WEEKLY LIVE PROGRAMS!!!

We are beyond excited to offer LIVE programs again! It is our ultimate priority to provide a safe environment for all participants, coaches, volunteers and facilities. We take COVID-19 guidelines and safety procedures required by the state and local agencies very seriously, including our own and those expressed by the facilities we use. If at any time, the safety of those involved in a program might be compromised, the program will be cancelled perhaps with little to no notice.

ARCHERY (NEW!!!)

**Thursdays | 6:45-7:45** and 7:45-8:45 pm CT (Ages 8+)
**Foss Park Community Center, North Chicago**
March 11, 25 April 1, 8, 15, 22, 29
(Max. 5 participants per session)
Try out the fastest growing adaptive sport in the country! For seated and ambulatory.
Equipment available.
*Coach: Brent Harmon*

SLED HOCKEY

**Sundays | Time: 3/7 (5:45-6:45pm), 3/14 (8-9pm), 3/21-4/25 TBD**
**Hot Shots Ice Arena, Lake Bluff, IL**
March 7, 14, 21, 28 April 11, 18, 25
(Maximum 12 participants per session)
Due to COVID, players who need assistance on and off the ice will need a family member or friend to assist. Players who need pushers will need to provide their own pusher. GLASA provides all hockey gear (pads, jersey, socks, gloves, helmet, guards) and equipment (sled and sticks) needed to play.
*Coaches: Andy Burkhart, Mike Hurtado, Michael Reinhardt*

SWIM (COMPETITIVE)

**Sundays | 4:00 - 7:00 pm CT**
**Mundelein Community Center, Mundelein, IL**
March 7, 14, 21, 28 April 11, 18, 25
(Maximum 4 participants per hour)
This program is for swimmers who are able to swim at least 50 meters consecutively and can be COMPLETELY INDEPENDENT while in the water (no volunteer or coach needed to assist).
*Coach: Dave Dorak*

**YOUTH/TEEN WHEELCHAIR BASKETBALL**

**Sundays | 2:00 - 3:30 pm CT (ages 5-21)**
**Mundelein Community Center, Mundelein, IL**
March 7, 14, 21, 28 April 11, 18, 25
(Max. 12 participants per session)
Many players are ambulatory but have a primary physical disability such as cerebral palsy or spina bifida. These players use a sports chair to play sports, not on a daily basis. Sports chairs are available for use.
*Coaches: Justin South and Tom Daily*

**ADAPTIVE TENNIS**

**Saturdays | 2:00 - 4:00 pm CT**
**A.C. Nielsen Tennis Center, Winnetka, IL**
**Begins April 10th**
Instruction is provided for youth, teens and adults who are ambulatory or use a manual or power wheelchair.
*Coaches: Paul Moran and Mike Carrico*

**AIR RIFLES**

**Saturdays & Wednesdays | 11:00 - 1:00 pm CT**
**GLASA Office, Lake Forest, IL**
March 10, 20, 24 April 3, 7, 10, 21 (Max 3 participants)
This program is for ages 14+ from beginner to experienced. Equipment is available.
*Coach: Tom Daily*

Live Programs require a GLASA membership.
For more information, visit
[https://www.glasa.org/sports-programs/membership/](https://www.glasa.org/sports-programs/membership/)
Scholarships are available.

**Register Here:**
[https://tinyurl.com/GLASAEEvents](https://tinyurl.com/GLASAEEvents)
WEEKLY VIRTUAL PROGRAMS

2021 has finally arrived and we are rolling out more programs and events for the new year! Be sure to REGISTER to keep updated on events and programs as they are added.

GREAT things to come in 2021!!!

Recordings will be made available if you are unable to attend the live program.

