



# POWER OF ABILITY INITIATIVE

Advancing Diversity, Equity, Inclusion, and **Accessibility**  
for all who want to enjoy sports and all of its benefits!

# EXPLORE WITH US

To the seekers, investors, explorers, adventurers, and difference-makers - we believe life doesn't stop unfolding just because we have a disability.

**We believe that We Adapt. We Include. We Empower.**



**One in four adults and one in 20 children in Ohio have a disability** from an injury, a disease, or a congenital defect. We are breaking down barriers and shedding limitations.

For over 30 years, we have been using the power of sports to push what's possible for veterans, children, and adults with disabilities: confronting ignorance, fueling conversation, and inciting action that leads us to a world where everyone's included. We snow ski, water ski, kayak, cycle, sail, play soccer and mountain bike with adaptive equipment designed to match a person's ABILITY – **building skills, self-esteem, and independence.**

We operate out of our Adventure Center located along the Scioto River in Powell, Ohio, Mad River Mountain Ski Resort, Snow Trails Ski Resort, Glacier Ridge Metro Park, Alum Creek, and Westerville. We also have ready-to-go trailers to take our adaptive cycles and kayaks on the road to reach people where they live, work, and play.

*We are seeking a philanthropic and social impact investment of \$15 million to serve Ohio's veterans, children, and adults with disabilities. Together, We are Advancing Diversity, Equity, Inclusion, and Accessibility for all who want to enjoy sports and all of its benefits!*

## The Power of Ability Initiative will include:



A one-of-a-kind **Adventure and Wellness Lodge** bringing veterans, children, and individuals with disabilities together from across Ohio for therapeutic outdoor recreation, retreats, and education.

**\$5M**



**Adaptive Sports Complex** - In partnership with Miracle League New Albany, City of New Albany, and more - we are building the region's first adaptive sports complex to serve people of all abilities.

**\$5M**



**Program Expansion** to reach more adaptive athletes with all types of disabilities including autism, brain injury, spinal cord injury, amputation, and other mobility challenges.

**\$4.5M**



**Get Out Adventures** - our social enterprise offering inclusive outdoor experiences for EVERYONE and designed to **sustain** and **support** our more intensive adaptive programming.

**\$500K**

# OUR MISSION

Our mission is to break through limitations with adaptive innovation, ensuring people of all abilities the health benefits, freedom, and sense of belonging from recreation and outdoor experiences.

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## we are all **adaptive**

We are all **ADAPTIVE**. An accident changes your life in an instant. A stroke changes how you move. A life transition knocks you off your feet. We all need to adapt at some point in our lives.

Whether learning to discover a new normal after a recent diagnosis or overcoming lifelong challenges, the opportunity to get outdoors and get moving brings strength, resolve, and a deep-seated resilience.

With the **Adaptive Sports Connection's Power of Ability Initiative**, each of us can conquer the challenges we face.



### **Here I get to be myself, imperfections and all.**

I get to push the boundaries of what the world says I can and can't do. I am so fortunate to get the opportunity to share the laughter, the challenge and the mountaintop moments. Sports and adventure bring me ridiculous amounts of joy and perseverance. As an instructor, I hope to impart that joy into the lives of individuals and families.

*– Amanda Young, born with spina bifida, is both a participant and certified kayak and ski instructor*



**Volunteering with ASC gets me outside and active with some of the best people you can imagine.** I've become a better skier and kayaker through our programs as I train volunteers and instruct our athletes and families that these are lifelong sports they can enjoy together.

– DAVID BRUBAKER  
ASC Volunteer

# Shedding Limitations

## A POWERFUL HISTORY

### History Highlights

Adaptive sports began as a means to rehabilitate veterans from World War II, Korea, and the Vietnam War. Today, Move United, our national partner, serves both civilians and the latest military who have sustained permanent physically disabling injuries while in Iraq and across the globe.

