



Reaching Out

Reaching out to all, all disabilities, all sports, all seasons!

Winter Newsletter 2011

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Pirates Capture Cannon

Avast me hearties! On February 12th the slopes at Cannon Mountain were overrun by a motley group of pirates and wenches seeking treasure from Vista Way to Rabbit's Run. Stakes were high because the coffers were brimming with treasures of all kinds donated by generous supporters, patrons and friends of ASPNC.

The pirates enjoyed a "booty bag" of small prizes, visits to the Tattoo Parlor, and rampant festivities. Cannon staff, from the food service operations to lift operators, joined in the fun by wearing hats and pirate garb. Pirates and wenches of all age categories vied for prizes for the best costume and most bodacious shoulder parrot. The competition was tough; the pirates were decked out in their finest outfits. Tinker Bell even made an appearance along with a human sized, wildly colored, talking parrot. It was a captivating event indeed!

The winners of the individual treasure hunt and the family treasure hunt on the Tuckerbrook Area won over \$2,400 in prizes. Additional prizes were awarded to a multitude of treasure hunters. Friends and outsiders bravely entered the Pirates' Cove in the Peabody Lodge to take chances in the Luck of the Brotherhood raffle. Fun was the important part of this FUNdraiser for ASPNC sponsored with generous support from Littleton Coin Company, Promis Prosthetic & Orthotic Services, Woodsville Guaranty Savings Bank and the Turtle Ridge Foundation.

Join us next year on February 11th, 2012 for our second Pirates of the High Skis event.



ASPNC Alpine Skiing Program Enjoys a Second Successful Season



Measure it any way you can, and you will conclude that ASPNC had a very successful season at Cannon Mountain. The program was filled to capacity. Many new volunteers joined our ranks. Even the snow cooperated; it was a banner year all around. Regular weekly participants came from as far away as North Conway, NH and Barnet, VT. Like true Cannon regulars they were welcomed and encouraged by lift operators, rental folks, food service employees and fellow Cannon skiers.

During program hours the “Adaptive Grotto” buzzes happily with participants donning ski paraphernalia and sharing stories of their escapades. In the meantime, volunteers are adjusting equipment, readying tethers and tip clips and gathering needed teaching tools like the Ski Pal in order to prepare each client for a successful experience. On the slopes adaptive snow boarders learn new techniques and adaptive skiers of all levels enjoy themselves, from independent stand-up skiers, to mono and bi skiers, to those needing sophisticated equipment such as the Tandemski. Participants show their courage and sometimes their frustrations as they learn a new sport, but in the end there are the smiles of accomplishment that make our students as well as our volunteers look forward to the next lesson. When the sessions are done, there are the sounds of laughter and fond farewells and participants saying, “This is my favorite day of the week.”



Participant Spotlight: Rebecca Coulter

Becca is a charismatic 12 year old Lancaster girl born with Cerebral Palsy. During her participation in the ASPNC program at Cannon this winter, she went from a sit-down skier to a stand-up skier, using the Snow Slider and a hefty dose of grit and determination. Participation in the ski program is helping Becca to become stronger. Her winning smile reflects her new found pride in her accomplishment. Becca is also participating in Power Soccer, a competitive team sport.



“Becca’s dream is to build the strength in her legs so that she will be able to walk on her own. The ski program at Cannon with Adaptive Sports Partners of the North Country is helping Becca strengthen her legs, building up not just her muscles, but also her self-confidence and determination to succeed in all that she does.”

Debra Coulter - Becca’s Aunt

A Snowy Winter Helped Adaptive Snow Sport Adventures



Nordic Skiing was a popular sport this winter. Venues included trails at the Franconia Inn and Sunset Hill House. ASPNC acquired two Nordic Sit-Skis with the help of the Central Cross Country Ski Association and a grant from U.S. Paralympics. The sit-skis are used by skiers with disabilities from the waist down with good upper body strength, allowing them to propel themselves using ski poles.

