

**Adaptive Sports Partners of the North Country**  
2011 Warm Weather Training Schedule - Detail

**Weekend Trainings – Appropriate for All Volunteers**

Sunday, April 17<sup>th</sup>

ASPNC Headquarters, 558 Easton Valley Road, Easton, NH

9:30AM – 11:00AM ASPNC New Volunteer Orientation: New Volunteers

This will be an IMPORTANT and required session for all NEW volunteers. Learn the history, philosophy and programs of ASPNC. We will review ASPNC policies, venue book procedures and volunteer roles, requirements and expectations.

Hogan Residence, 71 Foxglove Lane, Franconia, NH

4:00PM – 8:00PM Winter Wrap Up & Spring Kick-Off!: All Volunteers

Join us for some good food and good friends to say farewell to our awesome winter season and welcome the warm weather! We will discuss what worked well this winter, and what we can improve on for next year. We will also talk about the upcoming summer season: our plans, expectations, and goals!

Saturday, May 7<sup>th</sup> – Profile School, 691 Profile Rd, Bethlehem, NH

10:00AM – 11:30AM Diversity Training: New Volunteers

This workshop is intended to give new adaptive volunteers an overview of etiquette, various disabilities and the unique challenges of our participants. It will also touch on the inclusive culture that is the foundation of our ASPNC community.

12:30PM – 2:00PM ASPNC New Volunteer Orientation: New Volunteers

This will be an IMPORTANT and required session for all NEW volunteers. Learn the history, philosophy and programs of ASPNC. We will review ASPNC policies, venue book procedures and volunteer roles, requirements and expectations.

Sunday, May 8<sup>th</sup> – Mount Kinsman Trail to Bald Knob, Easton, NH

10:00AM – 2:00PM 2<sup>nd</sup> Annual Mother's Day Hike: All Volunteers

Join us for a new ASPNC tradition. A Mother's Day hike to Bald Knob!

Saturday, May 14<sup>th</sup> – Profile School, 691 Profile Rd, Bethlehem, NH

10:30AM – 12:00PM Brain Injury 101: All Volunteers

Beth from the Brain Injury Association of New Hampshire will provide an overview of brain injuries including tips for working with people with brain injuries as well as behavior trends and safety issues.

12:30PM – 2:00PM Fundraising 101: All Volunteers

As volunteers for ASPNC we are all expected to do our part to help raise money for ASPNC, an organization and community of people that we feel strongly about. For many, this is a daunting task; one we are still very uncomfortable with. This clinic will provide you with the basic skills you will need when asking for donations from your family and friends as well as businesses. Discussion is encouraged.

Sunday, May 15<sup>th</sup> – Profile School 691 Profile Rd, Bethlehem, NH

10:00AM – 3:00PM ECSI First Aid/CPR Certification Course: All Volunteers

Being trained in first aid and CPR are important skills that every activity volunteer should have. This training will give you the opportunity to learn basic first aid and CPR techniques. You will leave this training with Emergency Care & Safety Institute (ECSI) certification in basic first aid and CPR. Cost: \$13.50 per person

Saturday, May 21<sup>st</sup> – Profile School, 691 Profile Rd, Bethlehem, NH

10:00AM – 12:00PM Human Development I: All Volunteers

The focus of this introductory workshop will be an overview of the principles of life-span development, and the implications of these principles as they relate to our clientele. The aim of the course is to provide you with a foundation of knowledge that will help you become a more skillful and confident facilitator/teacher of sport and recreation opportunities.

12:30PM – 3:00PM Lesson Planning, Goal Setting - Teaching & Coaching for Success: All Volunteers

This workshop will build on the morning session, though may be attended separate of Human Development I. The focus here will be specific to identifying needs of individuals at varying stages of development and planning and implementing strategies for success.

# Adaptive Sports Partners of the North Country

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Sunday, May 22<sup>nd</sup> – Profile School, 691 Profile Rd, Bethlehem, NH

- 10:00AM – 11:30AM Introduction to Autism: All Volunteers  
This workshop is intended to provide both new and seasoned volunteers with an overview of one of the most common, but least understood intellectual disabilities. Common behavioral issues associated with Autism will also be discussed as well as techniques for working with participants with this disability.
- 12:30PM – 2:00PM Alternatives to Verbal Communication: All Volunteers  
In this workshop you will learn about the different devices and methods that allow communication with non-verbal participants. These include interactive language boards, PECS, sign language, etc.

