



# 2023 Programs & Events



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## ABOUT US

## OUR STORY

Founded by Cindy Housner in 1999, Great Lakes Adaptive Sports Association (GLASA) strives to "Let No One Sit on the Sidelines."

GLASA empowers athletes of all skill levels with education, leadership and training in collaboration with community-based organizations. In addition to over 1,000 athletes served every year through GLASA's direct programming, the organization provides support to more than 3,000 youth, adults and professionals through inclusive education and outreach initiatives. Clinics and elite level competitions bring in athletes, teams and families from around the country.

GLASA athletes report increased physical health, better weight management, stronger endurance, and better strength. Ability and confidence gained through sports can make it easier to be successful in school, be active in the community and become more independent. In fact, more than 90 percent of the organization's athletes say that GLASA has helped them increase their overall strength, endurance, health and well-being.

## OUR MISSION

As a 501(c)(3) nonprofit organization powered by a skilled staff and a strong cohort of volunteers and coaches, GLASA's mission is to promote and support the optimal development and well-being of youth, adults and military veterans who have a physical or visual disability by providing inclusive recreation, fitness and competitive sports activities.

## A NOTE FROM OUR FOUNDER



### CINDY HOUSNER

Our team is made up of parents, siblings, coaches, staff, donors, volunteers, board members, and most importantly you, the athlete. Our athletes span a variety of ages and ethnicities, representing urban, suburban and rural communities. Local athletes travel throughout the Midwest to enjoy a variety of sports and recreational programs conducted year-round and almost daily.

GLASA changes lives through integrity, strength, comradere, passion, hard work, loyalty, friendship, laughter and tears. We look forward to serving you!

## GLASA STAFF

**Cindy Housner**  
Executive Director and Founder

**Kelly Candotti Habas**  
Development Director

**Shannon Hellen**  
Office Manager and  
Executive Director Assistant

**Christine Kizawa**  
Grants Director

**Liz Mixon**  
Marketing Manager

**Mak Nong**  
Program Manager

**Aileen Pecora**  
Accountant

**Mac Stevenson**  
Program Manager

**Flo Cheek**  
Office Assistant

## ADDRESS + CONTACT INFO

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MEMBERSHIP + PROGRAMS

GLASA

MEMBERSHIP

JOIN AND ENJOY THE BENEFITS OF A GLASA MEMBERSHIP

GLASA offers many different sports and recreation programs throughout the year. By becoming a GLASA member, you can participate in most of GLASA’s programs at no additional cost. Recreational and/or competitive opportunities are available and may vary by season.

All athletes MUST sign up for a membership to participate in programs each season and register for individual programs. If you are new to GLASA, you must contact a program staff member prior to membership and program attendance.

Parents and/or athletes are responsible for their own travel and lodging. Membership costs \$240 per year and there are scholarship opportunities and discounts available based on financial need.

BECOME A MEMBER AND REGISTER FOR PROGRAMS



Annual Membership and Program Registration visit GLASA.org.

YOUR FIRST 30 DAYS IS ON US!

If you are interested in trying a program without making the commitment of an annual membership, GLASA will allow you to attend programs for 30 days free of charge. Please contact the GLASA office at info@GLASA.org or 847-283-0908 for further information.

GLASA

PROGRAMS

GLASA OFFERS YEAR-ROUND PROGRAMMING

GLASA offers many different sport and recreation programs throughout the year. By becoming a GLASA member, you are able to participate in all GLASA programs at no additional cost to you. Virtual opportunities are also available without signing up for membership.

- |                  |              |                       |
|------------------|--------------|-----------------------|
| ARCHERY          | MARATHON     | TENNIS                |
| BOCCIA           | POWERLIFTING | TRACK & FIELD         |
| CONDITIONING     | POWER SOCCER | VIRTUAL PROGRAMS      |
| ENDURANCE        | ROAD RACING  | WHEELCHAIR BASKETBALL |
| GOALBALL         | SHOOTING     | WHEELCHAIR FOOTBALL   |
| GOLF             | SLED HOCKEY  | YOGA                  |
| INJURED MILITARY | SWIM         | AND MORE!             |



# GLASA

## IN-PERSON PROGRAMS

### ARCHERY



Archery is a sport that is open to everyone. Athletes may participate in Archery in a standing, bracing, or sitting position. To participate, archers will want to be able to nock the arrow (place the arrow onto the bow string), lift the bow to shoulder level, draw back the bowstring to your chin and release the arrow towards the target.

