



2014 Events Calendar

Triumph Foundation

Wheelchair Sports Festival

Our 3rd Annual Wheelchair Sports Festival will be on Saturday May 24th and Sunday May 25th at the Santa Clarita Sports Complex Gymnasium. This event is open to people of ALL ABILITIES! We will have many extra sport wheelchairs for people to use, and coaching to teach you how to play. Come participate in wheelchair hockey, basketball, quad rugby, racquet ball, handcycling, and more! Click [here](#) to RSVP.

Handcycling

Triumph takes to the streets on our handcycles every month. Our next ride is planned for April 19th. [Let us know if you want to ride.](#)

Wives & Girlfriends Conference

Triumph Foundation's Wives & Girlfriends of Men with SCI is planning a conference on June 1st in Santa Monica. Spinal Cord Injury does not only affect the person who is injured, it also affects families and loved ones. This is a chance to network and learn from other spouses/girlfriends about life with someone who is paralyzed. If you or your partner are interested in attending, [contact Kirsten.](#)

SAVE THE DATE

Triumph Foundation's Let'em Roll Casino Night Fundraiser is on Saturday July 26, 2014. We need [sponsors](#) and [silent auction items.](#)

Ice Curling Clinic

On June 28th at the Valencia Ice Center, the Hollywood Curling Club and ParaOlympian Curler Patrick McDonald will host a clinic open to wheelchair users that would like to try the sport out. Curling is the Winter sport played on the ice where you throw 42lb. chunks of granite to a bullseye area. Contact us if you would like to participate (661) 803-3700 or info@Triumph-Foundation.org

Wings For Life World Run

On May 4th in Santa Clarita Red Bull presents the Wings For Life World Run to raise funding for Spinal Cord Injury research. It is the first event in which the entire World can race together, simultaneously. This groundbreaking race will begin at equivalent times across the globe, thousands of competitors will start to run on up to forty courses worldwide. On this day the world will run as one. Running for those who can't. 100% of the entry fee goes to spinal cord research. For more information [click here.](#)

Triumph is organizing a team. [Email us if you'd like to participate](#)



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UCLA Adapted Recreation

Every week UCLA has great Adapted Recreation opportunities. Here are some highlights:

Wheelchair Basketball every Tuesday night from 4pm - 7pm until June 3rd at UCLA campus.

Adaptive Rock Climbing April 19th and May 10th from 2pm-4pm at UCLA campus.

Adaptive Kayaking April 26th from 11am-1pm in Marina Del Rey

[Click here for their full schedule.](#)

Casa Colina Outdoor Adventures

Kayaking on April 15th: Experience firsthand the joy of kayaking in safe and sturdy sea kayaks. Paddle on the calm waters of Alamitos Bay in Long Beach. Family and friends are welcome.

Sailing on May 8th: Join Casa Colina and the U.S. Sailing Center for a hands-on sailing experience! Learn the basics of sailing in Los Alamitos Bay, the Long Beach Harbor and other locations. Family and friends are invited to attend.

Day On The Lake on May 15th-17th: Day on the Lake Adapted Water Sports Program provides instruction and participation in the following activities: waterskiing, jet ski rides, fishing, kayaking and boat rides. This event is sponsored by Barrow Connection and is held in Phoenix, Arizona.

Surf's Up! on June 5th: Team up with premier surf shop, ZJ Boarding House of Santa Monica. With their top instructors they present a thrilling day of surfing.

Deep Sea Fishing on June 11th: Spend the day fishing out of Dana Point. Family and friends are invited to attend.

Land Meets Sea Sports Camp on August 6th-8th: This is a must-do for anyone interested in pushing the limits of their ability. You will have the opportunity to waterski, jetski, kayak, hand cycle, play wheelchair sports, and much more.

For more information, trip costs and registration forms, please contact the Outdoor Adventures office at (909) 596-7733 x4131 or adventures@casacolina.org
[Click here](#) for their full Trip Schedule 2014.



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Life Rolls On

They Will Surf Again May 17th at Santa Monica, July 12th at La Jolla Shores, August 23rd at Huntington Beach. They Will Surf Again (TWSA) is their signature quality of life program that empowers paraplegics and quadriplegics to experience the freedom of mobility by riding a wave with the assistance of adaptive equipment and the support of hard working volunteers. For more information [click here](#).

They Will Skate Again July 19th Venice Beach. A skating clinic specifically for people living with paralysis which includes adaptive skating workshop, pro skate exhibition and an adaptive skate competition, featuring amazing prizes. For more information [click here](#).

PossAbilities

Triathlon on April 27th, the 12th Annual PossAbilities Triathlon will be held at the Loma Linda University Drayson Center located at 25040 Stewart Street, Loma Linda, CA 92354. The event is composed of three different segments, the 5K (3.1 mile) run/walk/roll course, the 11 mile bike course, and finally the 150 yard swim course. For more info on this incredible triathlon [click here](#).

Rolling Bears Wheelchair Basketball Team practices every Thursday night from 6:30pm-8:00pm. For more information contact David Cazares at (909) 200-6913 or rollingbears51@yahoo.com

Monthly Handcycling: The last Sunday of each Month @ 8:00 a.m.
They meet in the parking lot behind the Hall of Records at 222 Hospitality Ln., San Bernardino, CA 92415. For questions contact Robert Sandholm at (951) 529-8997 or rsandholm@gmail.com

Extreme Football Opening Day Scrimmage will be held in September. Come out to play wheelchair football!