**1992:** Founded organization and immediately became affiliated with the national organization Move United (formerly Disabled Sports USA) founded in 1956

**1993:** Nationwide Insurance provided an initial grant for adaptive ski equipment launching our adaptive snow ski program

**1998:** Offices located The Ohio State University Medical Center Dodd Hall establishing a strong partnership with OSU

**1997:** Launched Sled Hockey program and expanded adaptive sports to include kayaking, cycling, water skiing, and sailing

**2005:** Partnered with the City of Columbus Recreation and Parks to launch Adventure Center along the Scioto River

**2005 - 2016:** Continued to add additional adaptive sports and hired Director of Sports and Volunteers

**2017:** Hired full-time experienced Executive Director to grow organization's infrastructure and presence in community

**2020:** Winning several pitch events and support from the Columbus Foundation

**2021:** Launched our social enterprise Get Out Adventures winning several pitch events, support from The Columbus Foundation and partnership with REI

**2022:** Launched our Power of Ability Initiative and added amputee soccer

**2023:** Formed partnership with Miracle League and City of New Albany to construct Fieldhouse as part of the Regions first Adaptive Sports Complex

# DIVERSABILITIES

Serving individuals facing a variety of conditions across Ohio and beyond.

ASTHMA  
 VETERAN  
 BRAIN INJURY  
 MENTAL HEALTH  
 HEAD INJURY  
 BURN SURVIVOR  
 SUBSTANCE ABUSE  
 SENSORY INTEGRATION DISORDER  
 INTELLECTUAL DISABILITY  
 PERSISTENT DEVELOPMENTAL DISORDER  
 SPINAL CORD INJURY KLINEFELTER'S SYNDROME  
 GENETIC DISABILITY RARE AND UNDIAGNOSED  
 TRAUMATIC BRAIN INJURY ACHONDROPLASIA  
**SPINAL CORD INJURY**  
 CANCER SURVIVOR DOWN SYNDROME  
 ALZHEIMERS BIPOLAR DISORDER  
 MULTIPLE SCLEROSIS ORTHOPEDIC IMPAIRMENT  
 HEART DEFECT SPINAL MUSCULAR ATROPHY  
 DEVELOPMENTAL DISABILITY  
 POST-CONCUSSION SYNDROME  
 ANGELMAN SYNDROME SEXUAL TRAUMA  
 SENSORY PROCESSING DISORDER  
 PRADER WILLI SYNDROME AICARDI SYNDROME  
 CHRONIC FATIGUE SYNDROME  
**AUTISM** RETT SYNDROME  
 PARKINSON'S DISEASE  
 EHLERS-DANLOS SYNDROME MUSCULAR DYSTROPHY  
 CLEFT LIP AND/OR PALATE  
 ILLNESS RELATED DISABILITY  
 TEMPORARY DISABILITY/INJURY  
**CYSTIC FIBROSIS**  
 BRAIN TUMOR DYSLEXIA  
 EPIDERMOLYSIS BULLOSA  
 TRANSVERSE MYELITIS  
 SEIZURE DISORDER  
 HEMIPLEGIA  
 KNEE AMPUTEE  
 SCHIZOPHRENIA  
 DYSMELIA  
 VISUAL IMPAIRMENT ANXIETY DISORDER LUPUS  
**FIBROMYALGIA**  
 CANCER AMPUTATION  
 DEAF/HARD OF HEARING EPILEPSY  
**LIMB DIFFERENCE** ATHETOSIS  
 GUILLAIN BARRE SYNDROME ARTHROGRYPOSIS  
 IMPAIRED MUSCLE POWER EATING DISORDER  
 SCOLIOSIS  
 DISEASE RELATED DISABILITY  
 ASPERGER'S  
 PARAPLEGIA  
 ATAXIA  
 DEPRESSION  
 ADD/ADHD  
 PHYSICAL/EMOTIONAL ABUSE  
 HEMIPARESIS  
 SELECTIVE MUTISM  
 ASPERGER'S  
 PULMONARY HYPERTENSION  
 CEREBRAL PALSY  
 DIABETES  
 STROKE  
 SPINA BIFIDA  
 ARTHRITIS  
 QUADRAPLEGIA  
 TRAUMA



KAYAKING



WATER SKIING



SAILING



PADDLEBOARDING

## Adaptive Recreation

IF I CAN DO THIS,  
I CAN DO ANYTHING

We draw from decades of experience working with people of all abilities, harnessing the power of specialized equipment, techniques, teaching methods and volunteer support to help people take on challenges beyond their wildest expectations.



