



# GREAT LAKES ADAPTIVE SPORTS ASSOCIATION

# Program Brochure FALL 2010

*TEAM GLASA at the National Junior Disability Championships*



**"Let No One Sit on the Sidelines"**

GLASA provides integrative recreational and competitive sports activities for youth, teens and adults who have a primary physical or visual disability.

# GLASA WEEKLY PROGRAMS — FALL 2010

## Adv. & Beg. Goalball

For the Blind & Visually Impaired

**When:** Mondays  
Sept. 20 - Dec. 13  
6:00-8:00 PM

**Where:** Rockland School  
160 W. Rockland Rd.  
Libertyville, IL

**Fee:** \$155.00

*No Program Dates:* Oct. 11 & Nov. 22

## Golf

**When:** Thursdays  
Oct. 7, 14, 21, 28  
6:00 - 8:00PM

**Where:** Highland Park Golf  
Learning Center  
2205 Skokie Valley Highway,  
Rte.41, Highland Park, IL

**Fee:** \$20.00

## Floor Hockey

Able-bodied friends and family members are encouraged to play. Manual wheelchairs may be available for usage.

**When:** Wednesdays  
Sept. 29 - Nov. 10  
7:00 - 8:30 PM

**Where:** Greenbrier Elementary School  
2330 N. Verde  
Arlington Heights, IL

**Age:** 8 and up

**Fee:** \$75.00

## Sled Hockey

**When:** Sundays  
Oct. 17 - Dec. 12  
3:15 - 3:45 PM Youth  
3:45 - 4:45 PM Combined  
4:45 - 5:30 PM Adult

**Where:** Hot Shot Ice Rink  
29860 Skokie Highway  
Lake Bluff, IL  
(Located on the west side of Rt. 41, just north of Rt.176)

**Age:** 8 and up

**Fee:** \$125.00

*No Program Date:* Nov. 28 & Oct. 31



## Horsemanship

**When:** Tuesdays or Thursdays  
Oct. 5 - Dec. 9

**Times:** 6:00-6:30 PM and/or  
6:30-7:00 PM

**Where:** Horse Feathers Therapeutic Riding, NFP  
1181 Riverwoods Road  
Lake Forest, IL

**Fee:** \$15 per half hour lesson

*No Program Dates:* Nov. 23 or 25

A continuum of instruction will be provided to the beginner to the more advanced rider.

Horse Feathers Therapeutic Riding, NFP offers a program of therapeutic riding for individuals of all ages. We offer riding lessons with registered instructors who are certified by North American Riding for the Handicapped Association (NARHA), personalizing the instruction to the abilities of each rider.

## Judo

**When:** Tuesdays, Wednesdays and Thursdays  
Sept. 28 - Dec. 16  
6:00—7:30 PM

**Where:** Gurnee Judo Club  
4411 Old Grand Ave.  
Gurnee, IL

**Fee:** \$78.00/1, 2, or 3 days per week

*No Program Dates:* Nov. 23, 24 or 25

*Transportation may be available.*

## Preschool Swim



**When:** Mondays  
Oct. 4, 11, 18, 25  
10:00 - 10:45 AM

**Where:** Recreation Center of Highland Park  
1207 Park Ave. West  
Highland Park, IL

**Fee:** \$40.00

## Scuba Diving

**When:** Tuesdays  
Sept. 14 - Nov. 2  
6:30 - 9:30 PM

**Where:** Northbrook YMCA  
2705 Techny Rd.  
Northbrook, IL

**Age:** Call 847-272-7250 for restrictions.

**Fee:** \$215.00  
(Includes classroom materials)

Additional fees required for certification dives and certification. Students will also need their own mask, snorkel and fins (if needed) before the second night of class. Will discuss first night of class.



*This program is provided by North Suburban YMCA. Please register with GLASA but submit payment to YMCA.*



# GLASA WEEKLY PROGRAMS — FALL 2010

## Power Soccer

For individuals who utilize a power chair.

**When:** Wednesdays  
Oct. 6 - Dec. 15  
7:00 - 8:30 PM

**Where:** Nelson School  
8901 Ozanam Ave.  
Morton Grove, IL 60714

**Fee:** \$105.00

*No Program Date:* Nov. 24

## Swim Lessons (Vernon Hills)



**When:** Thursdays  
Oct. 7 - Dec. 2  
6:00 - 7:00 PM

**Where:** Central Lake YMCA  
700 Lakeview Parkway  
Vernon Hills, IL

**Fee:** \$56.00

*No Program Date:* Nov. 25

## Swim Lessons (Bensenville)

**When:** Two Tuesdays/month  
6:30 - 7:30 PM

**Where:** The Water's Edge  
Aquatic Center  
545 John St.  
Bensenville, IL 60106  
630-670-4665

**Fee:** No Charge

Contact Keri Schindler, Program Supervisor, for more information and program dates.

