

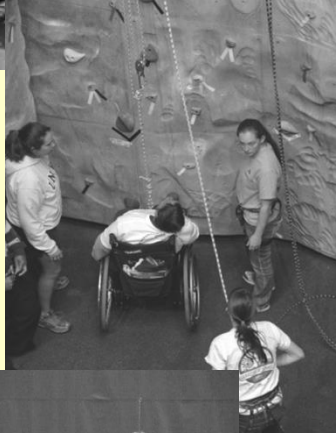
Event Schedule
Friday April 19th, 2013
UNCW's Student Recreation Center

REGISTRATION:	10:00 AM – 2:00 PM
Time	Activity
10:00-10:30 AM	Zumba
10:30-11:00 AM	Zumba
10:00 AM-1:00 PM	Healthy Cooking Demo
10:00 AM -1:00 PM	Chair Massage
10:00AM -1:00 PM	Wheelchair Tennis
10:00AM -1:00 PM	Accessible Golf
10:00AM -1:00 PM	Climbing Wall
10:00AM -1:00 PM	Wheelchair Basketball
10:00AM -1:00 PM	Assistance Dogs: paws4people
10:00AM -1:30 PM	Ping Pong
10:00AM -1:30 PM	Bocca Ball
10:00AM -1:30 PM	Disc Golf
10:00AM -1:30 PM	Corn Hole
10:00AM -1:30 PM	Ladder Ball
10:00AM -2:00 PM	Ability Garden
10:00 AM-2:00 PM Every 30 minutes	Fitness Machines
10:00AM -2:30 PM	Assistive Technology
11:00 AM-Noon	Power Hockey
12:00 - 12:30 PM	Seated Yoga
12:30 - 1:00 PM	Seated Yoga
1:30-2:30 PM	Wheelchair Basketball - Port City Spokesman

Schedule is subject to change

Free T-Shirt, Snacks & Lunch

Come out and play with us!



All events are FREE and open to the public!



Friday, April 19th, 2013
10:00 AM - 2:30 PM
UNCW's
Student Recreation Center



11th Annual



All events are FREE and open to the public!

Join us for a day of accessible recreation adventures ranging from Aikido to Yoga and many things in-between. All activities are adapted for people of all ages who are wheelchair users, as well as those with other physical or sensory disabilities.

Along with clinics, on-going demonstrations, and opportunities for active participation facilitated by elite wheelchair athletes and others trained in accessibility and adapted equipment, there will exhibit by **NC Assistive Technology**, **the Ability Garden at the Arboretum**, **paws4people Assistance Dogs** and various disability resource and advocacy groups.

The **Port City Spokesmen** (2003 & 2004 Division III National Wheelchair Basketball Champions and 2008 Runner-ups, and 2010 Coastal Wheelchair Basketball Conference Champions) will put on a wheelchair basketball clinic and exhibition at 1:30 PM.

For more information or to request special accommodations contact:

Billy Eno

tenniswheel@yahoo.com

Phone (910) 228-9808

or

Candy Ashton or Dan Johnson

ashtonc@uncw.edu or johnsonde@uncw.edu

(910) 962-7794 or 962-3659



About Some of Our Instructors

The **Coastal Carolina Partnership for Accessible Recreation (CCPAR)** is a collaboration among *UNCW's Recreation Therapy Curriculum - School of Health and Applied Human Sciences, Department of Campus Recreation, and Disability Resource Center; New Hanover Regional Medical Center Rehabilitation Hospital; NC Department of Vocational Rehabilitation—Independent Living Services, NC Assistive Technology Program and Division for the Deaf and Hard of Hearing; Wilmington Disabled Athletic Association; Wilmington Family YMCA; and the disAbility Resource Center.*

The mission of CCPAR is to advocate for recreation opportunities for all citizens with disabilities in the Coastal Carolina area. We believe everyone has the right to participate in enjoyable and safe recreation, play, and leisure pursuits; and that recreation, play, and leisure are essential to physical and emotional health, as well as quality of life.



