

SPRING

hope

2006

n e t w o r k



Upcoming Events

Eat'n Park Hoops Classic

The annual Eat'n Park Hoops Classic returns for the 16th consecutive year with a fresh new look. This year's event will be held on **Saturday, June 10th** at the beautiful, new Galleria at Pittsburgh Mills located near Har-marville. The new mall is within a few easy driving miles of the PA Turnpike (Exit#5) and Route 28. Over 500 teams are expected to compete in this double elimination 3-on-3 basketball extravaganza for the Burgh bragging rights as kings and queens of the court. Participants include boys and girls, men and women of ages 8 and up. Divisions are according to age, as well as, a corporate and wheelchair division. Please support this event by registering a team and/ or volunteering at the event. For registration information just visit any Eat'n Park Restaurant or visit us on-line at **www.hopenetwork-pa.org**. Remember, all proceeds of the Hoops Classic benefit the Healthsports programs.

Junior Wheelchair Basketball

The gymnasium at The Children's Institute in Squirrel Hill (Pittsburgh) will be rocking on Saturday, April 29th as HOPE Network conducts a wheelchair basketball day-camp for youth. Any child, aged 8 to 20, who has a physical disability and can propel a manual wheelchair is welcome to attend. The day-camp will run from noon until 3:00 pm and will include experienced wheelchair basketball stars and coaches who will provide tips on game techniques, ball-handling, chair mobility, shooting, and of course playing around. Come hoopin' and hollerin'! It is FREE!!! This program is underwritten through the generous support of the Jonathan M. Houy Memorial Fund of the Pittsburgh Foundation. *Call by April 22nd to register.*

Adapted Rock Climbing Clinics

HOPE Network is currently seeking individuals interested in becoming adapted rock climbing instructors. On Saturday, April 29th from 9 am until 12 pm, members of Slippery Rock University (SRU) climbing staff and HOPE Network will be teaching the art of belaying and familiarizing interested individuals with adapted climbing equipment. The clinic is free of charge, but space is limited. In return, HOPE Network asks for a commitment to help conduct future clinics for disabled participants. *Call the Healthsports office to register.*

A second adapted climbing clinic is scheduled for people with disabilities who want to learn the basics of rock climbing. This clinic is designed to teach people with all types of disabilities. The clinic will be taught by trained SRU and HOPE Network staff. Plan to attend this clinic on April 29th at SRU from 12:30 pm until 3 pm. The fee for the clinic is \$10 per participant. Family and friends are welcome, too. So, come climb to new heights with HOPE Network. *Call the Healthsports office to register before April 22nd.*

Let Us Teach You the Game of Golf

FORE! HOPE Network will once again conduct a **Learn to Golf clinic** with LPGA Pro, Deb Constantin, and Eastern Amputee Golf Association VP, Mike Oehling. This clinic, designed to teach people of all ages and with all types of disabilities, will cover the basics of golf etiquette and swing development. Come get an early start on the regular golf season, prepare yourself to enjoy a new summer past-time, and take advantage of the golf gatherings that HOPE Network organizes every summer. The clinic will be held at **Pine Creek Golf** on Saturday, **May 20th** from 10:00 am until 1:00 pm. Volunteers and participants are needed for this clinic.

The second phase of this golf clinic will be to join together on a local accessible golf course. At this time you will learn how to maneuver a course and greens, what equipment is needed to pursue the game of golf, as well as, stretches and exercises that may be used to protect your joints from overuse. You will get the opportunity to play a fully-accessible, par-3 course and then participate in a discussion group focusing on the types of equipment available to golfers with disabilities, as well as, economical alternatives. This program will be held at the **Woodlands** on Saturday, June 24th from 10 am until 2 pm.

More Golf!!!