Other adaptive participants chose snow-shoeing and used the trails at the inns and also behind the Adaptive Headquarters in Easton. Snowshoe adventures also included treks around Echo Lake and trips up to Bridal Veil Falls.

In March ASPNC again partnered with New England Regional Ski for Light for a winter weekend in the Whites. Visual challenges did not stop this energetic group from enjoying snowshoeing and cross country skiing. Participants not only enjoyed the outdoor activities, but also enjoyed re-connecting with friends and making new friends.

An ambitious group of ASPNC volunteers and participants made a hike up to the Flume. Some used snowshoes and others used Nordic skis. One participant used the “Snow Rider” and another participant took advantage of the new Nordic Sit-Ski.



ASPNC Partners with Common Ground



Common Ground is a program of Northern Human Services that has been recognized internationally for their integrative approach of helping adults with developmental disabilities lead full and meaningful lives. They develop a customized plan for each individual client, help in finding group homes or other living arrangements, provide supports, and network with other agencies to play a vital role in making independent living possible.

ASPNC feels privileged to partner with Common Ground to bring year-round sports and recreational activities to the clients. Participants are currently involved in skiing and snowboarding at Cannon Mountain, as well as snowshoeing, cross country skiing and Power Soccer. In other seasons they have participated in biking, hiking, kayaking, swimming and adaptive gardening. Our goal is to challenge each individual to graduate to the most independent option available in each sport.

“The volunteers at ASPNC take a real interest in the individuals they support. They get to know each person on an individual level, learning who they are, seeing their strengths and capabilities, and supporting them to reach their full potential. The increased physical activity of participants in the ASPNC program has had a marked impact on their health. Each individual has shown increased stamina, strength and self-confidence.”

Valarie Gauthier, Program Coordinator

Power Soccer Comes to the North Country

Power Soccer is a fast growing international team sport for power wheelchair users originally developed in France in the early 70's and introduced in the USA in the 80's. This sport provides a unique opportunity to participate in a competitive team sport to people with disabilities such as Cerebral Palsy, quadriplegia, Muscular Dystrophy and Traumatic Brain Injury. Power Soccer is an extremely challenging game similar to soccer. To score goals, two teams of four power wheelchair users spin-kick, dribble and pass a 13" soccer ball with the aid of a foot guard on the front of the wheelchair. Like soccer, the game involves corner, penalty and goal kicks.



In the fall of last year Jerry Frick from the United States Power Soccer Association came all the way from Atlanta to the Profile School to give an introductory clinic that began the formation of our own local team, the North Country Storm. Since then three people from ASPNC have been certified as referees: Rick Simmons, Gary Biadasz & Sandy Olney. The team is coached by Rick Simmons, physical education teacher at Littleton High School; he is assisted by ASPNC volunteers Cris Criswell and Tom Duplissis. The closest Power Soccer Team is the Vermont Chargers in Burlington; they are very excited to have competition in the area. Zak Schmoll from their team travelled all the way over to Littleton to help share his expertise with our new athletes.

New players are welcome! ASPNC is hoping to acquire a few of our own power wheelchairs for interested participants who do not own one.

Local Athletes Medal in Special Olympics Winter Games

ASPNC helped to train athletes for the 2011 Special Olympics of New Hampshire Winter Games held in March at Waterville Valley. Unfortunately the weather did not cooperate this year, and the first day of the games had to be cancelled due to rain. Congratulations are due to our North Country United athletes. Jason Coote received a Silver Medal in the slalom competition. Crystal Carter won a Silver Medal and Christian Keach, pictured on the right, received a Bronze Medal in the snowshoe competition.



New ASPNC Website Up and Running www.adaptivesportspartners.org

Please check out our new full featured website for more information on our participants, our volunteers, our organization, news and events as well as ways to support ASPNC.



We also invite you to "Friend" us on Facebook. www.facebook.com/aspnc

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