SOCCER



GOLFING



SKIING



SNOWBOARDING



CYCLING



MOUNTAIN BIKING



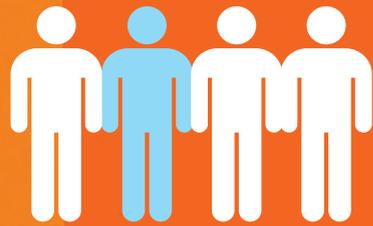
BIKES TO GO



GO BABY GO

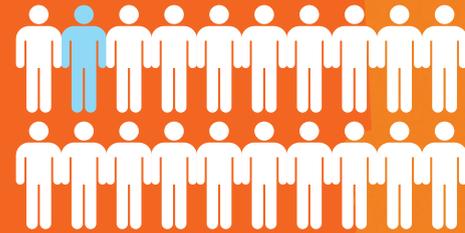
# THE NEED IS GREAT

We are growing 30% year-over-year... to keep up with demand.



**2,322,751 adults in Ohio have a disability.**

This is equal to 25% or 1 in 4 adults in Ohio.



**Ohio has 2,562,550 children aged 0 to 17, making up about 21.8% of the total population. 1 in 20 children have a disability.**

Individuals with disabilities are more likely to be obese and have heart disease, diabetes, and other health challenges. They are 5x as more likely to have depression, anxiety, post-traumatic stress syndrome, and other mental health challenges. Individuals with disabilities are the largest minority in the United States.

# THE IMPACT IS LIFE-CHANGING

## The psychological benefits of adaptive sports participation include:

- Improved mood and body image.
- Reduced anger, confusion, anxiety, depression, sleeplessness.
- Increased self-esteem.
- Improved self-perception and life satisfaction.

## Physical benefits include:

- Decrease in pain and tension levels.
- Reduced severity of secondary health problems.
- Enhanced ability to complete daily activities and self-care.
- Improved wheelchair mobility skills.
- Greater physical independence.

## Sociological benefits include:

- Enjoying new experiences and friendships.
- Counteracting the stigma of disability.
- Increased likelihood of employment.

# CHILDREN ARE THRIVING

Children with disabilities are prone to be socially isolated and much less physically active than their peers, regardless of impairment. Participating in adaptive sports builds self-esteem, independence, and fosters inclusion.

According to Jonathan Napolitano, MD, Nationwide Children's Hospital, adaptive sports offers the chance to:

- lower body mass index
- improve self-esteem
- reduce depression
- improve social skills and relationships
- help build a long-term resource network
- improve long-term heart and lung health
- develop skills such as sportsmanship, teambuilding, leadership and resilience

**And, it's FUN!!**



AJ is an active and athletic 4-year old with Caudal Regression Syndrome a rare complex disorder characterized by abnormal development of the lower (caudal) end of the spine. He loves watching soccer, football, and basketball and being outside.

Since having his bike AJ feels more included, like a typical big kid since now he doesn't have to be inside of a stroller while others are riding.  
**He can now enjoy the fun of riding!**

– AJ's Mom

# VETERANS ARE HEALING

## SPORTS AND PHYSICAL ACTIVITY ARE IMPROVING THE WELL-BEING OF COMBAT VETERANS

### 11 Studies Revealed

Sports and physical activity enhance well-being in Veterans through active coping and doing things again.

