**Rutgers University**

**Disability Adaptive Sports, Health and Wellness Day**

Join us for a fun and educational event where you can participate in and observe adaptive sports for people with disabilities. Take part in our workshops on sports, health, wellness, and advocacy as they relate to individuals with disabilities. Play Wheelchair Basketball, Beep Baseball, Track and Field Events, Goalball, Soccer, and more. This event is free and open to all Rutgers University members and our surrounding communities. This is a great opportunity for students and professionals that will be working with individuals with disabilities.

To find other Disability Awareness Month events, visit: <https://newbrunswick.rutgers.edu/events/disability-awareness-month-rutgers>

Date: October 21, 2022

Time: 1:00 PM - 8:00 PM

Cook/Douglass Recreation Center

50 Biel Rd, New Brunswick, NJ 08901

**Extra Credit and Volunteer Information**

Students receiving extra credit for attending this event must check in when they arrive for forms and signatures. They must also check out before they leave for signature proving they completed hours.

Volunteers must pre-register at the email below. They must volunteer for a minimum of two hours. In your email, please state your availability between 12 PM and 8 PM on October 21, 2022. Proof of volunteering forms will be available at the event.

**Partners and Sponsors**

Rutgers Disability Awareness Month Committee

Department of Kinesiology and Health

Rutgers Office of Disability Services

Rutgers Recreation

Center for Disability, Sports, Health and Wellness

Blind Athletes Inc.

New Jersey Lightning Beep Baseball Team

Wheelchair Federation

**Rutgers University**

**Disability Adaptive Sports, Health and Wellness Day**

**Event Schedule**

**Event Set-Up**

**12:00 PM to 1:00 PM**

Volunteers and staff set up sports activities in the field and gym area. Workshop rooms are prepared for presentations.

**Workshop 1**

**1:00 PM to 2:00 PM**

Workshop: Universities and Adaptive Sports

Examines the importance of adaptive sports in a university setting and includes real-life stories and experiences about people with disabilities playing adaptive sports.

Guest Speaker: Teri Jordan, Former Adaptive Sports T&F Coach from Penn State University

**Outside Sports and Track and Field**

**2:00 PM to 3:30 PM**

Blind Soccer (Outside Field) - Learn the basics of this sport watch or participate with some of the best blind soccer players in the state.

Beep Baseball (Outside Field) - Learn and participate in beep baseball for blind individuals.

Para Athletics (Outside Field) - Take part in numerous track and field activities designed for individuals with varying disabilities.

**Inside Gym Sports**

**Goalball**

**3:30PM to 4:30 PM**

Goalball - Inside Gym (full side court) Learn all about goalball while participating and competing with other teams.

**Wheelchair Basketball -Wheelchair Sports Federation**

**4:30 PM to 7:30 PM**

Wheelchair Basketball (Inside Gym) Is one of our most popular events. All are offered an opportunity to participate and allow you to see what it is like to play against a professional wheelchair basketball team.

**Workshop 2**

**5:00 PM to 6:00 PM**

Adaptive Sports: Blind Athletes Panel Discussion

This workshop will cover the personal and professional experiences of blind athletes. Learn of the struggles and successes of these elite athletes and their coaches.

**8:00 PM to 9:00 PM**:

Clean Up

For More Info:

javier.robles@rutgers.edu

<https://kines.rutgers.edu/dshw/events/calendar>