## Adaptive Tennis

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

**When:** Saturdays  
3:00 - 5:00 PM  
Sept. 18 - Oct. 30 (Session I)  
Nov. 6 - Dec. 11 (Session II)

**Where:** Northwestern University's  
Combe Tennis Center  
2311 Campus Dr., Evanston, IL  
(The Sport's Pavilion)

**Age:** 8 and up

**Fee:** \$56.00 (Session I)  
\$70.00 (Session II)

*No Program Dates:* Sept. 25;  
Oct. 9, 16; Nov. 27

## Track & Field

Track & Field season will start up in the Spring. Any new athlete interested in Track & Field is welcome to contact Keri Schindler or Eileen Shaughnessy at the GLASA office to set up a one on one meeting and assessment by appointment.

## Para Tri Club

GLASA is proud to announce that we will be starting a Para Tri Club in the Spring of 2011! If you are interested in finding out more about the sport of triathlon (swim, bike, run) please contact Keri Schindler at 847-283-0908 or [kschindler@glasa.org](mailto:kschindler@glasa.org) to get more information! There are super sprint, sprint, Olympic and other options for distance of races as well as options for relay. Youth and adults are welcome and all athletes will have guides with them to assist during the races.

## Lending Closet

Are you looking for a handcycle, wheelchair, or beep baseball set to borrow?

Why not borrow from our lending closet! The cost will be \$5/day or \$20/week.

Contact Tom Daily at 847-406-9701 to set up a time in which to receive your equipment.  
(Additional cost for delivery.)

## GLASA Policies

Fees **MUST** be paid and waivers 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. Dial Ext. 5 to access Program Updates for cancellation information. 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.



# GLASA WEEKLY PROGRAMS — FALL 2010

## SATURDAY SPORTS @ GREAT LAKES NAVAL BASE

Sheridan Road, North Chicago, IL

### Jr. Prep\* and Prep Wheelchair Basketball

**When:** Sept. 18 - Dec. 4  
11:00 AM - 12:00 PM

**Where:** Bldg #4

**Age:** 4 - 12 — PI

**Fee:** \$75.00

*No Program Date:* Nov. 27

\*New Jr. Prep program for ages 4 - 9



### Learn To Swim

**When:** Oct. 16 - Dec. 4  
9:00 - 10:00 AM Or  
10:00- 11:00 AM

**Where:** Bldg #440

**Age:** 3 and up — PI, VI

**Fee:** \$50.00

*No Program Date:* Nov. 27

**Competitive opportunities are available if interested.**

### Wheelchair Football

**When:** To Be Determined

**Where:** Bldg #4

**Age:** 16 and up — PI

**Fee:** To Be Determined

Interested in playing football? Contact Tom Daily, Program Supervisor at [tdaily@glasa.org](mailto:tdaily@glasa.org) or at 847-283-0908 for additional information!



### JV & Varsity Wheelchair Basketball

**When:** Sept. 18—Dec. 4  
12:00 - 2:00 PM

**Where:** Bldg #4

**Age:** 6 - High School — PI

**Fee:** \$150.00

*No Program Date:* Nov. 27

**Wheelchair Basketball:** Players can be ambulatory or utilize a manual chair. GLASA provides chairs. Levels will be based on age as well as ability. Opportunity to join a competitive team.

### Swim Team\*\*/Lap Swim

**When:** Oct. 16 - Dec. 4  
9:00 - 11:00 AM Or  
10:00 - 11:00 AM

**Where:** Bldg #440

**Fee:** \$100.00 -- 2 hour session (9-11)  
\$50.00 -- 1 hour session (10-11)

*No Program Date:* Nov. 27

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

### Weightlifting

**When:** Oct. 16 - Dec. 4  
10:30 - 11:30 AM

**Where:** Bldg #4

**Fee:** No Charge/Pilot Program

*No Program Date:* Nov. 27

### Archery Clinic

**When:** Oct. 23 - 2:00 - 3:30 PM

**Where:** Bldg #4

**Age:** 6 and up — PI

**Fee:** No Charge



### Boccia

**When:** Nov. 6, 13, & 20  
11:30 AM - 12:30 PM

**Where:** Bldg #4

**Age:** 6 and up — PI

**Fee:** \$21.00



**Directions to Naval Base:** Take IL 41 or the toll way and get off at Rt.137 (Buckley Rd). Go east on Rt. 137 through a series of stop lights and go under a bridge to the intersection of Sheridan Rd. (which will be called Main St. at this intersection). Go right at this intersection and proceed to the Main Gate. Identify yourself as being with GLASA. Your name will be on a list that the security guards have.