Join HOPE Network and friends on local public golf courses to play 9, or all 18, holes. The bi-weekly golf gatherings give golfers a chance to expand their knowledge of the sport, share their secrets, while adding the thrill of some friendly competition. Dates are on posted on the calendar of events. Locations are determined a week before the outing. *Call to register and get information on green fees and directions.*

Want some competition??? Show what you have learned and join local disabled golfers at two of the area's only golf tournaments showcasing disabled golfers—the **Eastern Amputee Golf Tournament** (June 2 and 3) and the **Chuck Scally Memorial** (August). The first is a straight-up individual tournament, the latter is a 4-man scramble format. This scramble format allows for a margin of error in your game, but it gives you a chance to compete for the team win. *Call the Healthsports office for more information.*

Legs of Steel—Fitness Program for Amputees

The “Legs of Steel” fitness program returns to the Pittsburgh area. This program is offered (free of charge) to all lower-extremity amputees, their families, and rehabilitation professionals who would like to learn techniques for increasing functional prosthetic control. Paralympic gold medalists, Todd Schaffhauser and Dennis Oehler, will teach participants various exercises and training methods designed to help amputees reach their personal activity level goals. Therapists will have the opportunity to assist amputees in their exercises and be able to implement these hands-on skills in their practices.

All age groups and activity levels are encouraged to attend. The program is designed to ensure that all amputees benefit. Come dressed to participate in stretching, strengthening, and walking exercises. **Legs of Steel clinics will be held from 6-8 PM on the following dates:**

UPMC Southside Hospital, Rehab Services.....March 22, June 21, & Sept 20
Healthsouth Harmarville Rehabilitation Center, Main Gym.....March 23, June 22, & Sept 21

For more information, please call Deb Carey of Union Orthotics & Prosthetics Company at 412-225-0385.

Past Events

Viva Las Vegas Night!!!

Nearly 200 people attended the first annual Las Vegas Night (LVN) fund-raiser on November 4th at the Chadwick in Wexford, PA. The event benefited disabled women's and girls sports/fitness programs of HOPE Network. The exciting venue offered tons of fun for everyone. Games of chance tables were alive with participants playing for fun at craps, poker, blackjack, roulette, and money wheels. A great silent auction and raffle provided items that attracted much interest and helped provide a wonderful bonus to the net revenue. The ballroom was decorated in Las Vegas theme with notable Vegas landmarks featured. Hors d'oeuvres and cocktails were provided for the guests throughout the evening. Over \$12,000 was raised at the event. Thank you to LVN major sponsors: **Mountain Creations, All-Pak, Animal General of Cranberry Twp, Ardmore Brake Service, Bob's Excavating and Trucking, Blackburn's Physicians Pharmacy, Gilbert Brenes, M.D., Center for Creative Play, Chem-Dry, CCAC, Citizen Financial, GroganGraffam, Edward C. Ifft, Jr., Kellaur Corporation, Leonard Fiore, Inc., North Pittsburgh Telephone Company, Penn Telecom, Sure-Tight, Henry Twentier, Jr., Stuart and Donna Van Kirk, White Heating, Woodlands.** Much thanks also go out to the hundreds of donors for the auction prizes.

Many thanks to the 2005 LVN committee of Co-Chairperson Norah Schneider and members Megan Skorupan, Susan Garrett-Sikora, Paul Schneider, Sr., Paul and Lynda Schneider, Krystyn Schneider, Jennifer Minyon, Lois and Zane McMarlin, Karen Kavic, Leah Gray, Marcie Galore, Jan Dunbar, Harry and Theresa Crytzer, Jennifer Concannon, and Kim Bender for an outstanding job planning and conducting the event.

24th Annual Healthsports Ski Classic

This year's annual Ski Classic was held at Hidden Valley Ski Resort from January 29th through February 1st. Despite the unusually warm weather this winter season, Mother Nature was kind enough to provide just enough snow to conduct the clinic. The Classic saw many new faces this year with students coming from Slippery Rock University and employees from **Union Orthotics & Prosthetics, Co.**, to assist with volunteering, as well as, new and veteran skiers attending to improve their skills or to learn a new past time.

Forty skiers, 17 instructors, and 65 volunteers participated in this year's event. **Union O&P**, a major co-sponsor of the event, provided t-shirts for all of the participants and volunteers, provided expertise ski instruction to amputee skiers, and served as hard-working volunteers on the slopes. All instructors and volunteers conducted approximately 80 lessons over the 3-day clinic.

A Tuesday evening pizza social was underwritten by **Chesapeake Rehab, Sunrise Medical, and Fox's Pizza of Somerset**, while local favorite **BluRazor Band** provided live entertainment. The band's appearance was sponsored by **Three Rivers Adapted Sports (TRAS) and Baltimore Adapted Recreational Sports (BARS)**. The prestigious Woody Woodworth Volunteer Award was presented at the social to a well-deserved, long-time ski instructor, **Diana Wood**.

