

ADAPTIVE SKIING

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ADAPTIVE SKI & SNOWBOARD

OFFERED BY COURAGE KENNY SPORTS &
RECREATION

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ADAPTIVE SKI & SNOWBOARD

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



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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.



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SPORTS AND RECREATION - ACTIVITIES

Alpine Ski & Snowboarding

Archery

Bowling

Cycling

Golf

Nordic Skiing

Power Soccer

Rock Climbing

Pickleball

Competitive Swim Team

Adaptive Tennis

Track and Field

Try Scuba

Waterskiing

Wheelchair Basketball

Wheelchair Lacrosse

Wheelchair Rugby

Wheelchair Softball



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ANNUAL EVENTS

- **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**




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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
- Lesson offerings:
 - weekly lessons (6 weeks, January – March)
 - one-time clinics
- Locations:
 - Afton Alps – Afton, MN
 - Hyland Hills – Bloomington, MN
 - Trollhaugen – Dresser, WI



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2025 SKI & SNOWBOARD SEASON BY THE NUMBERS

Volunteers

294

Participants

156




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DISCIPLINES




Bi Ski



Snowboard



Mono Ski



Ski Bike



Stand up

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VOLUNTEER ROLES

Supporting Roles

- Pit Crew
- Registration
- Equipment Assistant




Instructor Roles

- Assistant
- Lesson Lead
- Lead Instructor
- Trainer


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HOW DOES ONE CONTROL A BI-SKI?



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PRINCIPLES OF SKIING



- Balance
- Edging
- Pressure Control
- Rotary Movement
- Timing and Coordination

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VIEW FROM THE SUMMIT OF HYLAND



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HOW TO GET INVOLVED

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




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THANK YOU

Questions:
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Go Loons!



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