

Welcome to

SUNSHINE STATE
SPORTSABILITY





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!






Ocala / Gainesville



Day 1
Expo and Activities
**Martin Luther King
Recreation Complex**
Ocala, FL




Friday
Martin Luther King Recreation Complex
1510 NW 4th Street, Ocala 34475
10:00 am – 2:00 pm



RESOURCE EXPO: Informational booths on the latest in products, active leisure programs and services for people with disabilities.

Hands-on active Activities, such as:



- SCUBA
- Golf
- Tennis
- Basketball
- Martial Arts
- Laser Target Shooting
- Horseback Riding
- Fishing Simulator
- Disc Golf
- Swimming
- Bocce

Day 2
Outdoor Sports / Recreation
Paynes Prairie State Park
Micanopy (Gainesville area)



Dress to get wet!

**Free Shuttle to
Paynes Prairie State Park**




Leaves from Martin Luther King Recreation Center to and from the park.


- Pick up 9:00 am/ 10:00 am
- Return 3:00 pm/4:00 pm



Paynes Prairie State Park
100 Savannah Boulevard
Micanopy, Florida 32667



- I-75 Exit 374 toward Micanopy
- Follow the signs to Paynes Prairie




**Parking for
Volunteers**



Volunteers will park in the general parking lot.





Saturday
Paynes Prairie State Park
100 Savannah Boulevard, Micanopy, Florida 32667
10:00 am – 3:00 pm




Hands-on active Activities, such as:

- Pontoon Boat Rides
- Sit Water-skiing
- Rock climbing
- Sailing
- Kayaking
- Fish Casting
- Hand-Pedaled Biking
- Archery
- Target Shooting
- Nature Trail Rides
- Swimming
- Disc Golf
- Bocce
- Music
- Lunch Provided N/C






Contacts



Laurie LoRe-Gussak
(850) 566-0774



David Jones
(850) 510-7323



Thank you for volunteering!!!

SportsAbility
wouldn't be
possible
without YOU!

