



The 50th anniversary celebration for Disabled Sports USA (DSUSA) officially comes to a close in December. This past year has provided an opportunity to acknowledge all the wonderful work that has taken place by our chapters and partners over five decades.

It has also provided us with an opportunity to reflect on the advances made in the adaptive sports industry. The growth and development of Disabled Sports USA mirrors the developments of the adaptive sports field in general. From the one sport of skiing, DSUSA has grown to offer over 50 different sports for recreational and competitive pursuits. From one disability (amputees) to every disability affecting mobility, including amputations and other orthopedic, spinal cord, neuromuscular and visual impairments, along with traumatic brain injury and developmental disabilities. From one founding chapter in California to 125 chapters in 40 States and the District of Columbia. From a budget of just \$25,000 in 1982, DSUSA and its chapter network combined raised and spent over \$100 million in 2016!

Equally as important as the growth in the number of adaptive sports is the growth and development in the technology used. I often say that the first prosthetic leg I used after losing my left leg in Vietnam was not much different than what they used during the Civil War. Now, it is amazing to see the advances in the prosthetics used for the various sports, including winter sports like snowboarding.

Snowboarding is one of the newer adaptive sports, particularly on the Paralympic level. Daniel Gale, co-founder and executive director of Adaptive Action Sports (a Disabled Sports USA chapter), along with Brian Castillo from the National Ability Center (another DSUSA chapter) and Paralympic Silver Medalist Mike Shea, share their insights on getting started in snowboarding or taking it to the next level (pages 10-12).

Paralympic hopeful Nicole Roundy, who was the first above-knee amputee, male or female, to compete in adaptive snowboarding, talks about the recent advances in both the technology and the sport of snowboarding on page 18.

Whatever adaptive sport interests you, yoga will help you improve flexibility, balance, and strength as well as reduce pain, fatigue, and tension. You can learn more about adaptive yoga (pages 16-17) and then give it a try yourself.

One of the highlights in the adaptive sports movement is the Paralympic Games. As we look to the months ahead, the 2018 Winter Games will be held in PyeongChang, South Korea, from March 9-18. One of the athletes aiming to compete for Team USA is Marine Corps Veteran Josh Elliott (pages 13-14). We will be rooting for him and all our athletes as they go for gold. Maybe one day we will also be cheering on Tyler Stern (page 19), a Disabled Sports USA E-Team member.

As we move into the winter months, there are plenty of adaptive sports opportunities across the country. Be sure to find the DSUSA chapter nearest you (pages 20-21) and read about the wonderful array of activities they offer (pages 22-35).

I hope to see you on the slopes!

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