

A person is shown from the waist down, sitting in a wheelchair on a red track. The person is wearing a white long-sleeved shirt and dark shorts. The wheelchair is a racing-style chair with a red frame and black wheels. The background is a bright, overexposed outdoor setting.

Wheelchair Racing 101

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Track Chair Basics

A person is sitting in a track chair on a red track. The chair is a specialized racing wheelchair with a red frame and large spoked wheels. The person is wearing a white long-sleeved shirt and black shoes. The background is a bright, overcast sky.

- *What do we need?*
 - *Race chair*
 - *Can be obtained by contacting the adapted sports program on the East or West side of the state.*
 - *Gloves*
 - *Can be obtained by contacting the adapted sports program on the East or West side of the state or ordered directly from Sportaid.com.*
 - *Helmet*
 - *Can be any standard bike helmet*

Basics of Pushing

- *It is completely different from a standard day chair push, but very similar to the A's and B's of running*
- *If the handrim is a clock, the push starts at 1:00-2:00 and continues on around to the bottom of the handrim, releasing at 6:00-7:00.*
- *The arm extends behind in full extension, then flexes and “punches” the handrim again at 1:00-2:00*

YouTube Videos

- *Seattle Adaptive Sport Channel*
Track/Field Instructional (1) <http://www.youtube.com/watch?v=vbVZBJu4LTQ>
Track/Field Instructional (2) <http://www.youtube.com/watch?v=pMq6i7MoshQ>
- *National Alliance for Youth Sports*
Coaching Youth with Disabilities
<http://www.youtube.com/playlist?list=PL7E7E3BB9E22DA793>
- *Scot Hollonbeck – Track Athlete/Coach*
Wheelchair Stroke http://www.youtube.com/watch?v=TgtJO_YRVng
Racing Gear Bag <http://www.youtube.com/watch?v=EHYA5mUxcrk>
Wheelchair Transfer http://www.youtube.com/watch?v=fuTu_2-ZhgE
- *Wheelchair Racing in Slow Motion*
<http://www.youtube.com/watch?v=pvPTBBZExDI>

Emerging Elite Athletes

<http://www.teamusa.org/US-Paralympics/Sports/Track-and-Field>

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Track and Field

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U.S. PARALYMPICS > SPORTS > TRACK AND FIELD

U.S. PARALYMPICS

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Athletics events have been a part of the Paralympic program since the first Paralympic Games in Rome, Italy, in 1960. Events include track, throwing, jumping and the marathon.

Classification

Officials Training

2013 U.S. Paralympics Track & Field National Championships

Athlete and Sport Program Plan

Coaches Education

Events

IPC Licensing

Records

Selection Procedures

Team Rosters

The rules of Paralympic track and field are almost identical to those of its non-disabled counterpart. Certain allowances are made to accommodate certain disabilities. For example, the blind and more severely visually impaired runners compete with guide runners, who are often attached to the wrist with a tether to the runner. More information on IPC Rules can be found by visiting the IPC Athletics website: <http://www.paralympic.org/Athletics/IRules>

Paralympic track and field competition is open to male and female athletes with physical disabilities such as dwarfism, amputation/limb loss, blindness/visual impairment, spinal cord injury/wheelchair-users and cerebral palsy/brain injury/stroke.

How Do I Become a Paralympian?

U.S. Paralympics Track and Field 2013 Standards (Men and Women)

Find a local program in your community - visit the [Paralympic Resource Network](#).

High School Track & Field Opportunities for Athletes with Physical Disabilities

A number of states now have inclusion rules which will allow athletes with a physically disability to participate and score points for their team at high school regional and state finals/championships. The states include Alabama, Georgia, Florida, Idaho, Iowa, Louisiana, Maine, Maryland, Minnesota, New Jersey, North Carolina, Ohio, Oregon, Washington and Wisconsin. Scoring events are offered for certain track events and field events.

www.teamusa.org/US-Paralympics/Sports/Track-and-Field/Officials-Training

Links 12:39 PM 6/30/2013

How is this different from Special Olympics?