Tremendous thanks are extended to all the incredible volunteers, instructors, and sponsors. Special thanks go out to **Mark Kulzer** (lead instructor) and **Nancy Lewis** for all of their help in the planning and operation of the event. Special thanks to our meal sponsors: **Accessible Home Automations, Blackburn's Physicians Pharmacy, and Sodexo**. Also, thank you to all of the other sponsors who donated equipment, raffle items, lodging, and/or staff time to enhance our event: **Baltimore Adapted Recreation & Sports (BARS); Boston Culinary Group; Caroselli, Beachler, McTiernan, & Conboy; Dairy Queen Brazier of Donegal; Fireside Inn; Hidden Valley Four Seasons Resort; The Log Cabin Motel; The Meadows; Pittsburgh Pirates; Ski Liberty; Three Rivers Adaptive Sports (TRAS); and Mr. & Mrs. William Kury.**

Sikora named to Team USA

John Sikora, Executive Director of HOPE Network was recently selected as the 2nd assistant coach of the USA Women's Wheelchair Basketball National Team. John was named to the position by head coach Ron Lykins and approved by the executive committee of the NWBA. John assisted in leading the USA women to the gold medal championship at the Amercia's Cup Tournament in Colorado Springs, CO in December. That win qualified the USA team to compete in the World Championships in the Netherlands in July 2006. John maintains a vigorous schedule traveling most weekends to Team USA training camps in preparation for the World games. He says that this is another wonderful step in his illustrious sports career...to have the "honor of coaching the worlds best female basketball players, and to do so under the tutelage of the best wheelchair basketball head coach. It is an unbelievably great learning experience (coaching) while offering my own insights to the development of Team USA and our game. This is the epitome of sports for the disabled." Go USA!!!!

Steel City Starz Invade Alabama

The Steel City Starz traveled to Birmingham, Alabama on March 1st to compete in the 32nd Annual National Women's Wheelchair Basketball Tournament. Eleven teams competed in this year's tournament with the University of Illinois rising to victory over the L.A. Sparks to take home the championship. Even though the Starz came home without a victory in three games, the trip was a great learning experience for the newest members of the team and a wonderful chance for the team to grow. The team has already set its sights on next year's NWWBT to be held in Arizona. The team goal is to be ranked in the top ten after next season.

The Starz send out a special thank you to **Accessible Home Automations (the McKowan family)** for loaning the team their equipment trailer to travel to the tournament, and to **Kevin Holbein** for being a part of the transportation team. Without you, the trip wouldn't have been the same. Your generosity is greatly appreciated. A special thanks also goes to the coaching team of Theresa Crytzer, Chaz Kellem, and John Sikora for getting the team through the season.

Any women, with or without a disability, interested in participating on the team for the 2006-2007 season, please contact the Healthsports office. A team meeting will be scheduled for late July.

Three Rivers Rowing Association

Jim Costello, a long-time adapted sculler, was recently appointed Director of Adaptive Programs at Three Rivers Rowing Association (TRRA).

Responsibilities of this position will include management, coordination, and development of all facets of the programs including the "VI" (visually impaired) program, the Adaptive (rowers with physical disabilities) program as well as the competitive program (elite rowers from either the VI or Adaptive groups) who wish to compete in regional, national or even international sanctioned events.

For more information about TRRA's adapted programs, contact Jim Costello at:

<http://www.threeriversrowing.org>

e-mail jimcostello@threeriversrowing.org

412-922-3244-(Home) 412-231-8772-(Work)

Welcome New Members of HOPE's Board of Director

HOPE Network is extremely pleased to announce the recent addition of three members to its Board of Directors (BOD). Joining the ranks at the January BOD meeting were:

Mr. EJ Borghetti – Assistant Athletic Director of Media Relations, University of Pittsburgh
Ms. Deborah Hutchins, Ph.D. – Professor of Therapeutic Recreation, Slippery Rock University
Mr. Gerald McLaughlin – Senior Vice-President, Grubb and Ellis

A warm welcome is extended to the three new members of the BOD as we look forward to their guidance and assistance with the future growth of HOPE Network.

