



A Cornucopia of STRIDE November E-News!

Important Message from the CEO



The STRIDE 2020-25 strategic plan concentrates on four major areas of importance and growth, one of which is the *effective transition of leadership* before 2025. Now nearly 2 years into the plan, we are beginning the interviewing process, thinking clearly how the transition will be carried forward without disruption to operations. As most know, I have been governing STRIDE for 37 years and as a paid employee since 2008. Paid employees did not exist the first 2 decades with the exception of a PT administrative clerk.

Goals for the 5-year time frame included my retirement. We began putting pieces in place last year with minimal effort. The position was posted 6 months ago after the Board of Directors constructed a search committee. The committee is filtering through candidates that have potential.

Most people don't believe that I will actually retire! I assure you, I will; but I will not leave unpredictably, completely or ever unreachable. The goal will be to collaboratively work with the new leader in an advisory role for up to 12 months if needed. I will then remain as a volunteer director for the Snowsports programs and possibly a Board member. I will always be available for consultation; after all, the DNA of STRIDE resides in me.

As we move forward through the strategic plan, though the interviewing phase and identify the ideal candidate, we will jointly identify the process to address the needs of the organization, staying true to the mission of STRIDE. Our internal resources will be key to finding the right person. Rest assured I am not going anywhere far, I will stay involved in the skiing, (maybe even camping) and consultant as needed, instill the DNA to new leadership, and pass on the institutional knowledge to our amazing staff. STRIDE is financially stable, and has all the tools in place to make a smooth transition in the coming years, and will remain steadfast a leader in adaptive sports organizations across the country.

***Know someone???* Qualified candidates, please inquire for position description and send cover letter and résumé to STRIDE.**



Volunteer Spotlight: Kevin Woodbury

There's a new Supervisor at the Jiminy Peak Snowsports program this season! Kevin joined the staff, replacing Mindy Fairchild who has moved to Tupper Lake after being 'in command' of the Saturday crew for over 15 years.

Kevin has been with STRIDE for 6 years, volunteering as a weekend ski coach/instructor; he is a Level I PSIA adaptive certified coach specializing in sit skiing. He has two teenage kids, Malina who is a senior in High School and will be going off to college next year to study nursing. His 16 year old son Tyler, will be joining as a coach this year. Kevin work as an IT security professional, and the weekends coaching skiing are his escape from the daily grind in the IT world. In the summer, Kevin helps out with other programs occasionally, such as camping and bocce. STRIDE is thrilled to have Kevin (and Tyler) this year and in a perfect role for him.

New Program - Holiday Family Respite!

STRIDE's 2020-21 Annual Report is Here!

[CLICK HERE TO VIEW STRIDE'S ANNUAL REPORT FOR 2020-21](#)

With gratitude, another year is in the books! As I reflect on a tumultuous year, I realize we have SO much to be thankful for.

While it's estimated that up to 1/3 of all nonprofits will not



recovery from the pandemic, STRIDE was able to adapt and rebuild our programs, and now picking up where we left off! Because of the Board's sound leadership and the fiscally conservative policies I have enacted throughout the years, STRIDE was able to continue operating with meaningful impact. Core funding partners like the John E. Sackett Foundation, [Anthem](#), [Move United](#) and [AllSquare Wealth Management](#), along with two PPP loans - empowered STRIDE to keep our focus where needed, on the programs! I am overwhelmed by the bountiful support we have from volunteers. It's surreal to see my vision of the SHARE Center coming into fruition with program participants and new volunteer coaches!

Please take a few moments to [view STRIDE annual report](#). We couldn't do this without every community supporter. We look forward to what we will achieve moving ahead together!

Warm Regards from the Desk of,
Mary Ellen Whitney



Snowsports Season Underway... with unexpected opening & snowstorm at Jiminy Peak!

With an unexpected opening on Thanksgiving Weekend we were

able to start sliding on the slopes with some great conditions and training this past weekend! we are ready and preparing for the best season yet at all 3 Mountain programs of Jiminy Peak, Catamount and Ski Sundown, back to 'near normal' program operations. Lessons begin Dec 4-5 at Jiminy Peak, with later openings at Catamount and Ski Sundown TBD and the phone is ringing!!

Mare Whitney and a small group of instructors head to Breckenridge CO next week for the National Adaptive Academy. Additionally, an exchange of clinicians has been set up for some high level education between [NEDS at Loon Mountain](#) and STRIDE for the end of January.

Sign up for lessons now! Consider purchasing a discounted 5-pack of lessons at any mountain site! Contact cpawlowski@stride.org

Sled Hockey News

STRIDE sled hockey team will be returning to the Empire State Games in February, followed shortly by a *NEW* outdoor "pond hockey" tournament at Crooked Lake sponsored by Dralla Foundation.

Then in April - the team will compete in the Amelia Tournament downstate. Gratitude to Collucci Flooring for a substantial team donation to purchase new game jerseys.