- *These athletes have a primary diagnosis of a physical disability and would not qualify for Special Olympics.*
- *Athletes that compete in the Special Olympics have a primary diagnosis of a cognitive disability. Exception: intellectual impairment in 1,500m, long jump or shot put can qualify for the Paralympics.*
- *These athletes strive to compete in the Paralympics (which take place the 2 weeks following the Olympics, in the same location).*

Who can compete in a track chair?

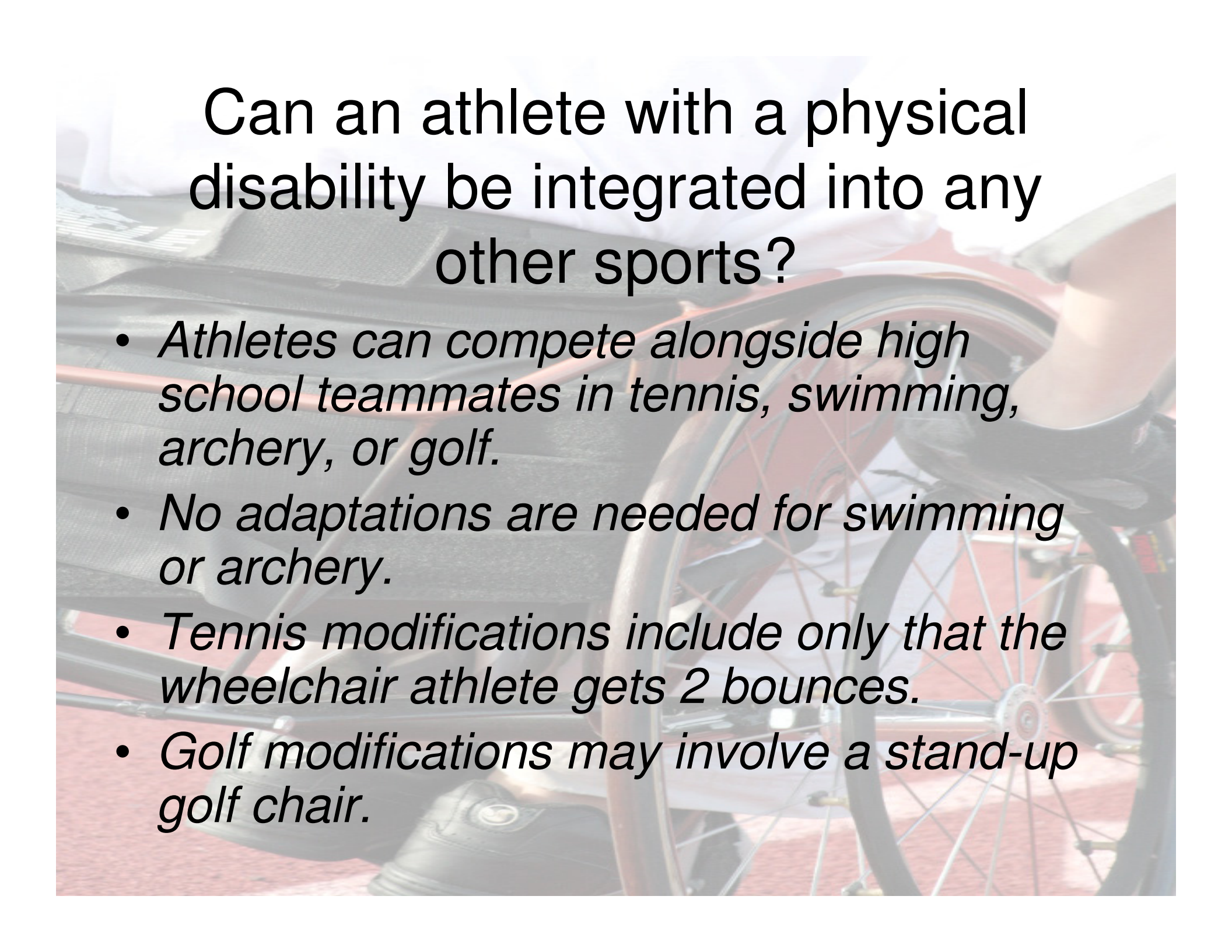
- *Anyone with a permanent physical disability.*
- *Examples include, but are not limited to:*
 - *Spinal cord injury*
 - *Amputee*
 - *Spina Bifida*
 - *Cerebral Palsy*
 - *Muscular Dystrophy*
 - *Moderate to severe scoliosis*
 - *Permanent hip, knee, or ankle injury*

How do we recruit?