GLASA provides instruction, assistance with adapting the archery motion, compound bows, arrows, and other select adaptive archery equipment.

Youth, Teen & Adult (Ages 8+)  
Wheelchair & Ambulatory



### AIR RIFLE



You will gain practical skills in the art of shooting and marksmanship at GLASA's Air Rifle program. GLASA provides all the rifles, targets, tables, chairs, and pellets. Stands are provided for those who are unable to hold the rifle up.

Teen & Adult (Ages 13+) Wheelchair & Ambulatory

### BOCCIA

Boccia is one of two Paralympic sports that does not have an Olympic counterpart. It is a game of strategy and accuracy for individuals with impairments that affect motor skills. The sport is played on a flat, smooth surface, where players must throw or roll colored balls as close as possible to a white target ball, known as the "jack". The player, pair or team with the most balls near the jack is the winner. The individual and pair matches consist of four ends, while team matches have six ends. After each end, the athletes, pair or team with the ball closest to the jack receive one point, and an additional point for every ball that is closer to the jack than the opponents. Each athlete, pair or team "throws" six balls per end.

Youth, Teen & Adult  
Wheelchair Ambulatory - Open Division Only

### WHEELCHAIR BASKETBALL



#### Prep and Varsity

Wheelchair basketball is played by individuals with varying physical disabilities. Players will use a sports chair provided by GLASA unless players have their own.

The GLASA G-Cats are made up of two teams, a Junior Prep Division team and a Junior Varsity Division team. The G-Cats may travel to tournaments during the season, with the opportunity to qualify for the State Tournament and the National Junior Wheelchair Basketball Tournament.

Offered Fall/Winter/Spring  
Youth & Teen (Ages 6 - High School) New: Varsity/Adult  
Wheelchair & Ambulatory



## IN-PERSON PROGRAMS

### RECREATIONAL AND COMPETITIVE WHEELCHAIR FOOTBALL



Summer / Fall / Winter

Players will work on quick and powerful movements, such as cutting, blocking, sprinting and tackling (two-hand touch), which will assist with building cardiovascular and muscular strength.

For individuals who are ambulatory (walk upright), utilize a manual or power wheelchair or have no disability, all are welcome on the recreational team. Scrimmages will be conducted amongst players. Sports chairs will be available.

Teen & Adult – Wheelchair & Ambulatory

### FUNCTIONAL FITNESS (13+)

Join us for GLASA's Adaptive Functional Training Sessions. Sessions will include a focus on mobility, strength, and cardio with Coach Greg, a certified L1 certified and adaptive training academy certified trainer!



### GOALBALL



Goalball is a Paralympic sport designed specifically for athletes with a visual impairment. Players compete in teams of three, throwing a ball that has bells embedded in it down the court to attempt to score a goal, while their opponents, using their bodies to defend the goal, try to stop the ball from scoring. All players participate while wearing blindfolds and tactile markings on the court are provided to aid with orientation.

Blindfolds, elbow pads, knee pads, and team uniforms are provided.

Youth, Teen & Adult (Ages 12+)  
Visual Impairments & Blind

### POWERLIFTING (13+)



Train with National Strength & Conditioning Association Certified Strength & Conditioning Specialist and Paralympic Powerlifting Coaches.

For competition, the bench press is the sport's single discipline, with 10 different categories based on body weight. Competitors must lower the bar to the chest, hold it motionless on the chest and then press it upwards to arm's length with locked elbows. Athletes are given three attempts and the winner is the athlete who lifts the highest number of kilograms.

Teen & Adult

### POWER SOCCER



A sport specifically designed for individuals that use power wheelchairs, power soccer showcases the speed, skill and intensity of traditional soccer. The sport is played indoors on a gym floor and power wheelchairs are equipped with specially designed 'guards' to advance the ball down the court.

GLASA has two power soccer teams: a recreational team, designed for beginners, and a competitive team, GLASA Chicago Fire Power Soccer, for those who have experience playing the sport and would like to travel to tournaments throughout the season.

GLASA has a limited availability of guards and specialized powerchairs for players to use.

Youth, Teen & Adult (Ages 8+)  
Wheelchair & Ambulatory

### ROAD RACING (AGES 7+)



GLASA athletes participate in a number of 5k, 10k, half marathon and full marathon races during the year. Athletes can participate using a racing wheelchair or by running in events. Athletes interested in road racing are also encouraged to be a part of the track program so they can learn technique and proper training methods. Road race entry fees, paid directly to race organizers, are NOT included in GLASA's annual membership fee.