[RPI's Division 1 men's hockey team](#) works out with the team each week volunteering as sled pushers. The team needs sponsors for covering the travel expenses for tournaments, spread the word!



Stay tuned for more exciting team news!

STRIDE Holiday Respite Program

FRIDAY'S 11/19/21 - 12/17/21

6:00PM - 9:00PM

4482 NY HIGHWAY 150 WEST SAND LAKE, NY 12196

Masks required outside eating/drinking

STRIDE is looking to give families 3 hours of respite time on Friday's during the holiday season. We hope families can use this time to get holiday shopping done, go to dinner, work out at our gym, run errands, or simply have 3 hours responsibility-free!

What does the respite program include for each child?

- Dinner
- Arts and crafts
- Healthy food-prep activity
- A fitness activity
- A movie option

SPACE IS LIMITED!

All athletes must have an updated STRIDE registration form and liability waiver. An additional questionnaire about your child will be required to ensure we best suit their needs at the program. Contact STRIDE Program Director Camille Pawlowski to request enrollment cpawlowski@stride.org | (518) 5981279

An updated registration form and liability waivers are required! Email cpawlowski@stride.org to enroll! She can tell you if your child needs updated paperwork.

An additional questionnaire is required to participate, [click here to fill it out NOW!](#)

VOLUNTEERS NEEDED!



IS VOLUNTEERISM on the DECLINE?? ...a must read article!

In the last few years since the pandemic started, it has

become increasingly difficult to find volunteers for programs; and extremely complicated to vet a volunteer to be able to work with children due to the increasing restrictions and mandates from insurance and government. STRIDE's insurance costs are over \$20K a year not including the individual costs of criminal background checks (\$10 PP) and the SafeSport 90 minute required course to certify volunteers to prevent child misconduct (\$10 PP). Since STRIDE is now paperless; registration is a 5-step digital process including demographic information, reading and signing liability waivers, reading and signing volunteer manuals, a criminal background check by an outside agency; and then taking a 90 minute online course by SafeSport outside agency. Once a volunteer has completed all this, then there are additional hoops to jump if they are working at a venue which also requires similar registrations such as the hiring process at a ski resort or similar venue with additional mandatory paperwork. The pandemic has added even more complications providing proof of vaccination, and wearing a mask during indoor sessions. It's understandable that only the extremely dedicated person would follow through, to care enough to want to assist kids with challenges in sport.

Additional challenges for STRIDE... the majority of our current volunteers are retired older adults or high school kids. We are missing the generations in between! It seems younger people have far too many choices as to how to spend their time and



STRIDE Holiday Party

Saturday December 11th 2021

Sensory Friendly

Suggested ages U15

5:00pm - 6:30pm

Photos with Santa
DIY photo frame craft
Refreshments

Dance Party

Suggested ages 16+

6:30pm - 8:30pm

Holiday dance music
Performance by STRIDE
elves
Refreshments

Location: STRIDE SHARE Center
4482 NY Route 150
West Sand Lake, NY 12196



Updated registration form and liability
waivers required to participate.
To enroll you must contact STRIDE
program director Camille Pawlowski
cpawlowski@stride.org

****Santa will be *not* be wearing a mask for photos, but along
with all of our other volunteers, is full vaccinated. Masks can
be taken off for photos.****

COVID Protocols

ALL participants (with the exception of Santa during photos)
will be required to wear a mask at all times unless
eating/drinking or taking a photo with Santa regardless of
vaccination status.

All family members participating in Sensory Santa must fill out
a waiver form to attend, [CLICK HERE to do so!](#)

Check out STRIDE programs currently (or soon
to be) in session:

have far too many choices as to how to spend their time and
studies show a decline.

In the last year we've become very aware that recruitment
for volunteers is decreasing. Bike camp and our camping
programs were requiring us to allow parents as volunteers in
order just to keep the program running efficiently. All three of
our ski resort programs are experiencing a decline as well.

We know you believe in our mission. Please consider joining
the STRIDE team or *help us recruit* for our many programs. We
realize the cumbersome commitment and will help you along
the process as much as we can.. and believe *IT IS WORTH IT!*
The rewards gained from the experience are innumerable,
and once you are part of the STRIDE family - you never want
to leave!

HEARTFELT THANK YOU TO OUR DONORS!!! We would like to
take this opportunity to thank November contributors for their
financial and in-kind support. These contributions help make
STRIDE adaptive programs possible.

Donors

Gail Belles
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Garry Klein

Barbara Lawrence
Colin Liebert
Clem & Janette Marino
The Mandel Family (Amanda)



STRIDE Fall Bowling



Offered in 2 locations!

Latham Spare Time

375 Troy Schenectady Rd, Latham

Saturday's 10am - 11am (Ages 6-21, 21+ inquire)

10/2, 10/9, 10/16, 10/23, 10/30, 11/13, 11/20, 12/4, 12/11, 12/18

Program Leader: Diane Grugan

East Greenbush Bowling Center

570 Columbia Turnpike, East Greenbush

Saturday's 11am - 12pm (Ages 6-21)

10/2, 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20, 12/4

Program Leader: Denise Tune

All participants must have a current STRIDE registration and new liability waiver on file.