- *First, keep in mind that your future athlete may not use a wheelchair at all. But because of a permanent physical disability is eligible to compete in a race chair.*
- *You are looking for someone who has not been able to compete in sports because of their disability/permanent injury.*
- *As with many athletes, sometimes the fear of trying something new is overwhelming and many times these athletes require significant encouragement in the beginning.*

Is it safe to have runners and race chairs on the track at the same time?

- *As with anything new, training for both ambulatory athletes and race chair athletes is recommended.*
- *Each team should create a system to communicate with one another.*
- *There are no safety hazards of combining wheelchair athletes and ambulatory athletes on the track at the same time.*

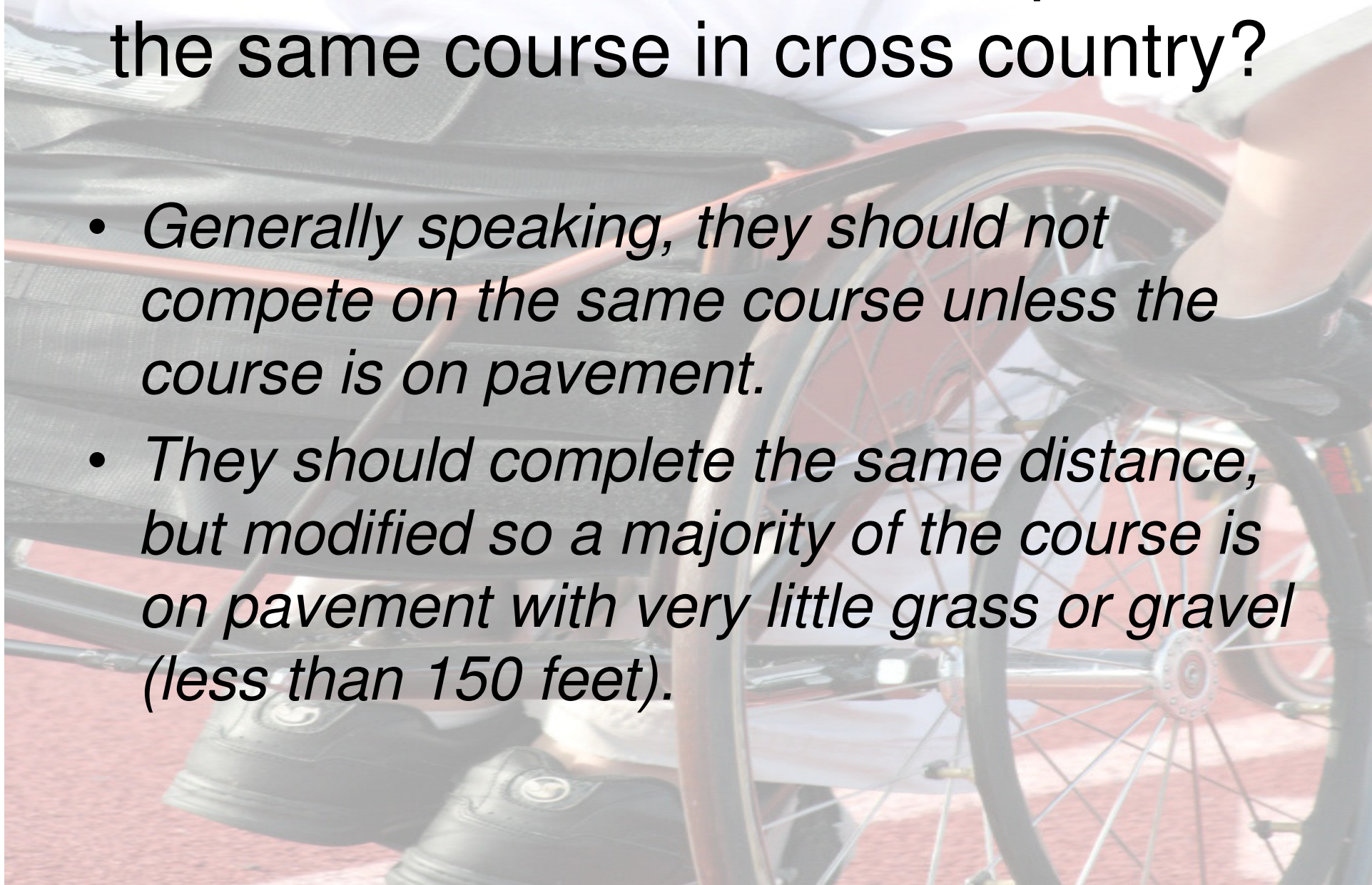
A person in a wheelchair is shown on a tennis court. The wheelchair is a specialized sports wheelchair with a low profile and large wheels. The person is wearing a white shirt and dark shorts. The background is a blurred tennis court with a red surface.

