



Sports and Recreational Resources for Students with Disabilities

**General Resources for ALL
Disabilities**

**Categorized by
Sport**

**(Compiled by Region 10 Special Populations)
Contact Randy Foederer (972) 348-1570**

Revised 07/2004

General Resources for all disabilities

National

Adaptive Sports Association

Box 1884, Durango, CO 81302

PH: (970) 259-0374

INTERNET: www.asadurango.com

American Association of Adapted Sports Programs (AAASP)

P.O. Box 538, Pine Lake, Georgia 30072

PH: (404) 294-0070

FAX: (404) 294-5758

INTERNET: www.aaasp.org

Disability Sports

Michigan State University

<http://edweb6.educ.msu.edu/kin866/>

Disabled Sports USA

451 Hungerford Drive. Ste. 100, Rockville, MD 20850

PH: (301) 217-0960

FAX: (301) 217-0968

INTERNET: <http://dsusa.org/-dsusa//dsusa/html>

E-mail: dsusa@dsusa.org

GUMBO (Games Uniting Mind and Body)

For Visually and Orthopedically Impaired

Louisiana Dept. of Education

PH: (225) 342-3730

Contact: Janice Fruge

<http://www.doe.state.la.us/lde/specialp/491.html>

National Disability Sports Alliance

25 W. Independence Way, Kingston, RI 02881

PH: (401) 792-7130

FAX: (401) 792-7132

INTERNET: www.ndsaonline.org

National Sports Center for the Disabled

Box 1290, Winter Park, CO 80482

PH: (970) 726-1540

INTERNET: www.nscd.org

GENERAL RESOURCES Continued

International Paralympic Committee

INTERNET: www.paralympic.org

Internet Resources for Special Children (IRSC)

INTERNET: www.irsc.org

NICHCY

National Information Center for Children and Youth with Disabilities

PO Box 1492, Washington, DC 20013

PH: 1-800-695-0285 (Voice/TT)

INTERNET: www.nichcy.org

E-mail: nichcy@aed.org

S.T.R.I.D.E – Adaptive Sports and Recreation

P.O. Box 778, Rensselaer, NY 12144

PH: (518) 283-2114

FAX: (518) 427-1107

<http://pages.prodigy.net/redmax1>

Wilderness Inquiry

808 14th Ave SE, Minneapolis, MN 55414

PH: (800) 728-0719

INTERNET: www.wildernessinquiry.org

World T.E.A.M. Sports

2108 S. Boulevard, Ste 101, Charlette, NC 28203

PH: (704) 370-6070

FAX: (704) 370-7750

INTERNET: www.worldteamsports.org

General Resources for all disabilities by sport type

AQUATICS

Local

Adapted Aquatics

Downtown Dallas YMCA Aquatics Dept.

PH: (214) 954-0500 ext.4804

Contact: Erin Peterson or Randall Van Heyst

INTERNET: www.downtowndallasymca.org

Aquatics Solutions – Plano, Texas

Contact: Sylvia Sheepsbaker

PH: (972) 527-4284

Aqua Tots – Richardson, Texas

Contact: Beverly Steinfink

PH: (214) 890-7946

INTERNET: www.infantaquatics.com/bevsteinfink.htm

EMAIL: aquatots@swbell.net

Bachman Recreation Center – Dallas, Texas

Contact: Mrs. Ramirez

PH: (214) 670-6266

Emler Swim School

2201 Lavern St., Arlington, TX

PH: 817-275-SWIM (7946)

10700 Anderson Mill Rd, Ste # 200, Austin, TX

PH: 512-342-SWIM (7946)

6125 Colleyville Blvd., Colleyville, TX

PH: 817-481-SWIM (7946)

4621 West Park Blvd, Suite #104, Plano, TX

PH: 972-599-SWIM(7946)

INTERNET: www.emlerswim.com

Garland Therapeutic Recreation Department – Garland, Texas

2314 Homestead, Garland, Texas 75044

PH: (972) 205-2619

Contact: Heather Lambert

INTERNET: www.ci.garland.tx.us

EMAIL: hlambert@ci.garland.tx.us/Home go to Parks and Recreation link and then to “[Therapeutic Programs](#)” link

AQUATICS Continued

Growth Through Aquatics

North Dallas

PH: 972 467-2015

BASEBALL/SOFTBALL

Local

The Buddy League, Inc.

