



Hospital for  
Special Care

ADAPTIVE  
SPORTS PROGRAMS



## HOSPITAL FOR SPECIAL CARE'S ADAPTIVE SPORTS PROGRAMS

Hospital for Special Care (HSC) has over 70 years of experience supporting children and adults living with physical disabilities. Through participation in our Adaptive Sports Programs, individuals are offered the opportunity to set personal goals and achieve greater levels of independence. Our adaptive sports and fitness programs, both competitive and recreational, teach life skills, promote confidence, build relationships and develop leadership skills. In addition, friendships are cultivated, accomplishments are recognized, and individuals strive to levels they never thought they could achieve. All of these attributes combined, promote healthy and balanced lifestyles for individuals living with physical disabilities, and their families.

### Sports Teams

Opportunities exist for both recreation participation and competitive play in a supportive team environment. Practices are held weekly for each sport. Competition is at a regional, national and international level. As a result of annual fundraising events, registration is offered free-of-charge to all participants.

Individuals participate, train and may compete in:

- Racing
- Swimming
- Table Tennis
- Track & Field
- Wheelchair Basketball with the *Connecticut Spokebenders* Wheelchair Basketball Team
- Wheelchair Soccer
- Weightlifting

HSC's Adaptive Sports Programs athletes have represented the United States at the international level on world championship and paralympic teams and also have achieved national records.

### Clinics & Camp

Introductory clinics afford individuals the opportunity to observe, receive instruction and participate in adaptive sports and recreation activities. Clinics are held on weekend days and are typically offered monthly from September through June.

### FOR FURTHER INFORMATION, PLEASE CONTACT:

*Sports & Community Programs Manager*  
860.832.6220, or 800.220.7723

*Our office and gymnasium are located at:*  
370 Osgood Avenue, New Britain, CT 06053

*Hospital for Special Care's*  
*Aquatic and Fitness Center is located at:*

*Hospital for Special Care*  
2150 Corbin Avenue, New Britain, CT 06053

*See website for directions: [www.hfsc.org](http://www.hfsc.org)*

Hospital for Special Care Ivan Lendl Adaptive Sports Camp offers a week of instruction in various sports in a day-camp setting annually in August. As a result of annual fundraising events, camp is offered free-of-charge to all participants, ages 6-19 years of age.

### Coaching Staff

Coaching and instruction is provided by experienced athletes and coaches, many of whom have been recognized by disabled sports organizations for their accomplishments and years of service. They are routinely selected for leadership positions on sports teams representing the United States at national and international events.

Coaching Staff:

- Janet Connolly, MS, CTRS  
Sports & Community Programs Manager
- Don Chaffee, Track & Field Coach
- Joan Karpuk, PT, Swim Coach
- Carlos Quiles, *Connecticut Spokebenders*  
Wheelchair Basketball Coach
- Carin Mancini, Wheelchair Soccer Coach

## Tournaments

Hospital for Special Care is proud to host a regional track & field meet called the HSC Invitational, which is held annually in the spring. The Connecticut Spokebenders wheelchair basketball team and HSC's wheelchair soccer team also host tournaments throughout the year. These regional events afford individuals and teams from New York, Massachusetts, New Jersey and other neighboring states with the opportunity to compete against their peers of similar ability, and often set the stage for progression to the national level of competition.

## Adaptive Equipment & Facilities

Adaptive equipment is tailored to meet each individual's abilities and affords the opportunity for increased participation. Individual abilities are then realized and greater levels of independence achieved. This specialized equipment is available for loan at no charge, on a first-come, first-serve basis and is shared among all of HSC's Adaptive Sports Programs participants.

### Hospital for Special Care's Aquatic Rehabilitation and Fitness Center (ARC)

is located on the main campus in New Britain. It is an extensive, 27,000 square-foot Center featuring two pools - a warm-water pool to help reduce pain during aquatic therapy, and an Olympic-sized, cooler pool for fitness and recreation. Both pools are handicap-accessible. The ARC is a beautiful, easily-accessible facility which is also home to HSC's adaptive swim team. The fitness center is equipped with a variety of cardiovascular exercise and strength-training equipment.

### Hospital for Special Care's Research & Education Center

(HSC R&E Center) is located on the corner of Osgood and Corbin Avenues. HSC's R&E Center has a large gymnasium, work-out areas, an outdoor practice space, and is home to many of HSC's Adaptive Sports Programs teams.

## Additional Recreational Opportunities

In addition to structured sports programs, HSC also offers recreational opportunities. Programs offered are:

- **Manes & Motions Therapeutic Riding Center, Inc.**

Manes & Motions therapeutic horseback riding strives to improve the well-being of children and adults living with physical and cognitive disabilities and special needs through the benefits of equine-assisted activities. Therapeutic riding lessons, offered during the spring, summer, and fall, are staffed by North American Riding for the Handicapped Association (NARHA) - certified instructors. As a Premiere Accredited NARHA center, Manes & Motions is a fully-accessible outdoor riding facility, on 20 acres of land at the Daniels Farm in Middletown. For more information, please contact: Janice Anderson, 860.685.0008.



- **Skiers Unlimited**

Skiers Unlimited, an adaptive alpine ski program for youth living with physical disabilities, is a collaboration between HSC and the Connecticut Children's Medical Center. Skiing is held on Friday afternoons from January through March at Mount Southington Ski Area in Southington, Connecticut. For more information, please contact: Steve Balcanoff, 860.545.9266

### The Hospital for Special Care Foundation, Inc.

Proceeds from annual fundraising events have a significant impact on the success of HSC's Adaptive Sports Programs. The kindness and generosity of our supporters and corporate partners enable us to continue to make a difference in the lives of our participants and their families.

Hospital for Special Care Ivan Lendl Golf Classic, hosted by HSC's Foundation, is the primary fundraising event for Hospital for Special Care Ivan Lendl Adaptive Sports Camp and HSC's Adaptive Sports Programs.

## Accreditation/Recognition/Certification

Hospital for Special Care (HSC) is certified by The Joint Commission (TJC), and the Commission on Accreditation of Rehabilitation Facilities (CARF) for Comprehensive Integrated Inpatient Rehabilitation Programs, Acquired Brain Injury, Outpatient Medical Rehabilitation and Spinal Cord System of Care for both Inpatient and Outpatient Rehabilitation. HSC's Pulmonary Care Services are recognized by the American Association for Respiratory Care (AARC) as a Quality Respiratory Care Provider under their Quality Respiratory Care Recognition (QRCR) program for Long-Term Acute Care Hospitals (LTACH). The Neuromuscular Center is certified by the Muscular Dystrophy Association (MDA) and Amyotrophic Lateral Sclerosis Association (ALSA). The EMG Lab at Hospital for Special Care is accredited by the American Association of Neuromuscular and Electrodiagnostic Medicine (AANEM). For more information about EMG Lab accreditation, contact the AANEM at [www.aanem.net](http://www.aanem.net).