



SPAR'S ADAPTIVE SPORTS PROGRAM

Mission Statement

The purpose of SPAR's adaptive sports program is to provide diversified innovative sports that encourages individuals with disabilities of all ages to participate in sports that increase hand-eye coordination, strength and endurance as well as the quality of life by developing good sportsmanship skills, teambuilding skills and character in a therapeutic recreation environment.

Participants will participate in sports such as adaptive tennis, adaptive golf, adaptive basketball, softball and kickball.

Program Goals and Objectives

- *To ensure excellence through performance development and technical leadership.*
- *Participants will learn vital team skills.*
- *To expand participants interpersonal relationships and social skills.*
- *Build participants self-esteem and self-confidence.*
- *Participants will develop trust, learn acceptable behaviors and sharpen cognitive skills.*
- *Increase participant's physical abilities, strength, endurance, and range of motion.*

