NATIONAL ADAPTIVE SPORTS CONFERENCE

November 12-15, 2015
The 2015 National Adaptive Sports Conference will be held in St. Charles, MO from Thursday November 12th to Sunday November 15th at the Embassy Suites Hotel and Spa, just 10 miles west of the St. Louis Lambert International Airport. This national training, education and networking opportunity is open to all professionals and students involved in or who want to learn more about adaptive sports. The event will conclude with the National Delegate Assembly to elect officers to the Wheelchair and Ambulatory Sports, USA (WASUSA) Board of Directors.

This inaugural event promises to be beneficial to all involved in fitness and sport for individuals with physical disabilities and visual impairments. A concurrent program will be offered through the National Center on Health, Physical Activity and Disability (NCHPAD). Sport breakout sessions in Archery, with opportunity to acquire Level 1 coaches certification, Powerlifting and Swimming will be offered by Team USA coaches and WASUSA Sport Technical Representatives. Additional education and training in equipment repair (Eagle Sport Chairs and Creative Mobility), Sport Nutrition (USOC), Social Media (past WASUSA Marketing chair), and Sport Psychology (Lindenwood University) will be offered as well as an athlete demonstration engaging in High Intensity Training (HIT).

About the host…

Disabled Athlete Sport Association (DASA) was founded in 1997. DASA has an outstanding rapport with the local community and a strong national reputation for quality year round adaptive sport programming and special events. Since 1997, DASA focuses on improving the fitness, health and level of independence for participants with physical disabilities and visual impairments. The organization is a chapter/member of WASUSA, is affiliated with U.S. Paralympics as a Paralympic Sport Club and is a local chapter Disabled Sports USA. DASA conducts recreational and competitive year- round programming for individuals with disabilities ages 3 through adulthood, including disabled veterans and disabled members of the armed forces. Sport offered through DASA include archery, cycling, fencing, golf, martial arts, power soccer, rock climbing, scuba diving, sled hockey, swimming, tennis, and track and field. In addition to annual summer camps, DASA has hosted several national events to include the Team USA Sled Hockey Training Camps in 2013 and 2014, the National Jr. Disability Sports Championship in 2009 and annual sled hockey tournament, power soccer tournaments, and a multi-sport competition called the Gateway Games. Visit DASA at www.dasasports.org to learn more.

DASA is proud to be partnering with WASUSA and NCHPAD and we welcome professionals from across the country to join us for an interactive educational opportunity. Welcome to the inaugural National Adaptive Sports Conference!!
Wheelchair and Ambulatory Sports, USA (WASUSA) is a 501c3 nonprofit adaptive sports organization. Since 1956, WASUSA has been a national leader in promoting active healthy lifestyles through recreational and competitive sport for individuals with disabilities. The mission of WASUSA is to provide multi-sport and recreation opportunities for individuals with a disability by facilitating, advocating, and developing a national community-based outreach program, providing resources and education, conducting regional and national competitions, and providing access to international competitions.

Wheelchair and Ambulatory Sports, USA believes strongly in collaboration on a local, national and international level. Locally, the organization has a chapter network of 37 sport organizations in 23 states providing ongoing adaptive sport programs, events and annual competitions as well as over 400 individual members. Nationally, WASUSA is recognized by the United States Olympic Committee as a Multi-Sport Organization and partners with the USOC to develop national interest in sport. Internationally, as the sole U.S. member organization of the International Wheelchair and Amputee Sport Federation, a multi-sport governing body (IF) and founding member of the International Paralympic Committee, eligible athletes have access to international competition through WASUSA.

The organization focuses on the sports of archery, athletics, powerlifting, shooting, swimming and table tennis. An infrastructure is in place to support each sport through a national Sport Technical Committee representative as well as a regional representative per sport covering the eastern, central and western states. WASUSA has significant experience managing large-scale adaptive sport programs and events such as the National Jr. Disability Sports Championship, the largest annual multi-sport event for juniors in the United States. In 2015, WASUSA sanctioned 24 regional multisport events in 18 states and offered expertise in sport and athlete development as well as insurance and outreach support to community partners. WASUSA is honored to work alongside Disabled Athlete Sports Association to host the 2015 National Adaptive Sport Conference in St. Louis, MO.

The WASUSA National Delegate Assembly (NDA) is held annually. The 2015 NDA will occur on Sunday, November 15th at the conclusion of the National Adaptive Sports Conference to be held in St. Louis, MO. The following WASUSA official business will occur at the NDA:

1. Election of the following Officer(s) to serve on the Executive Committee of the WASUSA Board of Directors: Treasurer; Marketing representative.
2. Confirmation of the following members to serve on the WASUSA Board of Directors: Sport Technical Committee representative, Eastern Regional Point Organization representative, and Junior Committee representative;
3. Review of the reports of the Board of Directors, staff and committees;
4. Action on all matters related to the membership of WASUSA in accordance with provisions of its Constitution and Bylaws; and,
5. Action on all proposals to amend the WASUSA Constitution of Bylaws, if needed

Who may attend?