**To Building No. 4:** Proceed over bridge, turn left at Rogers St. and turn right at 2nd St. at the Transient Personal Building No. Unit 177. Building No. 4 is on your right. Feel free to park in lot just north of the building, on street or next to the south side of building.

**To Building No. 440:** When you arrive at the gate, ask directions to go around Ross Field. Once you are on the north side of Ross Field, take a right on Luce and continue until it ends and intersects with Evans- and building #440 will be in front of you. Parking is in the rear on either side and the pool is well marked once you are in the building.

PI - Physical Impairment

VI - Visual Impairment



# GLASA SEASONAL REGISTRATION FORM

## FALL 2010

**The registration form must be completed and mailed or faxed with the appropriate fees to:**

**GLASA**  
**400 East Illinois Road**  
**Lake Forest, Illinois 60045**

**Fax: (847) 283-0973**  
**Office: (847) 283-0908**

Participant Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Parent Name(s) if under 18: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_ Email: \_\_\_\_\_

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

County: \_\_\_\_\_ Township: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Disability/Medical Classification \_\_\_\_\_

Ethnicity (Optional):  African-American  Asian  Caucasian  Native American  Hispanic  Other

***Township or County*** \_\_\_\_\_

Diet and Medications: \_\_\_\_\_

Restrictions: \_\_\_\_\_

Medical Insurance Company: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

Policy Holder's Name: \_\_\_\_\_ Policy Number: \_\_\_\_\_

Program Name	Fee	Please indicate any dates you are UNABLE To attend.

**Total Amount Due:** \_\_\_\_\_

Please write a check out to GLASA and mail to the above address or enter credit card information below.

**Visa or MasterCard** Credit Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ Security Code: \_\_\_\_\_ Signature: \_\_\_\_\_

(Credit card registration must include Account Number, Expiration Date, CVV security code and Signature).

**\*\*Fees must be paid and waivers signed to participate.\*\***

**\*\*Contact the GLASA office at 847-283- 0908 if FINANCIAL ASSISTANCE is needed.\*\***



Please indicate if you would like to receive GLASA's newsletter by

Mail Only     
  Email Only     
  Both mail and email

# Waiver Form - GLASA FALL 2010

**PARTICIPATION WILL BE DENIED IF THE SIGNATURE OF THE ADULT PARTICIPATING OR PARENT/GUARDIAN OR PARTICIPANT AS WELL AS DATE ARE NOT ON THIS WAIVER.**

**NOTE: THIS FORM MUST BE READ AND SIGNED BEFORE THE PARTICIPANT IS ALLOWED TO TAKE PART IN ANY TRAINING, COMPETITION, MEETING OR TESTING SESSIONS.**

**BY SIGNING THIS FORM, THE PARTICIPANT AFFIRMS HAVING READ THE WAIVER.**

**PARTICIPANT'S NAME:** \_\_\_\_\_ **DATE OF BIRTH:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**SPONSORING ORGANIZATIONS:** Wheelchair and Ambulatory Sports, USA and Great Lakes Adaptive Sports Association

IN CONSIDERATION of being allowed to participate in any way in the sports and activities of Wheelchair and Ambulatory Sports, USA and Great Lakes Adaptive Sports Association my involvement under the auspices of Wheelchair and Ambulatory Sports, USA and Great Lakes Adaptive Sports Association, this sponsoring organization, I acknowledge, appreciate and agree that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis, dismemberment and death and while particular rules, equipment and personal discipline may reduce the risk, the risk of serious injury does exist; as well as loss of or damage to property.
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS; both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASES or others, and assume full responsibility for my participation; and,
3. I, willingly agree to comply with the stated customary terms and conditions for participation. If however, I observe any unusual or unnecessary hazard during my presence or participation, I will bring such to the attention of the nearest official immediately; and,
4. FOR MY SELF, AND ON BEHALF OF MY HEIRS, ASSIGNS, PERSONAL REPRESENTATIVES AND NEXT OF KIN, HEREBY RELEASE, HOLD HARMLESS Wheelchair and Ambulatory Sports, USA and Great Lakes Adaptive Sports Association, THEIR OFFICERS, OFFICIALS, AGENTS, AND/OR EMPLOYEES ("Releases"), WITH RESPECT TO ANY AND ALL INJURY, PARALYSIS, DISMEMBERMENT, DISABILITY, DEATH, and/or LOSS or DAMAGE TO PERSON OR PROPERTY WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASES OR OTHERWISE, EXCEPT THAT WHICH IS THE RESULT OF GROSS NEGLIGENCE and/ or WANTON MISCONDUCT.