[Click here for PossAbilities full list of events](#)

US Adaptive Recreation Center (USARC)

In July and August, USARC will take to Big Bear Lake with its adaptive water skiing, jet skiing, kayaking, sailing and fishing programs. Stay tuned for their upcoming Summer schedule www.USARC.org



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Disabled Sports Eastern Sierra (DSES)

DSES summer programs at Mammoth Mountain and the surrounding areas offers a wealth of recreational activities. Programs include kayaking, rock climbing, camping, hiking, cycling/mountain bike rides, horseback riding and some enjoyable outdoor adventure learning activities. All summer activities are scheduled individually and are specific to personal interests and capabilities.

To schedule your adventure activities or for answers to your questions, please call (760) 934.0791 or [click here](#)

Challenged Athletes Foundation (CAF)

CAF offers many activities and clinics at their Deni+Jeff Jacobs Challenged Athletes Center in San Diego. Here are some highlights:

Spin Classes April 9th and April 23rd from 5:30pm-6:30pm for this fun and challenging spin class for all fitness levels and abilities. Bring your own bike or handcycle. R.S.V.P. mark@challengedathletes.com

Adaptive Climbing Program in San Diego The experts at Mesa Rim Climbing are starting up their adaptive climbing program. It's a four-week program starting in April on each Sunday from 4:30-6:30pm. More information can be found [here](#)

Adapted Yoga, Self Defense, & Zumba Classes are planned in the coming weeks and months. [Click here for more information.](#)

Open Water Swim Clinic July 19th Corona Del Mar, CA. A day of swim instruction by elite swim coaches. Learn how to safely swim and relax in open water. Learn swimming techniques and training tips for open water and much more. [Click here](#) for more information.

Paratriathlon Camp August 7th-10th. The most comprehensive and in-depth Paratriathlon technical training camp on the West Coast. Open to Paratriathletes in all classes, this camp will maximize your performance and potential. For more information [click here.](#)



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Camp Discovery

Para Athlete Trish Downing and Challenged Athletes Foundation holds Camp Discovery August 21st-24th in Empire, Colorado. This two 1/2 day all women's camp is designed to teach women in wheelchairs physical fitness while creating lasting friendships with those who have had similar experiences and obstacles. For updates about registration follow their [Facebook page](#).

Freewheel Whistler Camp

Live It! Love It! Foundation holds The Freewheel Whistler Camp in Whistler Canada, an adventure retreat for the young at heart who have recently sustained life changing spinal cord injuries. The camps vary from year to year, and includes activities such as adaptive kayaking, canoeing, rowing, ziplining, handcycling, trailrider hiking, yoga, bungee jumping, rafting, atv-ing, rock climbing, peer mentoring, meditation, journaling, cooking classes, mental training and leadership workshops. For more information on this years camp [click here](#).

Northridge Knights

The Knights practice wheelchair sports every week at Lake View Terrace Gym located at 11075 Foothill Blvd. Lake View Terrace, CA.

Wheelchair Basketball

Practice is on Thursday evenings from 6pm-9pm.

Quad Rugby

Practice is on Sunday afternoons from 11am-3pm.

Wheelchair Tennis

Practice is on Saturday morning at Northridge Park.

Contact Triumph Foundation if you'd like to play (661) 803-3700 or info@Triumph-Foundation.org

RAMP Handcycling

Recreation Access Motivating People (RAMP) Handcycling conducts FREE hand cycling clinics in the Huntington Beach area on the 2nd Saturday of each month from 10:00am - 1:00pm. They have a variety of handcycles and adaptive cycles for you to use. Cyclists of all abilities are welcome to join. www.Rampitup.org



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Sled Hockey

The Kings Sled Hockey Team (formerly called the Junior Reign) practices at LA Kings Icetown in Riverside. Currently, practices are every Monday at 7:20. New athletes are always welcome. They have sleds, sticks, and gear for you to borrow. Sled Hockey practices are also in Oxnard and Bakersfield. For more information [click here](#) or call (909) 863-1000.

Riptide Sled Hockey Team is holding their 2nd Annual FREE Sled Hockey Clinic September 21st at the Channel Islands Ice Center in Oxnard. For more information [click here](#).

SCI Life Enrichment Groups

Triumph Foundation is involved in Spinal Cord Injury networking groups that meet regularly all over California. [Click here for a full list.](#)

We are planning a few extra-ordinary meetings. We are teaming with [Artists For Trauma](#) to hold painting workshops, bringing in Yoga instructors, and having guest speakers that are experts on issues that matter most to the SCI community.

If you'd like to be on our email reminder list, please let us know where you live, which group you are interested in, and any topics you'd like us to discuss.

Wheelchair Dancing

The Axis Dance Company is having Auditions for new dancers on April 21st and 22nd. For more information [click here](#).

Wheelchair Dancers Organization is hosting "An Adventure on Wheels" April 26th in San Diego. A dance showcase and fundraiser. Witness a record setting Tango dance routine by 40+ wheelchair users and their dance partners. Enjoy an abilities showcase featuring local talent and their wheelchair dancers too. Join in and learn their newest inclusive wheelchair and walkers shuffle. [Click here](#) for more information.

Sports Abilities

For more events, check out Sports Abilities Calendars Page. They promote over 3,000 events specifically for people with disabilities every month all over the country. They have calendars for every state and 25 different activities. www.sportsabilities.com



2014 Events Calendar

Fall Sports Festivals

Rancho Spinal Injury Games is in September at Rancho Los Amigos Hospital. The annual sports clinic is designed for the beginning or novice wheelchair sports enthusiast. They provide an excellent opportunity for participants to experience a variety of wheelchair sports. The games are free to all participants. www.rancho.org/SIG

DisAbility Sports Festival in October is at California State University, San Bernardino. The event features over 20 adapted sports including basketball, archery, kayaking, tennis, golf, soccer, rugby, and more. DisabilitySports.csusb.edu

For more frequent updates, follow us on [Facebook](#) & [Twitter](#).