The NDA is open to all current members and those interested in WASUSA; however, only delegates, as defined below, may vote on official WASUSA business. WASUSA encourages attendance and participation from a minimum of one delegate from each member organization to ensure a diverse voice. The number of delegates per voting body will be figured following the completion of the National Junior Disability Championships™ and additional information will be provided this fall.

Delegates = Representatives from each member organization of WASUSA such as recognized National Governing Bodies, Regional Point Organizations, WASUSA committees as well as Officers and members of the Board of Directors.

Please note:

Current WASUSA initiatives and items to note such as signature event updates, brand development and member processes will be discussed with general attendees at the conference on Saturday, November 14th.
Building Healthy Inclusive Communities

Founded in 1999, the National Center on Health, Physical Activity and Disability (NCHPAD) is a public health practice and resource center on health promotion for people with disability. NCHPAD seeks to help people with disability and other chronic health conditions achieve health benefits through increased participation in all types of physical and social activities, including fitness and aquatic activities, recreational and sports programs, adaptive equipment usage, and more. NCHPAD actively works to create healthy equity for people with disability by providing individualized information, referral and consultation services to people with disability, families, caregivers, policymakers, community members, health care practitioners and public health professionals through an expansive array of web-based materials and health communication endeavors. Additionally, NCHPAD conducts national training initiatives that educate disability and non-disability service providers in community health inclusion. NCHPAD is creating local level sustainability and inclusion through Inclusive Health Coalitions across the United States that promote community and individual behavior change focusing on leadership and planning strategies which support community health inclusion.

NCHPAD is the premier resource for information on physical activity, health promotion, and disability, serving persons with physical, sensory and cognitive disability across the lifespan.

NCHPAD’s features a variety of resources and services which can benefit all ages and populations and can be found online at www.nchpad.org.
NCHPAD presents the Inclusive Fitness Trainer

What is it?

Increase your competitive edge and stand out among your peers with the Inclusive Fitness Training. This training will not only prepare you to sit for the American College of Sports Medicine Certified Inclusive Fitness Trainer certification but it will also equip you with the unique capability to assess, develop, and implement an individualized exercise program for persons with a physical, sensory or cognitive disability.

What will I learn?

In addition to general knowledge of exercise physiology, exercise testing and programming you will also gain knowledge of:

- Inclusive Facility design
- Awareness of social inclusion for people with disabilities
- American’s with Disabilities Act (ADA)
- Safe and effective methods and recommendations of exercise
- Appropriate adaptations to exercise
- Precautions and contraindications to exercise related to disability
- Motivational techniques and appropriate instruction for individuals with disabilities to begin and continue healthy lifestyles.

Attendees will receive 10 ACSM CEU’s for this training.
2015 National Adaptive Sport Conference Sponsors

Signature Sponsor

![Disabled Sports USA Logo](image)

Paralympic Sponsor

![Hanger Logo](image)

Conference Sponsor

![RehabCare Logo](image)
### Thursday, November 12th, 2015

**5:30pm - 7:30pm**
Welcome: Weekend Agenda, Sponsors, Happy Hour Reception

### Friday, November 13th, 2015

**6:00am - 9:00am**
Breakfast at Huddle Grille: Leadership Speaker

<table>
<thead>
<tr>
<th>Session I</th>
<th>Breakout A</th>
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<td>ADAPTIVE ARCHERY &amp; LEVEL 1 COACHES CERTIFICATION</td>
<td>COACHING PARA POWERLIFTING</td>
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<td>Glen O’Sullivan Team USA Coach &amp; WASUSA STC Representative Off site: St Peters Rec Plex</td>
<td>MJ Rogers Team USA Coach Tim Baumgarten WASUSA STC Representative Off site: St Louis Bow Hunters Club</td>
<td>Dr. Dave Parish Team USA Coach Melissa Brossette WASUSA STC Representative</td>
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**9:00am - 12:00pm**

**INSTRUCTIONAL SWIMMING TECHNIQUES & ADAPTIVE MODIFICATIONS FOR THOSE WITH DISABILITIES**
Glen O’Sullivan
Team USA Coach & WASUSA STC Representative
Off site: St Peters Rec Plex

**ADAPTIVE ARCHERY & LEVEL 1 COACHES CERTIFICATION**
MJ Rogers
Team USA Coach
Tim Baumgarten
WASUSA STC Representative
Off site: St Louis Bow Hunters Club

