



## 2023 Seated Track and Field Regional Trainings for Ohio Middle/High School Coaches and Students (Grades 7-12)

Adaptive Sports Ohio is offering seated track and field trainings for athletes, parents, coaches, and athletic directors. The training features 3 parts: 1) equipment fittings (as needed), 2) a virtual session and 3) an in-person session, as outlined below.

**Training Agenda:** Chair parts/maintenance, chair propulsion/technique, OHSAA wheelchair events, guidelines, eligibility, coaching students with physical disabilities, and Q&A.

**Student Eligibility:** Eligible athletes are male and female students grades 7-12 with a primary physical disability. This is NOT restricted to wheelchair users; appropriate for individuals who are ambulatory or have orthopedic disabilities.

<b>3 Step Process Based on Location:</b>			
	<b>Step 1: Virtual Training</b> (Mandatory 1.5 hours)  <i>For Coaches and New Athletes*</i>	<b>Step 2: In-Person Training</b> (Mandatory 2 hours)  <i>For Coaches and New Athletes*</i>	<b>Step 3: Fitting</b> (Steps 1 and 2 Mandatory for New Athletes to Sign Out Chair*)  <i>For All Athletes Borrowing a Chair</i>
<b>Beavercreek</b>	Choose one at registration: • 1/10 4:30pm • 1/11 7pm	1/15 2:30pm <i>Shaw Elementary Gym, 3560 Kemp Rd, Dayton, OH 45431</i>	1/15, assigned between 12-2pm
<b>Youngstown</b>	Choose one at registration: • 1/10 4:30pm • 1/11 7pm • 2/8 7pm	2/10 6:30pm <i>Location TBD</i>	2/10, assigned between 4-6pm
<b>Wooster</b>	Choose one at registration: • 1/10 4:30pm • 1/11 7pm • 2/8 7pm • 2/20 4pm	2/21 6:30pm <i>Location TBD</i>	2/1 – 2/21 Signup link provided at registration
<b>Registration Information</b>	<b>Cost:</b> \$100 for Athletes and \$25 for Coaches <b>Register and Pay Here (Online Only):</b> <a href="https://bit.ly/3C5uoBN">https://bit.ly/3C5uoBN</a> (Payment required at registration. No billing available. Receipt issued when payment is submitted.)		

\*New Athlete = Attended less than 2 Adaptive Sports Ohio Track and Field Trainings prior to 2023.