Heather Miller, President

3809 Creststone Drive

Baseball & Soccer- disabled and non-disabled

Peers as buddies

Garland, Tx 75040

972-414-9280

chmillers@aol.com

www.buddyleague.org

Challenge League

Teams currently in; Garland, Coppell, Lewisville, Park Cities

Garland Contact: Chris Sherrod Wk (214) 696-2525 Hm (972) 530-2360

Coppell: PH: (972) 952-8205

Lewisville: Contact: YMCA PH: (972) 539-9622

Park Cities: Contact: YMCA PH: (214) 526-7293

BASKETBALL

Local

Adapted Basketball

Waxahachie YMCA

PH: 972 937-9622

CYCLING

National

International Bicycle Tours

Box 754, Essex, CT 06426

PH: (860) 767-7005

INTERNET: <http://gorp.away.com/gorp/eclectic/disabled.htm>

EQUESTRIAN

National

North American Riding for the Handicapped Association

P.O. Box 33150

Denver, CO 80233
PH: (800) 369-RIDE (7433)
INTERNET: www.narha.org

Local

Equest Therapeutic Horsemanship
2902 Swill Avenue, Dallas, Texas 75204
PH: (214) 827-7100

Riding Center
3800 Troy Road, Wylie, Texas 75098
PH: (972) 412-1099
INTERNET: www.equestmaine.org

Therapeutic Riding of Texas
1724 Old Hickory Trail, DeSoto, Texas 75115
PH: (972) 296-6334
INTERNET: www.trottx.org

Riding Unlimited
9168 T.N. Skiles Road, Ponder, Texas 76259
PH: (940) 479-2016
INTERNET: www.ridingunlimited.org

Spirit Horse Therapeutic Riding
1960 Post Oak Road, Corinth, Texas 76210
PH: (940) 497-2946
Contact: Charles Fletcher
INTERNET: www.spirithorsetherapy.com
E-mail: spirithorsethera@aol.com

GYMNASTICS

Local

ASI Gymnastics - Mesquite
Contact: Kristen Thompson
PH: (972) 288-5510
INTERNET: www.asigymnastics.com

GYMNASTICS Continued

ASI Gymnastics – Carrollton
Contact: Kevin Pitasi
PH: (972) 960-1108

INTERNET: www.asigymnastics.com

Flip Factory

6850 N Interstate Hwy 35 E., Waxahachie, TX 75165

PH: (972) 617-6000

E-mail: flipfactory@earthlink.net

Play Options – Dallas, Texas

PH: (214) 207-6161

Contact: Ann Stetler (214) 904-3050

Local sponsor for this program is Metroplex Gym in Allen, TX

3 other gyms in the D/FW area also hold classes.

Rowlett Gymnastics Club

3021-C Main Street, Rowlett, TX 75088

PH: (972) 412-4892

Contact: Gisela Nelson

INTERNET: www.rowlettgymnastics.com/

MARTIAL ARTS

American Taekwondo Association

www.ataonline.com

Go to “Locations” section to find nearest ATA Academy

www.ataregion112.com

website for the Texas section

Local

ATA Black Belt Academy – Garland, Texas

Contact: Joy & Ron Walker

3420 Broadway Blvd., Ste. 126, Garland, TX 75043

PH: (972) 271-KICK (5425)

INTERNET: www.garlandata.com/

Adapted Karate – Duncanville, Texas

Contact: Jim Hein

PH: (972) 291-8214

SOCCER

Local

The Outreach Program for Soccer (TOPS)

Eligibility: All disabilities, including wheelchairs, walker, MR, autism.

Contact: Mickey Niemotka
PH: (972) 596-2487
Other Info: Both Spring and Fall Sessions
Teams in Coppell, Garland, Lewisville, Mesquite, North Dallas, Plano, &
Richardson

RECREATION PROGRAMS

Local

Bachman Recreation Center – Dallas, Texas

Contact: Ed Supina
PH: (214) 670-6266

Garland Park and Recreation – Garland, Texas

Therapeutic Recreation Department
Contact: Heather Lambert
PH: (972) 205-2619

Plano Park and Recreation – Plano, Texas

Therapeutic Recreation Department
Contact: Joan Shopoff
PH: (972) 974-7272

SCUBA

National

Handicapped Scuba Association

1104 El Prado
San Clemente, CA 92672
PH: (949) 498-6128
INTERNET: www.hsascuba.com

Local

Ocean's Window – Plano, Texas

2301 North Central Expressway, Ste 140, Plano, Texas 75075
Phone: (972) 423-3483
E-mail: plano@oceanswindow.com
Other Info: Ages 8 and up

WATER SPORTS

National

Water Skiers with Disabilities Association

1251 Holy Cow Road, Polk City, Florida 33868

PH: (863) 324-4341

INTERNET: www.usawaterski.org