**COACHING PARA POWERLIFTING**
Dr. Dave Parish
Team USA Coach
Melissa Brossette
WASUSA STC Representative

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<tr>
<th>12:00 noon - 1:00pm</th>
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<td>Lunch (Atrium)</td>
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**1:00pm - 2:00pm**

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**ADAPTIVE SPORT EQUIPMENT 101**
Barry Ewing
Eagles Sports Chairs
Hal Honeyman
Creative Mobility

**PSYCHOLOGICAL SKILLS TRAINING FOR ATHLETES**
Dr. Paul Wright
Sport Psychologist, CTRS

**PERFORMANCE NUTRITION FOR THE PARALYMPIC ATHLETE**
Jacque Scaramella
USOC Sports Dietician

**NCHPAD**
COMMON TERMS
**If completing NCHPAD route, all NCHPAD sessions must be attended!!**

**2:00pm - 3:00pm**

<table>
<thead>
<tr>
<th>Session III</th>
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**ADAPTIVE SPORT EQUIPMENT 101**
Barry Ewing
Eagles Sports Chairs
Hal Honeyman
Creative Mobility

**PSYCHOLOGICAL SKILLS TRAINING FOR ATHLETES**
Dr. Paul Wright
Sport Psychologist, CTRS

**PERFORMANCE NUTRITION FOR THE PARALYMPIC ATHLETE**
Jacque Scaramella
USOC Sports Dietician

**NCHPAD**
DISABILITY AWARENESS & FACILITY DESIGN

**3:00pm - 4:30pm**

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<th>Session IV</th>
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<td>WASUSA JR. COMMITTEE</td>
<td>ORTHOTICS &amp; PROSTHETICS FOR ADAPTIVE SPORT</td>
<td>A GUY IN A WHEELCHAIR &amp; A GUY WITH A PROSTHETIC LEG walk/roll into the competition venue… How do they compete fairly?</td>
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**ORTHOTICS & PROSTHETICS FOR ADAPTIVE SPORT**
WASUSA JR. COMMITTEE

**A GUY IN A WHEELCHAIR & A GUY WITH A PROSTHETIC LEG walk/roll into the competition venue… How do they compete fairly?**

**NCHPAD**
DISABILITY AWARENESS & FACILITY DESIGN
## Friday, November 13th, 2015

### 4:30pm - 6:00pm

**Networking and break out meetings on your own. Meeting rooms available upon request. Host hotel offers complementary appetizers and beverages.**

### 6:00pm - 9:00pm

**Saturday, November 14th, 2015**

### 7:00am - 9:00am

**Breakfast at Huddle Grille:** *Leadership Speaker: Cindy Housner, CTRS, ED of GLASA*

**ATHLETICS FOR ALL ADAPTED SPORTS FOR STUDENTS; Signature Sponsor DSUSA**

### 9:00am - 12:00pm

**Session I**

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**Lunch (Atrium)**

### 12:00 noon - 1:00pm

**Session II**

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<td>NCHPAD FITNESS PROGRAMMING</td>
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### 2:00pm - 3:00pm

**Session III**

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<tr>
<th>Breakout A</th>
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<tr>
<td>GENERAL SESSION&lt;br&gt;What is WASUSA and how can I get involved?&lt;br&gt;Informative session on WASUSA mission and direction.&lt;br&gt;All are encouraged to attend!</td>
<td>NCHPAD FITNESS ASSESSMENTS</td>
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## Saturday, November 14th, 2015

### Session IV

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### Session V

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<tr>
<td>HIGH INTENSITY</td>
<td>SOCIAL MEDIA 101</td>
<td>A GUY IN A WHEELCHAIR &amp; A GUY</td>
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<tr>
<td>TRAINING CENTER:</td>
<td>Dr. Darlene Hunter</td>
<td>WITH A PROSTHETIC LEG walk/roll into</td>
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<td>Learn how to adapt</td>
<td>Certificate Social Media</td>
<td>the competition venue…</td>
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<td>and modify strength</td>
<td>Marketing</td>
<td>How do they compete fairly?</td>
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<td>program to fit the needs of</td>
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<td>athletes with disabilities</td>
<td>Off Site: Lindenwood</td>
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<td>NCHPAD</td>
<td>University Sports Science Center</td>
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### Session VI

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<td>MEET MANAGEMENT</td>
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**Networking and break out meetings on your own. Meeting rooms available upon request. Host hotel offers complementary appetizers and beverages.**

### Session VII

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<tr>
<td>SOCIAL MEDIA 101</td>
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<td>Certificate Social Media</td>
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## Sunday, November 15th, 2015

