



A Program of Alegent Health Immanuel Rehabilitation Center,
Eastern Nebraska Wheelchair Athletic Association and
Great Plains Chapter Paralyzed Veterans of America

Our Mission

is to promote community awareness of, and create and provide access to opportunities for individual and team sports programming for adults and youth with physical disabilities in order to enhance their quality of life.

Sitting Volleyball - Played from a seated position on a 6m x 10m court with the net at 1.15m for men and 1.0m for women. Other than court setup, the same rules apply. Athletes must have a physical disability that limits their ability to play standing up. This includes athletes who are affected by amputation, major knee tears, polio, knee or hip replacements, or any major muscle loss. Contact: rasmussenbrent@yahoo.com or Jena Munson at jena.munson@alegent.org or (402) 572-2276.



Quad Rugby – Midwest Rugby Rebels team founded in 2006. Quad Rugby is played with reinforced wheelchairs that can withstand the competitive play of the sport. All athletes must have impairments in at least three of their four limbs. Players are given a classification of .5 to 3.5 depending on their level of impairment, which also decides if they play offense or defense. Season runs August-December with practice on Thursday evenings from 6 -9pm at the PVA Gym. Contact bfroendt@cox.net or jena.munson@alegent.org



Boccia Ball – This is an Italian lawn game requiring accuracy and strategy, adapted to play indoors. Athletes score points individually or on teams by tossing their boccia balls closest to the target ball. Athletes of all abilities can participate. Sessions are held at the Paralyzed Veterans of America located at 7612 Maple Street beginning in April. Contact Jena Munson at jena.munson@alegent.org or (402) 572-2276.



Handcycling – Handpowered cycles come in a variety of styles and sizes depending on the athletes' needs, including high and low-level injuries. Contact Jena Munson at jena.munson@alegent.org or (402) 572-2276 for upcoming special events.



Tennis –Tennis opportunities are available in Omaha . If you are interested in the programs please contact Jena Munson at jena.munson@alegent.org or (402) 572-2276.



Junior Barons Wheelchair Softball- Junior Barons youth team was founded in 2007. National Champions 2008 -2010! All practices are held at ALLPLAY Sports Complex (Seymour Smith Park off of 72nd and Drexel Street Omaha), Season runs June – August. Contact Greg Suing at gsuing@yahoo.com



Nebraska Barons Wheelchair Softball –Adult team founded in 1996. National Champions 2003, 2004, 2007, 2008, 2009, 2010, 2012 and 2013, 2015 and 2016! Junior Barons youth team founded in 2007. National Champions 2008-2010! All practices are held at ALLPLAY Sports Complex (Seymour Smith Park, Omaha). Seasons runs April - August. Contact bfroendt@cox.net or jena.munson@alegent.org



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Junior Wheelchair Sports and Recreation Camp – This is a FREE one-week summer day camp in July for school-aged children with physical disabilities. Participants have the opportunity to participate in a wide range of wheelchair sports and recreation opportunities led by Paralympians and trained instructors. Transportation and lunches are provided. Contact Jena Munson at jena.munson@alegent.org or (402) 572-2276.



Red Dawgs Junior Wheelchair Basketball – For children ages 8 through 12th grade with physical disabilities. This competitive league includes Prep (introductory) Junior Varsity and Varsity(advanced) divisions. In 2011 and 2012 the team was National Champions! Contact Patrick Christiansen at patrick.christiansen@gmail.com



Bowling – Bowling outings are held one Saturday per month, October through April, at Mockingbird Lanes in Omaha. Adaptive equipment is available including IKAN bowling ramps, standard bowling ramps, adaptive bowling balls, and bumpers. Contact Jena Munson at jena.munson@alegent.org or (402) 572-2276.



Waterskiing – In cooperation with Championship Lake Estates Waterski Club. Think you can't do it? Think again! Adaptive skis with back support plus trained side skiers make this experience a Do Not Miss! Contact Jena Munson at jena.munson@alegent.org or (402) 572-2276.



Back 2 Swing Golf – Single-rider golf carts are available at Council Bluffs, IA, Shoreline in Carter Lake, IA and Elkhorn Ridge in Elkhorn, NE. The Back to Swing program runs from May through October and includes instruction from course golf pros and assistant pros on the driving range. Special clubs and playing aids are also available. Contact Jena Munson at jena.munson@alegent.org or (402) 572-2276 for specific dates.



Fishing – Enjoy a day at the lake with opportunities to try adaptive poles, pole holders, and to learn about accessible fishing piers. Contact Jena Munson at jena.munson@alegent.org or (402) 572-2276.



Fencing- The sport of fencing is fast and athletic. If you are interested with learning more about this sport or increasing your skills. Contact the club at (402)420-7688 or <http://www.lincolnfencing.com/the-joba-chamberlain-wheelchair-fencing-program> to register for classes or to learn more.





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Martial Arts – A sport designed to help build strength, stamina, and flexibility, as well as confidence and self-control. If you are interested with learning more about this sport or increasing your skills. Contact American Academies of Marital Arts – Bellevue at (402)-731 – 5425 or email markgoblowsky@gmail.com.



Curling – This sport played on an ice rink requires accuracy and strategy. Players slide stones across the ice towards a target area which consists of four concentric circles. To learn more about how to get involved contact Steven Taylor at steventaylor@gmail.com.



Woodcarving- *This opportunity provides the chance for participants to be introduced To multiple different types of carving techniques and tools. Join this group on Tuesday Afternoons Oct - April from 2 – 4pm at CHI Health Immanuel Rehab Institute. Please contact Jena Munson at jena.munson@alegent.org or (402) 572-2276 prior to attending.*



jena.munson@alegent.org

www.greatplainspva.org

www.enwaa.org