

1

ADAPTIVE SKI & SNOWBOARD OFFERED BY COURAGE KENNY SPORTS & RECREATION Allers Hoolth & COURAGE KENNY REHABILITATION INSTITUTE

2

ADAPTIVE SKI & SNOWBOARD

- Overview of the program
- · No medical experience required
- A quick word about injury rates



Allina Health &
COURAGE KENNY REHABILITATION INSTITUTE

3

COURAGE KENNY SPORTS & REC DEPARTMENT OVERVIEW

OVERVIEW:

Participants range from 4 to 91 years of age

Diagnoses including: Cerebral Palsy, Traumatic Brain Injury, Spinal Cord Injury, Spina Bifida, Stroke, Autism, Visual Impairments, Muscular Dystrophy, Amputations and many other disabilities.

Programming ranges from competitive wheelchair sports to recreational life sports in addition to various camps, clinics, and tournaments.

Programming takes place at CKRI-Golden Valley and throughout the Twin Cities.

Allina Health能 COURAGE KENNY REHABILITATION INSTITUTE



4

SPORTS AND RECREATION - ACTIVITIES

Alpine Ski & Snowboarding Competitive Swim Team

Archery Adaptive Tennis
Bowling Track and Field

Cycling Try Scuba
Golf Waterskiing

Nordic Skiing Wheelchair Basketball
Power Soccer Wheelchair Lacrosse

Rock Climbing Wheelchair Rugby
Pickleball Wheelchair Softball



3

____ 5

ANNUAL EVENTS

COURAGE KENNY REHABILITATION INSTITUTE

- Courage Kenny Classic Wheelchair Basketball Tournament, Twin Cities
- No Boundaries Intro to Wheelchair Sports Camp, Twin Cities
- Jerry Anderson Memorial Wheelchair Softball Tournament, Twin Cities



Allina Health & COURAGE KENNY REHABILITATION INSTITUTE

6

CKRI SKI & SNOWBOARD OVERVIEW

- Teaching adaptive ski and snowboarding lessons for over 50 years
- Lessons specialize in adaptive equipment
- All of the instructors are volunteers
- Supported by Allina Health Foundation &Volunteers
- Locations:
 - o Afton Alps Afton, MN
 - o Hyland Hills Bloomington, MN
 - o Trollhaugen Dresser, WI

- Lesson offerings:
 - weekly lessons (6 weeks, January – March)
 - one-time clinics



Allina Health爺
COURAGE KENNY REHABILITATION INSTITUTE

7

2025 SKI & SNOWBOARD SEASON BY THE NUMBERS

Volunteers 294

Participants

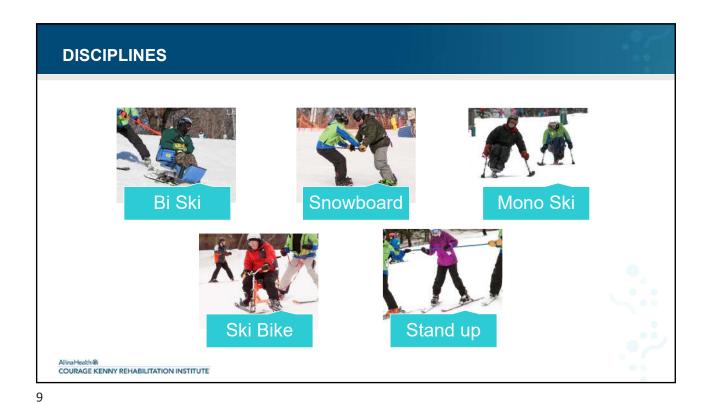
156





AllinaHealth
COURAGE KENNY REHABILITATION INSTITUTE

8



VOLUNTEER ROLES

Supporting Roles

- Pit Crew
- Registration
- Equipment Assistant



AllinaHealth & COURAGE KENNY REHABILITATION INSTITUTE

Instructor Roles

- Assistant
- Lesson Lead
- Lead Instructor
- Trainer

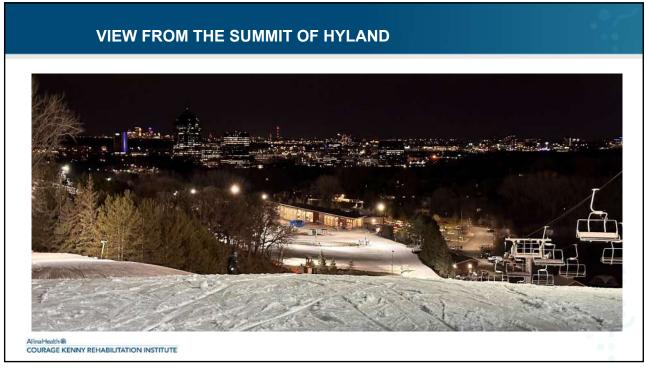
10



11



12



13

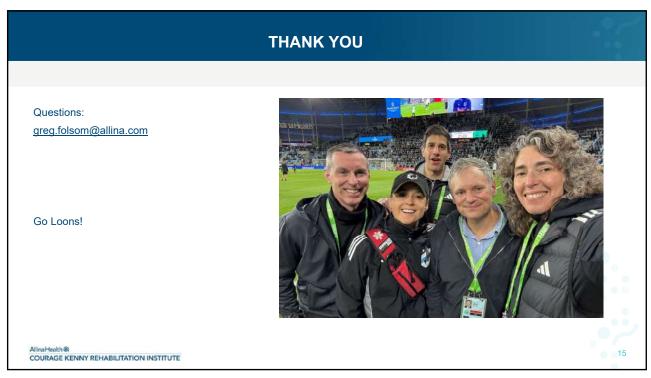
HOW TO GET INVOLVED

- Connect with us!
 Email: <u>CKRISkiSnowboard@allina.com</u>
- Come volunteer for the program!
- Share the program with others!
 - Instagram: @couragekennysportsrec
 - Facebook: Courage Kenny Ski & Snowboard



Allina Health
COURAGE KENNY REHABILITATION INSTITUTE

14



15