### 8:00am - 9:00am

Breakfast at Huddle Grille:

### Session VI

<table>
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<tbody>
<tr>
<td>WASUSA National Delegate Assembly</td>
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<td>GENERAL SESSION: Voting</td>
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<td>– All are encouraged to attend</td>
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### 9:00am - 10:30am

NCHPAD DISABILITY SPECIFICS
Continue Education Units (CEU) Opportunity:

A “Certificate of Attendance” will be offered to all attendees wanting CEU’s. The University of Central Oklahoma (UCO), a Higher Learning Commissions (HLC) accredited institution, following the International Association for Continuing Education & Training (IACET) Standards will be issuing these certificates. Although these CEU’s are not pre-approved, The National Adaptive Sports Conference Committee has carefully followed all of UCO’s Continuing Education Guidelines in order to make this option credible. It is up to the attendee to keep all conference material as supportive documentation. Sign up for CEUs during the registration process.

(Note: NCTRC does not offer pre-approved CEU’s. NCTRC suggested following the IACET continuing education guidelines, and CEU’s would be credible. These guidelines are what UCO follows as a HLC accredited institution, as noted above.)
Athletics for All Adapted Sports for Students

Cindy Housner is the Founder and Executive Director of Great Lakes Adaptive Sports Association (GLASA). Cindy’s credentials include: Track Coach for TEAM GLASA; Assistant Team Leader 2015 International Wheelchair and Amputee Sports Foundation; World Junior Games, Team USA, Past Board Member of Wheelchair and Ambulatory Sports, USA; Games Director of the 2010 National Junior Disability Championships; Games Director for the Great Lakes Regional Games and Adult National Open 2006-present; Member of the Athletics for All National Task Force; USA Athletic Team Manager for Seoul Paralympic Games. Jan Elix Legacy Award Winner and Governor’s Path Award.

Cindy earned her Bachelor of Science in Therapeutic Recreation Adaptive PE from UW La Crosse and a Master of Science in Education from UW Milwaukee.

Description: To engage and empower community base organizations to work with their local school districts to inform and provide the tools and guidelines by which coaches, athletic directors and school administrators can include students with disabilities in interscholastic sports.

Instructional Methods:
• Introduction: 5 minutes
• Power Point: 30 Minutes
• Sharing of Resources and Case Studies: 10 Minutes
• Questions and Answers: 10 Minutes

Learning Objectives:
Upon completion of this session, the participant will:

1) Be able to utilize the 3 sport models in their communities for increased inclusion of students to include:
   - Integrated (mainstream/inclusive): Students with disabilities participate alongside students without disabilities.
     • Track and Field
     • Swimming
     • Tennis
     • Alpine Skiing
   - Adapted: Disability Specific sports
     • Wheelchair basketball
     • Sitting Volleyball
     • Boccia
     • Goalball
   - Unified/Modified: Sports designed for individuals with intellectual disabilities
     • Special Olympic Unified Sport Program

2) Be able to work with their local school districts and state high school athletic associations to provide best practices, technical assistance, recruitment of students, coaching assistance, equipment, and identification of students.
3) Utilize a network of adaptive sports organizations, training resources and tools for specific sports as examples of how community based organizations can reach out and partner with their schools for increased participation of students with disabilities.
4) Utilize sports guidelines for inclusion of students in their schools for various adaptive sports to include track and field, wheelchair basketball, sitting volleyball, boccia, and goalball, alpine skiing, swimming and tennis.
5) Better work with schools to assist in the inclusion of students participating in school sports by understanding the challenges schools may face in providing these equal sports opportunities.
6) Understand the new roles community based organizations can play in working with the schools for stronger support and collaboration with the ultimate goal of increased numbers of students with disabilities participating in school athletics.
Social Media Marketing 101

Darlene Hunter holds a certificate in Social Media Marketing from Hootsuite, and is currently responsible for the social marketing of the 5 non-profit organizations at which she resides on the board of directors.

Darlene is an experienced athlete having competed in Track & Field with Wheelchair & Ambulatory Sports USA, and is a current member of the National Wheelchair Basketball Team.

Education:
Ph.D. Family Studies; Texas Woman’s University
Master’s in Social Work (LMSW); University of Texas-Arlington
B.A. Psychology – University of Arizona

Instructional Method: Discussion
• Introduction – 5 mins
• Presentation – 40 mins
• Q & A – 10 mins

Description: In this session, you will learn how to successfully promote your organization, events, and fundraising efforts through social media marketing campaigns.