Donations

A significant percentage of HOPE Networks' operational budget is dependent upon, and supported through, private donations. There are many ways to donate to HOPE Network including :

- \$ monetary donations made directly to the HOPE Network
- \$ in-kind donations (i.e. equipment, services)
- \$ the United Way Contributor's Choice Program (**Code #968193**)
- \$ the Combined Federal Campaign (**CFC Code #9097**)
- \$ Volunteerism

Any of these methods of support will help to continue all of HOPE Network's programs. Additionally, they provide great opportunities for you to experience the world of adapted sports. All donations are tax-deductible and are greatly appreciated!

Thank you to recent contributors:

FISA Foundation	Kate M. Kelley Foundation
Northern Allegheny Chamber of Commerce	Operation Good Neighbor Foundation
Pittsburgh Athletic Association	South Butler Primary School
Michelle Agostinelli	Robert (Skip) Alberts
John Bass and Family	Dr. Gilbert Brenes
James and Nicole Clark	Harry and Theresa Crytzer
Jeff and Beth Dellovade	Gerald Dugan
Duscheid Family	Richard Fennell
Kathleen Fleck	David Frankovich
Rich Galie	Walter Garcia
Karl Gibson	Carol and Reed Harvey
Carol Huffman	Edward C. Ifft, Jr.
Sharon Kurz	Jean and Pete Laverty
John Majors	Greg and Mary Marchetti
Alice and Dr. Rex Newton	Optimal PT and Sports
Sara Piva	Lynne and Bruce Rackley
Tom Reinecke	Edward and Heather Salata
Curtis Sanks	Bill Shay
John Skorupan	Donna and Stuart Van Kirk
Steven Watson	Susan Wisneski

2006 Calendar of Events

Weightlifting and Conditioning Program.....	on-going - M,W,& F 10:00 am – 1:30 pm
Aerobics.....	every Wednesday @ 12:15 pm
Continuing Education for Adapted Ski Instructors (WISP).....	January 7 - 8
Steel City Starz's One-day Tournament (Johnstown).....	February 4
Healthsports Ski Classic (Hidden Valley).....	January 29 – February 1
CLO New Horizons.....	Weekly
WISP Ski Bash (TRAS, BARS, 3 Trackers Event).....	February 22 - 25
National Women's Wheelchair Basketball Championships (Alabama).....	March 4 - 6
Track & Field.....	March – July
Adapted Rock Climbing Clinic.....	April 29
Junior Wheelchair Basketball Day-Camp.....	April 29
Discover Adapted Sports Day.....	TBA
Learn to Golf Clinics.....	Pine Creek Golf...May 20 The Woodlands...June 24
Pittsburgh Amputee Golf Tournament.....	June 2-3
16th Annual Eat'n Park Hoops Classic @ The Galleria at Pittsburgh Mills.....	June 10
Golf Outings.....	July 6, July 20, August 3, August 17
Self-Defense.....	August
Tai Chi.....	August
NWBA Camp.....	TBD
Cycling.....	July 23, August 26
Wheelchair Tennis Clinic.....	TBA
Fishing.....	July – August
Water Skiing (weekly).....	July 6 – September 30
All Day Water Skiing, Fishing, Cycling	TBD
Junior Wheelchair Basketball Camp (Edinboro University).....	July 30 – August 3
Learn to Kayak/Canoe (Three Rivers Rowing Association).....	TBA
Chuck Scully Golf Tournament (TRAS & HOPE Network).....	August
Saturday Sports Spectacular @ The Children's Institute.....	August 20
Steel City Starz- Women's Wheelchair Basketball.....	September – March
Pittsburgh Steelwheelers - Wheelchair Basketball.....	September – March
Pittsburgh Steelwheelers - Quad Rugby.....	September – March
Skeet/Trap/Pistol/Archery Shooting Clinic.....	September
WOW! (Winners on Wheels).....	TBA

Is there an activity that interests you that isn't on the calendar? Let us know what activities you would like to see offered by the Healthsports Program.

Check out the new HOPE Network website for information and updates on scheduled events at www.hopenetwork-pa.org.

HOPE Network is always looking for participants and people to conduct various programs. If you are interested in becoming a volunteer, instructor, and/ or participant, give us a call TODAY!!!