Saturday, May 28<sup>th</sup> – ASPNC Headquarters, 558 Easton Valley Road, Easton, NH

- 10:00AM – 3:00 PM Trail Clean-Up and Cook-Out!  
Help us do some much needed maintenance and clean-up on the trails at our ASPNC Headquarters. Grilling and games will also take place! ...Bocce anyone???

Saturday, June 4<sup>th</sup>

Profile School, 691 Profile Rd, Bethlehem, NH

- 10:00AM – 11:30AM Introduction to Adaptive Biking Equipment: All Volunteers  
Come check out the adaptive biking equipment from bikes to trikes, single to tandem, upright to recumbent and everything in between! Learn the pros and cons of each, and what disabilities might benefit from these pieces of adaptive cycling equipment. You will also get a chance to work hands on with the bikes as you learn to adjust them and take them for a test run (weather permitting).

Skookumchuck Trailhead, Franconia Notch Recreational Trail

- 12:30PM – 3:00PM Getting to Know the Biking Venues: All Volunteers  
Get out of the classroom and onto the Franconia Notch Recreational Trail for a bike ride at one of our most frequently visited venues. Start getting into shape while you get familiar with the trails, roads and bike paths we frequent. This trip will begin at the Skookumchuck Trailhead at the northern terminus of the Franconia Notch Recreational Trail.

Sunday, June 5<sup>th</sup>

Echo Lake, Franconia Notch State Park

- 10:00AM – 11:30PM Getting to Know the Paddling Venues: focus on Paddling Skills All Volunteers  
Get out of the classroom and into the water for a paddle at one of our most frequently visited paddling venues. Start practicing paddling skills while you get familiar with the many local bodies of water we use in our programming. This trip will focus on basic paddling skills and will take place at Echo Lake in Franconia Notch State Park.

Bretzfelder Memorial Park, Bethlehem, NH

- 1:30PM – 3:00PM Getting to Know the Hiking Venues: All Volunteers  
Get out of the classroom and onto the trails for a hike at one of our most frequently visited hiking venues. Start getting into shape while you get familiar with the trails. This hike will take us on an explore of Bretzfelder Memorial Park in Bethlehem, NH.

Saturday, June 11<sup>th</sup>

ASPNC Headquarters, 558 Easton Valley Road, Easton, NH

- 10:00AM – 11:30AM Introduction to Orienteering: All Volunteers  
This fun, interactive clinic will teach you the basics of using a map and compass. The clinic will focus on the sport of orienteering, however, the skills you learn can be applied to many of the recreational activities we provide to our participants.

Flume Visitor's Center, Franconia Notch State Park

- 12:30PM – 3:00PM Getting to Know the Biking Venues: All Volunteers  
Get out of the classroom and onto the trails for a bike ride at one of our most frequently visited cycling venues. Today we will ride the Franconia Notch Bike Path from the Flume to Cannon and back! ...I did mention back... Wahoo! ☺

Sunday, June 12<sup>th</sup>

Pattenville Boat Launch, Moore Reservoir, Littleton, NH

- 10:00AM – 12:00PM Getting to Know the Paddling Venues: focus on Adaptive Paddling Techniques All Volunteers  
Get out of the classroom and into the water for a paddle at one of our most frequently visited paddle venues. Start practicing paddling skills while you get familiar with one of the many local bodies of water we use in our programming. This clinic will focus on techniques for paddling with our adaptive participants. Plan to meet at the Pattenville Boat Launch on Moore Reservoir.

# Adaptive Sports Partners of the North Country

## 2011 Warm Weather Training Schedule - Detail

Sunday, June 12<sup>th</sup> cont.