Learning Objectives:
1) Understanding the Importance of Social Media and Digital Marketing Today
2) Learning the Basic Functions of Facebook and Twitter as Marketing Tools
3) Creating Valuable and Relevant Content through Blogging
4) Utilizing Hootsuite and Google AdWords to Maximize Efficiency
5) How to Build a Strategic Social Media Marketing Plan
6) Using Your Strategic Plan to Effectively Engage Your Audience
Dr. David Parish, DC, MS, CSCS, DACBSP, ICCSP, has extensive experience in chiropractic sports injury care and rehabilitation including work as a team physician with professional, college and high school sports teams. He served as one of the Team USA physicians at the ParaPan American Games in Guadalajara, Mexico in 2011 and the Paralympics in London in 2012. He holds a Diplomate from the American Board of Chiropractic Sports Physicians (ABCSP) and is a Certified Chiropractic Sports Physician (CCSP) and Certified Strength and Conditioning Specialist (CSCS). David also holds the International Chiropractic Sports Science Diploma (ICSSD) from the International Federation of Sports Chiropractic (FICS) as well as a Level 1 Sports Performance Coach from USA Weightlifting. David is an assistant coach for Team USA Parapowerlifting and serves as the teams medical staff as well. Dr. Parish graduated with his Doctor of Chiropractic degree from National in 1984. Melissa Brossette, WASUSA National STC Representative will be a resource during the presentation as well.

**Description:** A hands on approach to basic coaching principles in parapowerlifting.

**Instructional Method:**
- Intro: 10 mins.
- Power point Lecture: 60 min–Coaching Process
- Q&A: 20 mins.

**Learning Objectives:**
*Upon completion of this session, the participant will:*

1) Recognize potential parapowerlifting athletes.
2) Understand the basic rules of the sport of parapowerlifting.
3) Understand the basic principles of coaching the sport of parapowerlifting.
4) Understand basic competition progression in the sport of parapowerlifting.
5) Understand the mechanics of the sport of parapowerlifting.
Jacque Scaramella is a Sports Dietitian and consults for the United States Olympic Committee. She currently works with a variety of Paralympic teams including USA Sitting Volleyball, USA Para Powerlifting, USA Para Soccer, and USA Para Archery. She also helps support Olympic Team Sports such as USA Volleyball, USA Beach Volleyball, USA Women’s Water Polo, and USA Men’s Field Hockey. Jacque is a Level 1 ISAK Anthropometrist and a Certified Personal Trainer, which allows her to accurately assess body composition and apply principles of exercise physiology within her nutrition services. She has lectured at California State University, Long Beach (CSULB) on Nutrition for Exercise and Performance. Jacque has spent time working with active duty Marines in San Diego at Marine Corp Air Station Miramar. Additionally, she has worked with and supported collegiate athletes in a range of sports at the University of California, Los Angeles (UCLA) and the University of Southern California (USC). While working at a STACK Velocity Sports Performance training facility, Jacque supported NFL Combine athletes, elite level Jiu Jitsu fighters, and professional lacrosse players.

**Description:** This presentation will focus on how to properly fuel and recover athletes surrounding training and competition (including multi-event days) to help optimize performance. It will also address supplementation and how to assess hydration status, including proper hydration strategies to improve performance and prevent injuries.

**Instructional Method:** PowerPoint presentation

- Introduction 5 mins
- Presentation 40 mins
- Q&A 10 mins

**Learning Objectives:**

1) Coaches and athlete support staff will be able to identify the importance of proper fueling and strategies to help their athletes fuel their training sessions and competitions adequately.

2) Coaches and athlete support staff will be able to understand the difference in carbohydrate requirements surrounding different training loads.

3) Coaches and athlete support staff will be able to understand the different nutrition-related components of athlete recovery post-training or competition.

4) Coaches and athlete support staff will be able to identify common nutrition challenges with Paralympic track and field athletes.

5) Coaches and athlete support staff will be able to identify key fluid issues for these athletes and strategies to help assess and promote proper hydration to improve performance and prevent injuries.

6) Coaches and athlete support staff will be able to understand the risks associated with the use of dietary supplements and ergogenic aids and how to help mitigate those risks.
Adaptive Archery

M.J. Rogers is an experienced coach that has led world-class athletes through numerous international competitions, including the Paralympic and Olympic Games. Most recently M.J. has held the staff coaching position for Para Pan/Am Championships, Rosario Argentina and Paralympic WRE Czech Republic- 2014. He holds a US Archery Level 4 NTS Coaches Certificate and is a National Field Archery Master Coach. His professional career has included developing and coordinating archery training programs and tournaments for athletes of many different abilities. Tim Baumgarten, WASUSA National STC Representative will be a resource during the presentation as well.

**Description:** In this session, you will learn the fundamentals of archery as an inclusive sport through hands-on shooting experience with adaptive equipment. Training is presented to non-archers and archers alike.