**PUBLICITY STATEMENT:** I DO NOT \_\_\_\_\_ grant permission for pictures taken of participant (taken by individuals; i.e. other participants, parents, etc.) and name of participant to be used by GLASA for the purpose of agency promotion and education.

**EMERGENCY TREATMENT PERMISSION:** I know that GLASA does not carry medical or accident insurance. My family's own health insurance must assume responsibility in the event of injury. I understand that every precaution is taken to protect the safety of each individual. I agree to emergency treatment by a physician or hospital in the event I cannot be reached.

**I HAVE READ THIS RELEASES OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.**

\_\_\_\_\_  
**PARTICIPANT'S SIGNATURE**

\_\_\_\_\_  
**DATE SIGNED**

## **FOR PARTICIPANTS UNDER THE AGE OF 18 AT TIME OF REGISTRATION**

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree not only to his/her release but also to release and indemnify the Releases from any and all liabilities incident to my minor child's involvement or participation in these programs for myself, my heirs, assigns and next of kin.

\_\_\_\_\_  
**PARTICIPANT'S SIGNATURE**

\_\_\_\_\_  
**DATE SIGNED**

\_\_\_\_\_  
**PARENT/GUARDIAN'S SIGNATURE**

\_\_\_\_\_  
**DATE SIGNED**

**EMERGENCY PHONE NUMBER:** \_\_\_\_\_



GLASA 847-283-0908 (phone) 847-283-0973 (fax) [www.glasa.org](http://www.glasa.org)

# GLASA SPECIAL EVENTS

## GLASA TEEN EVENT SIX FLAGS

Sunday, October 3rd

**When:** 2:00 - 8:00 PM

**Where:** Six Flags Great America  
542 North Route 21  
Gurnee, IL 60031

**Cost:** \$45.00

**Age:** 13 - 18

Open to the first 15 GLASA teens  
to register!

Contact the GLASA office at  
847-283-0908 or Keri Schindler at  
847-942-6937 to sign up!

## GLASA HOLIDAY PARTY

Saturday, December 4th

**When:** 9:00 AM - 3:00 PM

**Where:** Great Lakes Naval Base  
North Chicago, IL

**Cost:** No Charge

**Age:** All are welcome!

Join us for swim, basketball,  
rock climbing, holiday fun, food  
and more!

## GLASA Women's Auxiliary Fundraiser

Sunday, December 5th

**When:** 10:00 AM - 5:00 PM

**Where:** Merchandise Mart  
Chicago, IL

**Cost:** \$30 per person  
(Includes \$15 admission  
to the show!)

GLASA Women's Auxiliary invites  
you to a ***One-of-a-Kind Reception***  
at the Merchandise Mart's  
***One-of-a-Kind Art Show!***

Spend a fun day browsing unique  
art and gifts, just in time  
for the holidays!

Please join us for cocktails and  
hor d'oeuvres in the  
GLASA reception area and begin  
your holiday revelries!

Start a new fun, holiday tradition  
or plan a day in the city!  
Either way, you will be glad that  
you didn't miss it!

## HOLIDAY GIFT WRAP at Gurnee Mills

Friday, December 17 -  
Friday, December 24

Mark your calendars ... volunteer gift  
wrappers needed!

All proceeds will benefit GLASA  
programs and athletes.

Spread holiday cheer and support  
GLASA!

Contact Cindy Clement,  
GLASA Volunteer Coordinator at  
[cclement@glasa.org](mailto:cclement@glasa.org) to volunteer!

## GO GIRL GO EVENT



**GLAM PARTY!**

A special event for GIRLS ONLY where  
we will do hair, nails and make up!!

More info to come.

## SNOW SKIING!

GLASA and Adaptive Adventures  
will have a Snow Skiing program  
this winter!

Program will be held at Wilmot, Alpine  
and Cascade Mountains.

Specific dates and details to come!

## TEAM GLASA!

Join Team GLASA and experience the fun and camaraderie of your  
teammates, meeting other competitors and enjoy the excitement  
of a competitive environment!

GLASA provides training and guidance for those juniors and adults  
who are interested in competing at the local, regional, national and  
international level. Training may be done during GLASA's programs or in  
conjunction with school or community athletic programs. Sports include  
track, field, archery, table tennis, swim, judo and various team sports.

Contact Cindy Housner at 847-283-0908 for further information.

