



2024 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) a virtual session, 2) an in-person session and 3) equipment fittings (as needed), 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.

3 Step Process Based on Location:

	Step 1: Virtual Training (Mandatory 1.5 hours) <i>For Coaches and New Athletes*</i>	Step 2: In-Person Training (Mandatory 2 hours) <i>For Coaches and New Athletes*</i>	Step 3: Fitting (Steps 1 and 2 Mandatory for New Athletes to Sign Out Chair*) <i>For All Athletes Borrowing a Chair</i>
Wooster	2/21 6:30pm	2/22 6:30pm <i>Adaptive Sports Ohio, 1720 Enterprise Parkway, Suite C Wooster, Ohio 44691</i>	2/16, Returning Students Only- Signup link provided at registration 2/22, New students will be assigned between 4 -6pm prior to in-person training
Youngstown	Choose one at registration: • 2/21 6:30pm • 2/26 6:30pm	3/3 <i>Time & Location TBA</i>	Returning students will be contacted for chair fitting or can select time at Wooster 2/16. 3/3, New students will be assigned prior to in-person training
Southwest Ohio	Choose one at registration: • 2/21 6:30pm • 2/26 6:30pm • 3/4 6:30pm	3/10 <i>Time & Location TBA</i>	Returning students will be contacted for chair fitting or can select time at Wooster 2/16. 3/10, New students will be assigned prior to in-person training
Registration Information	<p><u>Cost:</u> \$100 for Athletes and \$25 for Coaches Register and Pay Here (Online Only): https://bit.ly/3C5uoBN</p> <p>(Payment required at registration. No billing available. Receipt issued when payment is submitted.)</p>		

*New Athlete = Has not previously attended an Adaptive Sports Ohio Track and Field Training.