ACCESSIBLE GOLF: Dan Johnson teaches recreation therapy at UNCW. He is the former men's golf coach at the UW-Lacrosse and has been trained in adapted golf by Sonny Ackerman of the Adaptive Golf Foundation and Bob Wilson at First Swing Golf.

Bob Ronne is the assistant golf coach at Laney High School. He enjoys playing golf from a single rider golf cart and played wheelchair basketball for over 20 years.

DISC GOLF: The New Hanover Disc Club will provide the instruction, discs, and pole holes for this exciting activity.

WHEELCHAIR TENNIS: Billy Eno has been playing wheelchair tennis for 10 years. He is ranked #29 nationally in singles and #4 in doubles in Division A of the USTA Wheelchair Division.

COOKING DEMO: Chantelle Welker with the Cooperative - will do a healthy cooking demonstration and talk about nutrition.

SEATED YOGA: Tricia Miller

ZUMBA: Chantelle Allen Marvin

CHAIR MASSAGE: Health Source

If you need assistance with transportation, contact
Candy Ashton
ashtonc@uncw.edu
 910-962-7794

REGISTRATION, LIABILITY & PHOTO RELEASE

Groups of 5 or more MUST Pre-Register!

Name: _____ Age _____

Address: _____

Phone: _____ E-mail: _____

Special Accommodations:

As part of the consideration for participating in the 11th **Annual Accessible Recreation Day**, sponsored by Coastal Carolina Partnership for Accessible Recreation (CCPAR), I hereby acknowledge recognition of the fact that I understand and accept that the 11th **Annual Accessible Recreation Day** exposes me to numerous known and unanticipated risks and hazards that could result in personal injury, illness, death, and/or damage to myself or my property. I choose to participate in the 11th **Annual Accessible Recreation Day** despite the named and unnamed risks, hazards and potential injury. These named and unnamed risks and hazards include but are not limited to falls, slips, scrapes, cuts, burns, bites, damage to the muscular skeletal system, serious back and neck injury, exposure to infectious agents, and death. I agree to accept and assume all responsibility for risk and personal injury, illness, death, or damage to myself or my property arising from my participation in the 11th **Annual Accessible Recreation Day**. My participation is voluntary, and I understand that I may choose not to participate at any time.

I hereby also release, hold harmless, and forever discharge CCPAC, the University of North Carolina at Wilmington (UNCW) and its officers, employees and agents from any and all liability, claims, demands, actions, and causes of property damage or personal injury that may be sustained by me or to any property belonging to me, while participating in the 11th **Annual Accessible Recreation Day**. I am fully aware of the risks and hazards associated with the experience. I further agree to indemnify and hold harmless CCPAR, UNCW, its officers, employees and agents from any loss, liability, damage or cost, including court costs and attorney's fees, which may incur due to my participation in said activity. This release and indemnity agreement is binding on myself, my heirs, assigns, and personal representatives. In signing this document, I fully recognize that if injury, illness, death or damage occurs to me while I am engaged in this activity, I will have no right to make a claim or file a lawsuit against CCPAR, UNCW or its officers, employees or agents, even if they or any of them negligently cause my injury, illness, death or damage, unless that negligence is gross or willful negligence.

I HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS AN ACKNOWLEDGMENT AND ASSUMPTION OF RISK AND A RELEASE OF LIABILITY AND INDEMNITY AGREEMENT AND I SIGN IT OF MY OWN FREE WILL.

This is the _____ day of _____, 2013

Participant's Signature _____ Printed Name _____

Participant's Guardian's Signature if under 18 _____ Printed Name _____

I agree / disagree to be photographed by the University of North Carolina Wilmington (UNCW) and all agents of the Coastal Carolina Partnership for Accessible Recreation (CCPAR). If I agree, the photographic image(s) and information that correspond with the photographic image(s) may be disseminated for any public release usage by UNCW and CCPAR.

Participant's Signature _____ Printed Name _____

Participant's Guardian's Signature if under 18 _____ Printed Name _____