## THE IMPACT

PTSD Symptoms Reduced

Increased Determination and Inner Strength

Focus on Ability and Broadening of Horizons

Identity and Self-Concept

Sense of Achievement/Accomplishment

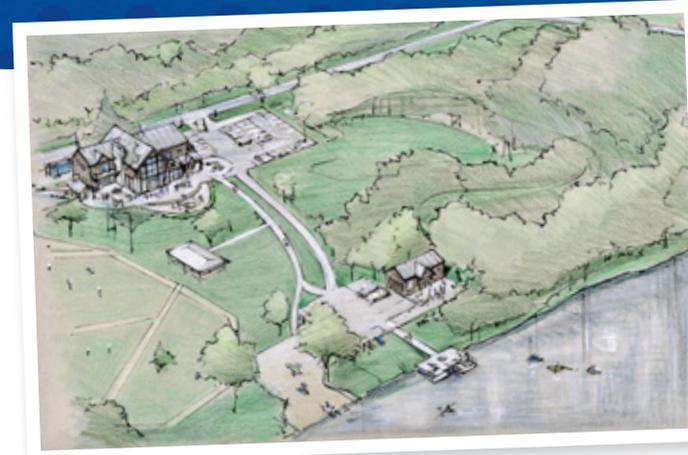
Social Well-Being

Enhanced Motivation for Living

# Adventure & Wellness Lodge

## Current Situation

We are operating out of a remodeled house on the property at 6000 Harriott Rd in Powell, Ohio along the Scioto River. We have program offices at this space, store equipment, and operate our water sports and gatherings for veterans, children, and adults with disabilities. Not only is the structure way too small to meet our growing needs, it is **inadequate and unsafe for service due to the fact the structure is deteriorating**. There is a lack of storage, office space, training space, restroom facilities, etc. **Our participants have to use a porta-potty, which is not easy to navigate in a wheelchair. It's time to build.**



Together we are the **seekers, explorers, fun-makers, adventurers, and life-changers!**

The Adventure Lodge will allow us to expand how we invite and engage individuals and the community for learning and growth.

Here spinal cord injury groups can gather together to talk about shared experiences, learn about nutrition, and take a spin on the adaptive cycles.

**Our veteran-focused partners** can gather to teach transition skills from military to corporate life, understand living with PTSD or a traumatic brain injury.

**Here children with disabilities** can learn how to ride an adaptive bike and kids from City of Columbus Recreation and Parks summer camps will experience daily opportunities for creativity, expression, and much, much more!

*This facility is for ALL and will be one-of-a-kind in Ohio.*

# Adventure & Wellness Lodge



## FEATURES OF THE ADVENTURE LODGE

- Retreats for Veterans with Disabilities (brain injuries, PTSD, etc)
- Versatile program area for yoga and movement classes, equipment fittings, and evaluation
- Volunteer training center for 700 volunteers
- Inviting space for support groups to meet
- Offices for administrative and program staff
- Lodge area for corporate, organization and event retreats, meetings, and gathering space providing opportunity for earned revenue
- Warming Kitchen
- Outdoor gathering areas
- Accessible locker room and restroom facilities
- Program registration area, concession area, and store-front for merchandise

