



FAQS – Jr. Wheelchair Sports Camp

• Who can participate?

Jr. Wheelchair Sports Camp is designed for children (ages 4 to 18) with a permanent physical disability such as cerebral palsy, spina bifida, amputation, muscular dystrophy, spinal cord injury, etc. The sports camp most benefits an individual with some use of their arms to push a wheelchair but we are able to accommodate in the case of limited ability. Please contact Jon Richards, Program Director at (619) 336-2764 to discuss your child's individual needs. We are always looking for more campers so please let your friends know about this wonderful opportunity.

• My child doesn't use a wheelchair but has physical limitations. Is this the right camp for them? Do you have wheelchairs to borrow?

Children with a physical disability can often walk with braces, canes or crutches and don't use a wheelchair on a daily basis. However, they may lack the ability to fully participate in regular sports because they cannot run and jump as quickly as their able bodied counterparts. One way to participate in adaptive sports is to use a wheelchair or other adaptive equipment. Many of our campers walk during their day at school but come to our programs and play fast and furiously in the world of adaptive sports using a wheelchair. We have specially designed sports wheelchairs for our campers to use while they are at camp and throughout the year if they participate in our year round programs.

• My child needs help with toileting or medications. Are nurses available to help with medication or toileting issues?

Yes, we have professional nursing staff available throughout the day for first aide and other medical needs. Our nursing staff also handles medications and assistance in toileting.

• My child needs extra help. Can we send an attendant?

Yes, we encourage campers who are not able to push their own wheelchair or need extra assistance with personal needs to bring their own aide or attendant. These aides must be at least 16 years old and must complete all of the waivers for our camp.

• What are the ages of campers?

Campers ages are 4 to 18. Campers are placed in groups based on age and, for teen campers, by gender. If your child is outside that age range and you think they should participate please contact Jon Richards, Program Director at (619) 336-2764 to discuss your child's individual needs.

• What are the times, dates and location of camp?

Camp runs five days, Tuesday through Saturday, from 9:00 a.m. to 4:00 p.m.

The locations are:

Tuesday & Wednesday:

North Crown Point Shores in Mission Bay
3709 Corona Oriente Road
San Diego, CA 92109

Thursday, Friday & Saturday:

Southwestern College
900 Otay Lakes Rd.
Chula Vista, CA 9191



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• I live far from the camp locations, is transportation available?

Yes, we have bus transportation available from five locations in San Diego County for an additional fee of \$75.

Transportation Pick up points:

North County Coastal - McDonalds, 1701 Oceanside Blvd., Oceanside

North County Inland – Macy's at North County Fair, Escondido

Central County – Lindbergh-Schweitzer Elementary School, San Diego

East County – Border's Books at Parkway Plaza, El Cajon

South County – Costco at Gateway Center & Market Street, San Diego

• Is lunch provided?

Yes, your camper will be fed a nutritional lunch each day. Vegetarian options are available. Water is provided throughout the day. On the final day we have a big barbecue lunch for the camper and their family.

• My child won't be available for the whole week of camp. Can they come for a few days?

Yes. While we encourage all campers to attend the full week of camp to get the most benefit, we recognize that sometimes there are scheduling conflicts. Please contact our office at (619) 336-9571 to discuss your needs.

• What is the cost?

The camp fee is \$200 per camper, plus \$75 for bus transportation if requested. Scholarships are available for those demonstrating a need.

• Are scholarships available?

Yes, scholarships are available to any camper with financial need. We never deny participation to any athlete because of an inability to pay. Please request our scholarship form when you apply or call (619) 336-9571 for more information.

• Can I stay with my child or observe them while they are at camp?

We prefer that campers be given the opportunity to experience camp on their own. We find that this provides them the extra degree of independence that we are working towards. Our counselors, coaches, nurses and volunteers are well experienced in the needs of campers with physical disabilities and should be able to handle any situation that arises. If your child requires an attendant because of particular issues then you may arrange to participate in that way. On Saturday we invite the whole family to come and watch while your camper demonstrates all that they have learned over the week, showing their new skills, friendships and independence.

• What is Family Day?

On the final day of camp, Saturday, we invite the whole family to come and watch their camper demonstrate all that they have learned over the week, showing their new skills, friendships and independence. There are sports rotations in the morning, followed by a barbecue lunch for everyone and a closing ceremony presentation of sports demonstrations and a power point photo display of highlights from the camp.

• How can I sign my child up for camp?

Call for information: (619) 336-9571

Email for information: programs@adaptivesportsandrec.org

Go to our website: www.adaptivesportsandrec.org



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• Do you have any programs after summer camp is over?

Yes! We have ongoing programs throughout the year and would love to have our campers join these after their camp experience is over. Our programs are always growing and evolving but we have a basic schedule. In September we begin our Wheelchair Basketball season with seven different teams for ages from 4 years to adults. We also have seasons for Indoor Wheelchair Soccer, Power Soccer, Quad Rugby, Handcycling and more. Additionally, we hold one to two day events and clinics throughout the year. Please go to our website www.adaptivesportsandrec.org and click on

Programs for more information or contact Jon Richards, Program Director at (619) 336-2764.

• Do you have programs for adults with a physical disability?

Yes! Our programs go from ages 4 years through adult. We have a competitive adult wheelchair basketball team in addition to other recreational teams and handcycling events. We also work with the Naval Medical Center at Balboa Hospital and the Veterans Administration to provide programs for Wounded Warriors. Please go to our website www.adaptivesportsandrec.org and click on Programs

for more information or contact Jon Richards, Program Director at (619) 336-2764.

• Is there an age limit for participation?

No. While the Jr. Wheelchair Sports Camp serves ages 4 to 18 years, we also offer other programs for all ages. Additionally, many of our adult athletes volunteer at the Jr. Wheelchair Sports Camp as sports coaches or counselors. Please go to our website www.adaptivesportsandrec.org and click

on Programs for more information or contact Jon Richards, Program Director at (619) 336-2764.

• Do you need volunteers? How can I get involved?

Yes, we depend on volunteers! If you would like to volunteer at camp or any of our other programs please go to our volunteer page on our website: www.adaptivesportsandrec.org

• Do you need donations? How can I send you a donation or sponsor a program?

Yes! Please go to our Donations page on our website and find out about the many ways you can support our programs: www.adaptivesportsandrec.org