

Welcome to the

**SUNSHINE STATE**  
**SPORTSABILITY®**



**Florida  
Disabled  
Outdoors  
Association**



**Thank you for  
volunteering!!!**

**We appreciate you!**





# About Florida Disabled Outdoors Association (FDOA)

- Founded by David Jones in 1990 after he was shot in a hunting accident
- Through his rehabilitation, he realized the importance of recreation and active leisure for health, wellness and inclusion in the community.



# About SportsAbility

- Started in 1990 as sit water-ski clinic and grown to multi-day event with numerous activities.
- People with disabilities, their friends and family learn together about recreation activities and adaptive equipment to enhance their health, wellness and quality of life!





# Mission

To enrich lives through accessible inclusive recreation and active leisure for all.





# Other FDOA Programs

- Miracle Sports
- Recreation Activity Program for Adults with Disabilities
- Resources for People with Brain or Spinal Cord Injury
- ALLOUT Adventure
- Fitness





# General Reminders



- HAVE FUN!!!
- Remember to smile and encourage everyone to participate and help them to feel comfortable and welcome!
- Safety is of the utmost importance.
- There should be at least one person helping with each station at all times.
- We welcome clean up help each day.



# Registration / Sign In

- **EVERYONE must register.**  
This includes ALL family, activity providers, volunteers, etc.
- Please assist anyone that needs help legibly completing ALL the fields.
- Once registration is complete, give each participant a wrist band.
  - **Solid blue** - volunteers and activity providers / vendors
  - **Checkered blue** - participants and their family/friends
  - **Red** - people who do not want to be in photos
- **Without a wrist band they CANNOT participate!!**
- Encourage everyone to participate!



# Always Use *People First Language*

- It is appropriate to say “**person with a disability**” rather than “handicapped” or “disabled”.
- The most respectful way to address a person with a disability is simply to address them by their name.



Julie is a comedienne  
with a disability

# Focus on the Person's *ABILITIES*

- Ask if the participant needs help or how you can assist.
- Be aware that **not all disabilities can be seen.**





# Benefits of Recreation

- Reduces boredom and alleviates stress
- Develops self-esteem
- Provides emotional & social support
- Promotes good health & well-being

**People learn about what they CAN do!**





# SPORTSABILITY

FLORIDA DISABLED OUTDOORS ASSOCIATION

## Tallahassee





# Day 1

## Baseball / Lawn Games

# Baseball and Lawn Games

6:00 pm to 8:00 pm

Miracle Field

2803 Jackson Bluff Rd., Tallahassee, FL 32304



## Activities:

- Baseball (Children: 6:00 pm / Adults: 7:00 pm)
- Lawn Games can be played at any time.





# Day 2

## Expo / Indoor Sports

# Expo, Indoor Sports & Leisure

## Tallahassee Community College Lifetime Sports Bldg.

444 Appleyard Drive, Tallahassee, Florida 32304  
10:00 am – 2:00 pm

- Exhibitors & Activities
- Lunch served for vendors and volunteers
- Participants may purchase lunch at TCC's Food Court





- Resources Tables with Latest Products and Services
- Networking
- Indoor Sports and Active Leisure



# Day 3

## Outdoor Sports



# Outdoor Sports & Active Leisure

Ochlockonee River State Park

10:00 am – 3:00 pm



*Dress to  
get  
wet!*

# Ochlocknee River State Park

429 State Park Rd, Sopchoppy, FL 32358

- Head South on US-319 (Crawfordville Hwy). Continue for 20.3 miles past Capital Circle.
- Turn RIGHT onto US-98 and go 1.5 miles.
- Turn RIGHT onto SOPCHOPPY HWY (US-319/FL-375) and go 10.8 miles.
- Turn LEFT into park. Follow to the end.







# Free Shuttle to Ochlocknee River State Park

- Leaves from C.K. Steele Plaza to and from the park.  
W Tennessee Street, Tallahassee, Florida 32301
  - Pick up 9:00 am/ 10:00 am
  - Return 3:00 pm/4:00 pm

# Parking for Volunteers

Volunteers will park  
in the general parking lot.

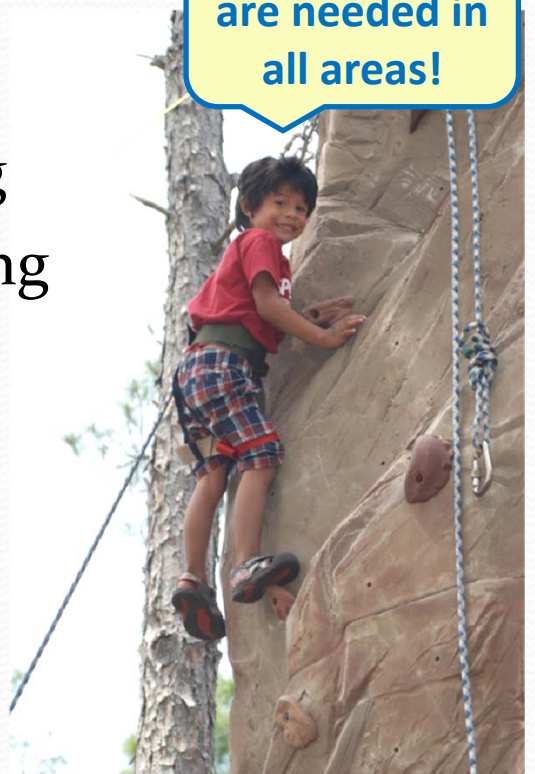




# Activities include:

- Archery / Target Sports
- Disc Golf and Golf
- Fishing
- SCUBA
- Hand-Pedaled Biking
- Nature Trail Rides
- Rock Climbing Wall
- Dancing
- Kayaking
- Pontoon Boat Rides
- Sailing
- Seadoo Rides
- Sit Water-Skiing
- Horseback Riding
- Swimming
- Bocce

**Volunteers  
are needed in  
all areas!**



# Contacts



Laurie LoRe-Gussak  
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David Jones  
(850) 510-7323



**Thank you for volunteering!!!**

**SportsAbility  
wouldn't be  
possible  
without YOU!**

