

PROGRAM SPOTLIGHT

ADAPTED SNOW SPORTS

January 2019

With winter upon us, the Easterseals Therapeutic Recreation Department wanted to remind you that you can get outside and have fun in the snow; no matter your ability! Easterseals Adapted Snow Sports program gives people in Central Pennsylvania and surrounding areas the ability to try something brand new/outside of what most would consider the “norm”. This program provides you with a sense of freedom on the slopes, while also building self-esteem through accomplishment. We offer Adapted Snow Sports in collaboration with BRASS (Blue Ridge Adaptive Snow Sports) at Liberty Mountain Resort (Fairfield, PA) and it is set up to provide 1:1 or 2:1 individualized stand-up or sit down skiing or snowboarding instruction for each participant. Adaptive equipment including, bi-skis, mono-skis, sliders, etc. are available to ultimately meet the needs for success of all participants.



The Adapted Snow Sports program began in 1999/2000 with then Director of TR, Matt Ernst and BRASS. Starting small, the program held 10-15 lessons annually and has grown to 40-50 lessons. The staff who provides the instruction are all certified adaptive instructors through BRASS. Easterseals provides staff which have expertise in disability knowledge, behavior management, etc. to assist the BRASS instructors. With the support that BRASS provides through volunteer instructors we have been able to see lots of successes over the years. As Ernst recalls, “I have seen participants with disabilities such as paraplegia start in a bi-ski with close instruction and progress to being completely independent using a mono-ski.” Leslie White, Adaptive Supervisor with BRASS, looks forward to Easterseals’ Adaptive Snow Sports weekends every year. White says “through Easterseals we have been able to introduce snow sports to their participants many of whom have been coming to ski or ride with us for years. The instructors and families love to see the students master new skills and a new source of recreation.”



If you can't tell, we in the TR Department think Adapted Snow Sports are awesome and a great way to enjoy some recreation time. But if you don't believe us, take it from our participants and parents:

The Adaptive skiing program run by Easterseals Western and Central PA is an amazing program. Our 17 year old daughter Lili has participated in this program for years and she loves it. Everything in the world of special needs is always a challenge, but not this program. Literally you arrive, get your warm clothes on, meet the friendliest Easterseals staff and adaptive ski instructors and before you know it, your child is on the slopes. It's a wonderful, safe, and well run program that we look forward to every year! - Natalie Gilmore, mom to Lili Gilmore

My experience with snow skiing has been so rewarding. I enjoyed being able to feel free on the ice and to experience skiing, which I never knew was possible until I started getting involved in Easterseals. The team of volunteers for the skiing event are understanding and fun! I felt safe when I was with them. - Nicole Talarico

The program is great. The instructors are chill. - Jake Johnson

The adaptive ski program is great. My son and I both have a great time. He has a blast, and I love seeing him enjoying a sport that I would otherwise consider challenging for him. Thanks, Easterseals, for this and your many programs for the kids in this area! - Kelley Johnson, mom to Jake Johnson



For more information on this program contact

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