CONDTIONING
Mondays | 5:00 - 6:00 pm CT
Full body workout for both ambulatory and seated athletes. Bands and hand weights recommended.
Coach: Dave Michael

ABS WORKOUT
Tuesdays & Thursdays | 11:30 am - 12:30 pm CT
Targeted for both the ambulatory and seated athlete, this fast paced workout targets both abs and upper body.
Coach: Julia Claire

UPPER BODY CONDITIONING
Wednesdays | 4:30 - 5:30 pm CT
Upper body conditioning for both ambulatory and seated athletes.
Coach: Julia Claire

VIRTUAL HOME WORKOUT
Tuesdays | 6:00 - 7:00 pm CT
One hour home workout including a number of virtual dryland movements.
Coach: Alyssa Gialamas

ADAPTIVE YOGA
Thursdays | 6:00 - 6:45 pm CT
For all abilities, this yoga class encourages participants to get on the floor to enjoy the full body benefits of yoga.
Coach: Areta Verschoor

ROLLER WORKOUTS
Tuesdays & Thursdays | 3:30 - 4:30 pm CT
Saturdays | 11:00 am to Noon CT
The roller workouts provide a variety of pushes to enhance speed, cardio and endurance.
Coaches: Amie Day & Cindy Housner

AMBULATORY TRACK WORKOUTS
Saturdays | 9:30 - 10:30 am CT
The ambulatory workout targets balance, strength and core combined with cardio.
Coaches: Dave Bogenschutz, Randy Housner and Cindy Housner

Register Here:
https://tinyurl.com/GLASAEvents

*Then look for weekly calendar updates in your mailbox*

Great Lakes Adaptive Sports Association (GLASA) 27864 Irma Lee Circle, 101 Lake Forest, IL 60045
www.glasa.org  847-283-0908  info@glasa.org
WHAT'S UP? WEDNESDAYS

Wednesdays | 7:00 - 8:00 pm CT

Join GLASA and friends virtually to learn about unique topics on adaptive sports, health and wellness.

February 10th | Backbones
Speaker: Reveca Torres, Founder and CEO

Reveca Torres was paralyzed in a car accident as a teenager. After completing degrees in Fashion Design and Theatre Arts, Reveca worked as a costume designer and simultaneously with organizations doing disability work in health, advocacy, recreation, and peer support. She started a nonprofit called BACKBONES after realizing that years of interaction and friendship with others living with spinal injuries (SCI) made a significant impact in her own life. Reveca wanted to ensure that others, especially those newly injured, had access to resources, information, and the same type of support she has had. She is co-director of ReelAbilities Film Festival Chicago and has curated touring photography and art exhibitions that showcase work of people with disabilities and bring awareness to disability rights.

February 17th | H2O Adaptive Sports
Speaker: Susan Richey, OT Founder and Director of H2O Adaptive Sports

Based in Southern Wisconsin and serving the greater Midwest, H2O Adaptive Sports offers water ski instruction using various adaptive ski equipment to meet the skier’s various ability levels and interests. New this season: H2O is now offering downhill skiing and snowboarding.

March 10th | USA Pickleball
Speaker: 

Pickleball is a rapidly growing sport that combines elements of tennis, badminton and ping pong. It can be played indoors or outdoors on a badminton-sized court with a slightly modified tennis net. This fun game is for people of all abilities, singles or doubles.

March 24th | National Parks Services and Accessibility for Visitors With Disabilities
Speaker: Quinn Brett, Program Analyst-Wilderness, Outdoor Recreation & Accessibility

The National Park Service is committed to ensuring that people with disabilities have equal opportunity to benefit facilities, programs, services, and activities whether they are indoors or outdoors. Discover accessible features in parks and learn more about what is being done to provide accessibility across the National Park System.

Register Here: [https://tinyurl.com/GLASAEvents](https://tinyurl.com/GLASAEvents)

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Meet GLASA Coaches and Instructors

Dave Bogenschutz - Coach Dave has been GLASA’s Head Track and Field coach for over 11 years. He is a USATF Level 1 Coach, holds a Level 1 Paralympic Track & Field certification and has International coaching experience. He was named the 2016 Volunteer Coach of the Year by US Paralympic Track and Field.

Andy Burkhardt - Andy is a Level 4 USA Hockey certified coach. He’s been coaching for 10+ years at the able-body youth club, travel and high school levels as well as disabled sled youth and adult competitive levels. In addition to his coaching experience Andy has served as club vice president, registrar and manager levels for youth and high school organizations. Andy began his hockey experience at the age of 5 and continues playing men’s league hockey today. Coach Andy has coached the GLASA Falcons youth and adult teams.