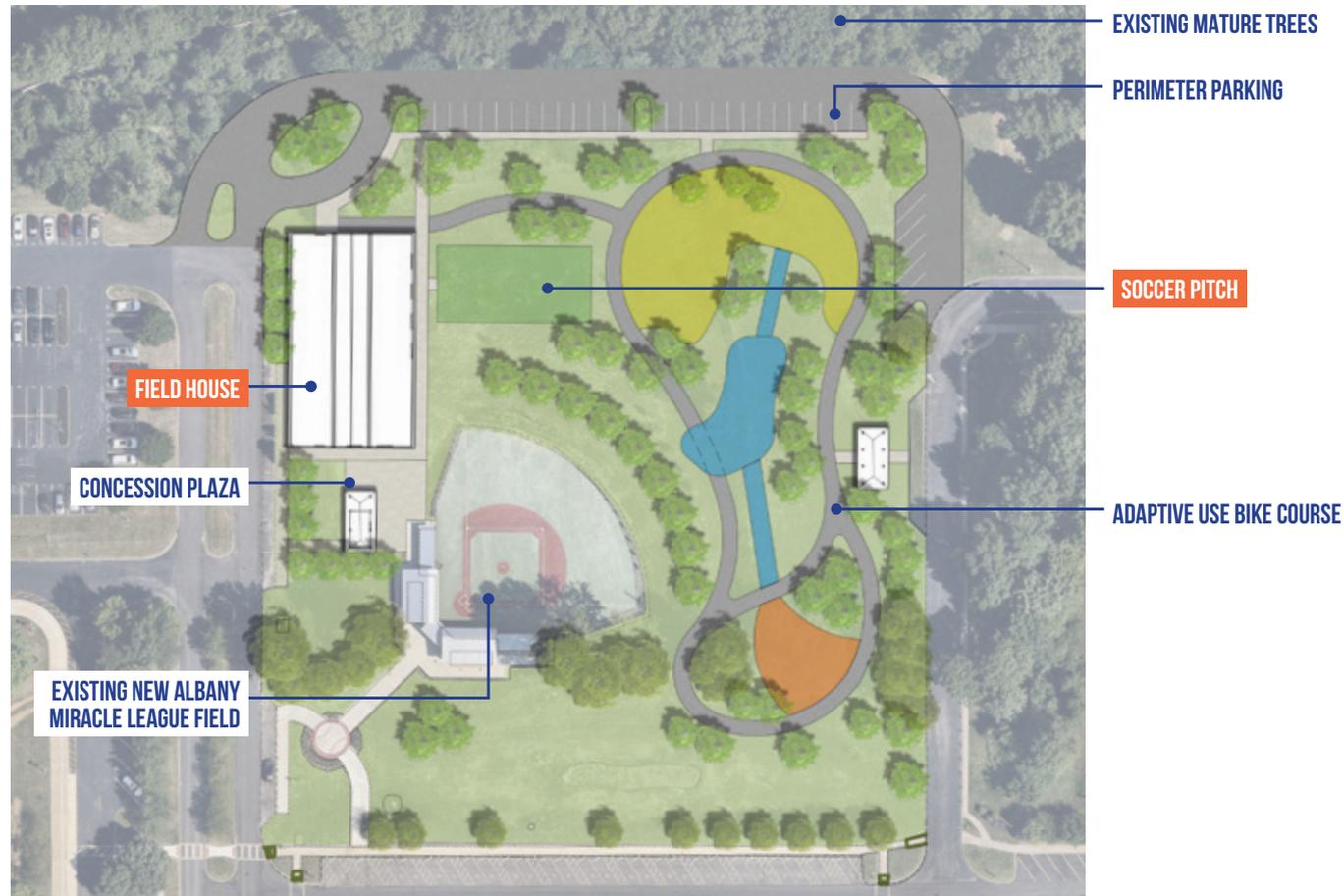
When considering the vision for the Adventure Lodge, we listened to the needs of participants and our community partners, and assessed what has been successful for other Move United chapters across the country.

The Adventure Lodge embraces our belief that bringing partners and community organizations together makes us all stronger. Such strength and partnering will be on full display in the new Adventure Lodge for community and programs. **Here people will come together to share in experiences that foster healthy, positive relations.**

*We will create an environment of discovery, acceptance, inclusion, and growth.*

# Miracle Park of New Albany

In partnership and collaboration with Miracle League of New Albany, Nationwide Children's Hospital, and other nonprofits - **we are building a Fieldhouse as part of the region's first Adaptive Sports Complex.**



## FIELD HOUSE

- ADAPTIVE PICKLEBALL
- EXPANDED ADAPTIVE SOCCER
- ROCK CLIMBING
- FITNESS AND MOVEMENT CLASSES
- INDOOR CYCLING
- ADAPTIVE STREET HOCKEY
- ADAPTIVE BASKETBALL
- ADAPTIVE YOGA
- ADAPTIVE ARCHERY
- ADAPTIVE VOLLEYBALL
- ADAPTIVE CROSSFIT
- ADAPTIVE DANCING / CHEER
- ADAPTIVE CYCLING CENTER
- VOLUNTEER TRAINING
- PARTNERSHIPS WITH SPECIAL OLYMPICS AND BUDDY UP FOR LIFE



## OUTDOOR ADAPTIVE SPORTS

- DISCOVER SOCCER FOR ALL
- INCLUSIVE YOUTH SOCCER PROGRAM
- AMPUTEE SOCCER TEAM: IN PARTNERSHIP WITH COLUMBUS CREW AND USA AMPUTEE SOCCER ASSOCIATION
- ADAPTIVE STREET HOCKEY



## OUR PROGRAM CHALLENGES

### – *Keeping Up with Demand for Services*

The philosophy, “if I can do this, I can do anything” ripples from our programs into the heart and souls of our participants.