**Instructional Method:** Discussion and Hands-on Shooting Experience with Adaptive Appliances

- 1 x 3 hour sessions of hands on adaptive archery instruction

**Or**

- 2 x 3 hr consecutive session for Level 1 Archery Coaches Certification

**Learning Objectives:**

1) Level 1 Adaptive Archery Coaching Certification

2) Building a Safe, Patient, and Creative Training Environment

3) Understanding an Athlete’s Range of Mobility and Abilities

4) Shooting Recurve and Compound Bows

5) Utilizing Adaptive Equipment to Provide the Best Path to Success
Instructional Swimming Techniques and Adaptive Modifications for those with Disabilities

Glen O’Sullivan has been involved with adaptive sports for 18 years, working with Great Lakes Adaptive Sports Association in the greater Chicago area. He sits on the Board of Directors of Wheelchair Ambulatory Sports USA representing swimming. Glen has coached swimming at 4 World Junior Championships. Glen works as a US Paralympic Team Swim Coach, US Paralympic Technical Swim Classifier and High School Swim Coach in Zion, IL. He is also an American Red Cross Water Safety and Lifeguard Instructor Trainer

Description: This hands on presentation will assist coaches and athletes in designing and implementing competitive work out plans for swimmers with various physical disabilities. Participants will learn the differences in physical disabilities and how they might affect a person’s swim stroke and training techniques, and how those different disabilities are functionally classified to assure more equal competition.

Instructional Method: Presentation and Discussion, hand outs in the classroom. Hands on in the pool.

• Introduction: 10 minutes
• Presentation: on land 45 minutes
• Presentation: at pool side with athletes with disabilities, 45 minutes
• Q&A: 10 min

Learning Objectives:

1) Coaches and athletes will understand effects of different disabilities on Swim strokes. What strokes a particular disability might be most successful at.

2) Coaches and athletes will understand and be able to design a work out plan for an athlete with decreased coordination and strength in Upper and Lower extremities, an athlete with lower extremity paralysis, and athlete with vision loss.

3) Coaches and athletes will learn when and how to use adaptive equipment to more efficiently train the athletes in swimming.

4) Coaches will gain general knowledge of IPC Classification and Exception Codes
Psychological Skills Training for Athletes

Dr. Paul Wright is a Professional Counselor, Sport Psychologist, CTRS, and faculty member at Lindenwood University. He has an MS degree in Therapeutic Recreation from Clemson University and a Ph.D. in Educational Psychology from the University of Utah. From 2010 until 2013 he served as the National Team and Olympic Coach for Hong Kong China in Track and Field. During this time he lived in China and worked with both world class able-bodied and Paralympic athletes. During his professional career he has worked extensively with athletes in the Special Olympics program, Paralympic program, and adaptive sports camps. Dr. Wright is a regular speaker at National and International conferences and continues to train elite athletes in Track and Field. In addition, to coaching Dr. Wright works with elite individual and team sport athletes on the mental approach to performance.

Description: Psychological Skills Training is a vital part of any training program for athletes. Research supports that athletes who use mental skills training are more successful than athletes who rely solely on physical aspects of their sport. A variety of simple techniques will be introduced to participants in the session including: Goal-setting, relaxation, mindfulness, visualization, motivation, self-confidence, distraction control, and positive self-talk.

Instructional Method: Combination of lecture, video, discussion, and hands-on.
- Introduction – 5 minutes
- Presentation PST Training – 30 minutes
- Hands-On Techniques & Resources – 30 minutes
- Questions & Answers – 10 minutes

Learning Objectives:
1) Participants will learn the basics of eight (8) areas of psychological skills training
2) Participants will experience a minimum of four (4) PST techniques
3) Participants will be able to develop a personal PST program based upon clearly written and articulated goals
4) Participants will identify the key benefits of instituting mental skills training
5) Participants will be able to identify personal strengths & weaknesses through the completion of a personal inventory of Psychological Skills.
NCHPAD Inclusive Fitness Training Instructors:

Dustin Dew attended Appalachian State University in Boone, NC for his undergrad and received his degree in Health Promotion (BS). Dustin later attended East Carolina University where he received his masters in Health Education (MA). Before coming to Lakeshore Dustin spent 7 years managing a sports nutrition and human performance research laboratory led by Dr. David Nieman. As part of the UAB/ Lakeshore Research Collaborative that houses NCHPAD he serves as the Exercise and Sport Science Laboratory Coordinator. His job entails managing all aspects of laboratory testing that takes place at the Collaborative as well as leading our Sport Science testing program.

