

## Calendar Of Disabled Sporting Events In And Around Oregon- Fall 2008

### AEROBICS

Thursdays, "Reduced Pace Aerobics" for ages 16 and up, East Portland Community Center, Portland Parks, 503-823-4328

### BASKETBALL

Friday, Youth basketball, 6:30-8:30, Columbia River High School, Vancouver, WA, Judy Kallappa, 360-904-4615

Sundays, Open Practice, 9:30-12:00, Portland State University, ODS 800-869-8180

November 22-23, Junior/Adult Wheelchair Basketball tournament, Columbia River High School, Vancouver, WA, ODS 800-869-8180

### BOWLING

Wednesdays, Drop-in for ages 10 and up, 20th Century Lanes, Portland, Portland Parks, 503-823-4328

### CYCLING

Weekend handcycling rides-throughout the Willamette Valley, Oregon Handcycle Alliance, Martin Bean, ombeam@gmail.com

### EDUCATION

September 4-7, National Institute on Recreation Inclusion annual conference, Eugene, Eugene Adaptive Recreation Services, 541-682-6365, patty.l.prather@ci.eugene.or.us



### FITNESS

Tuesdays, "Feel Great with Fitness" program for ages 16 and up, East Portland Comm. Center, Portland Parks, 503-823-4328

Tuesdays/Thursdays, "Better Body Fitness", Hilyard Community Center, Eugene, Patty Prather, Eugene Adaptive Recreation, 541-682-6365, patty.l.prather@ci.eugene.or.us

### GOLF

September 15, MiGolf Golf Tournament, Tualatin Country Club, www.migolf.org, contact Mike at info@migolf.org, 503-222-7777

### MARTIAL ARTS

Mondays, Tae Kwan Do (ages 12 and up), Portland, Portland Parks, 503-823-4328

### MULTISPORT EVENTS

Paralympic Games, Beijing, China, September 6-17, <http://en.beijing2008.cn>, <http://paralympicsteamusa.org>

### ROAD RACING

October 5, Portland, The Portland Marathon, www.portlandmarathon.org

### RUGBY

Sundays, Portland Pounders practice, Portland, ODS 800-869-8180

Tuesday nights, Seattle Slam practice, Seattle, WA, www.seattleslam.org

### SPORTS BANQUET

November 2, Portland, "Athletes of Distinction" 13th Annual Sports Banquet, ODS 503-241-0850

### TENNIS

Thursdays, Tennis Practice, Grants Pass, HASL/SOWSR, 541-479-4275

Thursdays, Practice (Experienced), East Moreland T.C., Jesse Warren, 503-788-4033

Saturday clinics, Tualatin Hills T. C., Debbie Borshers, 503-579-6319

If there is an event that you would like posted on our calendar, please email Trisha Suhr at [trisha@oregondisabilitysports.net](mailto:trisha@oregondisabilitysports.net).



# PERSONAL BEST

Opening Doors For A Lifetime

Fall 2008

## FROM THE EXECUTIVE DIRECTOR'S DESK

I am now 1 year into my job, here, as Executive Director of Oregon Disability Sports and I am really happy about the progress of our organization over the past year. We have revamped programs in skiing and wheelchair basketball, our board of directors is looking at our vision with a new sense of excitement and anticipation-we are excited at the possibilities of advancing adaptive sports and fitness in the state of Oregon and SW Washington. We want to get more people involved in sports and fitness around the region.



the handcycling excitement up and down the Willamette Valley and up into SW Washington next year.

Our basketball program restarted under the guidance of Waddah Sofan and Judy Kallappa with the support of Portland State University. We had open gym every Saturday morning through June and July and the players competed in a 3 on 3 tournament in Vancouver, WA in August.

As we go forward into Fall, we look forward to the glorious autumn days of the Pacific Northwest, leaves falling, school starting....and the 2008 Beijing Paralympic Games. All athletes have been getting into peak performance shape to excel when and where it's needed September 6-17, 2008 in Beijing, China. The teams have been selected and we want to send a big GOOD LUCK to all the Oregonians (see page 2 for pictures and information about all 7)

I also want to congratulate all those weekend warriors and athletes who train and play hard here at home. ODS firmly believes that fitness and sport can lead to a healthier, happier and more productive life.

