

RIC Military Sports Camp

A program of Paralympic Sport Club Chicago, the RIC Military Adaptive Sports Camp is designed for current and former servicemen and women with a physical disability who are interested in learning more about adaptive and Paralympic sports opportunities.

The camp is appropriate for beginner athletes to those with advanced sports skills and is offered in two phases based on disability:

Phase 1 is for individuals with:

- Traumatic Brain Injury • Cerebral Palsy
- Multiple Sclerosis • Stroke
- Blind/Visual Impairment

Phase 2 is for individuals with:

- Spinal Cord Injury • Amputation
- Les Autres

All participants will receive hands-on instruction in Paralympic sports and have the opportunity to work one-on-one with Paralympic and other elite disabled athletes. Each participant will also receive resources to continue their sports participation in their local community.



For more information
or to register, please
contact:

Jenny DiLaura

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RIC Sports

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You can visit us online at
www.ricsports.org



Rehabilitation Institute of Chicago
Virginia Wadsworth Wirtz Sports Program

2009 Military Adaptive Sports Camp



A program of the Rehabilitation Institute of Chicago



Bridgette Sullivan/Outer Focus Photos®



August 3-9, 2009
Chicago, IL

Staff & Instructors



All staff and instructors are current and former Paralympic athletes, Paralympic coaches, or are people who have been specially trained

to teach skills and techniques of Paralympic sports. Instruction is customized to each participant's level of ability and will provide plenty of hands-on structured leaning.



Accommodations

All lodging, meals, and transportation while at the camp are provided.

Transportation to and from the camp is provided for those individuals who live outside of the Chicagoland area.

Please bring money for personal use for items such as souvenirs, extra food, and anything else not provided by the camp.

If you have questions about what is and is not provided, please contact Jenny DiLaura at 312-238-5010.



Featured Sports

Phase 1

- Bocce Ball
- Sailing
- Judo
- Goal Ball
- Cycling
- Table Tennis
- Strength & Conditioning

Phase 2

- Tennis
- Cycling
- Rowing
- Wheelchair Basketball
- Power lifting
- Strength and Conditioning

** Sports subject to change*



All photos courtesy of Bridgette Sullivan/Outer Focus Photos©

Camp Schedule

PHASE 1 August 2-6

- 8/02 • Arrival & Check-in
- 8/03 • Opening Ceremonies-Breakfast
- Morning/Afternoon Sport Sessions
- Welcome Reception at RIC
- 8/04 • Breakfast at Hotel
- Morning/Afternoon Sport Sessions
- Evening Social
- 8/05 • Breakfast at Hotel
- Afternoon Sport Session
- Closing Ceremonies & Camp Celebration
- Departure of local Phase 1 participants
- 8/06 • Departure of out-of-town Phase 1 participants

PHASE 2 August 5-9

- 8/05 • Morning Arrival & Check-in
- Afternoon Sport Session
- Camp Celebration with Phase 1 Participants
- 8/06 • Opening Ceremonies-Breakfast
- Morning/Afternoon Sport Sessions
- Welcome Reception at RIC
- 8/07 • Breakfast at Hotel
- Morning/Afternoon Sport Sessions
- Evening Social
- 8/08 • Breakfast at Hotel
- Sport Rotations
- Camp Celebration & Closing Ceremonies
- 8/09 • Departure of Phase 2 participants