Opportunities offered throughout the Spring, Summer and Fall

## IN-PERSON PROGRAMS

### SLED HOCKEY



Sled hockey follows most of the typical ice hockey rules with the exception of some of the equipment. Players sit in specially designed sleds that sit on top of two hockey skate blades. There are two sticks for each player instead of one and the sticks have metal pics on the butt end for players to propel themselves.

GLASA provides all hockey gear (pads, jersey, socks, gloves, helmet, guards) and equipment (sled and sticks) needed to play.

A limited amount of assistants are available to support athletes who may not be able to self-propel on the ice.

Youth, Teen & Adult (Ages 7+)  
Wheelchair & Ambulatory

### COMPETITIVE SWIM

This swim program is designed for swimmers who are able to swim at least 50 meters consecutively and can be completely independent while in the water (no volunteer or coach assistance needed), and who are currently or plan to swim with a club or high school in the future.

Workouts are provided to increase endurance, strength and speed. Instruction is given to fine tune technique.

Competitive opportunities are available locally, regionally, and nationally.

Youth, Teen & Adult (Ages 8+)  
Wheelchair & Ambulatory

Instructional Swim available now!  
Email [chousner@glasa.org](mailto:chousner@glasa.org) for more information.

### TENNIS



Instruction is provided for intermediate and tournament level players who are ambulatory or use a manual or power chair.

A limited amount of sport chairs are available to use.

GLASA's Tennis program is coached by Paul Moran, Tennis and Seated Volleyball Paralympian and Mike Carrico, USTA Pro.

Youth, Teen & Adult (Ages 6+)  
Wheelchair & Ambulatory

### TRACK & FIELD



GLASA provides a continuum of coaching for both ambulatory and wheelchair track and field from the beginner to elite level athlete. Being part of Team GLASA provides access to equipment (based on availability), cross training, funding resources, logistical assistance, individual goal setting, and a schedule of competitions based on the caliber of the athlete.

Weekly outdoor practices are conducted in fall, spring and summer, along with year-round clinics and consultations. Virtual support also provided.

GLASA coaches have an extensive background in track and field, including USA Track and Field.

(USATF) Level 1 Certification, United States Paralympic Track and Field Certification and international track and field experience.

Youth, Teen & Adult – Ambulatory & Wheelchair or Visual Impairments

### ADAPTIVE YOGA

Traditional yoga poses are adapted to meet the needs of all participants rather than fitting or forcing the body into a particular pose. Adaptive yoga and meditation techniques are used for athletes participating in and out of a chair.

Participant should be independent with free movement.

Youth, Teen & Adult - Wheelchair, Ambulatory & Visual Impairments.



# GLASA

## VIRTUAL PROGRAMS

Join GLASA's free interactive virtual fitness offerings from the comfort of your own home! GLASA's qualified instructors will provide assistance in adapting the program to each attendee's ability and provide interactive feedback to aid in having the best results. Enjoy the camaraderie and socializing with fellow participants.

Virtual programs may vary seasonally and do not require membership.

Register at: <https://tinyurl.com/GLASAEvents>. Once registered for virtual programs you will receive weekly emails with Zoom links to each class and any updates in the schedule.

### CONDITIONING



Conditioning incorporates elements from several sports and types of exercise. Workouts are modified to allow each athlete to achieve their goals while working to increase their physical well-being and cardiovascular fitness.

Certified Personal Trainer and GLASA athlete, Dave Michael, will work with athletes of all fitness and ability levels on sport specific training.

Teen & Adult – Wheelchair, Ambulatory, & Visual Impairments

### ROLLER WORKOUT



The roller workouts provide a variety of pushes to enhance speed, cardio, and endurance for the beginner to the competitive racer. Live classes available during Track Season.

GLASA's wheelchair track coach and 2000 Wheelchair Track Paralympian, Amie Day is a Level 1 USATF coach and holds a United States Paralympic Track and Field certification.

Teen & Adult  
Wheelchair & Ambulatory

# GLASA

## INJURED MILITARY PROGRAM

GLASA offers sport and recreation programs that are specifically designed to meet the needs of injured military Veterans who may have PTSD, or a physical or visual disability. Injured military Veterans are welcome to join in any of GLASA's 20+ ongoing programs for FREE. Additional programs and services offered may also include:

**Adaptive Sports Clinics at Hines VA, Jesse Brown VA, Lovell VA, and Milwaukee VA:** Sled Hockey, Swim and Water Aerobics, Air Rifles, Wheelchair Basketball, and Wheelchair Football

**Coaching/Outreach:** GLASA staff and coaches all have experience and expertise working with athletes of all abilities, including coaches and mentors who have disabilities themselves.

