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[www.grwsa.com](http://www.grwsa.com)



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Providing recreational and competitive  
sports opportunities for youth and adults  
with physical disabilities

# Providing recreational and competitive sports opportunities for youth and adults with physical disabilities

## Sporting Abilities

Whether leisurely cycling Kent Trails, breaking a sweat on the courts or traveling the country as a competitive athlete, the Grand Rapids Wheelchair Sports Association (GRWSA) offers a welcoming door to the world of adaptive sports.

Since 1980, the GRWSA has provided a fun, healthy forum for hundreds of youths and adults with physical disabilities who are interested in playing recreational and competitive sports.

From wheelchair basketball to wheelchair racing and tennis, the GRWSA offers a wide variety of pursuits to satisfy just about any level of interest or challenge. This includes coaching and mentoring the novice and newly injured sports enthusiasts to aspiring collegiate-level players and Paralympians. Best of all, there are minimal costs to participate.

*Wheelchair basketball has created many “once-in-a-lifetime” experiences for me, including representing the U.S.A. at the Junior Wheelchair Basketball World Games in Australia. These opportunities have not only made me a better athlete, but also a better person.*  
- Chris Kommer, 20, Byron Center



## Youth Sports Camp

Each summer, the GRWSA hosts a Jr. Wheelchair Sports Camp at which youths ages 6 through 18 sample an exciting variety of adaptive sports during a complimentary, week-long program.

More than one dozen sports are offered, including rock climbing, rugby, golf and T-ball, allowing youths to develop new skills and foster feelings of accomplishment within an encouraging, motivating environment. No camp experience would be complete, however, without wacky hair days, spirit days and a teen dance - all opportunities for young people to foster friendships and positive interactions.

*Camp is the highlight of my summer; I never knew there were so many sports you could do from a wheelchair.*  
- Jillian Host, 13, Marne



## Raising the Bar

GRWSA is continually enhancing its programs, adding new sports and other activities to meet the changing needs and interests of its members.

For instance, the GRWSA recently formed the first United States Tennis Association-sanctioned One up/One down tennis league of its kind in the country. One up/One down tennis pairs able-bodied players with wheelchair players to form a doubles team. This unique pairing allows families, spouses and friends to forge recreational and competitive interests together.

*One up/One down Tennis is an activity my wife and I can do together. It brings us closer and it's something we can do as a family.*  
- David Briggs, 37, Grand Rapids

## Community Support

The GRWSA's efforts are only limited by its budget; our members greatly appreciate the support of scores of individuals and businesses from throughout our community. To learn more about how you can support our growth, please contact us at (616) 242-0351 or log onto [www.grwsa.com](http://www.grwsa.com).