Michigan State University
Adaptive Sports & Recreation Club

PURPOSE:
The MSU Adaptive Sports & Recreation Club seeks to:
› promote the health, social, and psychological benefits of physical activity to individuals with physical disabilities
› establish a space where athletes with physical disabilities and able-bodied volunteers can come together to create an integrated community of peers that serves to eradicate negative stereotypes about disability by highlighting the abilities of individuals with physical disabilities

MEMBERSHIP:
The MSU Adaptive Sports & Recreation Club is actively recruiting individuals with physical disabilities to become athletes, and volunteers with previous sports experience and an interest in adapted physical activity, who are:
› MSU Students/Faculty/Staff
› Non-MSU affiliated Community Members

WHY BECOME ONE OF OUR ATHLETES?
› Make healthy choices about your body involving exercise and proper nutrition
› Meet other students and community members with physical disabilities and become a part of a disability community
› Improve self-confidence by setting goals, taking on new challenges, and achieving success
› Develop directly transferable independent living skills via the attainment of improved sports skills gained in the process of participating in the club’s activities
› Participating in recreational sports has been directly linked to academic success

WHY BECOME ONE OF OUR VOLUNTEERS?
› This is an opportunity to think creatively and directly apply your health and fitness knowledge as well as your previous sports experience
› Diversify your human experience and gain a different perspective on ability by interacting with athletes with physical disabilities
› Gain skills that you can apply in your future careers to positively enhance the lives of individuals with disabilities

PRACTICE:
› Adaptive Hockey:
  Fridays: 7:00pm - 9:00pm
  Demonstration Hall (roller hockey rink area)
› All Other Sports/Events:
  Tuesdays & Thursdays: 7:00pm - 9:00pm
  Jenison Field House (main 1st floor gym)

SPORTS/EVENTS:
On campus:
› Adaptive Rowing
› Field Events (Discus Throw, Shot Put)
› Hand-cycling
› Ping Pong
› Adaptive Hockey
› Track (Distance Running/Walking/Rolling)
› Wheelchair Tennis
Off campus:
› Adaptive Shooting (Air Rifle, Crossbow, Rifle)
› Adaptive Skiing

YOUTUBE (Please Watch & Share):
› Recruiting Video: https://www.youtube.com/watch?v=C7O9XRdBqfA
› Adaptive Skiing Video: https://www.youtube.com/watch?v=3VEF0dTtLbE

GIVE:
› Please support the MSU Adaptive Sports & Recreation Club and our athletes with disabilities, by donating to our Scholarship and Adaptive Sports Equipment Fund: https://givingto.msu.edu/gift/?sid=1835

CONTACT:
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