Can an athlete with a physical disability be integrated into any other sports?

- *Athletes can compete alongside high school teammates in tennis, swimming, archery, or golf.*
- *No adaptations are needed for swimming or archery.*
- *Tennis modifications include only that the wheelchair athlete gets 2 bounces.*
- *Golf modifications may involve a stand-up golf chair.*

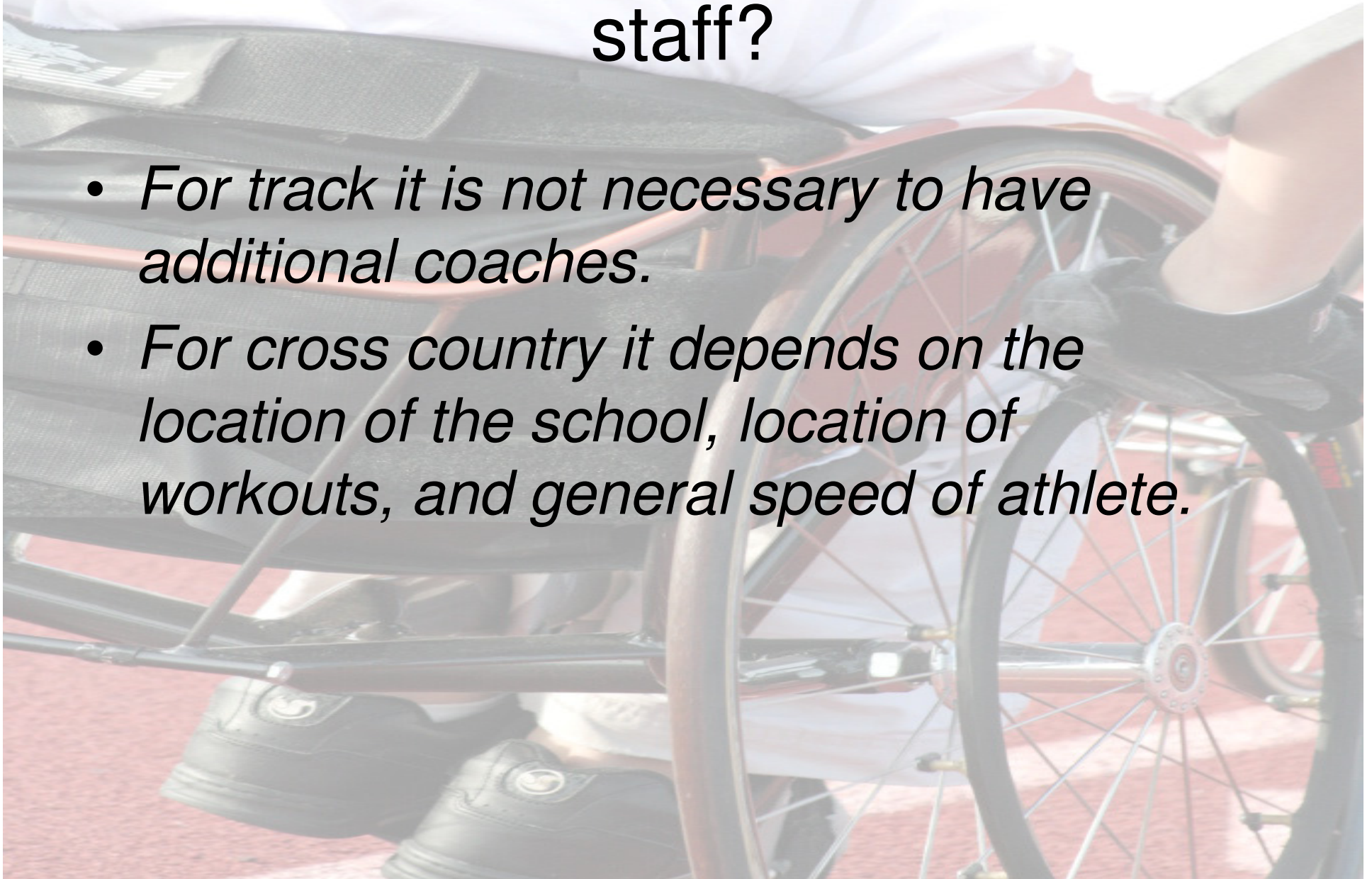
Do wheelchair athletes compete on the same course in cross country?