**One-on-One Assessment & Leisure Planning:** A GLASA staff member will meet with you to discuss your interests, disability, family support and other factors to help you develop a plan to meet your leisure needs.

**Education and Instruction:** Trained staff and coaches provide you with an overview of the various sports and recreation programs and activities that are available to you, individually, team basis, or with your family and friends.

**Competition and Training:** Training and competitions from the beginner to the elite Paralympic level.

**Peer Mentoring:** Our peer mentoring program allows for our veterans to be matched up with either a mentor or mentee depending on their interests.

**Equipment Lending:** GLASA has a wide range of adaptive sports equipment that can be utilized.

**Special Events:** GLASA supports local agencies and VAs at the National Veteran Wheelchair Games and Valor Games Midwest.

If you are a military Veteran with a physical or visual disability who wants to get involved in programs, please contact [info@GLASA.org](mailto:info@GLASA.org) for more information.

## **GLASA**

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### **CAMP TREK**

**JULY 24-28**

Libertyville

Join us for "The Best Week of the Year!" Camp Trek is an adaptive sports camp that introduces youth who have a physical or visual disability to sport and recreation activities in an inclusive setting.

<https://bit.ly/CampTrek2023>

### **GLASA YP CORNHOLE TOURNAMENT**

**SUNDAY, JULY 30 2PM**

Sports Corner Rooftop Wrigleyville

Join us for our annual GLASA Cornhole Tournament hosted by the GLASA Young Professionals Board.

[GLASAYP23.givesmart.com](https://GLASAYP23.givesmart.com)

### **GLASA USA WHEELCHAIR FOOTBALL LEAGUE TOURNAMENT**

**AUGUST 18-19**

College of Lake County

The GLASA Chicago Bears Wheelchair Football Team are hosting their annual tournament showcasing wheelchair football teams from across the league.

### **BANK OF AMERICA CHICAGO MARATHON CHARITY TEAM**

**SUNDAY, OCTOBER 8, 2023**

GLASA will soon be accepting applications for the 2024 Bank of America Chicago Marathon! Gain an automatic bid to the 2024 race. Email [kelly@GLASA.org](mailto:kelly@GLASA.org) to sign up for the 2024 Marathon!

The Bank of America Chicago Marathon hosts thousands of runners who choose to make their Chicago Marathon experience more meaningful by running or rolling on behalf of a charity.

Any questions about GLASA's 2024 BOA Chicago Marathon Charity Team, please contact Kelly Candotti Habas at [Kelly@GLASA.org](mailto:Kelly@GLASA.org).

### **GLASA CHICAGO WHEELCHAIR TENNIS CLASSIC**

**OCTOBER 27-29**

Location TBD

Level 4 USTA Wheelchair Tennis Tournament for singles and doubles competition. Features a youth wheelchair tennis clinic.

### **YEAR-ROUND GLASA ENDURANCE PROGRAM**

Check out our new endurance program and run for the GLASA 25th Anniversary Team in Berlin in 2024!

The GLASA Endurance Program supports our able-bodied athletes and athletes with disabilities that wish to participate in an endurance event and fundraise for the Great Lakes Adaptive Sports Association. Fundraising requirements will vary by event, depending on the registration cost and the benefits requested from Team GLASA. Every team member will receive official team apparel, guaranteed race entries when available and coaching support upon request.

To see all included events visit: [GLASA.org/endurance](https://GLASA.org/endurance)



## RESOURCES

### GLASA

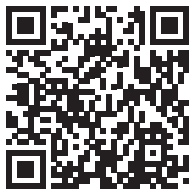
## INCLUSION & ABILITY AWARENESS

### ROAD TO INCLUSION FOR HIGH SCHOOL SPORTS

GLASA provides support for inclusion in school athletic programs. GLASA has a long history of working with high school state athletic associations for inclusion of students who have a physical or visual disability into their school athletic programs in track, swim and field.

The U.S. Department of Education's Office of Civil Rights (OCR) issued Dear Colleague Letter clarification in January 2013. It clarifies when and how schools must include students with disabilities in mainstream athletics programs, defines what true equal treatment of student athletes with disabilities means, and encourages and provides a roadmap for schools to create adaptive programs for students with physical disabilities.