Luke Hanson joined NCHPAD as an information specialist in July of 2012. Mr. Hanson holds his Master of Public Health in Policy Analysis from the University of Alabama at Birmingham (UAB), as well as his Bachelor of Arts in Interdisciplinary Studies from the University of Alabama. He has served as a graduate research assistant for the South Central Preparedness and Emergency Response Learning Center where he both conducted extensive research and analysis on emergency preparedness and response and assisted in the preparation and execution of preparedness courses and workshops for the public health workforce. As an Information Specialist, Mr. Hanson serves as a coordinator for the inclusive health coalition initiative, manages the NCHPAD consumer database, provides resource aid to individual consumers and organizations regarding disability and health and researches and analyzes policies and programs that may be expanded and adapted to be more inclusive of individuals with a disability and the disability community.

Rebecca Rogers is a laboratory assistant at the UAB/Lakeshore Research Collaborative. Ms. Rogers earned a Master of Science in Adapted Physical Activity from Texas Woman’s University and her Bachelor of Science degree in Exercise and Sport Science from Austin College. She is an ACSM Certified Health Fitness Specialist and ACSM Certified Personal Trainer. Ms. Rogers has previous worked as an Activity Specialist for Project INVEST (Injured Veterans Entering Sports Training) where she trained injured, ill and wounded service men and women. She also served as a Program Coordinator for RISE Adaptive Sports, supervising the power soccer, wheelchair rugby and outdoor water sports programs for both kids and adults with physical disabilities. As part of the UAB/Lakeshore Research Collaborative, Ms. Rogers performs all of the health, fitness and performance testing on all laboratory projects.
NCHPAD CONFERENCE PRESENTATIONS:

PRESENTATION 1: Exercise Physiology and Related Exercise Science

In this session you will learn about alterations that can result from disabling conditions including altered physiology and anatomy of systems involved with exercise as well as altered responses of systems during exercise in people with disabilities.

Learning Objectives (90 minutes total). At the conclusion of this session, you will be able to do the following:

• Understand changes to anatomy and basic physiology of the cardiovascular, respiratory, nervous, metabolic and musculoskeletal systems that may result from various disabling conditions.
• Understand alterations to biomechanics and kinesiology that may result from various disabling conditions.
• Understand common secondary conditions that often accompany various disabling conditions as related to physiological responses to exercise.
• Obtain knowledge of issues related to body composition and disability.

PRESENTATION 2: Disability Awareness and Americans with Disabilities Act (ADA) & Facility Design

In this session, you will learn basic disability terms, law, and etiquette as well as how to adapt the environment of your facility and provide appropriate community resources.

Learning Objectives (90 minutes total). At the conclusion of this session, you will be able to do the following:

• Use appropriate etiquette when communicating, offering assistance, or inquiring about specific needs.
• Understand how an individual’s disability interacts with the environment and how the impact of a disability can be either enhanced or hindered by the constraints of the environment.
• Identify barriers that prevent full inclusion in exercise and physical activity programs.
• Identify common support mechanisms available to people with disabilities in their communities that can be used to facilitate participation in exercise and physical activity programs.
• Understand common disability definitions and terms.
• Be familiar with the Americans With Disabilities Act (ADA) and general guidelines and standards as related to fitness environments.
• Understand the principles of Universal Design

PRESENTATION 3: Human Behavior and Counseling

In this session, you will learn how to apply and modify appropriate behavior management interventions and communication skills as related to exercise programming for persons with sensory, mobility, cognitive and psychiatric disabilities.

Learning Objectives (90 minutes total). At the conclusion of this session, you will be able to do the following:

• Understand the fundamentals of behavior management and how characteristics of various disabilities may require modifications or individualization to these skills.
• Understand the difference between intellectual, psychiatric, cognitive disabilities & learning disabilities.
• Understand how characteristics of various intellectual, psychiatric, cognitive disabilities & learning disabilities (including Autism) may impact learning an exercise program.
• Understand how and which psychotropic medications may impact a client’s understanding, communication, and learning of an exercise program.
• Be able to identify and use alternative communication strategies for persons with hearing and vision loss/sensory disabilities.
PRESENTATION 4: Exercise Prescription and Programming

In this session, you will learn current guidelines for exercise training with clients of various abilities and health conditions along with special considerations for modifying aerobic, resistance, flexibility, and functional exercise prescription.

Learning Objectives (90 minutes total). At the conclusion of this session, you will be able to do the following:

- Safely, clearly and effectively prescribe, monitor, and modify an exercise program for individuals with various disabilities or health conditions who are medically cleared to participate.
- Identify characteristics of various disabilities that provide contraindications to an exercise.
- Identify commercial accessible fitness equipment as well as adaptive devices and methods to assist with exercise programs for people with disabilities.