Our greatest challenge is keeping up with demand. We run a lean operation and have honed our skills, processes, and efficiencies - we need an impact investment to continue to serve the number of participants and volunteers and keep up with the pace of growth.

“We love this program! What you do to make something that once seemed very out of reach attainable for our daughter and our family is incredible. Thank you so much.”

– Molly F.

The Operating and Program Expansion component of our Power of Ability initiative includes: staffing, equipment, scholarships, and breaking down barriers.

## 1 Staffing

In communities across Ohio, an estimated one in four people have a disability. People with disabilities face many challenges in achieving optimal health. Data from 2019 from the CDC show that people with disabilities have less access to health care, have more depression and anxiety, engage more in risky health behaviors such as smoking, and are less physically active.

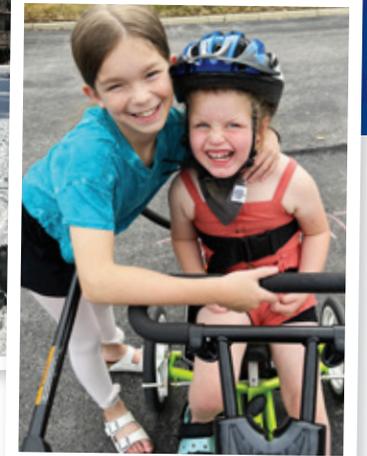
Our vision is for veterans, children, and adults of all abilities to access sports and outdoor and therapeutic recreation—an opportunity to feel independent, strong, and have a true sense of belonging.

We are currently serving 1,500+ participants and 3,000 families in 44 counties in Ohio. Fifty percent of our participants are children.



## 2 Equipment

Adaptive equipment is necessary for our programs. With more participants we need to double our equipment and add new equipment for program expansion in the new facility – such as a climbing wall, basketball hoops, pickle ball and tennis. As technology advances, we need equipment that allows more and more people with disabilities to participate in our programs.