Please feel free to contact Cindy Housner at GLASA if you have questions or want to learn more about the support GLASA provides for successful inclusion in school sports.



### ABILITY AWARENESS PROGRAMMING

#### Schools, Churches, Synagogues & Community Organizations

GLASA staff will provide equipment and a presentation on adaptive sports and the abilities of athletes who have a physical or visual disability.

Classmates and community groups are encouraged to try out the various pieces of equipment to experience first hand what it is like to have a disability and participate in adaptive sports.

\$125 donation per hour for GLASA program expert support, includes adaptive equipment.

Scholarships are available.

Contact [info@GLASA.org](mailto:info@GLASA.org) for further information at 847-283-0908.

### GLASA

## ADAPTIVE SPORTS EQUIPMENT LENDING PROGRAM

GLASA provides all equipment needed during a registered program, but did you know that we also have an expansive equipment lending program?

GLASA has a variety of adaptive equipment available for loan including pedal bicycles, tandem bicycles, all court chairs, and much more! Work with a GLASA staff member to select the right equipment to fit your needs and ability level.

Free with a GLASA Membership / No GLASA Membership - \$5/day or \$20/week

There may be an additional fee for delivery. By appointment only. Scholarships are available.

Pick Up & Fitting Location: GLASA Office,  
27864 Irma Lee Circle, Suite 101, Lake Forest, IL  
60045



## GLASA

# BOARD OPPORTUNITIES

GLASA's **Board of Directors** is the governing body of GLASA. Responsibilities of the Board include: providing fiscal oversight; helping to formulate medium and long-term strategic goals; contributing to agency fundraising efforts; and providing needed professional skills. Join the GLASA Board, and make a direct impact on the lives of people with disabilities!

For more information, contact Tracy Manhard, Board Secretary, at [tracy@tracymanhardcoaching.com](mailto:tracy@tracymanhardcoaching.com).

GLASA's **Young Professionals Board** is comprised of a group of young professionals, emerging in their careers in and around the Chicago-land area, who are passionate about raising funds and awareness for GLASA.

For more information on the YP Board contact Tim Buckley, YP Board President, at [Tim.Buckley2@outlook.com](mailto:Tim.Buckley2@outlook.com).

YP Board Events:

- **Fitness Class & Social - Year-Round**
- **Cornhole Tournament - Summer**
- **Oktoberfest - Fall**

To register for Young Professional events: <https://GLASAYP23.givesmart.com>



## GLASA

# VOLUNTEER OPPORTUNITIES

As a non-profit organization that provides year-round sports, clinics, camps and special events for youth, adults and injured military with a primary physical or visual impairment, GLASA relies on the generosity of 600+ volunteers to help make all programs and events a success! Volunteers play a vital role in assisting with weekly programs, providing coaching expertise, providing administrative assistance, and supporting all aspects during special events.

All volunteers must be 14 years or older and able to carry out each sport or event's responsibilities. Once you have completed the Volunteer Profile, you will be eligible to receive a current Volunteer Opportunities page which will include current programs and event's description and responsibilities for volunteers.

For more information on you can get more involved, contact GLASA at (847) 283-0908 or [volunteer@GLASA.org](mailto:volunteer@GLASA.org) or visit <https://linktr.ee/VolunteerForGLASA>.



## GLASA SUPPORTERS

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### GLASA

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## AFFILIATED SPORTS ORGANIZATIONS



### GLASA

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## SPONSORSHIP & SUPPORT OPPORTUNITIES

GLASA programs depend on the generous support of individuals, foundations and corporations. Support opportunities are available annually, for individual programs and adaptive sports as well as special events.

Funds provide year-round physical activity programs through the GLASA scholarship program for athletes to support our 20+ adaptive and Paralympic sports, special initiatives like Camp Trek and more!

When you support the Great Lakes Adaptive Sports Association (GLASA) mission, you become part of our legacy and our team. By donating to GLASA, you are part of every athlete's journey.

To learn more about the benefits of becoming a GLASA supporter, contact: Kelly Candotti Habas, GLASA Development Director, at [Kelly@GLASA.org](mailto:Kelly@GLASA.org) or 847.283.0908.

To donate today, visit [GLASA.org/donate](https://GLASA.org/donate) or scan:



## GLASA CORPORATE SPONSORS



## GLASA SUPPORTERS



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 Lake Forest/Lake Bluff Lions Club  
 Bob Woodruff Foundation  
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**GLASA.org**



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