accommodations Request Form that can be found on the IHSA website. Students should fill out and submit the Request Form to IHSA. Students with disabilities may need accommodations to IHSA’s eligibility rules (found in IHSA’s by-laws), the sport or activity’s rules of play, or IHSA’s terms and conditions. IHSA will review the request and respond within 10 days.

Q: What are the new opportunities for students with disabilities?
A: In track and field, students who use wheelchairs can compete in various events at the State meet. In swimming and diving, students with disabilities can compete in various events at the State meet. In both sports, the new Combined Championship may be available, allowing schools competing in the Students with Disabilities Division to win a state championship. Beginning in the summer of 2016, IHSA will offer an annual road race open to all students, including students with disabilities. As was the case prior to the settlement, schools may hold events for students with disabilities that may include awards for successful competitors.

Q: Who can I contact at IHSA for more information or help?
A: IHSA now has an Americans with Disabilities Act (ADA) Coordinator, who is responsible for reviewing requests for accommodation, assisting with IHSA’s efforts to promote and publicize opportunities for students with disabilities and assisting schools in offering opportunities throughout the regular season. Students and schools can contact the ADA Coordinator for questions about accommodations. IHSA’s ADA Coordinator is Kurt Gibson, and he can be reached at 309-663-6377 or kgibson@ihsha.org.

Although GLASA is excited about the additional opportunities for our students who have a physical disability there still are no time standards for track and field at the sectional and state meets for athletes who are ambulatory and have a physical disability. GLASA has requested IHSA adopt similar standards to those used by the Louisiana High School Athletic Association for para-ambulatory athletes. However, parents of athletes who are ambulatory can submit a Request for Accommodation which can be found on the IHSA website.

Please feel free to contact Cindy Housner at GLASA if you have questions or want to learn further of the support GLASA provides for successful inclusion in school sports.

Athletics for All  www.athleticsforall.net

GLASA is a member of the Athletics for All Task Force, which is comprised of national disability sports organizations that are working together to promote and facilitate inclusion of students with disabilities in high school sports.

GLASA works with the Athletics for All Task Force to provide the tools and guidelines by which coaches, athletic directors and school administrators can include students with physical disabilities in interscholastic sports. GLASA works with a number of state high school athletic associations and provides support to the student, their family and school personnel for successful inclusion in sports. Examples of support include transition meetings, disability awareness presentations, specialized equipment, best practices, sports guidelines, and knowledge on classification and the road to higher competition.
GLASA Injured Military Programming

Programs and services GLASA offers to injured military personnel:

Coaching/Outreach: GLASA’s military outreach coordinator is Glen O’Sullivan, retired marine and Navy Seal Aquatics instructor with 15 years of coaching adaptive sports. Staff and coaches all have experience and expertise working with athletes of all abilities, including coaches and mentors who have disabilities themselves.

One on One Assessment & Leisure Planning: A GLASA staff member will meet with you to discuss your interests, disability, family support and other factors to help you develop a plan to meet your leisure needs.

Education and Instruction: Trained staff and coaches provide you with an overview of the various sports and recreation programs and activities that are available to you, whether it be on an individual or team basis, or with your family and friends.

Competition and Training: GLASA provides a continuum of training and competitions from the beginner to the elite Paralympic level. Funding is available for our injured military to travel and attend competitions.

Peer Mentoring: Our peer mentoring program allows for our participants to be matched up with either a mentor or mentee depending on their interest.

Equipment Lending: GLASA has a wide range of adaptive sports equipment that can be utilized by our participants for various lengths of time.

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GLASA Offers Ability Awareness Programming
Schools, Churches, Synagogues & Community Organizations

GLASA staff will provide equipment and a presentation on adaptive sports and the abilities of athletes who have a physical or visual disability.

Classmates and community groups are encouraged to try out the various pieces of equipment to experience first hand what it is like to have a disability and participate in adaptive sports.

$125 an hour per staff, includes adaptive equipment.

Contact Tom Daily or Nicole Verneville for further information at 847-283-0908.

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GLASA Policies

Online registration is now active on the GLASA website!

Waivers MUST be signed to participate in programs.

Anyone needing financial assistance should contact Cindy Housner, Executive Director, at the GLASA office.

In inclement weather, please call the GLASA office at 847-283-0908 if you think a program might be cancelled. Depending on scheduling, rain dates may not be made up. GLASA reserves the right to hold your registration and place you on a waiting list until we can determine if accommodations for your participation can be made.

The First One Is On Us!

If you are interested in trying a program without making the commitment of registering for the entire session, GLASA will allow you to attend the first week’s event free of charge! Please contact the GLASA office.

Eligibility Rules

The majority of GLASA’s programs can be adapted for all levels of physical ability, including those individuals who are ambulatory or use a manual or power chair. Please refer to program description for exceptions.

Programming for the blind and visually impaired are appropriate for B1, B2 and B3 athletes.
“OPENING YOGA TO EVERYONE” w/Matthew Sanford

Lake Forest Book Store

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David and Pam Waud

Champions for the Night

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Shakou

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545 North

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GREAT LAKES ADAPTIVE SPORTS ASSOCIATION

Register online at www.glasa.org
Great Lakes Adaptive Sports Association
400 East Illinois Road, Lake Forest, Illinois 60045
www.GLASA.org

“Let No One Sit on the Sidelines”

If you would like to receive this publication via email, please send your information to info@glasa.org.

Affiliated Sports Organizations

Warfighter Sports
USA Track & Field
USA Tennis
USA Swim
World Sport Chicago
USPSA
Wheelchair USA

Thank you Corporate Partners!
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Lake County CDBG
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United Way of Lake County
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Chicago Fire; Church of the Holy Spirit; Gorton Foundation; USOC; Lake Forest/Lake Bluff Lions Club; Libertyville Township; Northfield Township; John & Kathleen Schreiber Foundation; Vernon Hills Township; Lexi-Kazian Foundation; Deerfield High School; Lake County Bar Foundation; The Andrew & Alice Fischer Foundation; The Foundation for Health Enhancement; Lake County CDBG; Dr. Scholl Foundation; Taproot; Buchanan Family Foundation; Impact 100; Edmond and Alice Opler Foundation