This summer we held a very successful adaptive bike clinic, and since then our handcycles have been loaned out to people in the Portland area who have been hitting the roads and getting some exercise. We couldn't be more pleased and we have begun plans to spread

As we head into fall we also start to gear up for many activities within ODS. Wheelchair rugby season is starting and basketball will move into full swing. In Portland, the Portland Marathon hits the streets (we would love to see some racing chairs and handcyclists competing) and in November we will be hosting our 13th Annual Athletes of Distinction Banquet. At this banquet we will be honoring our Paralympians, our athlete and coach of the year and inducting the inaugural class of athletes and sport pioneers into the Oregon Disabled Sports Hall of Fame.

October also kicks off our new membership drive. We are looking for ODS members to help direct the organization as we expand and develop new programs to meet the needs of the disabled community.

As I head into my second year on the job as Executive Director, I look forward to meeting and working with all of you. I hope to see you out there!

## 2008-2009 MEMBERSHIP DRIVE BECOME A PART OF OUR COMMUNITY!!!

It is a goal of Oregon Disability Sports to bring the people of Oregon and SW Washington with similar goals of fitness and well being, together as a community. We are starting up a membership drive to bring us all together.

To be a member of ODS, you can but don't have to be disabled-our mission is "To provide and promote recreational, fitness and competitive opportunities for people with physical disabilities." If this has meaning to you, disabled or not, we want you to become a part of our community. Our membership drive kicks off in September and we want you to be a member!

### To the ODS Community

We want to hear from you! Please fill out the enclosed survey, send it in and tell us what you want and how we can better provide services/programs to you.

## BENEFITS OF BEING AN ODS MEMBER

- Ability to apply for financial grant support for training and/or competition
- Free equipment usage (see equipment below)
- Discounted charge to our annual sports banquet
- Consulting and mentoring services
- Event management
- Newsletter, event announcements

## ODS EQUIPMENT

- Handcycles-adult and youth
- Sit skis-mono and bi-skis
- Tennis chairs
- Basketball chairs
- Rugby chairs

You will also have a chance to vote on board members and have a voice in our organization at our yearly members meeting, being held just prior to our annual sports banquet. Become a member today!

ODS would like to thank their newsletter sponsor



## ATHLETES OF THE QUARTER: OREGON PARALYMPIANS

GOOD LUCK TO ALL OF YOU!!!



**Barb Buchan**

Event: Cycling  
Lives & trains in Bend, OR  
Hometown: Mountain Home, ID



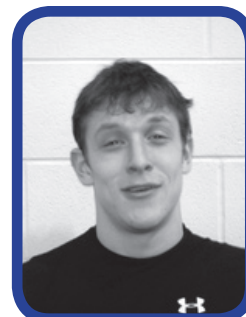
**Julie Crisp**

Event: Athletics, Javelin  
Hometown: Portland, OR



**Will Groulx**

Event: Wheelchair Rugby  
Hometown: Portland, OR



**Seth McBride**

Event: Wheelchair Rugby  
Lives & trains in Portland, OR  
Hometown: Juneau, AK



**Aaron Paulson**

Event: Swimming  
Hometown: Portland, OR



**Nelacey Porter**

Event: Track  
Hometown: Portland, OR



**David Wagner**

Event: Wheelchair Tennis  
Hometown: Hillsboro, OR



**Karissa Whitsell**

Event: Cycling  
Hometown: Eugene, OR

Oregon Disability Sports would like to thank their newsletter sponsor



Want your business' name here too- call Trisha to inquire about sponsorship opportunities!

Please know that this newsletter is a service provided by Oregon Disability Sports. It contains information we want our members and those interested in disabled sports to know about. We attach this donation form in case you feel our services are worthwhile and you would like to financially support them.

**Oregon Disability Sports** (ODS) assists in funding programs, tournaments, and services for athletes with physical disabilities.

Your donation will help more than 600 people of all ages around the state to participate in all types of sporting events, from recreational to competitive levels.

**YES, I want to help Oregon Disability Sports**

with my gift of: \$100.00 \$50.00 \$25.00 \$ \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Phone \_\_\_\_\_

Email \_\_\_\_\_

**Send me information about:**

Athlete Opportunities

Volunteer Opportunities

Being a Coach

Giving gifts of appreciated securities

Endowing my gift to ODS

I have remembered ODS in my will or estate plan

**I would like to make an additional gift and sponsor an athlete \$ \_\_\_\_\_**

Please make checks payable to:

**Oregon Disability Sports, 2125 N Flint, Portland, OR 97227**

Our legal name is Oregon Games, Inc. and our tax identification number is 93-0787310



## Organization of the Quarter

This quarter we want to highlight a sport that is offered in a variety of areas around the state and SW Washington by numerous organizations: adaptive golf.

### ADAPTIVE GOLF

Golf is an incredibly popular sport that anybody can play. This summer numerous golf pros in Oregon were trained in assisting and teaching adaptive golf through a program entitled "First Swing".