PRESENTATION 5: Health Appraisal, Fitness and Clinical Exercise Testing

In this session you will learn the purpose of and procedures for modified fitness testing and assessment techniques as related to various disabilities as well as identify conditions in which exercise may be contraindicated and require physician referral.

Learning Objectives (90 minutes total). At the conclusion of this session, you will be able to do the following:

- Understand the potential limitations and lack of relevance to using various assessment and testing methods as related to people with disabilities.
- Understand the need for and be able to use alternate forms of communication for informed consent, assessment, testing, and exercise instruction as related to people with various disabilities.
- Understand the limitations of medical clearance prior to testing and relative and absolute contraindications related to neuromuscular, musculoskeletal, and cognitive disabilities.
- Understand characteristics of various disabilities that may affect testing performance and assessment results.
- Learn additional reasons for terminating an exercise test, other than traditional criteria, as related to various disabilities.

PRESENTATION 6: Safety, Injury Prevention, and Emergency Procedures and Clinical and Medical Considerations

In this session, you will learn considerations for various sensory, cognitive, and/or mobility disabilities that will allow you to prevent, identify, and react to medical emergencies specific to exercise programming as well as allow you to create and modify a safe and effective exercise program.

Learning Objectives (90 minutes total). At the conclusion of this session, you will be able to do the following:

- Understand clinical and medical considerations related to various disabilities in order to create a safe and effective exercise program that prevents overuse and other exercise related injury.
- Understand environmental considerations that can affect the safety and effectiveness of an exercise program for clients with various disabilities.
- Identify signs and symptoms of medical emergencies as related to various disabilities and react appropriately.
- Recognize common drugs and be aware of corresponding side effects and drug interactions as related to exercise.
We are excited to announce several tracks on this conference schedule. Conference fees begin at $175 and will be discounted and increased as you choose your options.

**NASC Registration fees**

**Student - $100.00** - Must present current student identification card at registration (Includes lunch Friday and Saturday and invitation to all NASC workshops) (See additional fees for certification, CEU and NCHPAD)

**WASUSA Members and chapter representatives - $125.00** (Includes lunch Friday and Saturday and invitation to all NASC workshops) (See additional fees for certification and CEU and NCHPAD)

**Non WASUSA Members - $175.00** (Includes lunch Friday and Saturday and invitation to all NASC workshops) (See additional fees for certification and CEU and NCHPAD)

**Additional fees**

**CEU Certificate of Attendance - $25**

**Archery Level 1 Certification - $25**

**NCHPAD courses included - $25**

**Option to become WASUSA member - $50**

**Option to become WASUSA chapter - $225**

**Link to registration**
Embassy Suites St. Louis - St. Charles
2 Convention Center Plaza
Saint Charles, Missouri 63303
Tel: 636-946-5544
Fax: 636-946-5577
Conference Block Rate- $109/night

Registration click here or paste this link into your web browser:

Enjoy a comfortable and convenient stay at the Embassy Suites St. Charles St. Louis hotel. Located just one mile from the Main Street of St. Charles, the hotel provides a great base for visitors to St. Louis, only 20 miles away. Travel to and from our hotel in St. Charles, MO from Lambert-St. Louis International Airport in just ten minutes.

The hotel is connected to the St. Charles Convention Center, offering an ideal accommodation when attending events. Get to work in the 24-hour complimentary BusinessLink™ Business Center.

Relax in a two-room suite with separate living and sleeping areas at our St. Charles, MO hotel. Warmly decorated suites provide thoughtful amenities to make you feel at home, including two TVs, a microwave, fridge and internet access. Enjoy a cooked-to-order breakfast every morning and sip a tasty beverage at the complimentary Evening Reception* before dining in the Cyprus Grille.

Treat yourself to an aromatic Starbucks® coffee from Caffeina’s Marketplace. Take a dip in the indoor pool or enjoy an invigorating workout at the fitness center.

AIRPORT AND TRANSPORTATION

Local airport is St Louis Lambert International (STL).

Transportation will be offered by Host leaving airport approximately every 30 mins from noon through 10:00 pm on Thursday, November 12th and 8am through 5:00 pm on Sunday November 15th. If your flight arrives after the mentioned shuttle times, please arrange for alternative transportation and note taxis are available outside of baggage claim. Flight schedule must be emailed to DASA (meghang@dasasports.org) before November 5th to guarantee transportation. If accessible transportation is needed please include that in email with your flight schedule!

THINGS TO DO WHILE IN TOWN

Learn from some of the best in the business, network with those that have been in the industry for years, brainstorm with other participants on Best Practices!! Brag to your friends that you got to go to this conference! And visit the local tourist hotspots…

http://www.historicstcharles.com/ - hotel shuttle available to most locations

http://explorestlouis.com/ - hotel shuttle not available to most St Louis locations.