- *Generally speaking, they should not compete on the same course unless the course is on pavement.*
- *They should complete the same distance, but modified so a majority of the course is on pavement with very little grass or gravel (less than 150 feet).*



Do we need to have more coaching staff?

- *For track it is not necessary to have additional coaches.*
- *For cross country it depends on the location of the school, location of workouts, and general speed of athlete.*



What about busing?

- *If the athlete can ambulate, then they ride with their teammates and the race chair is strapped down in the back seat of the bus or under the bus in the travel compartment.*
- *Some schools carry the athlete up the stairs and they ride with their teammates.*
- *If a wheelchair bus is utilized, make sure many of their teammates are on the bus with them.*

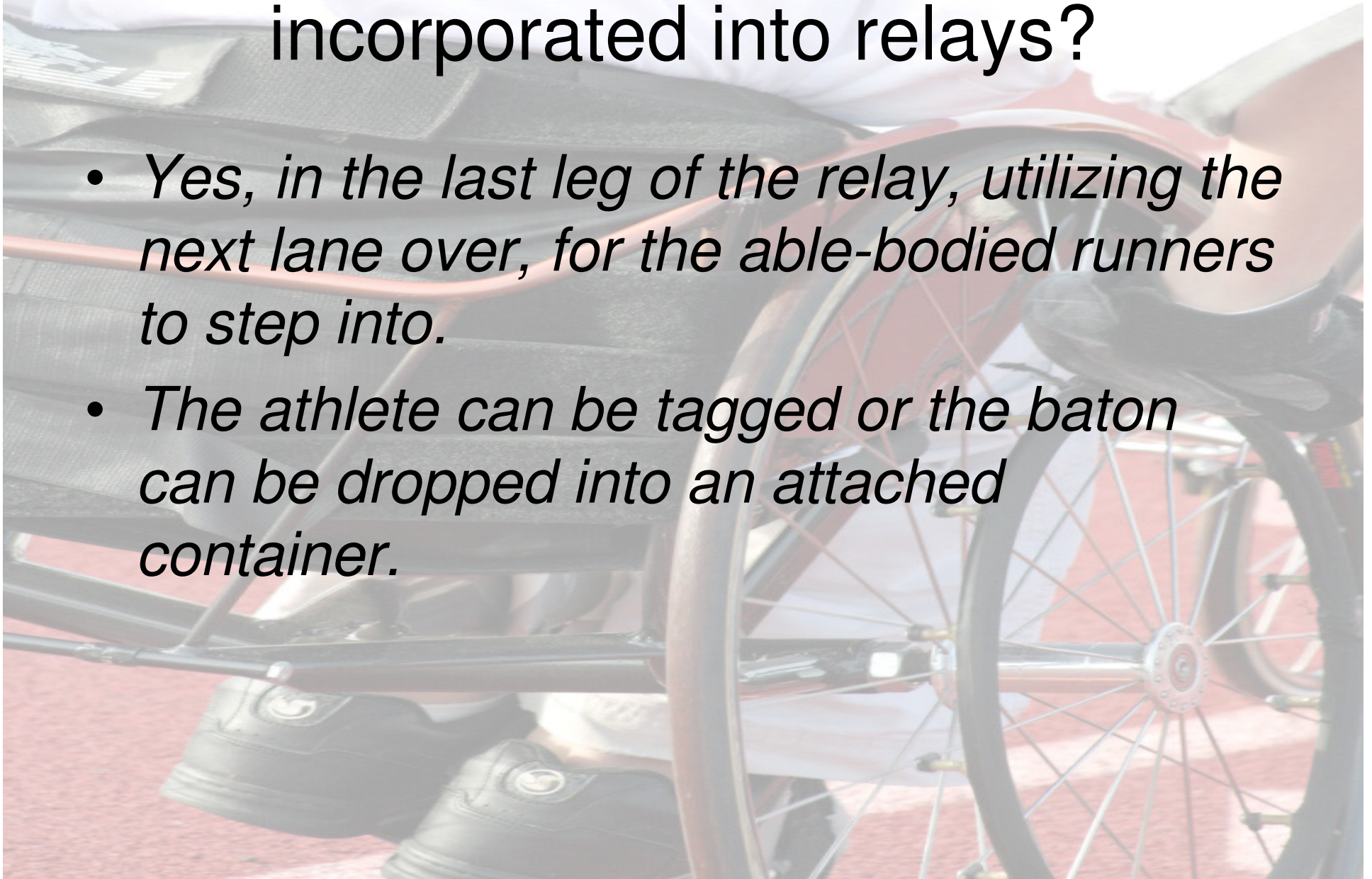
What about hotel rooms and accessibility?

- *Generally speaking, most athletes do not need a wheelchair accessible hotel room. However, a wheelchair accessible restroom at track and cross country events is recommended.*



Can wheelchair athletes be incorporated into relays?


- *Yes, in the last leg of the relay, utilizing the next lane over, for the able-bodied runners to step into.*
- *The athlete can be tagged or the baton can be dropped into an attached container.*



How do wheelchair track athletes score points for their team?

- *Rules and guidelines are on the WIAA website.*
- *If there are 2 athletes of the same gender competing in the same race, the athlete that comes in first scores 2 points and the athlete that comes in second scores 1 point.*
- *If there are 8 athletes, it is standard scoring: 10, 8, 6....*
- *In order to score they must meet the standard listed on the WIAA website*