Different cities' parks and recreation programs took it under their wing to get training in their city, to provide a service through golf courses to the physically disabled golfer.

### Programs in Oregon include:

- The Children's Golf Course-Gladstone, OR, [www.thefirstteechildrenscourse.org](http://www.thefirstteechildrenscourse.org)
- Eugene Parks and Recreation-two golf carts on order, contact Patty Prather, 541-682-6365
- Bend Parks and Recreation contact Amber Blanchard, [www.bendparksandrec.org](http://www.bendparksandrec.org)
- Mobility Impaired golf Association- [www.migolf.org](http://www.migolf.org) is hosting a tournament September 15th at Tualatin Golf and Country Club
- Portland Parks/Golf Course-golf cart available at Eastmoreland Golf Course
- Resource: Patty Brescia, Senior Programs Manager, City of Wilsonville

### NOMINATIONS NOW BEING ACCEPTED FOR ATHLETE AND COACH OF THE YEAR!

At our annual banquet we honor the disabled athlete of the year from the state of Oregon and the coach of the year. Nominations are now being accepted.

Please contact Trisha at 503-241-0850 or [trisha@oregondisabilitysports.net](mailto:trisha@oregondisabilitysports.net) for details.

### ODS PROGRAMMING

Fall and winter sports are starting to get organized. If you are interested in wheelchair basketball, wheelchair rugby, or skiing please contact Trisha at 503-241-0850 and she'll get you all the information you need!

## 2008 National Junior Disability Championships & IWAS World Championships

By Kelly Williamson (mom)

The 2008 NJDC/IWAS were held in Piscataway, New Jersey at Rutgers University, July 19-27. The Pacific Northwest was very well represented at NJDC, with Team Oregon represented by Zach Abbott (Portland) and Kanya Sesser (Tigard), both of whom also made Team USA. Twenty countries were represented at world level competition. The weather was mostly hot and humid, with a severe thunder storm interrupting the proceedings on Wednesday afternoon, turning the NJDC pentathlon into a four event competition.

### 13TH ANNUAL ATHLETES OF DISTINCTION BANQUET

ODS is proudly hosting it's 13th Annual Athletes of Distinction Banquet on November 2, 2008 at the Multnomah Athletic Club. We will be honoring our Paralympians, our athlete and coach of the year and we are kicking off Oregon's Disabled Sports Hall of Fame by inducting it's first members.

Tickets: \$20/person, \$10/member  
Interested in sponsoring a table? Contact Trisha Suhr, 503-241-0850. Our ODS Annual Member's meeting will be held right before the banquet. If you are a member and want to vote on board members and other information regarding ODS please come and make your voice heard. Any questions contact Trisha at the above number.

IWAS included medals ceremonies, complete with wheelchair podiums, flags and anthems to honor the winners (and make the mothers teary). Competitors made friends with their peers from all over the world – overall it was a marvelous display of sportsmanship. Zach received gold for the USA in the mixed classification javelin and shot put and in the T53 Under-20 100 meter and 200 meter, as well as the 4x400 men's relay, and silver in the 400 meter and 800 meter. Kanya received gold for the USA as part of the 4x400 meter women's relay and bronze in the T53 Under-18 100 meter.

At NJDC, Zach took gold in the F55 D javelin and shot put and the T53 D 100 meter and 200 meter, and silver in the discus, 400 meter, 800 meter and 1500 meter, as well as gold in the 40 point mixed 800 medley, competing as part

of Team St. Luke's out of Spokane. Kanya took gold in the T53 C 100 meter, 200 meter, 400 meter, 800 meter, 1500 meter, as well as bronze in the mixed class, age group C pentathlon.

At the closing banquet, Zach was awarded the Spirit of Excellence Award for Field – Male and Zach's and Kanya's hard work was acknowledged when Team Oregon was awarded Third Place Small Team. A fantastic job by both athletes and a huge thank you to Coach Bill Abbott!

## About Oregon Disability Sports

### Board of Directors

Trisha Suhr	Director
Alex Accetta	President
Ed Suhr	Vice President
Jane Stackhouse	Secretary
David Harmon	Treasurer
Max Woodbury	
Dan Jursnick	
Pete Roberts	

### Mission Statement

To provide and promote recreational, fitness and competitive opportunities for people with physical disabilities.

Oregon Disability Sports  
2125 N Flint  
Portland, OR 97227  
503-241-0850  
1-800-869-8180  
[www.oregondisabilitysports.net](http://www.oregondisabilitysports.net)