Flume Gorge, Franconia Notch State Park

- 1:30PM – 3:00PM Getting to Know the Hiking Venues: focus on Hiking with the Trailrider All Volunteers  
Get out of the classroom and onto the trails for a hike at one of our most frequently visited venues. Start getting into shape while you get familiar with the trails. Get a chance to practice hiking with the Trailrider, our most often used piece of sit-down adaptive hiking equipment. This hike will be in the incredible Flume Gorge!

Saturday, June 18<sup>th</sup>

Profile School, 691 Profile Rd, Bethlehem, NH

- 10:00AM – 11:30AM Introduction to Adaptive Biking Equipment: All Volunteers  
Come check out the adaptive biking equipment from bikes to trikes, single to tandem, upright to recumbent and everything in between! Learn the pros and cons of each, and what disabilities might benefit from these pieces of adaptive cycling equipment. You will also get a chance to work hands on with the bikes as you learn to adjust them and take them for a test run (weather permitting).

Skookumchuck Trailhead, Franconia Notch Recreation Trail

- 12:30PM – 3:00PM Getting to Know the Biking Venues: focus on Adaptive Biking Techniques All Volunteers  
Get out of the classroom and onto the trails for a bike ride at one of our most frequently visited cycling venues. Start getting into shape while you get familiar with the trails. This clinic will focus on different techniques for biking with our adaptive participants and will meet at the Skookumchuck Trailhead at the northern terminus of Franconia Notch Recreational Trail.

Sunday, June 19<sup>th</sup>

Knocky's Landing/Old Waterford Road, Moore Reservoir, Littleton, NH

- 10:00AM – 12:00PM Getting to Know the Paddling Venues: All Volunteers  
Get out of the classroom and into the water for a paddle at one of our most frequently visited paddling venues. Start practicing paddling skills while you get familiar with one of the many local bodies of water we use in our programming. This trip will begin at Knocky's Landing on the Moore Reservoir.

Mount Pemigewasset, Franconia Notch State Park

- 1:30PM – 4:00PM Getting to Know the Hiking Venues: focus on Hike Safe and Leave No Trace Practices All Volunteers  
Get out of the classroom and onto the trails for a hike at one of our most frequently visited hiking venues. Start getting into shape while you get familiar with the trails. This clinic will teach good hiking practices including Hike Safe and Leave No Trace principles. We will hike the Mount Pemigewasset trail to Indian Head in Franconia Notch State Park!

Saturday, June 25<sup>th</sup> - ASPNC Headquarters, 558 Easton Valley Road, Easton, NH

- 10:00AM – 11:30AM Introduction to Golf: All Volunteers  
Both new and seasoned golfers will benefit from this clinic that focuses on the basics of the game of golf as well as techniques for teaching this popular sport to our adaptive participants. The clinic will cover everything from the rules, courtesies, and safety concerns of the game to basic swing and distance judgment techniques.
- 12:30PM – 3:00PM Getting to Know the Biking Venues: focus on VI/Blind Guiding Techniques: All Volunteers  
Get out of the classroom and onto the trails for a bike ride at one of our most frequently visited cycling venues. Start getting into shape while you get familiar with the Wells Road Loop ride. This clinic will focus on guiding participants with visual impairments while biking. We will meet at the ASPNC Headquarters.

Sunday, June 26<sup>th</sup>

Perkins Landing, North Littleton, NH

- 10:00AM – 12:00PM Getting to Know the Paddling Venues: focus on VI/Blind Guiding Techniques: All Volunteers  
Get out of the classroom and into the water for a paddle at one of our most frequently visited paddling venues. Start practicing paddling skills while you get familiar with one of the many local bodies of water we use in our programming. This clinic will focus on guiding participants with visual impairments while paddling. We will meet at Perkins Landing, Moore Reservoir, Littleton, NH.

Coppermine Trail to Bridal Veil Falls, Easton, NH

- 1:30PM – 4:00PM Getting to Know the Hiking Venues: focus on VI/Blind Guiding Techniques: All Volunteers  
Get out of the classroom and onto the trails for a hike at one of our most frequently visited hiking venues. Start getting into shape while you get familiar with the trails. This clinic will focus on guiding participants with visual impairments while hiking. We will meet at Coppermine Road, Easton NH and hike the Coppermine Trail to the beautiful Bridal Veil Falls!

