

Join us this Summer!



Volunteer with us!

Help deliver exciting and fun sports and recreation activities for youth and adults with disabilities. Volunteers of all skill levels and abilities partner with participants to build their skills, meet their goals, and have fun together in a supportive and active community environment.

Want to learn more or to sign up? Scan the QR Code below:



Summer Weekly Opportunities:

- Track
- Swim
- Cycling
- Golf
- Lacrosse
- Tennis
- Waterski

Summer Event Opportunities:

- Gopher State Games
- No Boundaries Camp
- USA Wheelchair Softball World Series

Summer Weekly Opportunities:

Track April - June

Sundays 6-7:30PM @ Eden Prairie Middle School

Courage Kenny's Track and Field team, the Blizzards, is a program for athletes with all different abilities and disabilities. We offer both competitive and introductory coaching where athletes can improve their skills and learn new techniques and strategies within a positive environment.

Practice Assistants will be work one on one with the athletes help guide them through the workout and provide positive feedback. Volunteers will be working with both ambulatory runs and individuals that utilize track chairs (wheelers).

Swim April - June

Sundays 3-4:30PM @ Hopkins West Middle School

Courage Kenny's (CKRI) adaptive swim team, the Blizzards, is a competitive team for athletes with all different abilities and disabilities. Our goal is to provide opportunities for athletes to improve their skills, build their endurance, and grow while learning new techniques within a positive environment. Practice assistants will help the head coach guide practices by facilitating the workouts and providing positive feedback to the athletes in their lane.

Cycling June - September

Thursday afternoons and evenings at various trails in the Twin Cities

The adaptive cycling program brings adaptive riders to local trails, and provides the equipment/support needed to get people out riding. Adaptive cycling volunteers will be paired 1:1 with adaptive cyclists each week. The role of the volunteer is to help maintain trail safety and trail awareness for the program, as well as other cyclists. This may take shape in the form of road crossings, verbal cues/reminders, speed control, passing, breaks, etc. The number one goal of cycling volunteers is a safe and enjoyable ride FOR the adaptive cyclist. Volunteers will also assist with working towards established goals the adaptive cyclist has for the season. Volunteers will be paired with adaptive cyclists based on their needs, riding ability, and ride distance.

Golf June - August

5 Different Courses around the Twin Cities

The Courage Kenny Adaptive Golf program aims to assist individuals interested in learning golf or getting back into the game after the onset of a disability. Volunteers are essential to provide one-on-one support to adaptive golfers, helping them with specialized equipment, learning the sport, and enjoying the experience. Training is provided for volunteers pre-season. As part of your volunteer assignment, we expect you to be able to make most of the season so we can pair you with a golfer and help them progress.

Summer Weekly Opportunities:

Wheelchair Lacrosse June-August

Wednesdays 5:30-7:30pm New Hope

Practice Assistants help the head coach in leading practices, equipment set up and clean up and may participate in games. Practice Assistants typically join in to participate in the practices using a wheelchair. Don't worry, nobody expects you to have experience using a wheelchair! It's part of the learning and fun for everyone.

Tennis June - August

Wednesdays 6:00-8:15pm New Hope

Enjoy the beautiful summer evenings out on the tennis court, helping youth and adults with disabilities learn this life-long sport! Each night is split into two sessions- one for youth and one for adults. Volunteers assist the head coach with practice drills, help individuals one on one or in a group setting with technique and volley back and forth with participants as they develop their skills.

Waterski July-August

Wednesdays 5:30-8:30pm Lake Owasso, Shoreview (clinics to be held @ Medicine Lake - TBD)

Enjoy summer on the lake! This program is an opportunity for participants (youth and adults) to try waterskiing using adaptive equipment. Volunteers help in the water with skiers, on shore with equipment and getting athletes ready, as well as on boats. We also need volunteer boat drivers to join us! Boat Drivers must provide their own boat and participate in the required volunteer training.



Summer Event Opportunities:

Gopher State Games June 15

Lakeville South High School

Courage Kenny is partnering with USA Track & Field for this inclusive track & field meet. Volunteer roles include registration and field assistant positions. We prefer volunteers have knowledge and experience with track and field, but not required! We will offer training and instruction day of. Lunch will also be provided.

No Boundaries Camp 2 days in June

Location TBD

No Boundaries Camp is a two day camp designed to introduce kids to wheelchair and adaptive sports and recreation opportunities. Sports include wheelchair basketball, softball, tennis, track and field, and cycling and more! Volunteers are needed as “Camp Counselors” to help assist with the activities and work 1:1 with participants. Lunch is provided.

****PREMIER EVENT****

USA Wheelchair Softball World Series August 14-16

Mall of America

Courage Kenny Rehabilitation Institute is excited to host the 2025 USA International Wheelchair Softball World Series (IWSWS) August 14-16, 2025 at Mall of America Fields in Bloomington, Minnesota. The Minnesota Rolling Twins, reigning 2024 National Champions, are eager to defend the National Title in their home state. Courage Kenny has enjoyed a long and successful history in wheelchair softball, boasting an impressive 22 National Championships over the years.

The tournament is expected to be a lively, competitive event showcasing 16-20 wheelchair softball teams from around the world. Over 300+ athletes playing in more than 70 games along with their friends and families will be traveling to the Twin Cities. This event provides a unique opportunity for businesses to showcase their support and reach a diverse national and local audience.

We will be looking for over 100 volunteers to help out during various shifts, times and positions that weekend.