Mike Carrico - Mike has 45 years of tennis and paddle teaching experience and has been with GLASA from its inception. Mike is USPTA and PPTA certified and a former tournament/men’s league competitor in both sports. He has been the clubs on the North Shore since 1990 and is currently the Director of Racquet Sports at the Birchwood Club.

Julia Clare - Julia holds a PhD in Physical Therapy and is a certified personal trainer, group and fitness instructor.

Tom Daily - Tom has served GLASA as a coach and program director since 2007. He is responsible for facilitating awareness school presentations and he also maintains GLASA’s extensive inventory of adaptive equipment. In addition to his professional skills, Tom also plays wheelchair basketball and sled hockey.

Amie Day - GLASA’s wheelchair track coach and 2000 Wheelchair Track Paralympian, Amie is a Level 1 USATF coach and holds a United States Paralympic Track and Field certification.

Dave Dorak - Head age group coach for Rocket Aquatics in Menomonee Falls, WI. Coached swimmers at Paralympic Nationals, CanAm Games and is STSC Certified. Dave is new to GLASA and will be coaching the more advanced swimming program.

Alyssa Giammas - Alyssa began her swim journey with swim lessons at GLASA and went on to compete in the 2012 London and 2016 Rio Paralympics. She is a graduate of Loyola University of Maryland and is a certified Adaptive and Inclusive Trainer.

Cindy Housner - Cindy is the Executive Director and founder of GLASA. She holds a Level 1 Paralympic Track & Field and a USATF Level 1 certification. Cindy has extensive experience on both national and international levels.

Randy Housner - Randy is a USATF Level 1 Coach and has a Level 1 Paralympic Track & Field certification. He has been coaching Team GLASA for many years.

Michael Hurtado - Mike is a Level 1 USA Hockey certified coach and has been coaching and assisting the GLASA Falcons since 2016. He has been playing and coaching hockey for the last 33 years and has coached and assisted our team in various ways (MVP - Most Valuable Pusher) over the last 4 seasons. Coach Mike has coached the GLASA Falcons youth team.

Dave Michael - Dave is a National Exercise Sport Trainer with certifications in biomechanics, functional movement, core conditioning, CrossFit, and is a certified inclusive trainer. He is also a GLASA athlete who plays sled hockey and competes in field events.

Paul Moran - Paul is a five-time Paralympian (four times in sitting volleyball and a singles and doubles competitor in wheelchair tennis at the 2008 Games in Beijing). He is a long-time instructor at the A.C. Nielsen Tennis Center in Winnetka and coach with the GLASA Adaptive Tennis program.

Michael Reinhart - Michael is a Level 2 USA Hockey certified coach and has been coaching the GLASA Falcons since 2014. He started playing hockey when he was 5 years old and has played with various teams, and leagues since. He has also coached his son’s hockey teams with the Falcons and The Winter Club. Coach Michael has coached both the GLASA Falcons youth and adults teams.

Adam Rosuck - Adam is a Level 1 USA Hockey certified coach and has been coaching the GLASA Falcons since 2015. He started playing when he was 7 years old and played competitively through high school. He’s also coached both his children’s house league teams. Coach Adam has coached the GLASA Falcons youth team.

Justin South - Justin has been playing wheelchair basketball since 1983 and has gone to the final four 7 times, with 4 different teams. He was a member of the Junior National Team (1997) and National Champions with the University of Wisconsin-Whitewater in 2003 and 2004. Coach South has been coaching since 1996 and has coached several teams and camps since. Coach South has been coaching GLASA’s prep and varsity wheelchair basketball teams since 2018.

Micaela Venus - Micaela is the Program Director and Volunteer Coordinator at GLASA. She has experience coaching swimming and has been involved in Sled Hockey, Swimming, Wheelchair Football and Yoga. Over the last year she has been on the committee assisting with the creation of the USA Wheelchair Football League and manages GLASA’s Team.

Areta Verschoor - Areta has years of teaching adaptive yoga with certifications in Adaptive Yoga for Disabilities, Trauma & Loss, Eating Disorder Recovery, Body Alignment and Injury Recovery. She is also certified in Vinyasa Flow, Gentle Yoga, Sports Yoga, Teen/Tween Yoga and Mindfulness Meditation. Areta is a parent of a GLASA athlete.