# Adaptive Sports Partners of the North Country

## 2011 Warm Weather Training Schedule - Detail

### Weekday Training Opportunities – Appropriate for All Volunteers

Wednesday, May 18<sup>th</sup>

ASPNC Headquarters, Easton, NH

10:00AM – 11:30AM Diversity Training: New Volunteers

This workshop is intended to give new adaptive volunteers an overview of etiquette, various disabilities and the unique challenges of our participants. It will also touch on the inclusive culture that is the foundation of our ASPNC community.

St. Johnsbury Academy Pool, St. Johnsbury, VT

7:30PM – 9:30PM Introduction to Safe Paddling: All Volunteers

Learn some basic paddling techniques while in a safe, controlled environment: the pool! This clinic will cover wet exits, self rescues, and assisted rescues. This clinic is a requirement for all volunteers planning to kayak with participants this season. Also offered on May 25<sup>th</sup>

Wednesday, May 25<sup>th</sup>

Coffin Pond, Franconia, NH

10:00AM – 11:30PM Introduction to Paddling Skills for Kayakers: All Volunteers

Learn some basic kayak paddling skills to help improve both your technique, as well as the techniques of our participants. We will meet at Coffin Pond in Franconia for a morning paddle.

St. Johnsbury Academy Pool, St. Johnsbury, VT

7:30PM – 9:30PM Introduction to Safe Paddling: All Volunteers

Learn some basic paddling techniques while in a safe, controlled environment: the pool! This clinic will cover wet exits, self rescues, and assisted rescues. This clinic is a requirement for all volunteers planning to kayak with participants this season. Also offered on May 18<sup>th</sup>

Wednesday, June 1<sup>st</sup> – ASPNC Headquarters, 558 Easton Valley Road, Easton, NH

10:00AM – 11:30AM Diversity Training: New Volunteers

This workshop is intended to give new adaptive volunteers an overview of etiquette, various disabilities and the unique challenges of our participants. It will also touch on the inclusive culture that is the foundation of our ASPNC community.

5:30PM – 7:00PM ASPNC New Volunteer Orientation: New Volunteers

This will be an IMPORTANT and required session for all NEW volunteers. Learn the history, philosophy and programs of ASPNC. We will review ASPNC policies, venue book procedures and volunteer roles, requirements and expectations.

Wednesday, June 8<sup>th</sup> – ASPNC Headquarters, 558 Easton Valley Road, Easton, NH

5:30PM – 7:00PM Introduction to Adaptive Biking Equipment: All Volunteers

Come check out the adaptive biking equipment from bikes to trikes, single to tandem, upright to recumbent and everything in between! Learn the pros and cons of each, and what disabilities might benefit from these pieces of adaptive equipment. You will also get a chance to work hands on with the bikes as you learn to adjust them and take them for a test run (weather permitting).

Wednesday, June 15<sup>th</sup> – ASPNC Headquarters, 558 Easton Valley Road, Easton, NH

10:00AM – 11:30AM New Volunteer Orientation: New Volunteers

This will be an IMPORTANT and required session for all NEW volunteers. Learn the history, philosophy and programs of ASPNC. We will review ASPNC policies, venue book procedures and volunteer roles, requirements and expectations.

2:30PM – 4:00PM VI/Blind Guiding for Summer Activities: All Volunteers

Learn the basics of guiding people with visual impairments. This clinic will include techniques for guiding participants in a variety of the summer activities that we offer, including hiking, biking, and kayaking.

Wednesday, June 22<sup>nd</sup>

ASPNC Headquarters, 558 Easton Valley Road, Easton, NH

10:00AM – 11:30AM Intro to the Trailrider: All Volunteers

Get an introduction to and some practice with our only piece of adaptive hiking equipment before we take out the participants. Learn the basics to setting up the trailrider and fitting a participant. Then, take it for a hike!

Long Pond, Benton, NH

2:30PM – 4:00PM Introduction to Paddling Skills: All Volunteers

Learn some basic paddling skills to help improve both your technique, as well as the techniques of our participants. We will meet in Benton, NH for a paddle on beautiful Long Pond!