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Omaha, NE 68122



# 2022 Junior Wheelchair Sports and Recreation Camp

July 18th - 22nd, 2022

*focusing on abilities*



**Mockingbird Hills Community Center**

10242 Mockingbird Drive, Omaha NE 68127

July 18th - July 22nd, 2022

## Camp Information

- Started in 1990
- Only day camp in the area specifically focused for youth ages 5 through high school with a physical disability
- Participants attend from Nebraska, Iowa and other neighboring states
- Introduce a variety of sports, recreation and their associated benefits to participants
- Introductory and basic skills groups for those new to the sports
- Competitive group for those who participate year round with athletics
- Introduce youth to others in similar circumstances for competition, interaction, friendship, and social development
- Provide positive role models
- Develop wheelchair mobility skills
- Introduce potential athletes and parents to new equipment available as well as sport techniques in various sports

## Camper/Staff Ratio

Camper/staff ratio is 4:1. This camp is not suitable for campers requiring 1:1 ratio.

## Camper Qualifications

- Be an active manual wheelchair user or use a manual wheelchair in order to compete and participate in active sports
- Individuals who are ambulatory with a physical impairment are welcome to participate
- Demonstrate ability to propel wheelchair to participate with sport or activity
- Mental ability should fall within the normal limits of camper's grade level
- Must be able to lift the weight of a basketball
- Should possess average to good range of motion of upper extremities
- Must be able to perform self-help skills with minimal assistance
- Must have knowledge of own basic toileting program and ability to communicate information to the nurse and volunteers
- Must be able to feed self with minimal assistance

## No Limits

Today, wheelchair athletes are acclaimed and respected as world-class athletes. Physically challenged youngsters share the same desire and capability for attaining athletic excellence and physical fitness as their able-bodied peers and this camp gives them the opportunity to do just that. The Junior Wheelchair Sports and Recreation Camp can spark enthusiasm for sports and recreation activities that can last a lifetime.



*The children pictured participated with the 2021 Junior Wheelchair Sports and Recreation Camp. Each child comes from a different school or community with different skill levels based on whether adaptive sports and recreation are offered at their school or within their community. The kids look forward to this week-long day camp because they know that they will be on the same playing field as their peers. The camp provides each child with a different set of skills at the end of each day as they each have different goals and aspirations. Some are there for the social networking; others are there to explore new options for sport and recreation activities, while others are there to improve their skill so that they may put that into play on the court or field during competitive play.*

*Many of the youth have been a part of award-winning teams, but even more importantly while at camp every participant has grown as an individual; improved skills, developed independence, and built confidence with themselves as individuals and as part of a team.*

## Camp Cost

Due to the support of generous sponsors and many donations, we are able to offer the camp at no cost to participants. The number of campers is limited so register early to guarantee your spot.

## We Provide:

- Daily lunches and snacks
- Nursing assistance
- Camp T-shirt

## Instructors and Volunteers

Volunteers are available to assist campers with personal help skills, lunches, day-to-day operation and all activities. Our instructors have achieved national or international recognition in wheelchair sports competition.

## Registration Information

Registration forms can be downloaded at

- [CHIhealth.com/rehab](http://CHIhealth.com/rehab)
- [nebraskaadaptivesports.org](http://nebraskaadaptivesports.org)
- [parks.cityofomaha.org](http://parks.cityofomaha.org)

or can be received by calling camp director Jena Munson at 402-572-2276 or email at [jena.munson@commonspirit.org](mailto:jena.munson@commonspirit.org).

***The deadline for camp registration is June 1st, 2022.***

## Mission Statement

*Junior Wheelchair Sports and Recreation Camp is dedicated to providing opportunities for both new and experienced wheelchair athletes to attain excellence and an enthusiasm for a rich and fulfilling life through a program of diverse sports and recreational activities.*