<http://www.wiaa.com/ConDocs/Con154/2010-11.pdf>

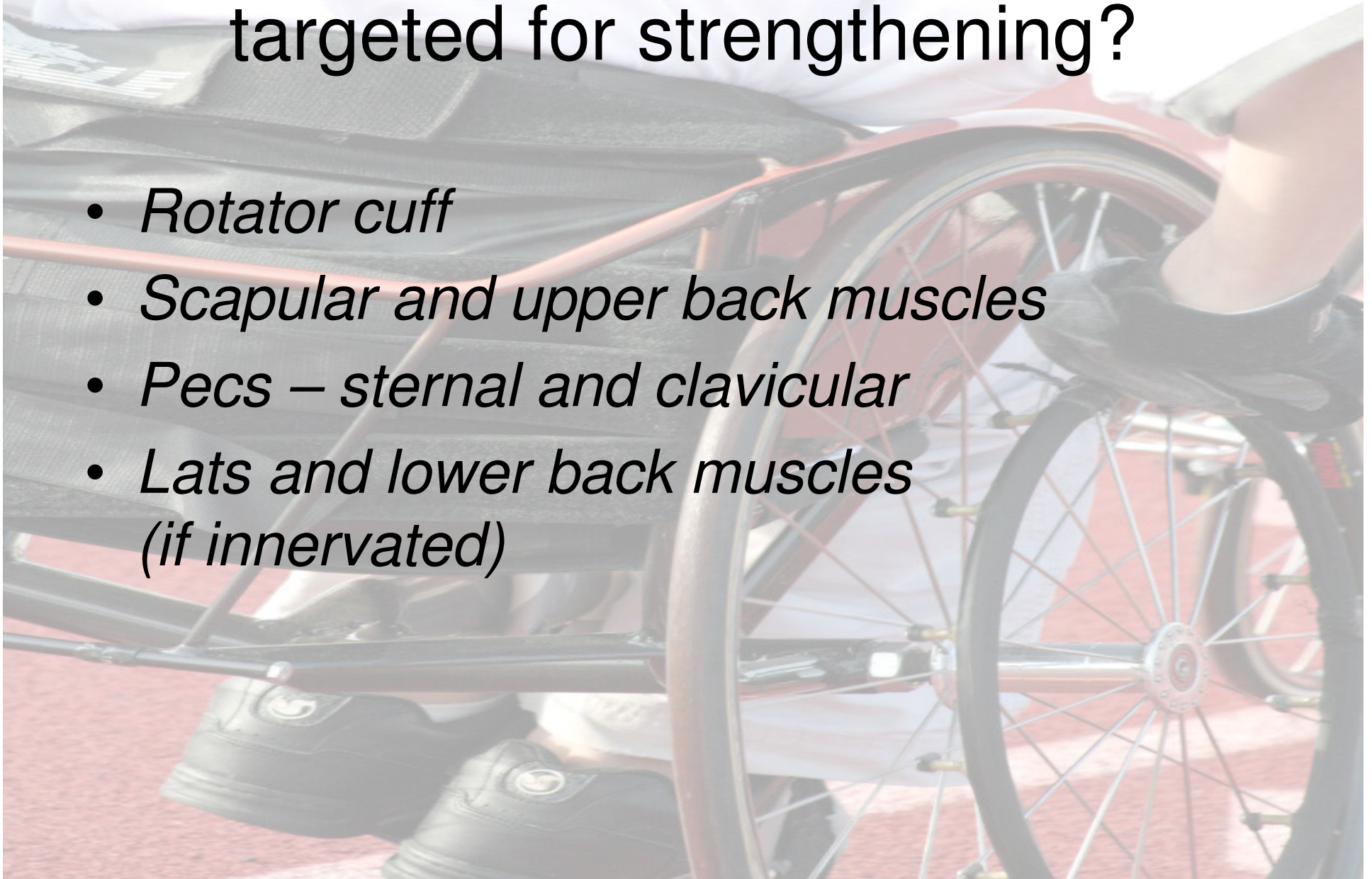
A person in a wheelchair is shown from a low angle, focusing on the wheels and the person's legs. The person is wearing a white shirt and black shoes. The wheelchair is on a red track. The background is slightly blurred, showing other people and the track.

Can wheelchair athletes do the same workouts as their teammates?

- *Generally speaking, yes but some modifications may be necessary.*

What specific muscles need to be targeted for strengthening?

- *Rotator cuff*
- *Scapular and upper back muscles*
- *Pecs – sternal and clavicular*
- *Lats and lower back muscles (if innervated)*



What kind of cross-training/off season training is recommended?

- *Swimming*
- *Handcycling*
- *Weight Lifting*
- *Backward pushing in a day chair*
- *Roller workouts*



A person is sitting in a wheelchair on a red track. The wheelchair is silver with black tires. The person is wearing a white shirt and dark pants. The background is a red track with some white lines.

Why should I integrate wheelchair athletes onto my team?

- 1. Because every student has the right to play sports and compete.*
- 2. Because it's the right thing to do.*
- 3. It's the LAW!*

Who is my Adaptive Sports Contact?

If you are west of the mountains, contact:

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