A \$25 admin fee will secure your child's spot on our roster.

All participants must wear a mask and maintain social distancing throughout the length of the class.

A parent or caregiver must remain with the athlete to help with hand over hand instruction.

SPACE IS LIMITED!

In order to sign up for the class, you must call or email STRIDE Program Director,

Camille Pawlowski at 518-598-1279 ; cpawlowski@stride.org

Joanne Moses
John Murphy
Virginia Lynn & Steven Patterson
Don & Betsy Reutemann
Frank & Wilma Schmeler
William Schollenberger
Elise Stillo
Bill Watkins
Spencer Wohlers & Linda Cassidy

In Memory of Peter Anderson

Ann Mingorance

In Memory of Elizabeth Bulger

Amy de Soyza

In Memory of Eileen Clinton

Bill Champagne

In Honor of Mary Ellen Whitney

Savell Quinn

Reschedule date for the cancelled swim session from 11/13/21 still pending... will be sent via email to those enrolled when confirmed with aquatics director!



STRIDE Fall Swimming



Team/Intermediate Swim | Ages 8+

Tuesday's 7:00pm - 8:00pm | Saturday's 2:30pm - 3:15pm

10/16 - 12/18 | NO swim 11/27

Focus is on improving skills.

Beginner Swim | Ages 5-21

Saturday's 1:30 - 2:00pm GROUP ONE

Saturday's 2:00pm - 2:30pm GROUP TWO

10/16 - 12/18 | NO swim 11/27

Focus is on sensory transition, basic instruction, and water safety.

Stingray NY Special Olympics Team - Athletes must be able to swim

WHERE: Mohonasen High School 2072 Curry Rd, Schenectady, NY 12303

SPACE IS LIMITED!

Beginner groups 1 and 2 have been decided by program leaders for smaller, more focused teaching.

Masks must be worn by all athletes, volunteers, and parents at all times unless in the pool. Locker rooms provided for changing.

Updated STRIDE registration forms and waivers required to participate. A \$25 admin fee will secure reservations.

Contact Program Coordinator to enroll

Camille Pawlowski cpawlowski@stride.org | (518) 598-1279

GET WELL WISHES GLOBALLY to all those suffering or affected by COVID-19



- Congratulations to Mare Whitney on 2021 Hudson Valley Top Women in Business award
- Happy birthday Pat Hayslett, Development Director
- Congrats to STRIDE for being a finalist in United Way Perfect Pitch Shark tank event for a \$10K grant if won! Best of luck to Camille and Pat on their *Pitch* next week

DANCE PROGRAM EXTENDED! The wonderful volunteer dancers at the Isabelle School of Dance have extended our current dance program by two weeks - 12/4 and 12/11! The ladies have such a blast with STRIDE's dancers they couldn't bare to see the program end.

Interested in dance? This session is full - but winter 2022 signs ups will be announced after the holidays so keep an eye out!



Winter Tennis 21-22



SPORTIME Schenectady

2699 Curry Rd, Schenectady

11/7/21 - 3/27/22

Sunday's 4:00PM - 5:00PM

Program Leader will divide the group into 2 groups, RED/BLUE, and alternate weeks of lessons. Each group will have 10 weeks of instruction. Please see our calendar to track when your child's lesson will be taking place.

Program Leader: Dave Graham

All participants must have a current STRIDE registration and new liability waiver on file. A \$25 admin fee will secure enrollment.

Financial assistance is available! Please specify this to Camille.

All participants must wear a mask throughout the length of the class.

SPACE IS LIMITED!

In order to sign up for the class, you must call or email STRIDE Program Director, Camille Pawlowski ; cpawlowski@stride.org | 518-598-1279



STRIDE Fall Dance Class



Masks must be worn throughout the duration of the program.

Updated STRIDE registration/waivers required for all participants. A \$25 administrative fee will confirm your child's reservation.

Financial assistance is available if needed.

In order to register for the class, you must contact

STRIDE Program Director,
Camille Pawlowski cpawlowski@stride.org | 518-598-1279

Isabelle School of Dance

NEW LOCATION!

1 Springhurst Drive East Greenbush, NY 12061

Saturday's 3:30pm - 4:15pm | Ages 5-21

10/16, 10/23, 10/30, 11/6, 11/13, 11/20

Extended dates! 12/4 and 12/11

Program Leader : Lanie Smith

Learn Jazz, Ballet, and Modern dance - no experience necessary, just socks, shoes, and energy to burn!



We have a very active "SOCIAL" life at STRIDE! Join us on Facebook, for all the latest and greatest activities and



STRIDE Adaptive Sports 4482 NY Highway 150 West Sand Lake NY 12196 www.stride.org 518-598-1279