

# WELCOME

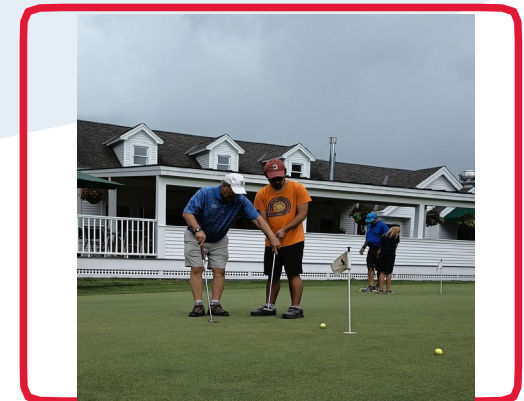
Welcome to the Bart J. Ruggiere Adaptive Sports Center!  
We look forward to having fun in the great outdoors with you!

Bart Adaptive Sports Center serves people with cognitive and/or physical disabilities including, but not limited to amputation, autism, spinal cord injury, visual impairment, developmental disabilities, traumatic brain injury and down syndrome. Our mission is to provide people with disabilities and their families the opportunity to enjoy outdoor sports, with a special focus on snow sports.

Bart Adaptive Sports Center offers programs in skiing, snowboarding, biking, golfing and martial arts for people of all ages and disabilities. Our certified instructors and volunteers, led by our program manager, will be happy to share their knowledge of your chosen sport and the outdoors with you so that you can succeed and enjoy the experience. Bart Adaptive Sports Center is a chapter member of Move United and PSIA School.



To get information on scheduling and rates by calling (802) 824-6849 ~(Office) or Rachel's Cell (Stratton) (802) 345-1221 Betsy's Cell (Bromley) (802) 345-0838 email at [programs@bartadaptive.org](mailto:programs@bartadaptive.org) (Bromley) [Strattonprograms@bartadaptive.org](mailto:Strattonprograms@bartadaptive.org) (Stratton)



**MOVE  
UNITED  
MEMBER**

**Become A Volunteer**

# Opportunities

There are many opportunities to volunteer at the Bart J Ruggiere Adaptive Sports Center in the summer: cycling, golfing and martial arts.

For those non-sport volunteers there are still many opportunities to help, such as Fundraising, Grant writing, Equipment maintenance and also College Internships.

**Cycling:** You will be helping to teach people with a disability how to ride a bike, use proper gearing and safety of riding a bicycle.

**Martial Arts:** You will be helping each of the students learn the proper techniques and forms used in the martial arts program.

**Golfing:** You will be helping teach proper technique for the basics of golfing.

**Equipment Maintenance:** The Bart Center has the latest in equipment that it uses. This equipment needs special attention for our students so that they can perform at their best.



## Summer Program

We strongly recommend you to have basic knowledge in the sport you are volunteering for. Junior Volunteers 16 years of age are welcome to assist in lessons.

No experience in teaching necessary, we will train you in some of the skills you may need for teaching. Proper equipment is necessary. Helmets are required for the cycling program.

Training: We hold a training classes for the various sports during the month of May.

During the training we will expose you to all the different types of equipment that may be used during a lesson. Also, we will go over some of the different types of disabilities you may see and methods to teach to these disabilities.



# Benefits

Volunteering at Bart Adaptive Sport has many benefits. The best benefit of all is knowing that you have helped someone to achieve a lifelong goal. The richest reward is your students smile at the end of day. Junior Volunteers are able to use the hours for community service hours.



You can donate online at [www.bartadaptive.org](http://www.bartadaptive.org) or mail your donation to: Bart J. Ruggiere Adaptive Sports Center  
P.O. Box 2232  
Manchester Center, VT 05255

***THE ONLY LIMITS THAT ANYONE HAS ARE THE LIMITS THAT THEY SET THEMSELVES***