

AccessSportAmerica began with an adaptive challenge to share the joys and exhilaration of sports like windsurfing with my son, Josh. Since then we have grown into a year-round High-Challenge Sports program, reaching hundreds annually. Our athletes - children and adults with disabilities - are discovering higher function while having fun and reaching beyond expectation.

Our High-Challenge Sports program includes adaptive windsurfing, kayaking, outrigger canoeing, wall climbing, cycling, soccer and tennis, and builds enthusiasm, confidence, fitness and function. Our athletes and their families begin to understand themselves differently with a greater appreciation of their abilities and potential.

Our year-round Function+Fitness program places our athletes in gyms with medically prescribed work-out regimens, making higher function and fitness a reality. Together, with a growing network of medical and sports institutions and gifted professionals, we are changing the face of rehabilitation and refining a powerful approach to finding higher function.

AccessSportAmerica has grown into an impressive community of athletes and supporters that is rooted in fun, acceptance and challenge. I hope you will join us.

Rev. Ross W. Lilley
Executive Director/Founder

Cheryl Shea Graphic Design

AccessSportAmerica, a national non-profit organization, is dedicated to the discovery and development of higher function and achievement for children and adults with disabilities through high-challenge sports.

Contribute online today.
Your support will make a difference.
www.AccessSportAmerica.org/Support

AccessSportAmerica
119 High Street
Acton, MA 01720

Rev. Ross W. Lilley
Executive Director/Founder
978.264.0985
866.45SPORT (77678)
(Tollfree outside MA)
info@AccessSportAmerica.org



Boston Globe photo
Surf's up for Josh, July 1994

HIGH-CHALLENGE sports program

Our High-Challenge Sports are adapted and designed to safely bring our athletes into sports that are fun and exciting. Sports include windsurfing, rowing/sculling, kayaking, outrigger canoeing, surfing, water-skiing, wall climbing, cycling, soccer and tennis.

program



Our athletes experience greater function and an unparalleled sense of accomplishment as they master balance, increase coordination, and conquer fear.

Qualified and trained AccesSportAmerica Instructors bring expertise, energy and commitment. We welcome and can accommodate any person living with a disability. Everyone actively participates.

Over 1,000 annually participate in our High-Challenge Sports program, many through our Program Partners at sites in Massachusetts and Florida and California.

ADAPTIVE equipment

Nationally recognized, AccesSportAmerica creates and develops innovative **adaptive equipment** to successfully adapt to all levels of ability. We adapt sports that the most agile of athletes find challenging and bring these sports to children and adults with disabilities.

adaptive



equipment

FUNCTION + FITNESS program

Our year-round **Function+Fitness program**, backed by physicians, physical and occupational therapists and fitness professionals, builds and capitalizes on newly discovered capabilities and strengths revealed while participating in our High-Challenge Sports program. Qualified AccesSportAmerica Trainers offer the program in various settings including gyms and health clubs.

Research is being conducted to assess and document the physical, therapeutic, emotional, psychological and social gains in collaboration with recognized medical and fitness experts.



WHAT PEOPLE SAY about AccesSportAmerica

I felt liberated, being propelled where I wanted to go... It's a great feeling being out of my wheelchair doing something that many would consider to be impossible for a person with a disability to accomplish.

AccesSportAmerica Athlete

AccesSportAmerica's programs inspire our athletes to reach beyond expectations... increasing confidence and capability, empowering individuals to visualize their success, expanding their function and doing it all while having fun.

Deborah A. Ciolfi
AccesSportAmerica Parent
AccesSportAmerica Board of Directors

AccesSportAmerica is a fantastic program and deserves as much support as possible. I have followed the growth of the organization and its concept for many years...indeed I know of no other organization that brings such passion and expertise.

Dr. Tim Johnson
ABC News Medical Editor
AccesSportAmerica Honorary Board of Directors

There is something miracle-like about AccesSportAmerica...it's a pure triumph... a barrier-breaking experience.

Gillian Butchman
Physical Therapist

AccesSportAmerica.