

JUNIOR WHEELCHAIR SPORTS & RECREATION CAMP

This camp is sponsored by a variety of organizations with the presenting sponsors including: CHI Health Immanuel Rehab Institute, Eastern Nebraska Wheelchair Athletic Association, City of Omaha Parks and Recreation Dept, Council Bluffs Parks and Recreation, Great Plains Paralyzed Veterans of America and Iowa School for the Deaf.

PURPOSE

- Introduce sports, recreation and its associated benefits to physically disabled youth
- Introduce activities needed for a healthy lifestyle
- Introduce youth to others in similar circumstances for competition, interaction, friendship, and social development
- Introduce potential athletes and parents to new equipment available as well as sport techniques in various sports

CAMPTER/STAFF RATIO

Camper/staff ratio is 4:1. This camp is not suitable for campers requiring 1:1 ratio.

CAMPER QUALIFICATIONS

- Be an active manual wheelchair user or use a manual wheelchair in order to compete and participate in active sports
- Demonstrate ability to propel wheelchair to participate with sport or activity
- Mental ability should fall within the normal limits of camper's grade level
- Must be able to lift the weight of a basketball
- Should possess average to good range of motion of upper extremities
- Must be able to perform self-help skills with a minimum of assistance
- Must have knowledge of own basic toileting program and ability to communicate information to the nurse and volunteers.
- Must be able to feed self with minimal assistance

REQUIREMENTS FOR ATTENDANCE

- Bring own lightweight manual wheelchair (or store) each day if one is owned by the camper
- Supply all diapers and sanitary needs as well as an extra change of clothing
- We recommend campers bring and use bicycle gloves

*For ambulatory participants, their sports participation will be done in a lightweight chair.
Some camp activities may be rigorous*

For more information, contact:

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