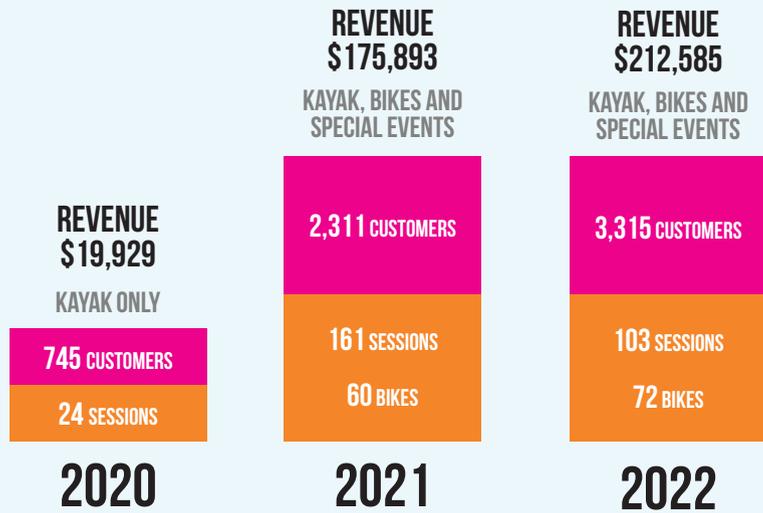


## 3 Breaking Down Barriers

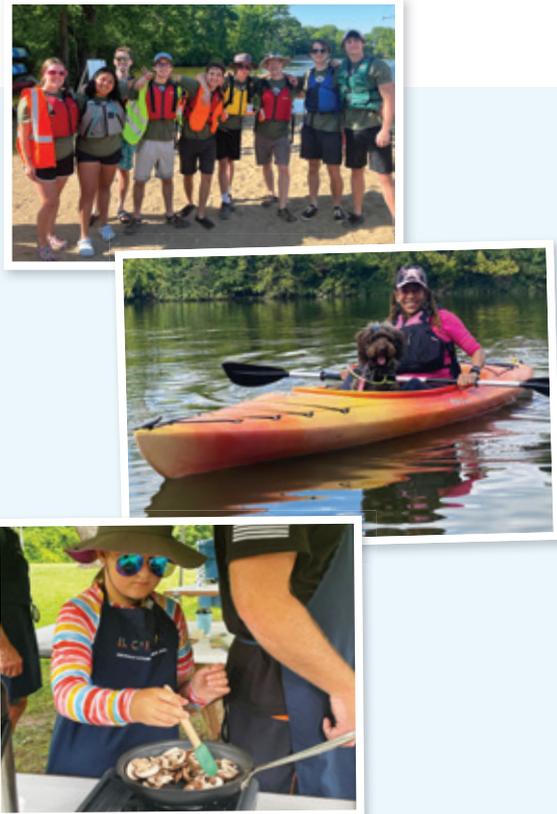
Individuals and families with disabilities face a tremendous financial burden. Access to rehabilitation, exercise, and sports opportunities is an issue. Many other social determinants play a part in the barriers to better health for this population - including low income, transportation, geographic location, education, and awareness of opportunities. We want to break down barriers with transportation to bring inner-city kids to the Adventure Wellness Lodge and provide more scholarships for low-income families and veterans.

*Operating and program expansion capital will allow us to keep up with growth, fund new opportunities, and lead to the organization's overall sustainability. A complete operating Pro-forma is available upon request.*

Amid the COVID-19 pandemic, we launched Get Out and Kayak now Get Out Adventures. We knew we had to adapt as the pandemic shut down our adaptive sports programming. So with 100 kayaks and a waterfront facility, we opened up inclusive outdoor kayaking experiences to the entire community. We had **745 customers** with only 24 sessions and very little marketing. With an initial start-up investment of \$3,900 from outdoor retailer REI, we had a **revenue of \$19,929 in our pilot program run by volunteers and supported by ASC management.**



TOTAL OUTDOOR EXPERIENCES DELIVERED **6,371**



We knew we had the foundation to create a social enterprise to support and sustain ASC, be first to market as one of the few inclusive outdoor adventure companies in Ohio, and build a diverse community around the love of the outdoors - improving health and wellbeing for all. We are continuing to expanded the number of sessions, including introducing special excursion events and our Bikes to Go program, where we serve as a full-service adaptive bike distributor, **facilitating children with disabilities to ride together with their families and friends.** Get Out Adventures has a financial, social, and community impact. We are seeking an investment of \$500,000 for a truck, trailer, paddle boards, marketing, website development and staff. We have recieved start-up capital from The Columbus Foundation and REI. Our mission goals for the venture are to:

- Give able-bodied individuals and those with disabilities the opportunity to enjoy outdoor adventures together.
- Build a diverse and inclusive community around the love of the outdoors.
- Sustain and support the work of Adaptive Sports Connection

# POWER OF ABILITY



Our mission is to break through limitations with adaptive innovation, ensuring people of all abilities the health benefits, freedom, and sense of belonging from recreation and outdoor experiences.



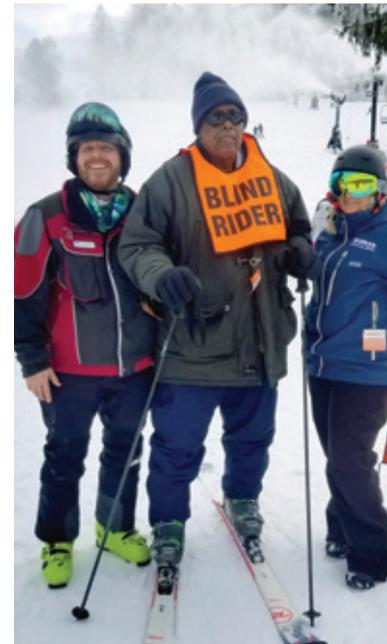
## SERVICE AND PARTNERSHIPS WITH



### INCLUDING...



Columbus VA  
Cleveland VA



“It’s a honor to be the Campaign Champion for an initiative that will impact our entire community and state. It will change the lives for our veterans, children, and adults with all types of disabilities.”

Pete Edwards  
Campaign Chair



## CONTACT INFORMATION

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